



inside PNAA

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

Happy
INDEPENDENCE DAY



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



EDITORIAL

As a military veteran, I always thought about the importance of July 4th. This day holds tremendous significance for our nation and offers us an opportunity to reflect upon the sacrifices made by our founding fathers to secure our freedom. Independence Day is a time to unite and celebrate the ideals our forefathers fought so hard to establish. It is a day to honor the principles of liberty, equality, and justice that form the pillars of our great nation. This day reminds us of the countless men and women who have dedicated their lives to protect and preserve these values.

As Filipinos, we also celebrate Philippine Independence Day on June 12th. We acknowledge the strength and resilience of our motherland. Even though many of us are already living permanently in the United States, we will always remember where we came from.

To commemorate the importance of Independence Day, we asked our members to share their stories about freedom, liberty, equality, and justice. We received several articles highlighting their experiences about the importance of freedom and fundamental rights. Their stories are truly inspiring, and I hope other members will also share their stories through our newsletter.

Lastly, I would like to express my profound appreciation to you. Your continued support, engagement, and commitment to staying informed make our organization thrive. Together, we can strive for a brighter future that upholds the values our nation was built upon.

Mabuhay!

Bob Gahol
Editor-in-Chief



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ABOUT INSIDE PNAAC

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

Our Vision:

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

Our Goals:

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

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INSIDE PNAAC is published as the Official Newsletter of the Philippine Nurses Association of America, Inc.
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President's Message

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



My heartfelt appreciation for each and every one of you as we reflect upon the impactful contributions made by our esteemed members in celebrating the 4th of July. Your unwavering dedication, boundless enthusiasm, and steadfast commitment to promoting the values of freedom and independence are admirable on our organization and the communities we serve.

First and foremost, I want to commend our members for their tireless efforts in organizing and participating in events that commemorated this significant day. From parades and community gatherings to educational programs and healthcare initiatives, your passion and enthusiasm have played a pivotal role in fostering a sense of unity and pride among our members. Everyone's unwavering commitment to upholding the ideals of freedom, democracy, and justice is truly inspiring. I am deeply grateful for the incredible compassion and care our members have demonstrated in providing healthcare services to those in need, especially during these challenging times. Your dedication to improving the lives of others is a testament to the noble profession of nursing. Whether through volunteer work, advocacy, or serving on the front lines, you have exhibited unwavering strength and resilience, embodying the true spirit of compassion and selflessness.

Lastly, I want to express my profound gratitude for the unwavering support and camaraderie that exists within our PNAA community. The 4th of July celebrations serve as a reminder of the unity and shared purpose that binds us together. Our collaboration, mentorship, and support for one another have created a vibrant and nurturing environment that empowers each member to thrive both personally and professionally. Our dedication to fostering a sense of belonging and camaraderie is commendable. My deep appreciation to the members of the PNAA for their invaluable contributions in celebrating the 4th of July. Your dedication, compassion, and unwavering commitment to the principles of freedom and independence inspire us all. Together, we will continue to shape a brighter future, empower one another, and make a lasting impact on the nursing profession and the communities we serve. Thank you for being the driving force behind the success of our organization. Your tireless efforts and commitment is the true essence of Our United Voices: WE CARE.

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



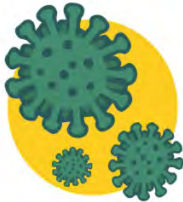
FLU VACCINE: GET THE FACTS

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.^{1,2} A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU



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

40-60%

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



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

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

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

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

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

PROVEN SAFETY RECORD

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

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

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

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



Last Updated AUGUST 2022

All of Us RESEARCH PROGRAM



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

What is precision medicine?

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

What is the *All of Us* Research Program?

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

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

There are two ways to join:

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

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

What will you ask me to do?

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

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

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

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

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

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

What will you do to protect my privacy?

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

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

 JoinAllofUs.org

 AllofUsARC@asianhealth.org

All of Us, the *All of Us* logo are service marks of the U.S. Department of Health and Human Services.



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



Ang Tambuli-the Rhythm of Nursing Life

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



Land of the Free-Because of the Brave. God Bless America!



With some trepidation, I responded to the call for volunteers for the Philippines Cultural Center float. It was for the 4th of July parade at Carmel, Indiana. I have never been on a float, been on some parades and rallies. So, I responded and looked forward to helping, not exactly knowing what to expect or do. Glad I did! It sounded like a fun opportunity to showcase the Philippine culture and music and get to know other Filipinos in the area. Check, check, and check!



Philip Smith, the center director, asked if I had Filipiniana attire, and I said sure! I would be proud to wear one. The rest is history!

My husband, Jaime, leading our small barangay group.

There are so many things happening in this world, in America and in the Philippines. Twenty-one years of our life was that of a military and Air Force family, as we were assigned to different bases in the United States. They were unique assignments, some more challenging than others, definitely building character for our daughters, my husband, and myself. From the practice missile launches at Vandenberg Air Force Base in California to the roaring of the B52s at five in the morning at Grand Forks



My "throne" for the 2-mile parade, bursting with Pinay pride!



Air Force Base in North Dakota, I reminded myself that these were the sounds of freedom. Thus, these perspectives on this glorious 4th of July morning!

The Philippines Cultural Center volunteers of Indianapolis, Indiana. Celebrating freedom at the Independence Day parade, Carmel, IN.

My random thoughts on this 4th of July parade, as our colorful float traveled around the city of Carmel for a couple of miles:

- We are proud to be Filipino-Americans! Proud of our heritage!
- It is really hot out here, fun but hot! Glad we had our fans.
- So excited to see the amazing turnout of families, friends, and neighbors.
- Lots of children were having fun as candies were handed out.
- Happy to celebrate our democracy. Some countries do not have this privilege.

- Feeling super proud to represent the land of my birth—the Philippines.
- Mabuhay at Salamat!
- My right arm got a lot of exercise, waving to the crowds.
- Need to stay hydrated! Drink more water.
- Love my throne! Sit up straight.
- Love to hear our Filipino kundimans continuously play.
- Keep waving the Filipino and American flags with my left hand.
- Cherish our peace and rights.
- Keep smiling! Respond to the crowds clapping their hands. Peace!

Sharing my favorite quote as we celebrate our freedom, may America continue to be a: "Government of the people, by the people, for the people, shall not perish from the earth." – Abraham Lincoln

God bless America-Indeed! Grateful and blessed, a Filipino-American and a nurse!

Kalayaan

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

Sa isang daan at dalawampung limang taon ng ating kasarinlan...
Gunitain natin ang kasaysayan at kayamanan
Na ipinagkaloob ng ating mga bayani...
Ang kalayaan na siyang nakamtan natin
Mula sa mga dayuhan na nais maghahari-harian ang ating luntian bansa
Na puno ng ingat-yaman.

Maging ang ating mga bayani...
Inialay ang kanilang buhay
Maipaglaban lamang ang kanilang karapatan...
Ang karapatang mamuhay sa sariling bayan na may
Kalayaan, kapayapaan, kasaganaan at hindi ina-alipin ng mga banyaga.

Sa paglipas ng panahon...
Patuloy pa rin natin tinatamasa ang kalayaang ito
Bagama't may iilan pa ring mga dayo na pilit na puksain
Ngunit sila'y hindi nagtatagumpay

Kaya sana tuloy-tuloy pa rin natin...
Isa-isip, isapuso at isagawa
Ang diwa at malalim na kahulugan nito...
Upang maipakita natin sa buong sangkatauhan
Na Tayo'y tunay mga Pilipino saan man sa mundo.



Pilipinas: Bayan Ko

By Carmencita Santiago, BSN, RN
PNA Georgia

Tinaguriang at naging sikat ka na “Perlas ng Silangan”
Ang yaman ng ating kultura sa boong kapuluan,
Mga magagandang tanawin sa Luzon, Visayas at Mindanao,
Maipagmamalaki natin sa lahat magpakaylanman.

Magmula sa ating masasarap na pagkain,
Merienda sa umaga at hapon na mga kakanin,
Ibat- ibang luto ng isda, baka, baboy at manok,
Pagkaing kaysasarap, akoy naglalaway at napapalunok.

Napakasikat ang lechon sa mga pinoy handaan,
Hinahanap ng bisita at kanilang inaasam-asam,
Parang kulang ang handa pag ang mesa ay walang lechon,
Kaya laging center piece ito sa mga handaan at pagtitipon.

Ang Pilipinas ay puno ng maraming magagandang tanawin,
Bulkan, talon at makasaysayang lugar kaakit-akit bisitahin,
Wala ng ikukumpara ang ganda ng mga batis at dalampasigan,
Habang kaya nating maglakad, ating pasyalan at pagsayahan.

Boodle fight or Filipino kamayan feast tayo'y magsalo-salo,
Ipinagmamalaking tradisyon ito ng mga Pilipino'
Sari-saring putahe ng mga masasarap na pagkain,
Kubiertos free ang lahat kayo lalong ganado ang kain.

Sa lahat ng dayuhan na mahilig maglakbay,
Bisitahin ang bayan ko at huwag ng maghintay,
Ang mga Pinoy hospitable sa bisita and always smiling,
Patunay sa ating slogan, “It is more fun in the Philippines”



Reflections on Freedom A Small Town “Americana” Celebration

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

As we celebrate Independence Day on July 4th, I cannot help but think what a great country we live in. As I watched our small-town parade here in North Carolina, I became nostalgic remembering the first time I set in the good 'ol USA. I was in awe the minute I arrived at LA airport on how big that airport was compared to the Manila International Airport. By the time I left the Philippines, deceased former President Marcos had already declared martial law and the freedom I enjoyed growing up had been curtailed suddenly! When I saw the hustle and bustle at the airport without anyone being bothered by military men with guns, I felt liberated to be free again in my adopted country...



Freedom is something that we should cherish and not take for granted. Freedom means that we can choose our lifestyle, attain our dreams by getting our education, get the job that we love, raise our children in a place where they can be nurtured to grow as responsible adults, be free to choose our religion, and so much more. At the same time, being free comes with responsibilities. Our founding forefathers of the US Constitution made sure that our freedom would not be curtailed. However, we still have to follow the law set by our government leaders to prevent chaos and protect law-abiding citizens. We choose our government leaders through the election process and hope that the leaders of our country will protect the people under their constituency. Simply put, freedom in our country means the absence of coercion and Americans having equal rights as set by our constitution. Freedom is an absence of undue restrictions and an opportunity to exercise one's rights and powers.

On July 4th, my husband and I celebrated it differently by watching a small-town parade in sweltering heat and humidity for the first time. There were parades of fire trucks from nearby towns blowing their sirens loudly that my dog Zoey got so scared! There were no fancy floats; instead, there were parades of veteran organizations, police departments, and small businesses with their crew throwing candies toward us. It was fun picking my favorite candies! The Boy Scouts were also there, proudly marching with their banners. A few churches of different denominations were also there, giving us the blessings of freedom. There was also a parade of some old and new fancy cars. This parade might not appeal to everyone, but I truly enjoyed this small-town “Americana” celebration of our Independence Day. It showed the solidarity and simplicity of a small town USA, but everyone is proud of the freedom they enjoy living in my adopted country, the good 'ol USA!



A small town “Americana” Independence Day celebration parade at Indian Trail, NC

Friendship & Freedom: A Young Woman's View of the US-Philippine Relationship through Nutribuns and Sacks of Flour

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

I was born in 1958, and in my recollection, the significance of July 4th only registered in my cognition once I became a high school student in 1971. I learned that July 4th was the day to celebrate “Filipino-American Friendship Day.” In my young mind, that friendship day meant the arrival of more Nutribuns and flour from the United States to the rural areas of the Philippines. In 5th and 6th grade, before entering high school, I witnessed in awe the delivery of such food supplies – supplies that seemingly were sufficient to feed an entire school of children. As a 5th grader taking Home Economics, I cooked pancakes using the sacks of flour supply our school received from the US through the United Nations Children's Fund (UNICEF). I cooked enough pancakes to feed an entire school of elementary school children. In hindsight, I did what I did because I felt responsible for ensuring that the donations we received were not wasted. This feeling of responsibility, requiring me and my younger brother to leave home for school as early as 5:00 am every day, evolved into the invisible bondage I had to free myself from. Graduating from Grade 6 and transitioning to high school was my Independence Day! It was my self-driven desire to help perpetuate the “Filipino-American Friendship Day” symbolized by the nutribuns and sacks of flour that kept me in that bondage. I did not know then, but I could have battled early on with our school leaders for the right to be freed from that bondage of responsibility at such a young age.

Starting high school was freedom day for me. The fun 'pancake cooking memories' already etched in my mind helped me cope. I intentionally opened my eyes to the history of Filipino-American Friendship Day and the US Independence Day, both celebrated every year on the fourth day of July. I learned that the United States liberated our country, the Philippines, on July 4, 1946, forty-eight years after we became a US possession and twelve years before I was born. I also learned that years earlier, on July 4, 1776, the United States Continental Congress approved the final wording of the Declaration of Independence. It then occurred to me that July 4 is not only designated as the day we celebrate the “Filipino-American Friendship Day,” but also the day we celebrate the birth of the United States of America.

I invite you to check the website <https://www.nationalww2museum.org/war/articles/july-4-1946-philippines-independence>.



*Empire State Building: View from the Edge
July 4, 2022 | Photo by: Liw Villagomez*

PNA Tampa Board Member, Ning Bonoan celebrating 4th of July Holiday 2023 with husband, Father Ray, in their church hometown of Safety Harbor.



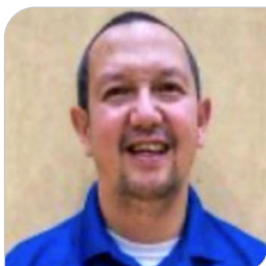
PNA North Texas-Dallas Members Share Thoughts on Independence Day

By **Geraldine A. Perez, BSN, RN, RNC-NIC**
President, PNANT-Dallas 2022-2024

The Fourth of July marks the celebration of Independence Day in the United States. For us Filipino-Americans, we also remember that this was celebrated as Fil-Am Friendship Day back home in the Philippines. Living and working here in the US, we have learned to celebrate this holiday and give it our unique Filipino twist. We asked members of our PNANT-Dallas community to share how they celebrate the Fourth of July and what democracy means to them, and these are their thoughts:



“As a family, we try to go and watch the 4th of July celebration each year in McKinney or in the neighboring cities. We get to hang out with friends, watch the programs, picnic, and enjoy the fireworks at night. Growing up in the Philippines, I remember how my parents went and joined the EDSA revolution to fight for our country’s freedom and how their great-grandfathers were soldiers in WWII. I tell these stories to my kids as a reminder of how precious and hard-fought is the democracy and freedom we now enjoy.”—Geraldine Perez



“Our celebration of Independence Day is a simple get-together with family friends - starting with the recitation of thanksgiving and praise, praying the rosary and praying for other people, and it usually ends with a karaoke sing-along. As a nation of immigrants, our thoughts on democracy is that it is a form of government where the majority - the people per se rules in its decision for the betterment of the society for the people, by the people, and with the people, regardless of race, color and socio-economic status.”—Joel Clemente



“Independence Day is the day that our homeland is truly free from colonization of any nation. On this day, we think about all that has been sacrificed and celebrate it with prayers for peace. Celebrating this day in a foreign land that is so diverse is an experience. My family gets together with diverse friends and barbecue briskets, beans, potato salad, and the menu will not be complete without fish inihaw, lumpia, and pansit.”—Greta Pardue



“This is the anniversary day when 13 original states signed the documents of Independence from Great Britain and which also meant freedom from emancipation from other foreign countries. Since we are here in America, we also enjoy and celebrate this freedom during its anniversary date on July 4. We celebrated the day with prayers thanking our Lord & also the patriots who sacrificed their lives. Family and friends gather with sumptuous American & Filipino foods, barbecue, games, jokes, laughter, and of course, the fireworks. There is nothing worthwhile in this world than to be free.”—Tess Remo

PNA San Diego celebrates “May the 4th Be with You”

By Merlie Ramira, DNP, FNP-C, Victoria Berbano, MHA, RN & Lourdes Deperio, MSN, RN
PNA San Diego Past Presidents

As everyone plans to celebrate July 4th, our independence, the 247th anniversary of our birth as a nation, the Philippine Nurses Association of San Diego (PNASD) joins the celebration. This day is a Patriotic holiday commemorating the freedom we have in America while honoring those who continue to fight for it, our military heroes. Since PNASD members are busy and need help deciding the date and time to get together to celebrate as one, we decided to have two group celebrations for the Fourth of July for the South and North members. All wear festive colors of red, white, and blue. The South group met at Marina Parkway in Chula Vista, a beautiful bayfront overlooking San Diego Bay. Perly Aguinaldo, PNASD President, led the celebration with Jay Larrosa, Merlie Ramira, Crissy Escarrilla, Fe Delosreyes, Cece Echon, Rolly Echon, Vivian Sanderlin, Lorna Herce, Christine Dozier, Brandee Hassell, Pacita Barangan, and Crisabel Ramos. We paraded with US flags along the bay, the bridge, and with beautiful trees in the background. People we met reacted to us with "Thank you for recognizing our heroes and our veterans" and even joined us walking and picture taking. We also stopped by the Veterans Home in Chula Vista and visited our Veterans, talked to them about their experiences, and thanked them for their service.



The North group celebrated by visiting the Miramar National Cemetery, a federally military cemetery in the city of San Diego, CA, located in the northwest corner of the Marine Corps Air Station Miramar on the grounds of old Camp

Kearney and Camp Elliot. The group has three themes on their minds: First, the flag symbolizes our freedom and for those who served; Second, Kapit-Bisig (Arm in Arm together), which represents our duty to unite in service to people of all walks of life and our country; Third, the Home of the Braves which independence Day symbolizes freedom to be what we want to be, the land of endless opportunities to pursue our dreams. It is a day to thank the Armed Forces Services for their sacrifices to keep us and our families free and safe! Freedom is priceless and worth living and fighting for. The North group comprised Vickie Berbano, Lourdes Deperio, Tessie Porciuncula, Marissa Porciuncula, Elvie Magsarili, Rosemarie Cruz, Lourdes Nisperos, and Chona Lutap.



One of our members, Dorothy Brown, took a picture with the flag that she treasured because that was given to her when she was sworn in during her Citizenship 20 years ago. We also celebrate with family and friends collectively, celebrating with fireworks, parades, and family gatherings with food and drinks. Let us continue to be kind, caring, and loving and show how we can serve others in our own way. Let us remember our heroes who advocated the freedom we all enjoy today. Proud to be an American! Happy 4th of July! Happy Birthday, America! We are grateful for the opportunities and blessings available to us to be successful and accomplished and achieve the American dream. Thank you, America the Beautiful, "Land of the Free and Home of the Braves."





The Supreme Court Ruled Affirmative Action Policies in College Admissions at Harvard and UNC Unconstitutional

By Leticia Hermosa, JD, PhD, RN, Esq.
PNAALegal Adviser
PNAAL President 2014-2016

The following are highlights of the Supreme Court decision presented by Chief Justice John Roberts on June 29, 2023. In a majority vote of 6-3, the Court ruled that the affirmative action policies in two colleges, Harvard College, and University of North Carolina, are unconstitutional. The two cases discussed were:

“Students For Fair Admissions, Inc. v. President and Fellows of Harvard College” and “Students For Fair Admissions, Inc. v University of North Carolina”.

Argued October 31, 2022—Decided June 29, 2023

(The full text of the Opinion of the Supreme Court may be found at [www.supremecourt.gov/opinions/decisions/20-1199_Students_for_Fair_Admissions,_Inc._v._President_and_Fellows_of_Harvard_College_\(06/29/2023\)_supremecourt.gov](http://www.supremecourt.gov/opinions/decisions/20-1199_Students_for_Fair_Admissions,_Inc._v._President_and_Fellows_of_Harvard_College_(06/29/2023)_supremecourt.gov))

The cases considered by the Court was whether the admissions systems used by Harvard and University of North Carolina (UNC) are lawful under the Equal Protection Clause of the Fourteenth Amendment of the US Constitution.

Harvard College and the University of North Carolina (UNC) are two of the oldest institutions of higher learning in the United States. Every year, tens of thousands of students apply to each school; many fewer are admitted. Both Harvard and UNC employ a highly selective admissions process to make their decisions. Admission to each school can depend on a student's grades, recommendation letters, or extracurricular involvement. It can also depend on their race.

Harvard's Admission Process:

At Harvard, each application for admission is initially screened by a “first reader,” who assigns a numerical score in each of six categories: academic, extracurricular, athletic, school support, personal, and overall. For the “overall” category—a composite of the five other ratings— a first reader can and does consider the applicant's race. Harvard's admissions subcommittees then review all applications from a particular geographic area. These regional subcommittees make recommendations to the full admissions committee, and they take an applicant's race into account. When the 40-member full admissions committee begins its deliberations, it discusses the relative breakdown of applicants by race. The goal of the process, according to Harvard's director of admissions, is ensuring there is no “dramatic drop-off” in minority admissions from the prior class. The full committee's votes are tentatively accepted for admission. At the end of this process, the racial composition of the tentative applicant pool is disclosed to the committee. The last stage of Harvard's admissions process, called the “lop,” winnows the list of tentatively admitted students to arrive at the final class. Applicants that Harvard considers cutting at this stage are placed on the “lop list,” which contains only four pieces of information: legacy status, recruited athlete status, financial aid eligibility, and race. In the Harvard admissions process, “race is a determinative tip for” a significant percentage “of all admitted African American and Hispanic applicants.”

UNC's Admission Process

Like Harvard, UNC's admissions process is highly selective. In a typical year, the school "receives approximately 43,500 applications for its freshman class of 4,200. Every application is reviewed first by an admissions office reader, who assigns a numerical rating to each of several categories. Readers are required to consider the applicant's race as a factor in their review. Readers then make a written recommendation on each assigned application, and they may provide an applicant a substantial "plus" depending on the applicant's race. At this stage, most recommendations are provisionally final. A committee of experienced staff members then conducts a "school group review" of every initial decision made by a reader and either approves or rejects the recommendation. In making those decisions, the committee may consider the applicant's race.

Students for Fair Admissions, Inc.

Petitioner, Students for Fair Admissions (SFFA), is a nonprofit organization whose stated purpose is "to defend human and civil rights secured by law, including the right of individuals to equal protection under the law. SFFA filed separate lawsuits against Harvard and UNC, arguing that their race-based admissions programs violate, respectively, Title VI of the Civil Rights Act of 1964 and the Equal Protection Clause of the Fourteenth Amendment.

According to SFFA, "over 80% of all Black applicants in the top academic decile were admitted to UNC, while under 70% of white and Asian applicants in that decile were admitted. In the second highest academic decile, the disparity is even starker: 83% of Black applicants were admitted, while 58% of white applicants and 47% of Asian applicants were admitted. And in the third highest decile, 77% of Black applicants were admitted, compared to 48% of white applicants and 34% of Asian applicants. The same is true at Harvard. An African American student in the fourth lowest academic decile has a higher chance of admission (12.8%) than an Asian American in the top decile (12.7%); Black applicants in the top four academic deciles are between four and ten times more likely to be admitted to Harvard than Asian applicants in those deciles."

First Circuit also found that Harvard's consideration of race has led to an 11.1% decrease in the number of Asian-Americans admitted to Harvard. And the District Court observed that Harvard's "policy of considering applicants' race . . . overall results in fewer Asian American and white students being admitted."

Equal Protection Clause

Proposed by Congress and ratified by the States in the wake of the Civil War, the Fourteenth Amendment provides:

"All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws." §1. "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws."

Proponents of the Equal Protection Clause described its "foundational principle" as "not permitting any distinctions of law based on race or color." Any "law which operates upon one man," they maintained, should "operate equally upon all." Accordingly, as this Court's early decisions interpreting the Equal Protection Clause explained, the Fourteenth Amendment guaranteed "that the law in the States shall be the same for the black as for the white; that all persons, whether colored or white, shall stand equal before the laws of the States."

Strict Scrutiny Test

Any exception to the Constitution's demand for equal protection must survive a daunting two-step examination known as "strict scrutiny." Under that standard we ask, first, whether the racial classification is used to "further

compelling governmental interests. Second, if so, we ask whether the government's use of race is “narrowly tailored,” meaning “necessary” to achieve that interest.

Harvard identifies the following compelling educational benefits that it is pursuing: (1) “training future leaders in the public and private sectors”; (2) preparing graduates to “adapt to an increasingly pluralistic society”; (3) “better educating its students through diversity”; and (4) “producing new knowledge stemming from diverse outlooks.” UNC points to similar benefits, namely, “(1) promoting the robust exchange of ideas; (2) broadening and refining understanding; (3) fostering innovation and problem-solving; (4) preparing engaged and productive citizens and leaders; [and] (5) enhancing appreciation, respect, and empathy, cross-racial understanding, and breaking down stereotypes.”

Although these are commendable goals, they are not sufficiently coherent for purposes of strict scrutiny. At the outset, it is unclear how courts are supposed to measure any of these goals. How is a court to know whether leaders have been adequately “trained;” whether the exchange of ideas is “robust;” or whether “new knowledge” is being developed? Even if these goals could somehow be measured, moreover, how is a court to know when they have been reached?

The Court finds that the race-based admissions systems that respondents employ fail to comply with the twin commands of the Equal Protection Clause that race may never be used as a “negative” and that it may not operate as a stereotype. First, our cases have stressed that an individual's race may never be used against him in the admissions process.

One of the principal reasons race is treated as a forbidden classification is that it demeans the dignity and worth of a person to be judged by ancestry instead of by his or her own merit and essential qualities.” But when a university admits students “on the basis of race, it engages in the offensive and demeaning assumption that students of a particular race, because of their race, think alike,”

Nothing in this opinion however, should be construed as prohibiting universities from considering an applicant's discussion of how race affected his or her life, be it through discrimination, inspiration, or otherwise. A benefit to a student who overcame racial discrimination, for example, must be tied to that student's courage and determination. Or a benefit to a student whose heritage or culture motivated him or her to assume a leadership role or attain a particular goal must be tied to that student's unique ability to contribute to the university. In other words, the student must be treated based on his or her experiences as an individual—not on the basis of race.

“Because Harvard's and UNC's admissions programs lack sufficiently focused and measurable objectives warranting the use of race, unavoidably employ race in a negative manner, involve racial stereotyping, and lack meaningful end points, those admissions programs cannot be reconciled with the guarantees of the Equal Protection Clause. At the same time, nothing prohibits universities from considering an applicant's discussion of how race affected the applicant's life, so long as that discussion is concretely tied to a quality of character or unique ability that the particular applicant can contribute to the university. Many universities have for too long wrongly concluded that the touchstone of an individual's identity is not challenges bested, skills built, or lessons learned, but the color of their skin. This Nation's constitutional history does not tolerate that choice”.

The Supreme Court Held: Harvard's and UNC's admissions programs violate the Equal Protection Clause of the Fourteenth Amendment.

ROBERTS, C. J., delivered the opinion of the Court, in which THOMAS, ALITO, GORSUCH, KAVANAUGH, and BARRETT, JJ., joined. THOMAS, J., filed a concurring opinion. GORSUCH, J., filed a concurring opinion, in which THOMAS, J., joined. KAVANAUGH, J., filed a concurring opinion. SOTOMAYOR, J., filed a dissenting opinion, in which KAGAN, J., joined, and in which JACKSON, J., joined as it applies to No. 21–707. JACKSON, J., filed a dissenting opinion in No. 21–707, in which SOTOMAYOR and KAGAN, JJ., joined. JACKSON, J., took no part in the consideration or decision of the case in No. 20–1199.

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/>

This resource was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/HHS.

Travel Plans?



Here are Some Tips to Stay Healthy During your trip:

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

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

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Travel Plans?



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

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



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

This resource was made possible by cooperative agreement CDC-RFA-IP21-2100 from the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/HHS.

Diversity in Nursing Profession: PNASC Member's Personal Journey

By Marion Yates, DNP, MSN, RN, CCRN, NEA-BC
PNASC New Member



Many years ago, when I first came out as a Lesbian, my father warned me to be careful. He told me many were not open to “alternate lifestyles,” I may experience difficulties in the community and my career, especially if I was “out.” I was determined to prove him wrong. I identify as Lesbian and masculine or butch. Regardless of what I say or do, it is obvious to most that I am gay.

Growing up in the Southeastern United States was not always easy; I was often called names and even had things thrown at my car. When I entered nursing school, I was initially very careful about who knew I was gay, especially because I attended school in Georgia. However, as time passed, I became more comfortable sharing this part of my life. The world was changing. Upon graduation, I moved to Southern California to be with my long-term girlfriend of three years. When starting my career in the ICU, old habits from living in the Southeastern United States forced me to use discretion when speaking of my personal life. However, California was much different than anything I had ever experienced. It was a much more welcoming environment for a gay person. I quickly became much more comfortable and very openly “out.”

After spending several years in the ICU, I was promoted to Nursing Director. I worked for a Director of Nursing who did not understand why I wore suits and ties to work. She told me my manner of dress was inappropriate and offensive to patients and staff—a blatant violation of my right to gender expression, a protected class in the State of California. I was truly surprised at this incident, especially coming from a colleague and fellow Registered Nurse. After all, as nurses, we see everything and take care of everyone. I discussed this with the Chief Nursing Officer, who fully supported me. This incident would never happen again.



Dr. Marion Yates and his wife of 8 years

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>

"This publication was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/HHS."

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>

“This publication was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/HHS.”



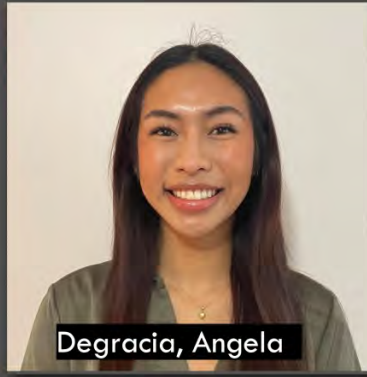
2023 PNAA BSN Scholarship Awardees



Tiamzon, Micah Elissa

Awardee: Micah Elissa Tiamzon
Chapter: PNA Gulf Coast Florida
School: Univ of South Florida
Program: BSN

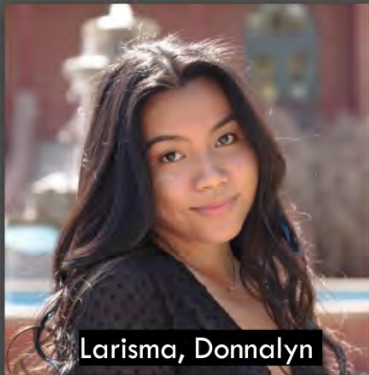
"As I complete my third semester of nursing school, I have recognized the significance nurses play in providing optimal care for patients. They not only serve selflessly, but they also serve with dignity, honor, and leadership."



Degracia, Angela

Awardee: Angela Degracia
Chapter: PNA North Houston
School: Lone Star College
Program: BSN

"As a first-generation Filipino-American, I have received many opportunities in my education that my parents were unable to have. Getting this scholarship would be incredibly helpful in achieving my goals."



Larisma, Donnalyn

Awardee: Donnalyn Larisma
Chapter: PNA Metro Houston
School: Texas Woman's Univ
Program: BSN

"As a nurse who is passionate about working with children, my career pathway in the next five years will focus on pediatrics. I have always been drawn to working with children and their families, and I believe that I have the skills and dedication necessary to make a difference in their lives".



Bajao, Trish Aryanna

Awardee: Trish Aryanna Bajao
Chapter: PNA Arizona
School: Arizona State Univ
Program: BSN

"I hope to work in a hospital or healthcare facility, where I can contribute to improving the health and well-being of patients and their families. Eventually, I would like to pursue further education to advance my career and expand my scope of practice."



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COLLABORATION. ADVOCACY. RESPECT. EQUITY



2023 PNAA Graduate Scholarship Awardees



Ma. Arlene E. Azores, MSN, RN

Awardee: Ma. Arlene E. Azores
Role & Chapter: Board of Directors PNAA New Jersey
School: William Paterson Univ
Program: Doctor of Nsg Practice (DNP)

"This scholarship will help me pursue my dream to find strategies to prevent pregnancy-related deaths, to educate and to empower postpartum women to speak up and to seek for immediate help, and to advocate for them especially those who don't have access to health care."



Maricon B. Dans, MSN, RN, NE-BC

Awardee: Maricon B. Dans
Role & Chapter: Asst. Recording Sec PNAA Metropolitan DC
School: Liberty University
Program: Doctor of Philosophy in Nsg (Ph.D.)

"As a nursing leader gifted with an opportunity to advocate for positive practice environments for nurses globally, pursuing further education would allow me to broaden my impact on Americans of Filipino descent even more."



Lozel S. Greenwood, BSN, BA, RN

Awardee: Lozel S. Greenwood
Role & Chapter: Advisory Board PNA New England, Inc.
School: Regis College
Program: Master of Science in Nsg-Clinical Nurse Leader

"We can help the new generation of nurses to love the nursing practice, to feel safe and supported. I hope to bridge the gap to creating a compassionate organizational culture."



Abraham B. Asto, BSN, RN

Awardee: Abraham B. Asto
Role & Chapter: Greater St. Louis, MO
School: St. Louis University
Program: Doctor of Philosophy in Nsg (Ph.D.)

"Indeed, being a PNAA scholar can create leverage for the nursing profession which promotes quality of life and well-being."



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PNAA Scholarship Committee 2022-2024



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Jennifer M. Dizon,
DNP, RN-BC
North Carolina- Eastern Region



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Ira L. Martin,
DNP, RN, CPHQ, LSSGB
North Houston-SCR



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MSN/ADM, RN, BON
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DNP, APRN, PMHNP-BC, RN-BC, PHN
California Orange County- Western Region



Member
Joselito "Bong" Muncada, DDM,
AASITT, RN, CRRN
North Houston, Texas-SCR



Member
Aileen Carmela Laczi,
MSN, RN, CNOR
North Carolina-Eastern Region



Member
Maria Hipolito,
BSN, RN
Greater St. Louis-NCR





COMMITTEE UPDATES

Practice Committee

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

Social Determinants of Health in DEI

As PNAA moves towards addressing Diversity, Equity, and inclusivity (DEI) in our committees, one aspect of DEI we need to address is the social determinants of health (SDoH). As healthcare providers, we are trained to be culturally and socially sensitive to issues affecting our patients.

What are SDoH, and how do they factor into the health equity conversation? According to the Centers for Disease Control and Prevention (CDC), SDoH is the "conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes." There are categories of SDoH: quality and access to health care, access to quality education, social and community contexts, economic stability, and one's neighborhood (AANP, 2023).

Many of our underserved and marginalized patients may experience an inability to access quality healthcare. They may even experience challenges obtaining medications and food access related to poverty and lack of resources. Or may have to travel miles to obtain healthcare or lack information on living a healthy lifestyle. According to the AANP, the causes for this discrepancy can be attributed to social determinants of health (SDoH), ranging from access to health care, quality of education, economic stability, and environment. As advanced practice nurses (ANP), we are vital in increasing health equity and reducing SDoH's impact on patients within your community.

According to the [U.S. Department of Health and Human Services Office of Minority Health \(OMH\)](#), "When patients are provided with culturally and linguistically appropriate information, they are empowered to create healthier outcomes for themselves and their communities."

Current data and statistics:

1. At least 88 percent of adults living in the U.S. have health literacy inadequate to navigate the healthcare system and promote their well-being
2. **Race/ethnicity:** Adults identifying as Hispanic demonstrate the lowest health literacy of all groups examined. White and Asian/Pacific Islander adults have higher average health literacy levels than other racial/ethnic groups.
3. **Culture:** Adults who spoke only English at home before schooling have higher health literacy. In contrast, those who spoke only Spanish at home before schooling have the lowest average health literacy of any population. In the African American community, lower health literacy is more common among those with stronger religious beliefs.
4. **Gender:** Women are slightly more health literate than men overall (12 percent vs. 16 percent below basic competency).

5. **Socioeconomic status:** Health literacy increases with income and education level. The lack of a high school diploma is associated with lower health literacy scores, on average, than living below the poverty line.
6. **Health-insurance** coverage: Americans with employment-based, military, or private insurance have higher health literacy on average than adults covered by Medicare or Medicaid or without insurance.
7. **Source of health information:** Adults scoring lower in health literacy are likelier to obtain health information from non-print media (radio, television) and less likely to use printed/written sources (newspapers, internet). People with proficient or intermediate health literacy are more likely to seek healthcare information from various sources.

What is health literacy? According to Berkman et al. (2010), it is the degree to which individuals can obtain, process, understand, and communicate health-related information needed to make informed health decisions. "Health literacy is linked to literacy and entails people's knowledge, motivation, and competencies to access, understand, appraise, and apply health information to make judgments and take decisions in everyday life concerning healthcare, disease prevention, and health promotion to maintain or improve quality of life during the life course" (Sorensen et al. (2012)

How can we, as nurses, address SDoH?

Through patient education and improving health literacy we can empower our patients through improved education and health literacy.

Interventions that improve health literacy may empower individuals to act on social and economic determinants of health at both the individual and community levels. Improvements in health literacy are likely to result in improved utilization of preventive services, medical adherence, and involvement in health decision-making."

- Suggestions offered by Lopez et al. 2020: emphasize people's ability to *use* health information rather than understand it.
- Focus on the ability to make "well-informed" decisions rather than "appropriate" ones.
- Incorporate a public health perspective.
- Acknowledge that organizations have a responsibility to address health literacy, and be an advocate for your patient by being an active part of your organizations' decision-making example: Interdisciplinary meetings, speaking with your organization's stakeholders, and making proposals for creating a [health literacy plan](#) with support and resources from the CDC.
- Discover the critical role health literacy plays in the goals set by [Healthy People 2030](#) and browse their tools for improving health literacy by 2030.
- Learn more about providing [culturally and linguistically appropriate services](#) to patients in your community.

Check out: [Health Literacy in Healthy People 2030 - Healthy People 2030 | health.gov](#)

When patients interact with a healthcare provider they are comfortable talking to or can quickly identify with; they are more likely to have a positive outcome. Communication is the key to addressing diversity in the workforce, which includes understanding certain cultural traditions that cannot necessarily be read from a book. Institutions may also recruit and retain healthcare personnel from racial and ethnic minority populations to work in healthcare settings is critically important.

Communicative or interactive health literacy refers to "more advanced cognitive and literacy skills which, together with social skills, can be used to participate in everyday activities actively, to extract information and derive meaning from different forms of communication, and to apply new information to changing circumstances" (Nutbeam, 2000).

Critical health literacy requires "more advanced cognitive skills which, together with social skills, can be applied to analyze information critically and to use this information to exert greater control over life events and situations" (Nutbeam, 2000).

National Action Plan to Improve Health Literacy

1. Develop and disseminate health and safety information that is accurate, accessible, and actionable
2. Promote changes in the healthcare delivery system that improve health information, communication, informed decision-making, and access to health services.
3. Incorporate accurate, standards-based, and developmentally appropriate health and science information and curricula in childcare and education through the university level.
4. Support and expand local efforts to provide adult education, English-language instruction, and culturally and linguistically appropriate health information services in the community.
5. Build partnerships, develop guidance, and change policies.
6. Increase basic research and the development, implementation, and evaluation of practices and interventions to improve health literacy.
7. Increase the dissemination and use of evidence-based health literacy practices and interventions.

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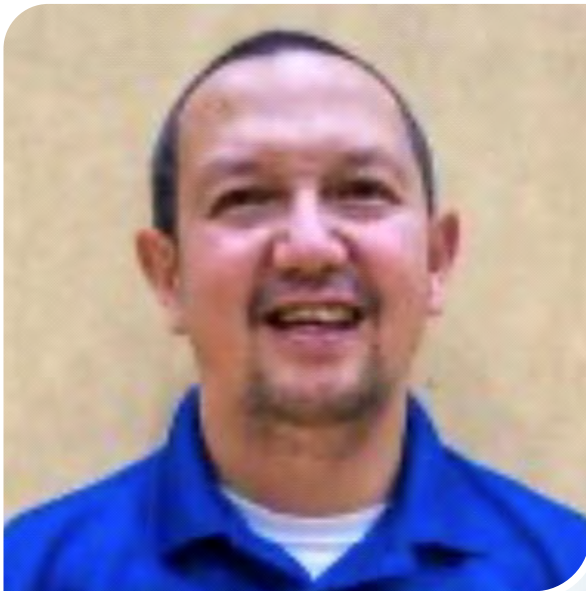
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[Home Page - Office of Minority Health \(OMH\) \(hhs.gov\)](#)



PNANT-Dallas RN recipient of the 2023 Immigrant Journey Award

By **Geraldine A. Perez BSN, RN, RNC-NIC**
President, PNANT-Dallas 2022-2024

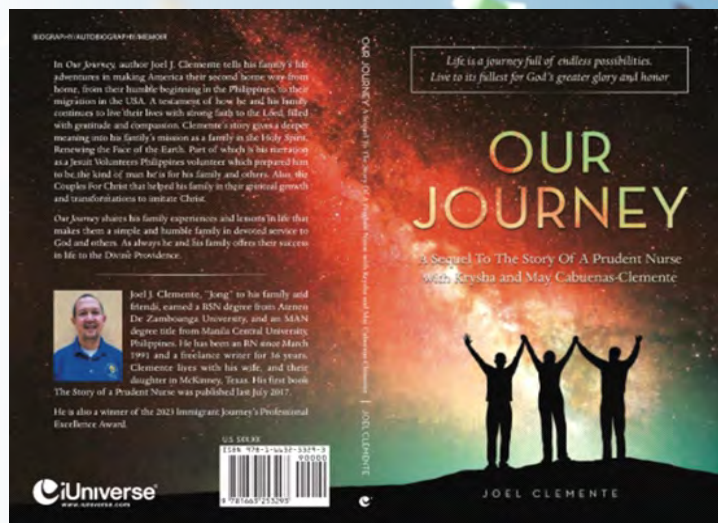


Congratulations to Joel Clemente MAN, RN, for being one of the awardees for the 2023 Immigrant Professional Excellence Award, which is given by the Badmus & Associates Law Firm. The Immigrant Journey Awards is given in June to celebrate Immigrant Heritage Month. The awards program aims to shine a spotlight on immigrant achievements and contributions to North Texas and the country.

Joel is an active member of PNANT-Dallas, Knights of Columbus, and Couples for Christ and a hospitality minister in the church. He works full-time at the Accel Rehabilitation Hospital and PRN at Reunion Rehabilitation Hospital in Plano, TX. He has published a book entitled “The Story of a Prudent Nurse” and has recently published a

second book entitled “OUR JOURNEY, A Sequel To The Story Of A Prudent Nurse, with Krysha and May Cabuenas-Clemente.

It contains thought-provoking stories that the readers can resonate with, be positively influenced, and learn from the author and his family's life experiences. Proceeds from the sales will go to three charitable institutions: Jesuit Volunteers Philippines Foundation Inc., Couples For Christ-Answering The Cry of the Poor Education program, and the PNANT: Dallas Scholarship Fund. It is available online on the soft cover and Kindle versions at amazon.com, iuniverse.com, and barnesandnoble.com.



(Photo and web credits to Joel Clemente and immigrantjourney.org)

PNANT-Dallas congratulates Joel and wishes him well in all his endeavors!

PNA Arizona's Eventful Thirty-Four Days



The Philippine Nurses Association of Arizona (PNAAZ) just concluded a busy and engaging month. Last May 20, 2023, PNAAZ held its first in-person conference after the COVID-19 Pandemic at the Sonntag Pavilion, St. Joseph's Hospital and Medical Center. The conference was spearheaded by Rizza Ditchella, President-Elect and PNAAZ Education Chair, and the Education Committee members composed of Eileen Brown, Minnerva Carroz, Marinor Condes, Jennifer Somera, and Darlene Ynzon.

As the world is emerging into the post-pandemic normal, careful thought and consideration went into planning the theme. The theme is Making a Difference by Creating a Positive Change to Yourself, Workplace, and Community. The conference aimed to provide knowledge and skills to build resiliency among nurses navigating the challenging healthcare environment. The conference fee was waived for all PNAAZ members and made possible by applying for grants, marketing for sponsors and vendors, and donations from community partners.

The day was started by Amabel Nugpo-De Leon, BSN, RN as the keynote speaker, a published author of "Bloom on the Battlefield." Mrs. Nugpo De Leon inspired the attendees by telling her story of being unhoused when she first came to the United States and fast-forwarding to the present as an owner of 11 successful companies. The second speaker was Dr. Sonal Haerter, MD, an internal medicine provider at St. Joseph's Hospital and Medical Center and professor at Creighton University College of Medicine. Dr. Haerter had a very engaging and relevant talk on Burnout to Rejuvenation. The third speaker was Dr. Clement Singarajah, MD, Chief of Pulmonology and Critical Care at the Carl T. Hayden Veterans'

Administration Hospital. He discussed Pulmonary Complications of COVID-19, especially in the patient population who continue to experience the long-term effects of the COVID-19 virus. After a sumptuous lunch, the fourth and fifth speakers were St. Joseph's Hospital and Medical Center chaplains Dana Fee and Nash Pwol. They discussed Resiliency and Active Listening skills. They gave the attendees tools to foster resilience and led them in role-playing activities to practice active listening. The sixth speaker was Dr. Madhavi Meka, MD, a vascular surgeon at the Carl T. Hayden Veterans' Administration Hospital. Her topic, Varicose Veins: Not a Cosmetic Surgery, applied to the nurses who spend most of their working hours standing.



After the conference, PNAAZ proceeded to the general assembly. Nelly Peterson, MNE, RN, past president and chair of the Scholarships and Awards, announced the winners. Elias Fojas and Mariz Millalos received \$500 each for the BSN category, and Marlo Beaudoin, BSN RN, received \$500 for the advanced degree category. Nursing Excellence Award recipients for 2023 were Marilyn Geiser, BSN, RN-Clinical; Angelina Radau, BSN, RN-Community; and Sarah Arabit, MSN, FNP, RN-Entrepreneurship. Grace Miller, BSN, RN, and Jacquelyn Andres, DNP, RN, received Presidential Awards for Outstanding Executive Board Member and Outstanding Member, respectively.

Maila Santos, BSN, RN, a PNAAZ member, and a conference attendee, shared how grateful she was to be at the conference. The topics were all pertinent to her role as a Mental Health Nurse. She added that the topics benefited not only nurses but all healthcare workers. She was very appreciative that the conference was free to PNAAZ members. "I had a choice not to go or go. I am so glad I did. It was a

Saturday well spent.” Ann Semacon, BSN, RN, another PNAAZ member, and attendee, mentioned that every aspect of the conference was well organized, from the registration to the whole program. She stated that in the past, after she attended similar conferences, she left feeling inadequate. Thoughts that she had not done enough in her nursing career would plague her mind. After the PNAAZ conference, she felt empowered, knowing she could define her success.

PNAAZ expresses gratitude to the sponsors, vendors, and donors: Global Nursing Foundation, Instarem, Grand Canyon University, Valley of the Sun Home Health, The Health Solution: Living Benefits, Treat Rite Wellness, Kaden's Minimart, Premier Medical Distribution, My True Joy, Atlas Arizona, Eternity Hospice and Palliative Care, Saladmaster, Mayo Clinic Arizona for the giveaways, and St. Joseph's Hospital and Medical Center for the free venue and parking for all the attendees.

The next big event happened on June 10, 2023, during the celebration of the Philippine Independence Day Celebration in the Hyatt Regency Hotel in downtown Phoenix. PNAAZ was in charge of the parade of organizations. Marinor Condes, President, and Hans Taberna, Treasurer, were tasked to introduce and read the biographies of the organizations as they paraded across the ballroom. PNAAZ had the opportunity to partner with Asian Pacific Community in Action in educating the community on preventing Cardiovascular disease and Type II Diabetes. PNAAZ also distributed All of Us Research Flyers. PNAAZ took the opportunity to recruit new members and returning members.



The last event was on June 24, 2023, the Philippine Nurses Association of Arizona (PNAAZ) leaders and members taught a bystander Cardiopulmonary Resuscitation (CPR) class at the St. James Roman Catholic Parish. Angie Radau, a faithful church, and PNAAZ member, requested that PNAAZ conduct the class. The course aims to teach church staff and volunteers life-saving CPR skills they can utilize during health emergencies.

Rizza Ditchella, the PNAAZ president-elect, managed the CPR videos and led the discussions. Attendees were then allowed to assess the victim's consciousness, call for help, practice compressions, and deliver breaths to the mannequins. The care of a choking victim was demonstrated. Performance of the Heimlich maneuvers and abdominal thrusts were shown. The rest of the PNAAZ team: Dr. Shirley Soden, Maricel Bobadilla, Eileen Brown, Marinor Condes, Grace Miller, and Angie Radau gave the attendees feedback, answered questions, and presented different scenarios to enhance the discussion and learning. In addition, Eileen Brown showed the group how to use the automatic external defibrillator. Lastly, Maricel Bobadilla reviewed the signs and symptoms of a stroke and the importance of calling for help immediately.

Sixteen attendees completed the training and received certificates of attendance. The attendees were grateful for the opportunity to learn CPR and thanked PNAAZ members for spending their Saturday morning with them.



PNAAZ organized a whirlwind of activities in a matter of 34 days! A hectic month indeed, yet the most fulfilling! PNAAZ rose to many occasions through teamwork, leadership, and coaching. PNAAZ EXCELS continues to be integral in delivering Dr. Gloria Beriones' Our United Voices: WE CARE message. As Arizona bakes in the summer heat, PNAAZ sends you our warmest regards!



By Mark Buan-Lagazo, BSBA, BSN, RN, PHN
Corresponding Secretary

Philippine Nurses Association California Capital City Chapter (PNAC3) participates in the Filipino Fiesta of Sacramento



On June 4, 2023, I had the wonderful opportunity to assist in hosting a Blood Pressure and Summer Safety Clinic with the Philippine Nurses Association of America California Capital City Chapter (PNAC3), UC Davis Health (UCDH), and Sierra Donor Services (SDS) at the Filipino Fiesta of Sacramento 2023 at Jose Rizal Community Center in Elk Grove. The Filipino Fiesta started in 1977 and hosted thousands of people annually, with business and community organizations participating as vendors. Throughout the day, visitors can enjoy performances of local entertainers and visit vendors' tents to purchase food and drinks, merchandise, play games, meet and network with business professionals, and get educated through health organizations like UCDH and Kaiser Permanente.

For years, UCDH has provided health education to visitors, like reading vital signs using a Philips monitor or providing glucose readings for those curious about diabetes. This year, it was highly requested do blood pressure readings and summer safety, especially for the pediatric population. To provide our visitors with our UCDH freebies, we asked them to spin the wheel to win a prize, but the caveat to obtaining the prize, we requested they answer a question regarding safety for the summer. Some questions were: how many seconds should you take and count to while washing your hands? To prevent any trauma to the head, what should you wear while riding a bike? While driving in a vehicle, what is one way to prevent accidents? How many cups of water should you drink daily? And please demonstrate how you cover your cough or sneeze. It was great how well everyone answered these questions, but the pediatric population did amazingly well and really enjoyed our presence.

As a pediatric nurse at UCDH Children's Hospital, I was reassured that children really do pay attention to what they learn and do their best in the community. As a Filipino nurse, the Fiesta reminded me of my culture and how family-oriented we are. We love gathering together, meeting new people, and networking. After the Fiesta, I met many people from various organizations that wanted to work with UCDH, PNAC3, and SDS. As a member of PNAC3, I cannot wait to continue providing services to the community, especially when it comes to educating thousands of visitors regarding their health, which we all clearly value.



By Laura De Vera, BSN, RN
Assistant Secretary, PNACC

The PNA Central California Nursing Excellence Awards



The PNACC Nursing Excellence Awards was held on June 3rd, 2023, at the Fort Washington Country Club, Fresno, California.

Several outstanding nurses in the central valley were nominated in various categories of nursing excellence. Led by Eleanor Haight Puca and Jennifer Martizano, chair, and co-chair, respectively, of the committee on Nursing Excellence Awards, the following were honored for their exceptional contributions in the categories listed below:

1. Clinical Nursing - Shelly Reyes, BSN, RN, CPN
2. Clinical Informatics - Cecilia Utleg, BSN, RN, MSN
3. Nursing Education - Bernard Payongayong, MSN-Ed, CNOR
4. Community Service - Maria Luisa Akia, BSN, RN
5. Advanced Practice - Roces Velasco, MSN, NN-BC
6. Nursing Entrepreneur - Jonalyn Luis-Calliao, BSN, RN

The Aloha-themed event was a blast, starting from the carefully curated decorations made by Sheila Guansing and her committee on decoration teammates, Athena Oliquiano and Susan Manimtim. The



guest of honor, PNA Western Region Vice President Mr. Bob Gahol, who hails from Hawaii, said he felt very much at home. Mr. Bob Gahol highlighted that the PNACC is the largest chapter in the Western Region. He challenged PNACC to continue setting the bar high for others to follow.

PNA President Dr. Gloria Lamela Briones was virtually present at the event via a recorded video greeting. Her message carried a personal touch as she expressed her profound gratitude for her strong connection towards PNACC. "PNACC, as a professional nursing organization, you are an exemplar!" she said.

Mrs. Nancy Hoff, PNAAF President, likewise graced the occasion. In her speech, she promoted "Siglo ng Kalinga," a film featuring the 100th year anniversary of the Philippine Nurses Association.

Kudos to the steadfast leadership of Merlina Martin, PNACC President, for a very successful and fun-filled PNACC Nursing Excellence Awards Day.







By Lorna Buntichai, BSN, RN
PNA Georgia

Kalayaan Atlanta, 2023 Family Fun Day

June 12, 2023, marks the 125th Year of Philippine Independence from Spanish rule. Philippine Honorary Consul General Raoul “Ray” Donato and Makabayan Georgia, Inc. (MGI) have led the Annual “Kalayaan Atlanta” celebrations with the different organizations of the Filipino- American community, community leaders, and volunteers. “Nandito Na Tayo” (We Are Here Now) is this year's Kalayaan Atlanta 2023 theme. This year's celebration included Family Fun Day, Thanksgiving Mass, and Gala Night.

On Saturday, June 3rd, 2023, the Philippine Festival Kalayaan Fun Day was held at Pinckneyville Park, Norcross, Georgia. Pia Valeriano and Randy Cabanog co-chaired this event. This event was free for everyone, from 9:00 AM until 4:00 PM. The venue was packed, guests had to go around finding a parking space, and some had to go to another parking lot. They had overflowing vendors, and some had to set up their own tents outside the pavilion. Vendors were mixed, selling Filipino dishes, pastries, cool drinks, souvenir T-shirts, jewelry, Filipiniana dresses and etc. The Philippine Nurses Association of Georgia (PNAGA) participated in selling Filipino-styled pork barbecue for fundraising and was sold out. The whole event and community participation were impressive.

PNAGA provided the First Aid station, Minette Reyes as a volunteer. For the first time, the PNAGA hosted CPR for Family and Friends course, “Hands-Only CPR.” Coincidentally, American Heart has established June 1-7 as CPR awareness week. The facilitators of the session were Tessie Saethang and Myrna Gacusan. Mr. Rudy Gacusan and Jonathan Saethang provided the equipment and technical support. There were 6 adults and 6 school-aged participants. They were able to practice proper chest compression. The facilitator also demonstrated the steps of using AED when available. It also emphasized to the attendees the importance of calling 911. The feedback was positive.

The event contest winners were: Traditional Folkdance “Tiboli Dance” of Mindanao performed by the Alabama Dance group; Poem “Laging May Pagasa” composed and performed by Edison Villanueva; Singing “Paano” by Dulce performed by Imelda Young. Berna Bray won the Hula Hoop contest. Venus Soriano was the emcee of the program. Other activities were adult and children games singing intermission by Ria Rowell. Something new was the Balagtas performed by Venus Soriano, Elizabeth Villanueva, and Edison Villanueva: Maria Clara vs. Marie Claire, depicting Old Fashion and Modern Filipina. And, of course, always the last of the program was community dancing.

Another year of fun and successful Kalayaan Family Fun Day until next year!

PNA Chapter NEWS



By Joy Mariano Deatherage, BSN, RN; PNAGSL Secretary 2022-2024
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

PNA of Greater St. Louis Goes to The Ballgame

Busch Stadium

Busch Stadium is a baseball stadium located in St. Louis, Missouri. It serves as the ballpark of Major League Baseball's St. Louis Cardinals. It has a seating capacity of 44,494, with 3,706 club seats and 61 luxury suites.

Another fundraising for PNAGSL: JUNE 11, 2023, Sunday, is one of the days our nurses do volunteer work at the Busch Stadium in downtown St. Louis during the Cardinals baseball game.
St. Louis Cardinals vs Cincinnati Reds Game — Time 1:25 p.m.



Volunteers all geared up to serve at food concession during the baseball game. **From left:** JenJen Hazelbaker, Joy Deatherage, Evelyn Oller, Angela Soriano, Agnes Lewis, Lori Abuelo. **Behind:** Mike Lewis



Busch Stadium has a strict uniform policy for volunteers. Above, showing plain black cap (or visor) with group logo, is an official requirement. Clean solid white or black shirt under issued uniform shirt; black pants or shorts (no more than 6" above knee); shoes: closed-toe/heel, flat, slip-resistant, rubber-soled; hair: groomed, not covering eyes, pulled back.

Our president, Josie Veit, in collaboration with St. Louis Baseball Fundraising (**STLBB**) per Kate, spearheaded this fundraising, through volunteerism. Monies raised will be used for the medical mission in the Philippines (in January 2024) as stated in Josie's letter to the Cardinals Non-Profit Organization coordinator.

Several mandatory prerequisites for volunteers:

1. Commit to five days; dates selected considered nurses' work and family schedules
2. Submit copies of our driver's license, front and back, to Josie
3. Each volunteer must complete:
 - A. 2023 Busch Stadium Fundraising Training — 3 links and a multiple choice test and we all passed! We only had to this once, good for all the other dates we signed-up for.
 - B. Assessment: personal information.
 - C. Waiver approvals: on volunteer release, waiver, indemnification, arbitration agreement, anti-harassment and non-discrimination policy.

Finally, our day to volunteer at the ballpark — June 11, Sunday. A slight shower of rain didn't dampen our excitement! Our group — Agnes and husband, Mike, JenJen, Lori, Evelyn, Angela, Joy and sister, Cecile Nord — met at the parking lot designated for workers and volunteers at 8:30 a.m. (\$5.00 parking fee for 24 hours).

We reported to the volunteer office by 9:30 a.m. We met John Lawrence (also a friend of mine), who is the camera operator shooting the game live. At the office, we registered, got our name tags and uniform shirts, and followed the uniform policy to the letter. As luck would have it, the only shirts available were XXL. Nurses' creativity was challenged, and we made the shirts more appealing!

We were stationed at P254 Nacho Bar. Booth supervisor, Angie, showed us how to work the burners, money registers login, and where the main ingredients were. We got the ground beef and pulled pork in serving trays, as well as the nacho cheese. Each one was assigned specific duties: Cecile was to make sure condiments were well stocked; from each side of the booth, Joy, JenJen, and Angela were to take care of the nachos; Mike and Lori, the drinks; Evelyn and Agnes, the cash registers. All sales are to be done with credit cards only, no cash.

The gates opened at 11:15 a.m., two hours before the game, and we were ready! The customer flow was steady; we were all on our feet (no seats!) except for the 20-minute lunch break which we all took turns. Good shoes are truly a must! I'm a fair-weather fan of baseball, so it didn't bother me that the Cardinals lost by one after leading the Reds for six innings.

In the middle of the 7th inning, we broke down our booth, we threw all the food not sold, and condiments left in trash cans. [I felt, "Such waste; these could have been given to the homeless!] We cleaned up our booth, washed trays, etc., and put all things back in order. Our booth supervisor gave her a thumbs-up, and after a 6 1/2-hour shift, we were happy and felt we did well! 100% of the tips go to our organization, as well as 9% to food sales and 8% to liquor sales. A good day's "pay" to our coffer! We indeed are looking forward to our next fundraising with the St. Louis Cardinals!



All smiles, ready for the day's work, are (from left) Joy, Evelyn, Lori, Angela and Cecile



Volunteers quickly learned how to make a "welcoming environment" to the customers



PNA Chapter NEWS



By Alice Q. Torregosa, BSN, RN, NP; PNAGSL President-Elect 2022-2024
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair
Photos by Joy M. Deatherage, BSN, RN; PNAGSL Secretary 2022-2024
and JenJen B. Hazelbaker, BSN, RN; PNAGSL Advisory Board]

PNA of Greater St. Louis Education Seminar

JUNE 20, 2023, Tuesday, 6:00 p.m. — Educational Presentation with Dinner
at Bristol Seafood Grill, 11801 Olive Blvd., Creve Coeur, MO 63141

“A Clinical Overview of Hyperkalemia” by Linda Freeman, PharmD, MS, CSL-Vifor Pharma



Dr. Linda Freeman (left) with Alice Torregosa of PNAGSL, President-Elect

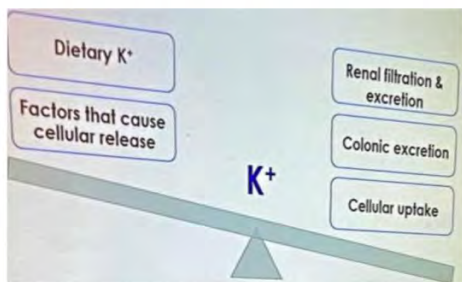
Marilou Dangan, President of PNAI (Illinois) referred Dr. Linda Freeman to Josie Veit, President of PNAGSL. Josie then passed to me to communicate with Dr. Freeman and to coordinate with her an Educational Talk sometime in June or July 2023.

Dr. Freeman is a Senior Medical Director, a Pharmacist with 30 years of experience. She works in retail Hospital Nursing Homes and Pharmacy. She lives in Chicago, Illinois and has been in CSL-Vifor Pharmaceutical for eight years. [CSL-Vifor is a global specialty pharmaceuticals company in the treatment areas of iron deficiency, dialysis, nephrology and rare disease. It is headquartered in Switzerland.]

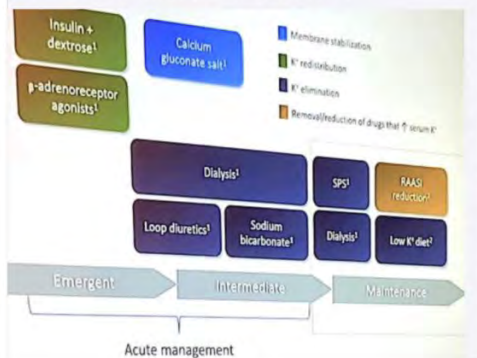
The education seminar was held with dinner at Bristol Seafood Grill and was well attended by 35 nurses and allied members. The presentation on “Hyperkalemia” was short and direct, with interactive discussion. Many thanks from all the attendees to Dr. Freeman for an insightful presentation, for helping us be more aware of the clinical presentation, mortality and risks of hyperkalemia. We are grateful for the time Dr. Freeman spent with us. We hope she will consent to give a presentation to PNAGSL again sometime in the near future. Dr. Freeman mingled with us and said she enjoyed our group — as we, likewise, enjoyed her!



Dr. Linda Freeman gave the second education seminar with PNAGSL this year. She flew in from Chicago and flew back the same evening after her talk on “Hyperkalemia.” PNAGSL is grateful for the discussion and socialization with our guest speaker.



Hyperkalemia occurs when the balance between K⁺ intake and removal is



Hyperkalemia is prevalent among older populations with advanced kidney disease. It contributes to more than 75,000 ED visits annually and represents a financial burden to the U.S.

(RAASi) Renin-Angiotensin-Aldosterone System inhibitor therapy
(ARBs) Angiotensin receptor blockers

Hyperkalemia: Potentially life-threatening effects on resting membrane potential and threshold potential of excitable cells; life threatening effects on cardiac conduction; a serious chronic condition.

In general, highest tolerated doses of ACE inhibitors or ARB (RAASi) are recommended. If hyperkalemia develops, reduce dose of (or discontinue) ACE inhibitors or ARB.

Physicians have to balance the beneficial effects of RAASi versus the risk of hyperkalemia when treating patients with CKD, diabetes, and/or heart failure.

Low K⁺ diet is the first step in chronic management of hyperkalemia but compliance is difficult. In severe CKD: track fluid intake, avoid alcohol, limit caffeine, low protein.



Article/Photos by **Ces Nalagan, BSN, RN**; PNAGSL PRO 2022-2024
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

PNA Greater St. Louis nurses join Camp Aruga Workshop

JUNE 16-18: NCR CAMP ARUGA — Potawatomi Inn and Cabins, 6 Lane 100 A Lake James, Angola, Indiana — Leadership workshop. Five represented PNAGSL: Josie Veit (President), Evelyn Oller (Business Manager), Agnes Lewis (Treasurer), Joy Deatherage (Secretary) and Cecilia Nalagan (PRO).

I had an opportunity to join the first Camp Aruga sponsored by PNA in Indianapolis last June. The PNA North Central Region leaders from PNANWIN, PNA Cin-NKy, PNAGKC, PNAIN, PNACoH, PNAM, PNAGSL, PNAI, PNAWI, and PNAO attended this activity. This leadership camp aims to collaborate and strengthen the unity among chapters through effective communication.

The drive to Indiana took about seven hours with stops. It was not bad, as I had the pleasure of driving a huge but smooth GMC Yukon rental which made all of us look very tiny! All the ladies kept me awake during the drive with all their wonderful stories. We also used our travel time to debrief on previous activities and to discuss upcoming ones. We arrived at the venue on time and safely.

I must admit that I hesitated to join at first as I wouldn't say I liked sitting and listening to presentations. To my surprise, this leadership camp is interactive and fun! One of the activities we did was the Six Thinking Hats, led by Manny Ramos. The yellow hat is about positivism, the green hat represents creativity, the red hat means emotions, the white hat lets you focus on the data, the black hat describes looking at the downside or potential negative outcomes, and the blue hat is for controlling the process. We were divided into groups and were given a situation where we could apply and discuss what we learned. This activity stood out since it is easy to incorporate into meetings and decision-making. It was an eye-opener to hear from other chapters that we are all experiencing the same organizational challenges, and we were able to brainstorm how we can solve this using the Six Thinking Hats. I was impressed with how our group breezed through this activity because everyone was enthusiastic, communicating well, and, most of all, respecting each other's opinions. We also talked about resiliency and self-awareness, to name a few.



*Part of PNAGSL Executive Board drove to Angola, Indiana from St. Louis and made it to Camp Aruga safe and sound.
Left photo, L-R: Evelyn, Joy, Josie, Agnes, Ces.*



ZUMBA



One of the highlights of this camp is that our chapter, PNAGSL, was asked to lead the Zumba. It was scheduled at 6:00 a.m. but we started a little later as we were working on the projector aside from waiting for more people. Since it was quite early, we did not expect that people would get up and join. I am proud to say that it was very well attended! I love seeing how music and dancing can unite people of all ages. Everyone had smiles on their faces and was ready to face the day after this activity.

Lastly, I would like to quote what Dr. Beriones said, "Let us strive to create chapters that are not just functional, but thriving communities that support, uplift, and energize one another." I believe that after Camp Aruga, leaders of each chapter will go back to their hometown and will be able to share the fire within themselves.



Seated, center: Dr. Gloria Beriones flanked by PNAA Executive Board with PNAGSL delegates and Camp Aruga organizers



“THINKING HATS” — Josie was assigned the red hat. Having only a black hat available, her *“emotional reaction”* made her paint the hat and decorated it with red flowers and ruby gemstones. *“Voila!”* red hat as portrayed, accentuated with her red top!



Delegates received certificates of attendance and pins. **From left:** Manny Ramos affixes pins on Joy and Ces; Bong Dayon (NCR VP 2022-2024) on Agnes and Evelyn; Dr. Gloria Beriones (PNAA President 2022-2024) on Josie.

July 1, 2023 NCR COP zoom meeting — Camp Aruga evaluation

Bong Dayon: “a successful event, received positive comments from everybody.” Bong was ubiquitous in all activities to the point of already losing her voice as the event concluded; she admits “anything goes!”

Elena de Jesus: “topics well chosen, effective, different stimulation; integral part of leadership; program served its purpose.”

Josie: “attendees spoke of their experience” after PNAGSL’s education seminar. Annabelle Cosas: “each one commented on their being inspired by the unity of the group.”

Babette Orlich: “PNAA EB talked to others; everyone’s energy kept me going.”

Connie Sumalde: “I was going and didn’t know what to expect. I loved it! Such a positive experience! I made new friends and Zumba was fun!

Faith Jedlicka: “a great experience; wished more members had come.”

Reggie Laput: “good to connect faces of those present. Others already expressed they’re eager for the next Camp Aruga!”

Mattie Upano: “have tuition; will help budget.”

Debbie Maquidato: “sponsorship will help budget, solicitation letter (Ways & Means)”



St. Louis celebrates its “4th of July parade 2023” with dozens of floats and marching bands including some entertainers and celebrities. Part of the parade is Tishaura Jones (photo, extreme right), the first black female Mayor of St. Louis. She graduated in nursing from St. Louis University College for Public Health with a Master of Health Administration in 2001.



Photo, left, L-R: Minnie Lacadin, Josie Veit, Joy Deatherage, Alice Torregosa, Cynthia Montejo. [PNAGSL supporters: Cecile Nord, Shelby Nord, June David.]



[Excerpts from Fr. K. Schroeder, Pastor, Incarnate Word Catholic Church, Sunday bulletin] “... our independence — a right that has been won and defended through great sacrifice and dedication by members of our armed forces...”

“As we think about countries around the world, we can certainly agree that we are incredibly blessed with many freedoms that others do not enjoy. As Christians, freedom is not the ability to do what we want, rather, it is the ability to do what is right: loving God and neighbor. This Christian ideal of freedom is what has made our nation so great and unique over the past 247 years. On the anniversary of our independence, let us re-commit ourselves to the principles of our faith and use our freedom, not only for ourselves but for the glory of God and the good of our neighbor.”

By **Janella Puyot, Retired RN**
PNAGF Past President

PNA Gulf Coast Florida Asian American Pacific Islander Proclamation in St. Petersburg, Florida



On May 11, 2023, Mayor Kenneth Welch of Saint Petersburg, Florida issued a proclamation of different groups in an official document to commemorate a specific period of a day, week or month to raise awareness about an issue or celebrate milestones. It was an official announcement that publicly recognizes an initiative or observance signed by the Mayor and other government officials at the local level.

It was an honor for us (Janella Puyot and Betty Miranda) to be invited and recognized representing PNAGF during the proclamation of the Asian American Pacific Islander observance of inclusivity by our

Mayor . Mayor Welch recognized the contribution of us Asian Islander and beyond in his speech. Asians played an important role in our community as the fabric of St. Petersburg; Therefore, he says that his government agencies celebrate the month of May for all that the Asians bring to the community. Our contributions impact the community in many ways. He Recognized PNAGF for our contribution in the Healthcare Arena. He said that he is proud of all Nurses in the community. PNAGF's impact on the community is rewarding and fulfilling. We were proud as our group was called to receive the certificate of APPI proclamation.

Other Asians were represented as well such as the Asian Pacific Chinese , Cambodians , Vietnamese, Thailanders and us the Philippines. It was a personal day for me as I was greeted and introduced to the mayor by my son in law Eric who also was part of the audience since he is closely working at the Mayor's office, There was also a little shout out for the Puyot's by council member Copely Gerdes, who introduced us as community members from when he was in grade school with my children at St Jude's Catholic . It was really a proud moment for us. We had a luncheon with the Mayor and all the invitees and took a group picture with him before attending the council meeting.

Other groups were also given a proclamation award. There was the Senior Awards Hall of Fame. He congratulated our elders for being the Pillars of our community. He inducted 30 of our seniors to the hall of fame. Their combined 300 years of sunshine made a difference in our community and city. With the aches and pains they continue to share their knowledge and wisdom. The senior citizens were the frontliners who are afflicted with illnesses and climate change. Our age issue of mind over matter is , if you don't mind it , it won't affect you. There was a loud clapping from the audience as the seniors took the center stage.

The Mayor also proclaimed the Emergency Medical Systems (EMS) week in May. The proclamation started in 1974! The EMS provide a vital public service 24 hours a day, 7 days a week. Our EMS provides emergency care and provides the gap for follow up care and saving lives. This group included the Rescue division , Clinical emergency coordinator, Chief administrators, Fire departments, Chief Fire rescue teams and Public Safety teams or the 911 service department. Even on a bad day, they are there to save lives. Next the Mayor honored and proclaimed the Public Works week from May 23 - 27 which had been around for 63 years. They are the professionals who focus on public service engineering , private sector water supply structures, public works etc. They make sure that our city is livable. They provide services so the citizens can enjoy a good quality of life in St Petersburg. They make sure that our water system is safe , we have good roads and safe infrastructures etc.

And lastly, the Mayor proclaimed Nurses Week as part of the celebration. Nurses in our community and PNAF were acknowledged by the council chamber and the Mayor's office as the first year of proclamation. Our Nurses were represented by HCA Florida, Northside Hospital and their employees. Our Mayor said that a nurse is beyond noble to take this job. A comment from one council member "We nurses use our knowledge in nursing care and innovation to save lives and reduce suffering." Another said " We work tirelessly at the bedside and public service emergencies throughout the year." One said that it was his privilege and honor for a special occasion to celebrate nurses who take care of patients every day to heal. Nurses' caring moments continue the mission of healing human life. We are the perfect combination of heart and head with limitless compassion. Nurses are the backbone of the best healthcare in the world especially during COVID-19. One council member said she witnessed first-hand how she saw the nurses during COVID-19 when family couldn't be there and the burden was placed on the nurses to step up , to make decisions for the family and hold her mother's hand. It was a positive for the light of seeing this and she feels awfully blessed. her last words " Nurses you Rock!" "Without you Nurses the world will be screwed."



The Philippine Nurses Association of Illinois (PNAI) Team at Potawatomi, Indiana Camp Aruga, NCR Leadership Boot Camp

June 16-18, 2023

The workshop on Emotional Intelligence helped us strengthen our professional skills and emerge more knowledgeable, competent, and confident in executing our professional roles. The 2-day boot camp was certainly more stimulating than a seminar. It facilitated a lot of interaction between the presenters and participants, group learning activities, and brainstorming.

Thank you to PNAA for organizing this fun and invigorating boot camp.



In the picture from left to right: Bessie Baldovino, BSN, RN, CNN Treasurer, Olivia Garcia, BSN, RN member; Victor Agoo, DPN, RN, CMSRN, NEA-BC Assistant Secretary, Lorna Khattab, BSN, RN, member, Marilou Dangalan, BSN, RN President, Melinda Svastisalee, BSN, RN, CSN, Mila Cortes, BSN, RN, CPN Assistant Treasurer, Stacy Arriola, DNP, RN, CNE Board of Director, Bryan Rancho, BSN, RN, PHN, CCNC



PNAI Victor Agoo leads the discussion on conducting a collaborative meeting using the Six Thinking Hats processes. The six thinking hats by Edward de Bono was written to provide the group tips on how to solve an issue/problem from a variety of opinions and viewpoints in a conflict-free way.



Participants received pins and certificates upon completion of the workshop. In the picture from left to right: Bessie Baldovino, Marilou Dangalan, Lorna Khattab, Stacy Arriola, Olivia Garcia, and Mila Cortes.



By Lea Agaton, BSN, BSBA, RN

PNA Illinois' collaboration with the Chicago Nurses for Diabetes Lions Club (CNFDLC)

The Philippine Nurses Association of Illinois collaborated with the Chicago Nurses for Diabetes Lions Club (CNFDLC) to serve at the Philippine Independence Week Committee's (PIWC) Picnic 2023 event to do health, eye, and vision screening for the seniors, family, and friends of the organization. There was a parade of all the PIWC queens riding on motorcycles. PIWC offered free meals to all who joined the picnic with music and dancing, and a catholic mass was offered in the morning. It was a well-attended event. PIWC chose PNAI to be the beneficiary of their fund-raising PIWC Gala on 6/17/2023.







PNA Illinois Community Outreach events



Philippine Nurses Association of Illinois (PNA) Executive Boards and Friends at the Rizal Center, Chicago, Illinois. June 3, 2023, Health Fair for Filipino Seniors

One of the missions of the Philippine Nurses Association of Illinois (PNAI) is community outreach. We have collaborated with the National Kidney Foundation, Chicago Nurses for Diabetes Lions Club, Amita Healthcare, FYLPRO, TAYO, and Pinoy Piesta. This year's calendar is full of projects that I know will keep us busy. We also volunteered at Feed My Starving Children by packing meals for the malnourished in nearly 70 countries, including the Philippines.



On June 3, 2023, PNAI was in Rizal Center, Chicago, Illinois, providing Filipino seniors with free blood pressure and glucose testing. In the picture: Marilou Danganan, PNAI President; Imelda Cuevo Past-President, Melinda Svastisalee, Board of Director



Sharon Baron, PNAI member, and Ella Basilio Board of Directors, distributed free face masks.



Bessie V. Baldovino, BSN, RN, CNN provided a short presentation on understanding diabetes and blood pressure.

On June 10, 2023, we were asked to provide first aid during the Pinoy Piesta held in Bolingbrook, Illinois. The event was an all-day affair that started with a parade of Filipino organizations in the Chicagoland area. There were many Filipino artisans selling traditional Filipino foods and merchandise such as jewelry, clothing, leather goods, and many more. The day ended with a concert featuring young and old Filipino talents and a special guest from the Philippines.



In the picture from left to right, a PNAI member, Rowena Abasolo, Board of Director, Anna Teano member, Marilou Danganan President, Florence Palmaira, Immediate Past-President

On the same day, we were requested by the Philippine Independence Week Committee (PIWC) to provide free blood pressure and glucose screening at the PIWC Annual picnic. The event was held in Labag Woods Chicago Park. In the picture were nurses from PNAI and Chicago Nurses for Diabetes Lions Club.





PNA Illinois' Nurses Week celebration



The PNAI aims to acknowledge Filipino nurses by celebrating Nurse's Week every year. This year's theme was Flores de Mayo to celebrate not only the nurses but all the mothers, especially Mother Mary. We also acknowledge nurses who excel in their field of nursing.

On May 2, PNAI traditionally celebrated Nurses Week in Flores De Mayo. The Reyna Elenas were our very own nurses escorted by their children or family members. We awarded four deserving members the Nurse Excellence Awards. It was a day full of surprises, singing, and dancing.

Congratulations to our Nurse Excellence awardees:

- Nurse Educator Nestor Dante Verano, MSN, RN, APRN-FPA, MEDSURG-BC, CNN, CCRN, AGNP-C, CNN-NP
- Nurse Researcher Katrina Cudal, DNP, FNP-BC
- Vivien Joy Lamadrid, BSN, RN, CCRN Clinical Nurse
- Community Service Nurse Lea Agaton, BSN, RN
- Nurse Entrepreneur Melinda Svatisalee, BSN, RN, CSN





By Alice Namata Andam
PNAMDC, President 2001 – 2011

Highlights of the PNAA GK Village at Piel, Baliwag, Bulacan



It is with great honor and privilege to inform the Philippine Nurses Association of America (PNA) that we have generous hearts in our chapters to answer the cry of the poor in our PNAA GK Village in Piel, Bulacan. Please continue to open your hearts to support our PNAA GK Village to alleviate the lives of the underprivileged *Kababayans*.

We now have a Philippine Nurses Association of America Livelihood Center funded by the \$6,800.00 donation from the PNA Central California through the efforts of Luz Newell and Alice Andam. Engineer Precious Andam reviewed the blueprint of the building, which was presented to Guia Caliwagan and Alice Andam for approval.

The Sewing Club Cooperative, funded by Guia Caliwagan of PNA Virginia and Alice Andam of PNA Metropolitan D.C., was established for the Livelihood Center. They also donated five treadle sewing machines powered mechanically by a foot pedal; one electric sewing machine; five stands for the electric sewing machines, working tables; and seven *balikbayan* boxes of clothing materials. Nancy Hoff, President of the PNAA Foundation, donated one electric sewing machine and three *balikbayan* boxes of clothing materials with varieties of buttons.

The groundbreaking was held on September 4, 2022. The building was completed in December 2022, inaugurated, and endorsed to the community, with the blessing of the Center on January 14, 2023. The ribbon cutting ceremony was attended by the Congresswoman Agustina Pancho of Bulacan, Vice Mayor Madette Quimpo, and other officials of Baliwag City, delegations from Baliwag University, Bulacan GK Representatives and PNAAMDC represented by Alice and Precious Andam, Lenny Icayan and Pettie Penn. The Center was blessed by the local parish priest of Piel, Bulacan. Mayor Ferdie Estrella was not able to attend. Instead, he provided the floral arrangement placed at the side of the door of the Livelihood Center. The ceremony culminated with a luncheon,

sponsored by Alice and Precious Andam, served to the guests and the village people after a short program and invocation. It was followed by an open house showing the sewing club cooperative products and the donors of the displayed electric sewing machines. With these donated materials, the Sewing Club Cooperative started producing finished products of dusters, curtains, drapes, and bed sheets.

We encourage other PNAAC chapters or members to partner in sponsoring additional electric sewing machines, now costing about \$325 each, and donate clothing materials. We are now in the process of installing a plaque to acknowledge our donors of the Livelihood Center. In addition, there are still eight available lots for house sponsorship which now cost \$5,200 each. We encourage partnerships between chapters and individual members to offset the rising cost of building materials at the present time. The house donor's name will be added to the existing plaque of donors already in place. The engraved names of the donors located at the Nonoy Mendoza Community Center building were initiated by Romy Devera, former PNAAC Community Outreach Chair. To date, 25 PNAAC Chapters and 11 private donors donated houses, benefiting 36 families.

The Sewing Club Cooperative will have its second anniversary on August 27, 2023. It is now in full-capacity production of dusters, curtains, bedsheets ensemble, bags, and more with a tag PNAAC GK on each item. Precious and I have dusters from the Sewing Club Cooperative for sale at \$15.00 to \$20.00 each, with the proceeds to be donated to finance the building of the shelves for the display of the finished products. A partnership form is also available for sponsoring a house. For your convenience, please make your check payable to Gawad Kalinga USA, memo PNAAC GK Village, if you plan to sponsor a house. If you are donating an electric sewing machine, make check payable to Alice Andam, memo PNAAC for GK Sewing Cooperative, so that I can purchase the sewing machine during my planned visit on March 2, 2024. Please mail your check to: Alice Andam, 1605 Rollins Drive, Alexandria, VA 22307.

For more information: **Email:** presandam@aol.com | **(HP)** 703-768-6762 | **(CP)** 703-216-0671



Blessing of the PNAAC GK Livelihood Center.



Sewing Club Cooperative members and guests: Bulacan Congresswoman, Parish Priest of Piel, Baliwag, Bulacan Fr. Narciso Sampana, GK Bulacan, Baliwag University and PNAMDC representatives.



Ribbon cutting ceremony with Congresswoman Agustina Pancho; the representatives from GK Bulacan Ruben Ramos and Gil Estrella; Sewing Club Cooperative representative Elena Espedillon; and, a representative PNAMDC Alice Andam.



By Maricon Dans, MSN, RN, NE-BC
PNA Metro DC

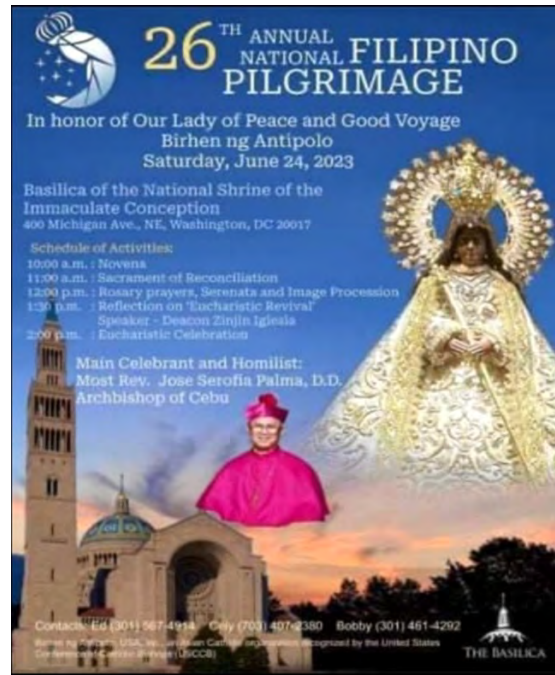
Relentless Service to a Community of Faithful Believers



Filipinos are grounded by deep Catholic roots. Despite the staggering number of islands, the Spanish colonizers were still able to propagate Catholicism throughout the majority of the 7,107 islands successfully. Up until now, the Philippines remains to be a cradle of Catholicism. That said, Filipinos remain grounded in those core Catholic values even outside of the country. When an opportunity to gather as faithful Catholics arises, Filipinos run to the frontlines in a heartbeat. Such is true even here in the US.

It is no wonder that Filipinos in the US seek to gather at special events for a chance to praise and worship as an avenue to refill the spirit; hence, the promulgation of Filipino masses and religious events in numerous corners of the US. As such, the Philippine Nurses Association of Metro DC Chapter (PNAMDC) is but one organization that willingly supports those homegrown gatherings. PNAMDC remains faithful to the calling of relentless service for the community. Whenever a need for First Aid services is called upon, especially in churches and religious gatherings, PNAMDC is first to respond. Because PNAMDC is known to respond in ways more than one, several agencies tap into their services, especially in cases where a vast number of people congregate, network, and collaborate.

Such is true with the recent gathering, last June 24th. Each year, Americans of Filipino descent transcend time and space to gather around the Basilica of the Immaculate Conception to pay homage to Our Lady of Peace and Good Voyage, fondly referred to as Birhen ng Antipolo. Pilgrims from all over the US make their way to the Basilica in Washington DC to collectively pray for intercession to the Blessed Mother. This year, thousands gathered in this monumental event, officiated by several priests, and supported by several nuns. The fully-packed program included the gathering of the choir; a novena prayer to Our Lady of Peace and Good Voyage; followed by the sacrament of reconciliation; opening remarks by Eddie Caparas, the Chairman of the Birhen ng Antipolo, here in the US; a warm welcome then ensued by the Director of Pilgrimages, Msgr. Vito Bounano; followed by the procession of images; then a solemn reflection on eucharistic revival by Reverend Zinjin Eglesia; a eucharistic celebration, officiated primarily by His Excellency, the Most Reverend Jose Serofia Palma, Archbishop of Cebu as the principal celebrant and homilist.



The day was a solemn spiritual experience that allowed the pilgrims to reconnect to our heritage as Filipinos and rekindling our Catholic values and ideals. One can feel the presence of the Holy Spirit throughout the church, embracing the hearts with sheer peace and comfort, forging to forget worries, and dissolving all the stresses away. One of the attendees fondly recalls, "It was my first time attending this pilgrimage. What a wonderful experience it was to come together as a community of Filipino Americans, all singing praises and worship to our God through the intercession of our Blessed Mother. The spiritual event filled my heart and spirit, allowing me to forget all my worries and concerns and reminding me that He alone is the answer to everything I am going through right now. I also thank the wonderful volunteers, including the first aid, for ensuring that we have peace of mind in case untoward events do occur." Msgr. Vito Bounano, once again, thanked PNAMDC for their unwavering commitment to serving a community of Filipino believers. The ability to support this meaningful pilgrimage affords a sense of fulfillment for those involved, including a chance to refill one's cup. As Maslow's Hierarchy of Needs aptly describes it, when one reaches that level of fulfillment and peak potential, one then realizes the highest level of self-actualization. And that's exactly what PNAMDC provides its members and the community!





By Aleza Espinosa, MBA-HCM, BSN, CVRN-BC
President, PNA Metro Houston

PNA Metro Houston 2023 Outstanding Filipino Nurse, Heart of Nursing and Scholarship Gala Night

The Philippine Nurses Association of Metro Houston (PNAMH) recently hosted a magnificent gala night, paying tribute to exceptional individuals who have made significant contributions to the nursing profession. The event, which took place at a grand venue, attracted a diverse audience, including prominent Filipino community leaders, the Philippine Consul General, devoted PNA members, proud families, and even non-healthcare supporters. The evening was filled with heartfelt speeches, joyful celebrations, and recognition of the dedicated Outstanding Filipino Nurses, Outstanding Associate Members, Heart of Nursing awardees, and Nursing Scholarship recipients.

We had the privilege of recognizing two outstanding Filipino nurses whose exceptional skills, tireless efforts, and unwavering compassion have set a new standard of excellence. The PNA Outstanding Nurse Award was given to Josephine Rejante and Darlene Acorda. This award was established to recognize Filipino nurses who have made outstanding contributions and achievements as professional nurses in their field of specialty and have made a difference in the community. The Outstanding Filipino Nurse award is a testament to their dedication to the nursing profession and their invaluable contributions to patient care.

One of the highlights of the PNAH gala night was the "Heart of Nursing" award presentation. The recipient of this award highlights their distinct achievement and contribution to the nursing profession. This year, for the first time since the inception of PNAH back in 1980, we honored 6 individuals who have demonstrated exceptional kindness, empathy, and a genuine passion for nursing. This award celebrates their ability to touch the lives of patients and their families and deliver holistic care that goes above and beyond. This award is given to nurses who directly care for patients at the bedside. The recipients are the following: Alice Subia, John Belaya, Arfel De Jesus,



George Caneda, Albert Potato, and Fea Marie Jarder. Furthermore, we also presented PNAMH Outstanding Associate Member Award to Patricia Leal-Mack. This award acknowledges an individual who, though not of Filipino descent, has significantly impacted the nursing profession and the nursing community. This award recognizes their dedication to supporting and uplifting nurses, advocating for their rights, and fostering a positive and empowering environment for all. The first Outstanding Associate Member was awarded in 2018, and this year 2023 honored the second PNAMH Outstanding Associate Member award.

In addition to recognizing the remarkable achievements of Filipino nurses, PNAMH also acknowledged the importance of fostering the next generation of nursing professionals. Nursing scholarship awards were presented to these two deserving nursing students, Lance Geronimo and Abigail Lugma, who exhibited exceptional academic performance and a genuine passion for nursing. This scholarship aimed to provide financial assistance and support to the recipient, empowering them to pursue their dreams and contribute to the future of healthcare.

The PNAMH gala night was graced by the presence of distinguished Filipino community leaders who have played instrumental roles in uplifting the Fil-Am community and advancing the nursing profession. Their attendance underscored the significance of the event and highlighted the unity and support within the Filipino community in the Houston area. Furthermore, the esteemed Philippine Consul General Jerril G. Santos honored the event with an inspirational speech, emphasizing the invaluable contributions of Filipino nurses both in the United States and across the globe. The Consul General's words of encouragement and appreciation served as a source of inspiration for all attendees.

The PNAMH Gala Night saw an exceptional turnout, reflecting the strong support and camaraderie among PNA members, their families, and even individuals who may not be directly involved in the healthcare sector. The event created a platform where people from various walks of life could come together to celebrate the accomplishments of Filipino nurses and express their gratitude for their tireless service. The diverse attendance showcased the wide-ranging impact and the widespread recognition of the nursing profession's significance in society. The PNAMH gala night was an evening filled with joy, appreciation, and recognition. By honoring outstanding Filipino nurses and awarding scholarships, the event highlighted Filipino nurses' profound impact on healthcare and their vital role in providing compassionate and quality patient care. The presence of prominent Filipino community leaders and the Philippine Consul General further elevated the event's significance, emphasizing the united support for the nursing profession and the recognition of its remarkable contributions. The success of the PNAMH gala serves as a testament to the deep respect and appreciation held for Filipino nurses, their unwavering dedication, and their invaluable service to the community.







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

Houston Celebrates 125th Philippine Independence Day Commemoration with vibrant festivities



Houston, the diverse and culturally rich city in Texas, embraced the spirit of celebration as it commemorated Philippine Independence Day on June 11, 2023, with great enthusiasm. The theme for Kalayaan 2023 was “Celebrate, Culture, Community.” This year's festivities marked a special occasion as Houstonians came together to honor the historic milestone of the Philippine Independence. The event was organized by Philippine Kalayaan Houston(PKH), dedicated volunteers comprised of Filipino community leaders. The event showcased local artists, performers, and vendors.

The success of any event relies heavily on volunteers' dedication and hard work, and the Philippine Independence Day celebration in Houston was no exception. Philippine Nurses Association in Metropolitan Houston(PNAMH) volunteered to provide first aid services during the event. Nine PNAMH members volunteered to manage the first aid booth.

The event created a platform for local Filipino artists to display their talent and craftsmanship. Attendees were enthralled by the diverse range of artistic expressions that highlighted the rich heritage and traditions of the Philippines. The event also featured local vendors offering an array of delectable Filipino cuisine and handicrafts. The vendors delighted attendees with their authentic products, from traditional delicacies such as adobo and halo-halo to Filipiniana attire and intricate jewelry. The fusion of colors, flavors, and scents transported everyone to the heart of the Philippines, creating a memorable cultural experience.

The day's highlight was an inspirational talk by the esteemed Philippine Consul General in Houston, the honorable Jerril Santos. He took to the stage to share his insights and experiences, captivating the audience with his words of wisdom and encouragement. Consul General Santos emphasized the importance of unity, resilience, and celebrating Filipino heritage in the diaspora. His motivational speech resonated deeply with the attendees, leaving them inspired and proud of their Filipino culture. The celebration of Philippine Independence Day in Houston exemplified the unity and pride permeating the city's Filipino community. The event brought together people of different backgrounds, fostering a sense of inclusivity and belonging. It served as a reminder that the Filipino spirit thrives beyond borders and continues to enrich the cultural tapestry of Houston.

The Philippine Independence Day celebration in Houston was a testament to the enduring spirit of the Filipino community. The dedicated volunteers, the talented local artists, and the vibrant vendors came together to create a truly memorable event. With the inspirational words of the Philippine Consul General echoing in their hearts, attendees left the celebration with a renewed sense of pride in their heritage. As Houston continues to embrace and celebrate the diverse cultures within its community, the Philippine Independence Day festivities stand as a shining example of unity and cultural appreciation.



PNA Chapter NEWS



By Grace Vicente RN, BSN
President 2022-2024, PNA Nashville Tn

PNA Nash Tn held its 2nd Community Service for Blood Pressure Monitoring

On April 30, 2023, headed by Dave Balbarada and the EB. We had 27 participants and 11 volunteers = 33 service hours. Children were encouraged to have their blood pressure taken with the adults. Health education were give to those asking for more information. Filipino snacks were offered.







By **Grace Vicente RN, BSN**
President 2022-2024, PNA Nashville Tn

PNA Nash Tn held its 3rd Community Service for Blood Pressure Monitoring

PNA Nash Tn held its 3rd Community Service for Blood Pressure Monitoring on May 28, 2023 at St Joseph Church after the 8:30 mass. There were 25 participants and they were offered health teachings and answered health questions. There were 9 volunteers, lead by Grace Vicente with the EB and members equivalent to 27 service hours.



PNA Chapter NEWS



By PNA-New Jersey Somerset County Subchapter
Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC
PNANJ Somerset County President



Enhancing Cardiac Wellness: Monthly Blood Pressure Checks at the Hillsborough Senior Center in Somerset County, New Jersey

Blood pressure screening plays a crucial role in the overall well-being of our senior community members. It serves as a vital tool in detecting and monitoring hypertension, a condition that affects many individuals as they age. At PNANJ Somerset, we recognize the importance of proactive healthcare interventions, which is why our dedicated volunteers collaborate with the Somerset County Office of Disability and Aging to conduct monthly blood pressure screenings for seniors. Every last Friday of the month, seniors look forward to filling out their Somerstrong Blood Pressure Screening Passport.



During these screenings, we diligently check the blood pressure of our senior participants, seeking any signs of elevated readings. In instances where high blood pressure is detected, we take immediate action. Our volunteers promptly inform the individuals and emphasize the urgency of contacting their physicians for further evaluation and treatment. By intervening at an early stage, we strive to prevent potential complications and promote the overall health of our senior community.

Furthermore, our commitment extends beyond measuring blood pressure numbers. We understand that education is key in empowering individuals to take control of their health. Through our interactions during the screenings, we take the opportunity to educate seniors about the importance of a healthy diet in maintaining optimal blood pressure levels. We provide information and guidance on making dietary choices that can contribute to better blood pressure management, promoting a heart-healthy lifestyle.



By providing regular blood pressure screenings and educational support, we aim to make a positive impact on the lives of our senior community members. We believe that early detection, coupled with timely medical intervention and informed lifestyle choices, can significantly enhance their quality of life. Together, we strive to empower seniors with the knowledge and resources necessary to lead healthier, happier lives.

At PNANJ Somerset, we are honored to serve our senior community and remain committed to making a lasting difference in their lives. Through

blood pressure screenings, we take a proactive approach to healthcare, ensuring the well-being and longevity of our seniors. Together, let us continue to advocate for the health and happiness of all individuals in our community.

We extend our heartfelt gratitude to Clara Bautista, the exceptional leader and Community Outreach Chair of PNANJ Somerset. With her unwavering dedication and passion, Clara has played a pivotal role in empowering our communities and spearheading our impactful initiatives. Her exceptional leadership and commitment to our mission have been instrumental in the success of our community outreach events. We would also like to give a special shout-out to the PNAA Community Outreach Chair for their continued support and invaluable guidance. Together, Clara and the PNAA Community Outreach Chair have been invaluable assets to our organization, inspiring us all to make a lasting difference in the lives of those we serve.



PNA Chapter NEWS



By PNA-New Jersey Somerset County Subchapter
Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC
PNANJ Somerset County President



PNANJ Somerset: Honored for Strong Partnership and Wholehearted Support of the Health Camp of NJ

On June 11, a significant milestone was reached as PNANJ Somerset received recognition from the Indian Health Camp of New Jersey (IHCNJ) for their invaluable contribution. The collaboration between these two organizations has been instrumental in advancing healthcare access and promoting well-being in underserved communities. In an exciting development, IHCNJ has expanded its services to encompass all black and brown communities, leading to their rebranding as the Health Camp of NJ.





During the recognition ceremony among the dedicated volunteers, PNANJ Somerset proudly stood shoulder to shoulder with the esteemed individuals who tirelessly serve the Health Camp of NJ. Amongst the heartfelt speeches and expressions of gratitude, PNANJ Somerset's President, Dianne Francel Bautista, took the stage to highlight the strong partnership that has blossomed between the two organizations. With passion and conviction, she emphasized the unwavering support that PNANJ Somerset wholeheartedly offers to the Health Camp of NJ. Dianne underscored the shared commitment to fostering equitable healthcare and addressing the unique needs of underserved communities. Her words echoed the sentiment felt by all PNANJ Somerset members, reaffirming their dedication to standing by the Health Camp of NJ as steadfast allies and advocates.

The Health Camp of NJ has adopted a comprehensive model that addresses the Social Determinants of Health, recognizing that health outcomes are deeply influenced by various socioeconomic factors. Their dedication to holistic care is evident in the diverse range of services they provide. At the camp, individuals can undergo blood tests, receive comprehensive eye examinations, consult with specialists, undergo pap smears, EKGs, and even receive vaccinations—all at no cost.

This transformative model has captured the attention and support of PNANJ Somerset, who wholeheartedly endorse the Health Camp of NJ's commitment to addressing the underlying factors that affect health. By offering a wide array of services, the Health Camp of NJ not only attends to immediate healthcare needs but also takes a proactive approach to prevention and early detection. This approach aligns with PNANJ Somerset's core mission of empowering communities and promoting positive health outcomes.

The partnership between PNANJ Somerset and the Health Camp of NJ exemplifies the collective effort needed to effect meaningful change in healthcare delivery. Through their collaboration, they are not only providing essential medical services but also fostering a sense of community and support for individuals who may have limited access to healthcare resources. This unified approach serves as a beacon of hope, inspiring other organizations to join in the mission of promoting health equity and dismantling barriers that disproportionately affect marginalized communities.

As PNANJ Somerset continues to work hand in hand with the Health Camp of NJ, their shared vision of a more equitable healthcare landscape grows stronger. The recognition bestowed upon PNANJ Somerset by the Health Camp of NJ serves as a testament to the dedication and impact of their collective efforts. It reinforces the importance of collaboration, compassion, and a steadfast commitment to addressing the Social Determinants of Health.

Together, PNANJ Somerset and the Health Camp of NJ are not only providing medical care but also instilling hope and transforming lives. Their unwavering support for one another signifies a shared belief in the power of community and the potential for positive change. By championing this groundbreaking model of healthcare delivery, they are setting a remarkable example for organizations across the nation, demonstrating the profound impact that can be achieved by prioritizing the well-being of black and brown communities.



PNA Chapter NEWS



By PNA-New Jersey Somerset County Subchapter
Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC
PNANJ Somerset County President



Celebrating Filipino Pride: A Journey from New Jersey to the 33rd Philippine Independence Day Parade in NYC

It was early morning for us Jersey girls as we embarked on a journey from Central New Jersey to 36th Avenue and Madison Avenue in the heart of New York City. Typically, accustomed to driving and parking, we found ourselves carpooling to Jersey City, ready to explore a different mode of transportation—the Path Train. Little did we know our MetroCard troubles were a humorous reminder of our reliance on cars.

The air was filled with excitement as we gathered, greeted by familiar faces, ready to immerse ourselves in the energy and celebration of Filipino culture. This year marked the 125th Anniversary of the Philippines, and we were eager to join the festivities. The parade showcased the diverse Filipino entities in New York and New Jersey, including businesses, nonprofit organizations, and captivating cultural performers.

Witnessing the vibrant tapestry of our Filipino heritage was truly inspiring. From the beautiful gowns to the intricate costumes, we reveled in the rich and colorful culture that spans across different islands. What struck us most was the camaraderie and unity among the Filipino community. As a team of nurses from PNA, PNANJ, and PNANY, we stood proud and strong. It was evident that Filipino nurses made up the largest group, passionately supporting Dr. Dely Go, the esteemed Grand Marshal of the Philippine Independence Day Parade Inc. We beamed with pride, for she is a true source of inspiration for PNANJ.

The day was filled with laughter, joy, and a sense of belonging. As we celebrated our shared heritage, our PNANJ Somerset group couldn't help but brainstorm ideas to make next year's parade even more memorable.



In the midst of the festivities, amidst the sea of colorful floats and vibrant costumes, it was impossible to miss the proud display of our PNANJ Somerset banner. With "Somersstrong" emblazoned across it, we stood tall, united in our representation of Somerset County. The journey we undertook, despite the early wake-up call and the unfamiliarity with public transportation, was undoubtedly worth it. The sight of our banner soaring high, a symbol of our unity and resilience, filled us with a profound sense of accomplishment. We had made our mark, leaving an indelible impression of Somerset County's Filipino community on the grand stage of the Philippine Independence Day Parade. It was a moment of triumph and pride that will forever hold a special place in our hearts.

We left the event with hearts full of gratitude from God, and an unwavering sense of pride in our Filipino roots. The journey had not only connected us with our culture but also reminded us of the indomitable spirit of Filipino nurses.

In the end, it was more than just a trip to a parade; it was an affirmation of our identity and a celebration of the Filipino community's vibrant presence in the United States. We left with cherished memories, strengthened bonds, and a renewed commitment to honor our heritage. As Filipino nurses, we stand tall, representing a legacy of compassion and dedication that knows no bounds.



PNA Chapter NEWS



By PNA-New Jersey Somerset County Subchapter
Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC
PNANJ Somerset County President



Celebrating Filipino Pride: Building Connections and Embracing Heritage



Thank you, Mrs. Nellie Sun, for inviting PNANJ Somerset. The Asian Business Resource Group (BRG) at Robert Wood Johnson University Hospital (RWJUH) Somerset made history by hosting the very first Philippine Independence Day event at Fuld Auditorium. This momentous occasion brought together Filipinos from all walks of life, including the esteemed members of PNANJ Somerset. As we proudly launched our Handmade Bahay Kubo and Ati-Atihan outfits, it became clear that this gathering was more than just a celebration of independence—it was a powerful platform for fostering connections within the Filipino community.

We express our sincerest gratitude to Mrs. Clara Bautista (wearing Maria Clara) for her exceptional craftsmanship in bringing the Bahay Kubo (Traditional Filipino House) to life in a remarkable timeframe of less than two weeks. Using recycled brown paper bags, she ingeniously constructed the various components of the Bahay Kubo, ensuring its ease of assembly and dismantling. Her meticulous attention to detail and dedication to the project resulted in a stunning masterpiece that left a lasting impression on this special occasion, making the day truly unforgettable.

Interacting with fellow Filipinos holds immense importance, as it provides us with a sense of belonging and reinforces our shared heritage. In a world that often feels vast and disconnected, connecting with individuals who understand and appreciate our culture can be incredibly fulfilling. It creates a space where we can freely express ourselves, share stories, and celebrate our collective achievements. The Philippine Independence Day event served as a catalyst for these interactions, bringing together over 300 individuals who proudly embraced their Filipino identity.



We also graciously met the executives and directors at RWJUH Somerset such as Chief Administrative Officer, Patrick Delaney, Director of Operations, CJ Cruz, Director of Diversity & Inclusion Perry Farhart, VP, Nursing & CNO, Michael Valendo, BRG Coordinator, Abigail Lauan, PNAA Delegates, Susan Reputente and Nini Jurado.

We are immensely grateful to RWJUH Somerset for their support and recognition of the Filipino community's value. By hosting this event, they demonstrated their commitment to inclusivity and appreciation for the cultural contributions of Filipinos. The collaboration between PNANJ Somerset and RWJUH Somerset allowed us to create a remarkable experience for attendees. As PNANJ Somerset, we took the opportunity to engage with the crowd by setting up four stations that provided different experiences. From spinning the wheel for free gifts to inviting individuals to join our membership drive and Nurses' Night, and even offering a vibrant Ati-Atihan-inspired photobooth, the event brimmed with excitement and fun.



The significance of being proud of our Filipino heritage cannot be overstated. Our culture is a tapestry woven with the threads of centuries-old traditions, resilient spirits, and rich diversity. By embracing and celebrating our roots, we not only honor our ancestors and their sacrifices but also inspire future generations to hold onto their cultural identity with pride. The event at RWJUH Somerset exemplified this pride, as PNANJ Somerset showcased the Handmade Bahay Kubo and Ati-Atihan outfits—a testament to the artistry, creativity, and craftsmanship deeply embedded in Filipino culture.

It was an extraordinary moment for PNANJ Somerset. The presence of our Handmade Bahay Kubo and the successful execution of the event's activities marked significant milestones for us as a team. We realized that through collaboration, dedication, and hard work, we can accomplish remarkable feats that elevate our community. The joy and pride we felt were palpable as we witnessed the positive impact we made on those who attended the event.

In conclusion, the Philippine Independence Day event at RWJ UH Somerset was more than just a gathering; it was a celebration of unity, culture, and shared experiences. It highlighted the importance of interacting with fellow Filipinos, fostering connections, and embracing our heritage. We extend our heartfelt gratitude to RWJUH Somerset for their unwavering support and for recognizing the value and contributions of the Filipino community. As PNANJ Somerset, we will continue to strive for excellence and find innovative ways to celebrate our cultural identity with pride, ensuring that the flame of Filipino heritage burns brightly for generations to come. legacy of compassion and dedication that knows no bounds.







By Geraldine A. Perez BSN, RN, RNC-NIC
President, PNANT-Dallas 2022-2024

PNANT-Dallas Keeping the “Bayanihan” Spirit Alive



June was the month for collaboration as the Philippine Nurses Association North Texas-Dallas Chapter partnered with two Filipino-American organizations in the DFW Metroplex to support their annual events.



Last June 3rd, 2023, the Philippine Community Center Inc. held their Annual Health Fair in Dallas, TX. PNANT-Dallas partnered with them and provided the nursing manpower for health screenings, vital signs checks, blood pressure and blood glucose monitoring, as well as providing health education and lay person CPR

training to the members of the community that had little access to health care. This is in line with the goals of PNANT-Dallas as a 501 (c)(3) nonprofit organization which aims to provide education and charitable giving via its community outreach activities. It was a very meaningful day for all the volunteers as they interacted with other PNANT-Dallas members, network with another Fil-Am organization and serve those less fortunate in our community.



It was also an excellent opportunity to meet other members of the DFW Filipino-American community, watch the program highlighting the many talented artists and groups and hear inspiring messages from the leaders in the Filipino-American community in North Texas. It also honored the Fil-Am veterans who fought during the war to help preserve the freedom we now enjoy with a wreath-laying ceremony led by Lt. Mel Sumrall, a WWII Veteran, and the sons and daughters of veterans. Having grandfathers who served both in the Philippine and American armies, this was very meaningful for both my husband and me.



This afternoon provided that and more for those wanting a taste of home. What a great way to support local vendors, sample Filipino food, and shop for Filipino products. It was truly a fun afternoon of food, games, and entertainment. It truly made us all feel like we were back home in the Philippines once again.



(Photo credits to Melissa Jarque-Cunanan, Gladys Paredes, Greta Pardue and Geraldine Perez)



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

Testimonial as an Immigrant Trailblazer

I believe that I am not any more special than other immigrants coming to this great nation. Like the rest, I've encountered almost every challenge an immigrant can find on his/her path. I think my resilience, patience, positive attitude, and deep faith when times were tough and things did not come out as expected made me who I am today.

As a nurse, I am passionate about my profession, which many Filipinos are famous for and justly proud of, to the point of sometimes forgetting their own welfare or family. The history of Filipino nurses in this great country goes back to the time when the Philippines was still a colony of the U.S., 1898 to be exact. Since then, the Philippines has been the world's leading exporter of professionally trained nurses. It is no secret that our work ethics kept the American healthcare system afloat, especially during the HIV/AIDS epidemic in the 1980s and the recent COVID-19 pandemic. Unfortunately, statistics would show that casualties in the medical field, especially during the COVID crisis, were mostly Filipino nurses. Perhaps this is because we seldom complain and treat our patients like family. I hope and pray that we will never have to sacrifice lives again or experience such a catastrophe. But for sure, I will never stop working and performing my sworn duty the best I can, and I think this sentiment is shared by other Filipino healthcare professionals as well, even without due compensation, acknowledgment, and accolade. Modesty aside, I will always try to bloom where I am planted and hopefully make a difference in my own small way to make our community and country a better place to live.

And having received the 2023 Immigrant Professional Excellence Award last month, together with the other awardees in their respective categories of immigrant roots coming from India, Mexico, Nigeria, and Zimbabwe – I sincerely thank Ann Massey-Badmus of Badmus and Associates Law firm and the panel of judges, for selecting me for such once-in-a-lifetime immigrant journey award. To say that I am so happy is an understatement. An award like that is so humbling that I wish I deserve to be an inspiration in our immigrant community.

As an immigrant trailblazer, once again, I am deeply honored to have accepted the said award, and I share such amazing recognition with my beloved wife May, our daughter Krysha May, and my parents, Daddy Enrique and Mommy Grace Clemente, who are my first teachers. Moreover, this would not have been possible without the inspiration of another colleague in the profession, for whom I have the most profound respect and from whom I derived the strength to stand up time and again whenever I fall – my very supportive Jackie, a Charge Nurse in one of the hospitals in New York for more than 30 years now, the unsung heroine in our family, who is battling cancer, and of course too to my employer Acute Rehabilitation Hospital of Plano, our PNANT-Dallas chapter, and PNA community nationwide. Yes, some heroes don't wear capes, only PPEs (personal protective equipment), and they get sick too.

Ultimately, an award like that, like mine today, is an indication that the immigrant voice is beginning to be heard consistently. God bless us! And God bless America!

Join us at the 2023 Immigrant Journey Awards



Leticia Tudon



University of Texas at
Arlington



Neha Kunte



Gauri Junnarkar



Jeronimo Lopez



Honour Sithole



Olufemi Afolami



Elvia Wallace-Martinez



Joel Clemente



Sonia Elhence

FRIDAY
June 16, 2023, 6:30 pm

Register at

Enjoy a fun & inspiring evening with
the 2023 Immigrant Journey Award Honorees



By Razel Bacuetes Milo, PhD, DNP, FNP-C, APRN,
Chair, PNASD Grant and Research

Philippine Nurses Association of San Diego at Million Meals



*President & Reggie Cagampan
(President Roaring Lions)*



PNASD and Roaring Lions Volunteers Perly Aguinaldo (PNASD)

On the weekend of June 10, 2023, thousands of volunteers from all ages came through to support the Roman Catholic Diocese of San Diego Million Meals project at Cathedral Catholic High School. The event aims to pack a million meals for needy families in countries like Mexico, the Philippines, Africa, and more. This year's goal was to exceed the one (1) million meals and monetary donations from last year, which was one million meals and \$250,000.00. The project collaborated with Kids Around the World to deliver these meals to families. The Franciscans Missionaries, which runs the Casa De Los Pobres in Tijuana, talked and thanked the volunteers. One sister shared that they distribute the meals by foot and bus. A meal consists of one cup of rice, half a cup of lentils, dried assorted veggies, and organic seasoning, all carefully packed and sealed by the volunteers. One pack can feed four people.



The weather was cool and overcast. There were a few rain showers, but this did not stop the volunteers. Volunteers are from various parishes, schools, clubs, families, and organizations. PNA San Diego President Perly Aguinaldo, PNASD Auditor CDR (Ret) Reggie Cagampan, the President of Roaring Lions, led the group of sixteen volunteers. I collaborated with their team and other teenagers to continue motivating my children with volunteerism and community service. After being given a rundown of how to pack the meals, like in an assembly line, we went to work. As I looked around, my PNASD colleague, Pacita Barangan, the Cagampan family, Remy Babanto, this year's Advance Practice Nurse Excellence awardee, Vickey Lagula, and the group were all happy packing meals, dancing to the beat of fun music. The energy and joy were so contagious that I started dancing myself.



The day was full of energy, with everyone doing their assigned task efficiently; by ten AM, there was an announcement that we had packed -50,000 meals. These numbers motivated us to work harder. Ariane Cagampan and Christine Dosier, PNASD Newsletter, Editor-in-Chief Associate Editor, and Reggie were assigned to do the final boxing of the packed meals. Their system made it easy for us to have a good count of how many we had packed. We proudly say that PNASD/ Roaring Lions group packed 1000 meals in two hours. It was a refresher for me; volunteering with my family was a rewarding experience. Indeed, A great Self- Care activity!



Dr. Razel Milo with Monica, Rudy, Kristine, and Edwin (Docena family) at the Million Meals Event at the Cathedral



Dr. Razel Milo with other volunteers on June 10, 2023

The tremendous collaborative effort made the Million Meals two days event a success. Organizations like PNASD, Roaring Lions, and our parish were just a tiny tangible proof that working together as a community accomplishes remarkable things. Our hard-working President, Perly Aguinaldo, plans to propose to our leadership that the Annual Million Meals Project be one of PNASD's Community Outreach Activities for the year.

Please contact the Roman Catholic Diocese of San Diego for more information about this project. Online donations and volunteer sign-up are available at <https://sdcatholic.org/permanent-diaconate/million-meal-project/>.



By Navy Commander (Ret) Reggie Cagampan, MSN, APRN, CPNP
Crisabel Ramos, RN, BSHCM, CMCN



PNASD Joined the USS Telesforo Trinidad Commissioning Campaign: The First Ever US Destroyer Ship Named After a Filipino Sailor

On June 2, 2023, the Philippine Nurses Association of San Diego (PNASD) joined retired Major General Antonio Taguba and other community leaders in the USS Telesforo Trinidad Commissioning Campaign, held at Miramar Air Station. This event raised funds and increased awareness of this unique and historic warship, named after Fireman Second Class Telesforo Trinidad, a Medal of Honor recipient. MG(Ret) Taguba is one of the Board of Directors of the USS Telesforo Trinidad Commissioning Committee (USSTCC), a non-profit corporation committed to facilitating the successful execution of the major milestones of the USS Telesforo Trinidad. The committee serves as the central point for all activities associated with the commissioning of the ship.

In his inspirational talk, MG(Ret) Taguba emphasized that the naming of the US Destroyer ship after Telesforo Trinidad was long overdue, and now that we are getting one, we should join and work together to make this commissioning unique and historical so that every Filipino must be proud of. During this meeting, PNASD was well represented. It was led by President Perly Aguinaldo, several PNASD officers, and the Board of Directors in attendance. PNASD donated \$1,000 in addition to individual donations from the members. PNASD also pledged to help in educating the public about USS Telesforo Trinidad.



The generosity and participation shown by PNASD are a testament to its commitment to the USS Telesforo Trinidad Commissioning Campaign. Since the beginning of this crusade, PNASD has been actively engaged. On May 23, 2021, during the time of President Cris Ramos, PNASD members joined the community group and leaders in lobbying Congress and the U.S. Navy to name a ship after Telesforo Trinidad.



Left photo – PNASD Officers and members with the leaders of the community during the press conference and commemoration of USN Fireman Second Class Telesforo Trinidad. Center photo – the flyer for the press conference and the list of congressmen who authored the Bill. Left photo - PNASD members with Congresswoman Sarah Jacobs and Hon. Scott Peters in front of the USS San Diego monument in Harbor Drive.



Photos above - USS San Diego, Harbor Drive (May 23, 2021). PNASD members affixed their signatures on a poster board petition supporting naming a U.S. Navy ship after Telesforo Trinidad.

Again, on May 30, 2022, during the commemoration of Telesforo Trinidad’s life and heroism, PNASD members were actively involved. Community leaders from different organizations, including PNASD, gathered at the Liberty Station in Point Loma during the Memorial weekend to commemorate the life and service of Fireman Second Class

Telesforo Trinidad. During this event, the community also celebrated the announcement made by the Secretary of the Navy that a future Arleigh Burke-Class Guided Missile Destroyer will be named USS Telesforo Trinidad (DDG 139). Telesforo Trinidad's grandchildren joined the Liberty Station community and viewed this announcement as a win for all Filipinos.



Left photo – Officers and members of PNASD posed with Congresswoman Sarah Jacobs, one of the authors of the Bill that passed in the Congress for naming a Destroyer ship after a Filipino Medal of Honor recipient Telesforo Trinidad. Center photo – the original Medal of Honor received by Second Class Fireman Telesforo Trinidad. Right photo – Avid supporters from PNASD were wearing the Telesforo Trinidad Campaign T-shirt.



Telesforo Trinidad was born in Aklan, Tanay, Philippines, on November 25, 1890. He joined the US Navy in 1910. He served in the Navy for 35 years, including two world wars. According to the story, on January 21, 1915, Second Class Trinidad was aboard USS San Diego. While patrolling near La Paz, Mexico, in the Gulf of California, the Captain decided to conduct a four-hour endurance trial to determine if the ship could maintain its officially rated flank speed. At the end of the trial, one of the boiler tubes gave way, creating a chain reaction that forced him to get out of the fire room. When he realized that one of his shipmates was trapped inside, he went back inside and risked himself to carry his shipmate to safety when another boiler exploded and burned his face. Second Class Trinidad returned to save another injured shipmate despite his injury. The Navy awarded him the Congressional Medal of Honor for his heroic act, but his name had yet to be immortalized.

PNASD is honored to be part of this unique history and looking forward to seeing the major milestones of the first USS Destroyer named after a Filipino Sailor. According to MG Taguba, the fabrication of this ship will start in 2024, the keel laying in 2025, and the Christening in the Fall of 2026 at the Shipyard. The Commissioning ceremony will be scheduled in late 2028.

PNA Chapter
NEWS



By Merlie Ramira, DNP, FNP-C
 PNASD Past President

COVID Webinar: “End of Public Health Emergency and What Does it Mean?”

On Saturday, June 24, 2023, from 9:00 am-10:00 am, PNASD COVID Task Force (CTF) Committee presented a COVID webinar titled, "End of Public Health Emergency (PHE) and What Does it Mean?"

PNASD CTF and volunteers continue vaccinating and providing COVID education to our members and the community. We also collaborate with community partners to provide updated information and resources on COVID. Because of too much talk about ending the PHE, as nurses and health care providers, we must serve as a liaison in disseminating updated information and resources.




END OF COVID-19 PUBLIC HEALTH EMERGENCY: WHAT DOES IT MEAN?

Via Zoom
 Saturday, June 24, 2023
 9:00am-10:00am PST
 12:00pm-1:00pm EST

Jennifer Tuteur, MD, FAAFP
 Deputy Chief Medical Officer, Medical Care Services
 County of San Diego Health & Human Services

Contact person:
 perly.aguinaldo@gmail.com
 pnasd.org

Registration link:
<https://proceedings.wildfire.com/event/2501312>

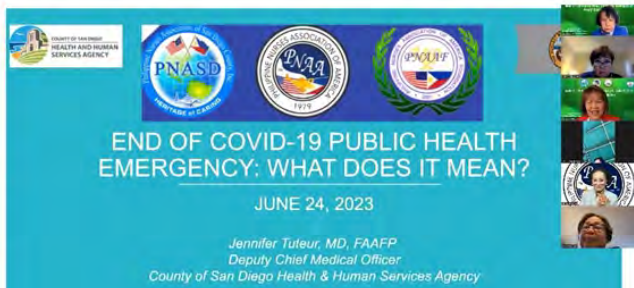
PNASD C.A.R.E.S.
 Compassion. Authority. Respect. Service.

This webinar was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers for Disease Control and Prevention (CDC), Department of Health and Human Services (HHS). Its contents are solely the responsibility of the sponsor and do not necessarily represent the official views of CDC/HHS.



Jennifer Tuteur, MD, FAAFP

Jennifer Tuteur, MD, FAAFP
 Deputy Chief Medical Officer, Medical Care Services
 County of San Diego Health & Human Services



END OF COVID-19 PUBLIC HEALTH EMERGENCY: WHAT DOES IT MEAN?

JUNE 24, 2023

Jennifer Tuteur, MD, FAAFP
 Deputy Chief Medical Officer
 County of San Diego Health & Human Services Agency

Through our collaboration with PNA, PNAAF, Dr. Gloria Beriones, PNA President, Ms. Carmina Bautista, Ms. Nancy Hoff from PNAAF, and County of San Diego Human and Health Services, Dr. Jennifer Tuteur and Dr. Robertson, we were able to present a COVID webinar on PHE.

Dr. Tuteur, Deputy Chief Medical Officer, Medical Care Services County of San Diego Health & Human Services Agency, presented important dates on the End of PHE announcement:

- February 28, 2023 - End of California's COVID-19 State of Emergency
- May 5, 2023 - End of World Health Organization global health emergency
- May 11, 2023 - End of federal COVID-19 PHE declaration

She also presented an interesting timeline for the end of PHE, including the date of May 31, 2023, DHCS COVID Uninsured Program ends; June 30, 2023, Fiscal Year Ends; May-Fall are the Range months for Commercialization; September 30, the Medicaid Requirements for No Cost-Sharing for COVID-19 Tests/Treatment Ends, October 1 PREP Act Coverage ends and November 11 as the date for the Requirements for OON Coverage with No Cost-sharing ends in CA.

Although cases for COVID are fewer, she emphasized the current COVID precautions for the County of San Diego and some changes related to the end of Federal, State, and Local emergencies.

COVID-19 PRECAUTIONS

	Still Mandatory	Strongly Recommended	No Longer Mandatory
Face Coverings	None	Encourage health care settings, particularly hospitals, psychiatric hospitals and long-term care facilities to develop their own policies and procedures for face coverings	Universally (Facilities may require masking)
Vaccinations	None	<ul style="list-style-type: none"> COVID-19 primary series for HCW COVID-19 boosters Flu vaccines for HCW 	COVID-19 boosters beyond the primary series
COVID Testing	Reporting positive and non-positive PCR tests	Testing all symptomatic persons <u>and</u> all asymptomatic persons with a known exposure	Testing everyone upon entrance to healthcare facilities

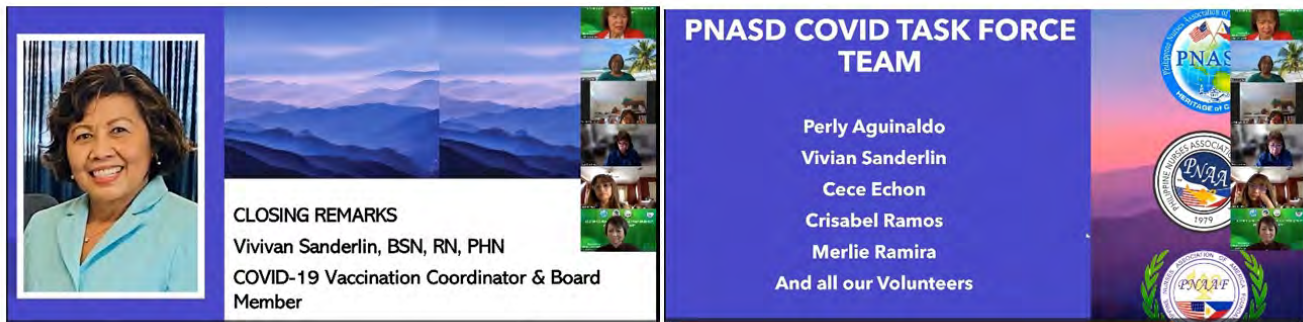
MULTIPLE DECLARATIONS IMPACT PANDEMIC RESPONSE

Declaration	Authority	Declared By	End Date
CA Public Health Emergency	CA State Law	CA Governor	February 28, 2023
National Emergency Declaration	Section 201 of National Emergencies Act	US President	May 11, 2023
Federal Public Health Emergency	Section 319 of Public Health Service Act	HHS Secretary	May 11, 2023
PREP Act Declaration	Section 319F-3 of Public Health Service Act	HHS Secretary	October 1, 2024*
EUA Declaration	Section 564 of Federal Food, Drug, and Cosmetic Act	HHS Secretary	None Yet

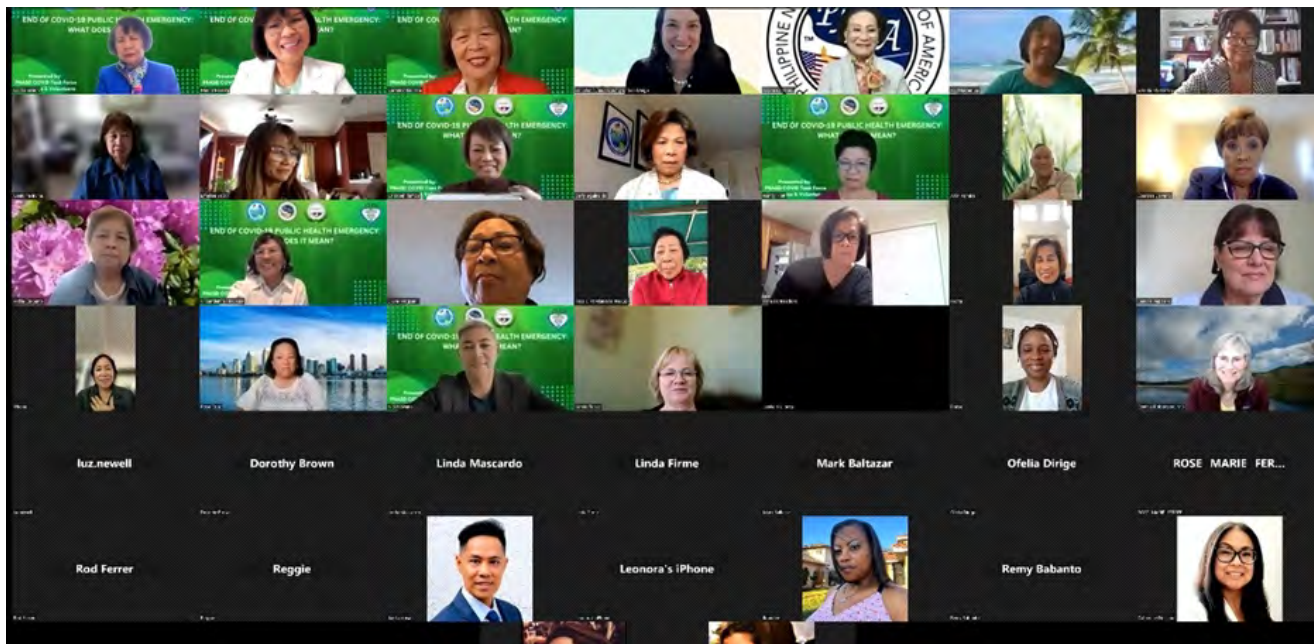
Dr. Tuteur also discussed the Steps for a Long COVID Treatment Overview, which include several steps:

- Step 1: In-depth interview with psychosocial support**
- Step 2: Evaluate for serious and/or common conditions**
- Step 3: Targeted Evaluation CARDS/PULM/PSYCH/NEURO**
- Step 4: Rehabilitation**

Some Occupational Safety concerns include three important associated conditions such as Mental Health (Anxiety, Depression, PTSD, Therapy and Medications), the other one is Sleep Disturbance which includes Too much or Too little, and Obstructive Sleep Apnea and the third one is Neurological Impairment such as Disturbed taste and smell, Dysfunction in 36.6% and 5% still having symptoms at six months. We learned a lot from this webinar; so current, relevant, and timely. With COVID, we all learned to be flexible and resilient to the evolving changes related to it.



Thank you to Dr. Nio Noveno for introducing our guest speaker and Cece Echon for presenting the Certificate to Dr. Tuteur and Lourdes Deperio as our Chat master. We sincerely thank our PNASD leaders, members, community partners, and friends for supporting and attending the webinar. We can always count on your support for PNASD's projects and initiatives. Special shout out to Dr. Robertson from the County of San Diego for responding to questions and Emily Nguyen from the County for creating the PowerPoint Presentation.



By Merlie Ramira, DNP, FNP-C
PNASD Past President

PNA Membership Chair's Soul Refreshing Day with PNASD Members

PNASD President Perly Aguinaldo shared with PNASD Members that PNA Membership Chair Emily Danuco is visiting San Diego the weekend of June 4th. The news sparked excitement, and several members committed to meeting and spending time with Emily.



Perly arranged a waterfront dining brunch for the group at Peohe's on the island of Coronado. Dorothy Brown, Arlene Cagampan, Reggie Cagampan, Jay Larrosa, Dr. Merlie Ramira, and Crisabel Ramos joined Perly and Emily. The group shared wonderful stories in addition to scrumptious meals. The group enjoyed different varieties of "hopias" after the meal, courtesy of Emily.



The group was supposed to dine at insideOut in Hillcrest, but the restaurant was fully booked. The said restaurant continues to raise the group's curiosity, especially on wanting to check their fabulous décor and display, "cherry blossoms" and such. Long story short, a suggestion came up to check it after brunch, and everyone agreed. Therefore, the group migrated to insideOut and had a champagne toast and Charcuterie board. Unfortunately, the décor and display, particularly on the cherry blossoms, are no longer available and have been removed. Nevertheless, the group still enjoyed each other's company.



After visiting and spending time with PNASD Members, Emily posted a video on one of her social media platforms with the caption, "A sweet friendship refreshes the soul – Proverb 27:9". The following message can be seen as well as the video plays along, "Thank you, PNA San Diego! Your Kindness, Your Generosity, Your Hospitality Means so Much! Thank you! I am forever grateful for an amazing day in San Diego with you." The pictures that she took with PNASD members made up the video. PNASD is also grateful to you, Emily, for spending time and sharing precious moments with us!

By **Cris Escarrilla, MSN, BSN, RN**
Chair, PNASD Education Committee

“Dreams Can Come True:” PNASD visits to USNS MERCY (T-AH-19)

How many of us have dreams and bucket lists? As a nurse, some of us have goals or bucket lists different from our career and educational aspirations. Mine is to set foot and see USNS MERCY. With the help of CDR Reggie Cagampan and HMC (FMF) Morada, Danilo, the dream became a reality on June 18, 2023.



USNS MERCY (T-AH-19) was the first of two MERCY-class hospital ships. A converted San Clemente-class supertanker, USNS MERCY, was delivered to the Navy's Military Sealift Command on December 19, 1986. Her sister ship USNS Comfort (T-AH-20), is homeported in Virginia and commissioned on November 8, 1986. Her primary mission is to provide an afloat, mobile, acute surgical facility to the U.S. military that is flexible, capable, and uniquely adaptable to support expeditionary warfare. MERCY's secondary mission is to provide complete hospital services to support U.S. disaster relief and humanitarian operations worldwide.

They can easily activate capacity tiers, such as 250, 500, 750, and 1000 beds. They were involved in many humanitarian missions, including Los Angeles 2020. Their mission is to treat patients other than those with covid-19, freeing up land-based hospitals to deal with the virus.

USNS MERCY is homeported in San Diego, CA, and is currently in reduced operating status. Her crew remains part of the Naval Medical Center San Diego staff until there is an order to sea. There are two groups of personnel aboard the ship. Mariners from the U.S. Navy's Military Sealift Command are responsible for navigation, propulsion, and most deck duties on board. The "Medical Treatment Facility," or hospital on the ship, is commanded by a Navy Medical Corps or Navy Nurse Corps captain.

We are impressed by its organization, equipment, and self-reliance. They produce their oxygen on board from the plant to the different parts of the ship assigned with patient care, i.e., the ICU, OR, Pre-op, PACU, and nursing wards. They create steam to sterilize instruments used in the operating rooms and procedures. The lab has all the equipment necessary to run all kinds of tests as a land hospital can do. For any mass casualty events, they have a walking blood bank. The pathologist is always on board for every mission.

HMC Morada showed us their process and workflow from admission/transfer from the (1) flight deck to triage or (2) CASREC (Casualty Receiving) in their massive 50-bed emergency room deck. The next stop is (3) Radiology, (4) Pre-op, (5) Operating room, (6) Intensive care, lastly (7) Patient Wards.



The group on the flight deck



(Hill-Rom beds ready to deploy)



Photos - Emergency room



The group in pre-op listening to HMC Morada



Pre-Op



OR - Simulation

OR - Simulation room with HMC Morada and the group

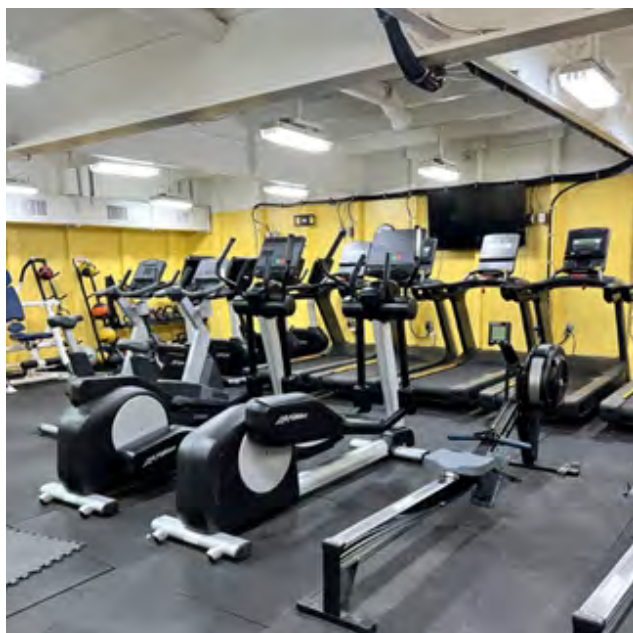


Intensive Care Unit

USNS Mercy provides the following medical services, dependent upon the mission scenario, including Surgery, Internal Medicine, Dermatology, Dialysis, Psychiatry, Respiratory Therapy, Angiography, Dental Prosthetics, Lens Fabrication, Laboratory, Radiology, Pharmacy, Blood bank, Dietary, Burn Treatment, Physical Therapy, Medical Equipment Repair, Medical Supply, and Laundry.

To support their missions and remain agile, the following are their capabilities: 1000 bed capacity, 4 X-ray rooms, 1 C.T. scan unit, Physical Therapy suite, Pharmacy, Dental suite, angiography suite, Optometry and Lens Laboratory, Blood Bank with up to 3,500 units of blood, Two Oxygen-producing plants. Crew size: civil Service Mariners – Full Operating Status (FOS): 65, Reduced Operating Status (ROS): 18. Navy Medical Personnel – FOS: 1,215, ROS: 58.

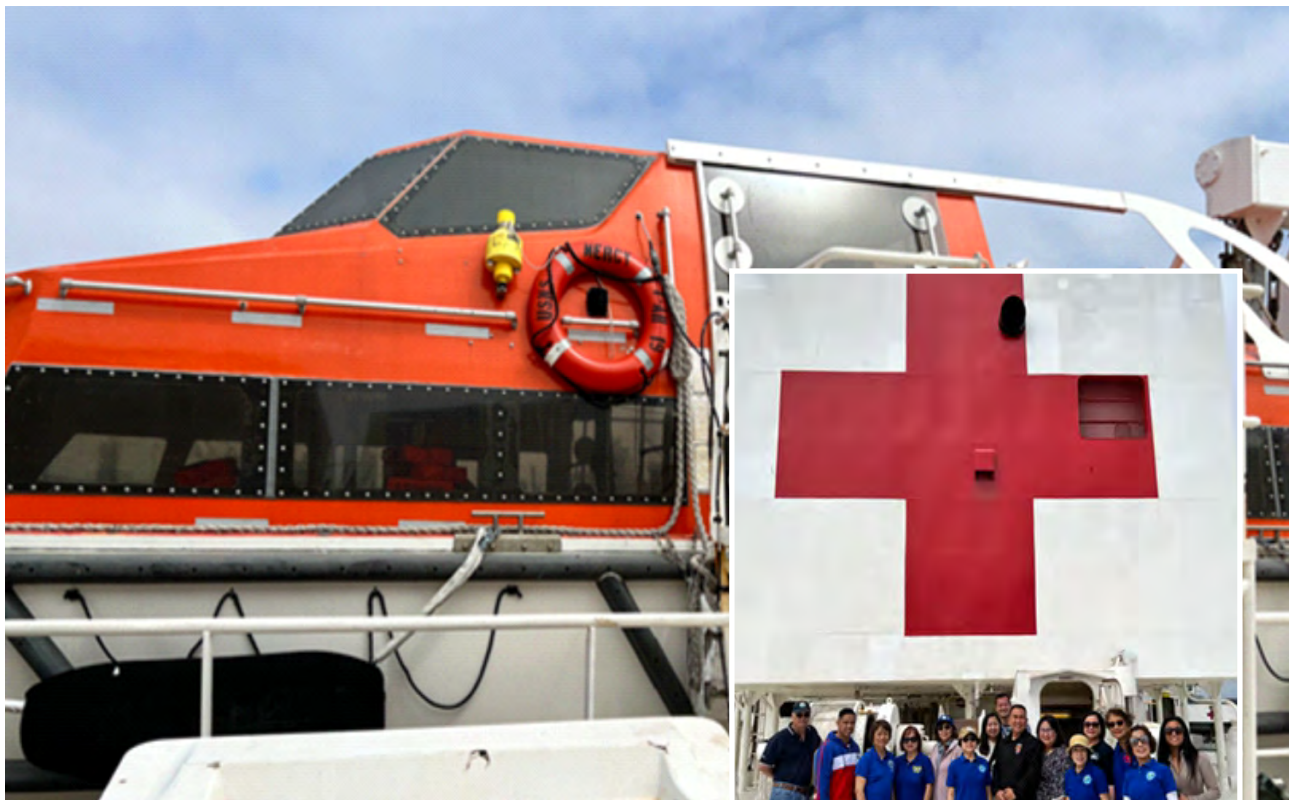
The ship is not all hard work; it also provides for the crew's mental health. The ship has a gym for physical exercise and a galley dressed to impress.



Gym



Galley



We also visited the deck with the life-saving boats in case of evacuation.



Finally, we presented HMC Danilo Morada with a certificate of appreciation as handed to us by our BOD Vivian Sanderlin, assisted by CDR Reggie Cagampan and PRO Pacita Barangan.

It was a day to remember, indeed. The group completed the tour with a photo on the deck with the USNS Mercy Cross insignia. Much appreciation to CDR Cagampan and HMC Morada for making this dream come true!

By **Cris Escarrilla, MSN, BSN, RN**
PNASD Education and Scholarship Committee Chairman

The Many Faces of a Nurse



The US Bureau of Labor Statistics projects that more than 275,000 additional nurses are needed from 2020 to 2030. Employment opportunities for nurses are projected to grow faster (9%) than all other occupations from 2016 through 2026. There are issues of concern, like the aging population, aging workforce, nurse burnout, violence in the health care setting, and career & family. We also need to consider diversity in the workplace to help improve health outcomes and identify social determinants of health.

But how can we increase the number of students entering the nursing profession? There is a need for recruitment, of course; however, when is the best time to find these students and steer them in the direction of the nursing profession? PNASD and the Education Committee had some discussions and brainstorming about this topic. President Perly Aguinaldo pursued this campaign by connecting with schools and seizing opportunities for PNASD nurses to share their experiences and success, hoping to inspire these students to enter nursing.

On June 7, 2023, “The Many Faces of a Nurse” came to fruition. Miss Kristin Flint, a career counselor from Morse High School, invited PNASD to present and meet with students deciding to enter healthcare as their future profession. Twelve students from grade levels 9-11 came to listen intently.



PNASD members spent the day having a one and one with students piquing their interests, advising them about the path to nursing and any specialty they might set their goals in, and answering their questions. We also met the Associate Dean of San Diego City College, College of Nursing, Dr. Dometrives Armstrong, who was also present to present the nursing program at City College. She shared her journey from an associate degree nursing program to her doctoral degree achievement. It was indeed a very inspiring day.

PNASD hopes to continue collaborating with more schools at various levels within our communities to educate our young minds on the service and pathway of becoming nurses. With this campaign, as a nursing organization, we are heeding the “Call to Action” for Nursing's future.

Make a Difference: Sponsor Nurses' Night Today!



Saturday, July 29 @6pm
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at 908-392-5338

All proceeds will go towards nursing scholarships, sunshine funds supporting nurses in need, professional & personal development programs, & activities that support vulnerable communities.
PNANJ Somerset County Subchapter | We Are Somerstrong | PNANJSomerset.org | PNANJSomerset@gmail.com

DONT' MISS OUT

BUY TODAY



Nurses' Night: A Spectacular Celebration of Healthcare Heroes



Saturday, July 29 at 6:00PM

TD BANK BALLPARK | 860 E Main St, Bridgewater, NJ 08807

Proceeds will go towards nursing scholarships, professional & Personal development programs, sunshine fund & activities that support vulnerable communities

\$30



\$10 Off for 5 tickets | \$30 off for 10 tickets
SPONSORSHIPS AVAILABLE
\$2 extra for Field of Dreams and High Five

www.tinyurl.com/NursesNightTD

DONT' MISS OUT BUY TODAY



QUESTIONS? 908-392-5338 | PNANJSOMERSET@GMAIL.COM | WWW.PNANJSOMERSET.ORG



ALZHEIMER'S ASSOCIATION



WEBINAR SERIES



Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

Col (Ret) Bob Gahol, MBA, MPA, MMAS, MSS, BSN, RN
Western Region Vice President

Understanding Alzheimer's and Dementia



Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

Manny Ramos, MSN, RN - South Central Region Vice President
Approaching Alzheimer's: First Responder Training

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning



Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

Manelita Dayon, BSN, RN - North Central Region Vice President
Cognitive Screening and Testing in a Biomarker Era

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



Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

Warly Remegio, DNP, RN, NEA-BC, NPD-BC, FNYAM
Eastern Region Vice President

Understanding and Responding to Dementia-Related Behaviors



REGISTER

<https://qrco.de/bdkUwH>



Scan to register



mypnaa.org



@mypnaa



@pnaa



@mypnaaNurse

Save the Dates !



CAMP ARUGA

LEADERSHIP BOOTCAMP



PHILIPPINE NURSES ASSOCIATION OF AMERICA

Camp Aruga

North Central Region

June 16-18, 2023

Angola, Indiana

Project Director
Manny Ramos
Project Manager
Rocla Antequino

Eastern Region

August 25 -27, 2023

Luray, Virginia

Members
Bob Cahol
Maniela Dayon
Dr. Werty Remegio
Dr. Mary Dolor Ramos
Arlita Peng

Western Region

October 20-22, 2023

Sausalito, California

Advisors
Dr. Gloria Beriones
Dr. Marlon Sarla
Dr. Leo-Felix Jurado

Contact your RVPs for Registration



21st
**EASTERN REGIONAL
CONFERENCE**

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



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

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



Registration

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



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

Travel Information

Please access the links below:

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

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



Hotel Accommodation

Crowne Plaza Hotels and Resorts

1 Resort Drive, Asheville, NC 28806

<https://ashevillecp.com>



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

Group rate: **PNA**

Deadline to book using group rate: October 3, 2023

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

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

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

Complimentary self-parking is included.



Scan QR code or click link below for booking instructions

https://drive.google.com/file/d/1r9cNSZl7-OTnCuUD9GL8c_flmDfVlr/view



CONFLICT OF INTEREST DISCLOSURES

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21st PNAE Eastern Regional Conference Planning Committee

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

Overall Co-Chairs:

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

Leo-Felix Jurado, PhD, RN, APN, NE-BC, CNE, FAAN (PNAE Executive Director)
Aster Vargas, BSN, RN (PNAE Treasurer)

Mary Dioise Ramos, PhD, RN (PNAE Education Committee Chair)
Arlita Pang, BSN, RN (PNAE Ways & Means Committee Chair)
Carol Robles, BSN, RN, DNS-CT, RAC-CT (PNAE Communication & Marketing Committee Chair)
Susan Repotente, BSN, RN (PNAE Website Committee Chair)
Carmina Bautista, MSN, NP, FNP-BC, BC-ADM (Business Development Chair)
Catherine Paler, MSN, RN, PCCN (ER COPRR)

PNA North Carolina Chapter

Faith Lamprea, BSN, RN, CNOR (President-Elect)
Reynaldo Cuenca, BSN, RN (Vice President)
Rafael Lorenzo Nuyles, BSN, RN (Secretary)
Bianca Vergel de Dios, BSN, RN (Asst. Secretary)
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Maria Albano, BSN, RN, CNOR (Auditor)
Jennifer Dizon, DNP, RN-BC (Education Committee Chair)
Grace Fabito, BSN, RN, CNOR (Education Committee Co-Chair)
Ethel Cuenca, BSN, RN, CAPA (Recognition & Scholarship Committee Chair)
Doris Benzara, BSN, RN (Recognition & Scholarship Committee Co-Chair)
Fe Praiswater, BSN, RN (Membership Committee Co-Chair)
Merly Pascual, BSN, RN (Community Service and Events Chair)
Helen Rivera, BSN, RN (Community Service and Events Co-Chair)
Amy Tizon, BSN, RN (Archives & Publications Committee Chair)
Rose Anne Jison, BSN, RN (Archives & Publications Committee Co-Chair)
Florenda Asinas, BSN, RN (NOMELEC Chair)



Registration Fees

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

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

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



CONFERENCE OVERVIEW

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

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

Contact Hours

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

Leadership Institute Objectives

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

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

Education Day Objectives

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

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

November 3, 2023

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

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

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

CELEBRATION SCHEDULE

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

November 3, 2023

Leadership Institute Program

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

CONFLICT OF INTEREST DISCLOSURES

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

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

"HAYOP SA GALING"

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

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

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

CROWNE PLAZA HOTELS & RESORTS

1 RESORT DRIVE
ASHEVILLE, NC 28806

**DRESS CODE:
ANIMAL PRINT DISCO ATTIRE**



November 4, 2023

Education Day Program

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

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

CONFLICT OF INTEREST DISCLOSURES

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November 4, 2023

Education Day Program (continued)

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



CONFLICT OF INTEREST DISCLOSURES

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Memories will be made to last a lifetime at the

**21ST PNAA
EASTERN REGIONAL CONFERENCE**

Gala Night

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

"A Blue Tie Affair"

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

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

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

—◆◆◆—
ATTIRE:

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

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

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

Image by rawpixel.com on Fre

Eucharistic Celebration

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

Date: November 5, 2023 (Sunday)

Time: 9 AM

Location: Basilica of Saint Lawrence

Address: 97 Haywood St, Asheville, NC 28801

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



Image by vikayatskina on Freepik
Image by Freepik



Collaborative
Center for XDP

COME JOIN US FOR THE

X-LINKED DYSTONIA-PARKINSONISM WEBINAR SERIES

**AUGUST
29
8:00 PM ET**

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



Nutan Sharma, MD, PhD



Christopher Bragg, PhD



Laurie Ozelius, PhD

**SEPTEMBER
26
8:00 PM ET**

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



Nutan Sharma, MD, PhD



Jan Kristoper P.
de Guzman, MD



Melanie Leigh
De Las Alas Supnet, MD

**OCTOBER
24
8:00 PM ET**

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



Nutan Sharma, MD, PhD



Trisha Mulhaupt-Buell,
MS, CGC



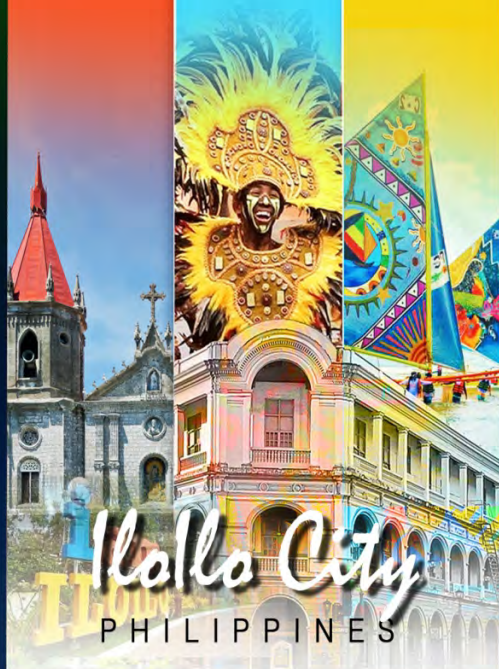
Caroline Nelson

Scan me



qrco.de/be8xZI

See you there!



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



Filipino Nurses' Global Summit V

and 14th International Nursing Conference

25-26 JANUARY 2024

Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo

WE CARE: Filipino Nurses at the Forefront of Global Health



SCAN ME

Contact:

Dino Doliente III at infomypnaa@gmail.com
or +1.213.944.9168 (US) | +63.956.301.5489 (PH)

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