



# inside PNAA

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



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



# EDITORIAL



The US nursing landscape is rapidly changing, and since the pandemic, more nurses are leaving the profession due to burnout. The baby boomers are now retiring, adding to the shortage of nurses, not just nationwide but globally. The American Association of Colleges of Nursing encourages nursing programs to utilize more diverse recruitment strategies to represent underrepresented groups to fill the gaps. The presence of men in nursing is ten times what it was in the 1970s, and male nurses are in demand at hospitals and clinics. Over the past ten years, the percentage of male nurses in the U.S. has grown by 59%, approximately 12% of all nurses nationwide. Men are also drawn to certain specialties over others. The percentage of male nurses in the U.S. military is higher than in the civilian sector. In the U.S. Army, 35% of nurses are male. I am still determining the percentage of male members in PNAAC, but I assume it is also higher than the national statistics. The hands-on benefits of nursing, from improving patient outcomes to rapid career advancement, make nursing an appealing path for men pursuing healthcare jobs.

In this month's issue, we highlight several male members. We are proud to share their stories and hope that by reading them, many others will be inspired and continue to promote our noble profession. Also, this issue features highlights from the recently concluded and very successful 21st Western Region Conference. You will read stories from several conference participants about what they gained from attending the conference.

Enjoy this month's newsletter. If you have any comments or suggestions, please do not hesitate to contact me at [insidepnaa@gmail.com](mailto:insidepnaa@gmail.com). Thank you.

**Bob Gahol**  
Editor-in-Chief

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## ABOUT INSIDE PNAA

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

### Our Vision:

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

### Our Goals:

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

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

### Social Media

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## President's Message

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



Greetings to all my fellow PNAA colleagues! Did you know? We are celebrating the month of June as Men's Health Month; hence we are also honoring men in nursing. Many of our PNAA male nursing colleagues across the country are bringing their passion, commitment, dedication, and leadership in their fields of practice. **An exemplar of men in nursing leadership are in the PNAA Executive Board 2022-2024: Dr. Marlon Garzo Saria, President-Elect; Colonel (Retired) Bob Gahol, Western Region, VP; Dr. Warly Remegio, Eastern Region, VP; Manny Ramos, South Central Region, VP; and Dr. Leo-Felix Jurado, Executive Director.** Similarly, leading many of the 53 PNA chapters are thought leaders with innovative leadership and very goal oriented male nurses. Notably, there are **four men nurse leaders, PNAA Past Presidents: Pete Calixto, Dr. Leo-Felix Jurado, Dr. Reynaldo Rivera, and Dr. Dino Doliente** who significantly contributed their time, efforts, and transformational leadership, advancing the PNAA's Mission, Vision, and Goals. **We honor and celebrate all our PNAA men in nursing colleagues throughout the country for serving and providing the best care and services to patients and communities they serve.**

The evolution of the nursing profession has been dominated by women. However, we all know that men in nursing are important and valuable team members of the nursing profession and healthcare. According to U.S. Bureau of Labor Statistics 2023, men nearly represent 12% (LVNs, RNs, and NPs), 59% increased for the past 10 years. We respect and honor the care and services that male nurses are providing to meet the patients' preferences and cultural sensitivity. More than ever, men in nursing are integral part of the nursing workforce, healthcare, and nursing profession who deserve our utmost recognition and celebration. The PNAA and its 53 chapters are champions of Diversity, Equity, Inclusion, Belongingness, and Social Justice for all. **Together join me in honoring the men in nursing, they represent Our United Voices: WE CARE.**

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





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**Associate or Full Professor (WOT),** Department of Pediatrics,  
Division of General Pediatrics (Center for Child Health, Behavior and  
Development and Center for Pediatric Nursing Research)

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**Organization:** Pediatrics

**Title:** Associate or Full Professor (WOT), Department of Pediatrics, Division of General Pediatrics (Center for Child Health, Behavior and Development and Center for Pediatric Nursing Research)

**Position Description**

Application link: [https://ap.washington.edu/ahr/position-details/?job\\_id=108789](https://ap.washington.edu/ahr/position-details/?job_id=108789)

The Department of Pediatrics at the University of Washington is seeking a full-time PhD Nurse Researcher at the rank of Professor or Associate Professor WOT (without tenure by reason of funding) to join the Division of General Pediatrics, and the Seattle Children's Research Institute (SCRI) Center for Child Health, Behavior, and Development. Additionally, the individual will be a member of the Center for Pediatric Nursing Research.

Academic rank at the time of appointment is commensurate with experience and qualifications. This is a 12-month service period position, on the Faculty Scientist Pathway. Associate and full Professors WOT hold indefinite appointments that align with a 12-month service period (July 1-June 30). Faculty with 12-month service periods are paid for 11 months of service over a 12-month period (July-June), meaning the equivalent of one month is available for paid time off. Anticipated start date is Fall of 2023. All University of Washington faculty scientists engage in teaching, research and service.

The base salary range for this position will be: Associate Professors \$12,917 - \$15,834 per month (\$155,004- \$190,008 annually), Professors \$15,000 - \$20,000 per month (\$180,000 - \$240,000 annually) commensurate with experience and qualifications, or as mandated by a U.S. Department of Labor prevailing wage determination.

**The successful applicant will be expected to:**

*General expectations*

- Continue their current research and grow a research program that can impact child, family, and community health with a particular interest in or experience with health equity.
- Build an independent research career at Seattle Children's and the University of Washington with a focus on child and family health that integrates and uses methodologies consistent with equity, diversity, inclusion, and anti-racism

- Mentor trainees and early career faculty in child health and/or pediatric nursing research
- Participate in relevant committee service for CHBD, SCRI, or at the division, department, or school-level.

### *Research*

- Identify opportunities and actively participate in scientific investigations and collaborations.
- Apply for and obtain extramural grant support and provide mentorship to faculty and trainees in scholarly work.
- Maintain academic productivity commensurate for track and rank.

### *Education*

- Support training and education in nursing research within the hospital, UW, and SCRI

### **Qualifications**

The successful candidate will have earned an RN and a PhD (or foreign equivalent) in a relevant field.

### **Instructions**

Interested applicants should upload a current curriculum vitae, a personal cover letter and statement of past and planned contributions to diversity, equity and inclusion (i.e., diversity statement).

### **Equal Employment Opportunity Statement**

University of Washington is an affirmative action and equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, creed, religion, national origin, sex, sexual orientation, marital status, pregnancy, genetic information, gender identity or expression, age, disability, or protected veteran status.

### **Benefits Information**

A summary of benefits associated with this title/rank can be found at <https://hr.uw.edu/benefits/benefits-orientation/benefit-summary-pdfs/>. Appointees solely employed and paid directly by a non-UW entity are not UW employees and are not eligible for UW or Washington State employee benefits.

### **Commitment to Diversity**

The University of Washington is committed to building diversity among its faculty, librarian, staff, and student communities, and articulates that commitment in the UW Diversity Blueprint (<http://www.washington.edu/diversity/diversity-blueprint/>). Additionally, the University's Faculty Code recognizes faculty efforts in research, teaching and/or service that address diversity and equal opportunity as important contributions to a faculty member's academic profile and responsibilities (<https://www.washington.edu/admin/rules/policies/FCG/FCCH24.html#2432>).

### **Privacy Notice**

Review the University of Washington [Privacy Notice for Demographic Data of Job Applicants and University Personnel](#) to learn how your demographic data are protected, when the data may be used, and your rights.

### **Disability Services**

To request disability accommodation in the application process, contact the Disability Services Office at 206-543-6450 or [dso@uw.edu](mailto:dso@uw.edu).

### **COVID-19 Vaccine Requirements and Information**

Under University of Washington (UW) [Policy](#), University-compensated personnel must be fully vaccinated against COVID-19 and provide proof thereof, or receive a UW-approved medical or religious exemption. This requirement will be a condition of any offer associated with this recruitment. For more information, please visit <https://www.washington.edu/coronavirus/vaccination-requirement/>.

## Are your patients at risk for **latent TB infection?**

Anyone can get TB, but your patients might have a higher risk for TB if they were born in or frequently travel to countries where TB is common, including those in Asia, Africa, and Latin America.

It is estimated that up to 13 million people in the United States live with latent TB infection. Without treatment 1 in 10 will develop TB disease. CDC recommends testing people that are at increased risk for TB infection and using shorter rifamycin-based treatment regimens to prevent TB disease.

**Talk to your patients about their risk.**

[LEARN MORE →](#)





## PNAA Career Center

### Employers:

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

### Job Seekers:

- **POST** multiple CVs and cover letters. Choose an anonymous career profile that leads employers to you
- **SEARCH** and apply to hundreds of fresh jobs on the spot with robust filters
- **SET UP** job alerts and get an email when a job matching your criteria is posted
- **RECEIVE** career advice, interview and networking tips, and more

[jobs.mypnaa.org](https://jobs.mypnaa.org)



# In Health Care, There is No Quality without Equity

By Mila Sprouse, EdD, MSN, RN, CCRN-K, NE-BC



In the pioneering publication, [Crossing the Quality Chasm](#), the Institute of Medicine (IOM) defined six domains of health care quality. These domains are efficiency, effectiveness, safety, timeliness, patient-centered, and equitable. Health care organizations nationwide have shown significant commitment to the first five of these domains, emphasizing improving patient safety and quality. While continuing to strive toward improving the health care delivery system, much work remains within the equity pillar. With studies continuing to show significant disparities in health care quality and outcome metrics, one might ask — can we truly achieve quality of care without equity?

According to the [2016 National Healthcare Quality and Disparities Report](#), significant disparities in health care quality were reported. Racial and ethnic minorities, individuals with disabilities, individuals with low incomes, and individuals with other social risk factors are more likely to receive lower-quality care. Health equity, or the lack thereof, also increasingly affects the bottom line. Higher rates of chronic and costly conditions, combined with high rates of uninsured individuals among lower socioeconomic and minority populations, result in a greater reliance on emergency services, higher treatment costs, and, ultimately, a financial strain on providers and government programs.

While health care organizations alone do not have the power to improve the multiple determinants of health for all of society, they do have the power to address disparities directly at the point of care and to

impact many of the determinants that create these disparities. [The Institute for Healthcare Improvement](#) (IHI) identifies five top barriers standing in the way of health equity programs, as identified by panel participants. These include:

Inconsistent collection of equity-related patient data (38%); capturing and stratifying data by race, ethnicity, ancestry, language, sexual orientation, and gender identity was selected by 23% of respondents as the most important thing that their organization needs to do to advance health equity. Lack of resources other than funding, including staff qualified and knowledgeable in the stratification of data and other analysis that can drive health equity programming (38%). Lack of funding directed specifically to help drive progress in health equity (28%). Inability to demonstrate the impact of health equity efforts (26%). While survey respondents reported a number of actions already being taken to advance these priorities, only 1% could claim their activities as being “extremely effective.” Fourteen percent reported being unsure of the impact, with an additional 6% reporting these activities as ineffective. Lack of guidance or know-how on what to do next (26%).

Health care organizations must recognize their role and their obligation to ensure that when they set standards for safety and quality, those standards apply to one hundred percent of all patients, not just those patients who may be more privileged for whatever reason, whether it's race, ethnicity, socio-demographic status, or language. The question of health equity has also been important for value-based care. Organizations can only get the best clinical outcomes and fulfill their value-based care contracts when they ensure all patients have the same opportunity to obtain and maintain health.

Commitment to eliminating health disparities requires an “all in” approach. It starts with the collection of social risk factor data. Data are the bedrock of all measurement activities; however, data on social risk factors is currently limited. These limitations can impede efforts to find and reduce disparities. As such, stakeholders must invest in the necessary infrastructure to support data collection. There needs to be a standard collection of data related to social risks like housing instability, food insecurity, gender identity, sexual orientation, language, continuity of insurance coverage, etc.

To understand the factors that impact the patient's health, hospitals must commit to using patient and family engagement strategies to achieve equity in quality and safety. Overcoming health disparities is a huge step. It requires a commitment to engaging patients and families from all backgrounds as equals and becoming active partners in healthcare improvement strategies. Developing a deeper understanding of the needs, perspectives, interests, values, and beliefs of all patients and families from diverse backgrounds will reflect what matters most to patients at each level of hospital care.

Finally, prioritizing stratified health equity outcome measures must be understood. Stakeholders should first conduct a needs assessment to identify the extent to which they are meeting the goals outlined in the measurement roadmap. The domains should be considered as a whole rather than aiming to make progress in only one area. Stakeholders may find themselves at varying stages in achieving the goals outlined in the roadmap, but progress in all domains is necessary to achieve equity.



Dr. Sprouse is vice president of patient care services at Baylor St. Luke's Medical Center. She is also an executive board member of the Philippine Nurses Association of America and president of the Philippine Nurses Association North Houston.

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<https://campaignforaction.org/in-health-care-there-is-no-quality-without-equity/>

# Tips on Tailoring Your Resume

By Coleen Sta Ana

*This article is part of a series that look at how to move into leadership positions and grow your reach over time.*

This series on leadership development wouldn't be complete without discussing an essential item that you **must** have in your toolkit—your resume. Think of your resume as a public relations team that helps you explain to prospective employers that you are the right fit for the position and that they should hire you. A well-crafted resume with the right details can make the difference between getting an interview or even an introduction to someone you want to network with—and not.

Let's take a look at what you should include in your resume and the information it should include.

A resume is an essential aspect of the job application process. It provides prospective employers an overview of the skills, experience, and qualifications that you have that are relevant to the position you are seeking. The first step to creating a resume that will make recruiters pay attention is to make sure it has the basics.

## The Basics

- **Personal details.** Make sure your resume includes your full name, email address and phone number. No need to include your mailing address or other details.
- **Career summary.** Summarize your key qualifications, skills, and experience in one or two sentences. Tailor this section to the specific position you are applying for. Yes, this means you may have multiple versions of your resume. We'll get to that later.
- **Education.** List your academic achievements, including any academic institutions, degrees obtained, and any relevant coursework or certifications.
- **Work experience.** Detail your work history, including the name of each relevant employer, job titles, dates of employment, and your key responsibilities and accomplishments.
- **Skills.** This is where you should list any skills you have that are relevant to the position, including technical and soft skills.

Now that we've identified the basic elements any resume should include, let's take some time to pay attention to design and format.

- Is the layout visually appealing? Keep it simple and professional. I've seen resumes that were overly designed. No need for graphics and multiple colors.
- Is it easy for prospective employers to understand the breadth and depth of skill, experience, and aptitude that you have?
- Did you use headings and bullet points consistently?
- Are you using action verbs to describe your work experience and accomplishments? Take a look at the position description. Make sure your resume includes similar words and phrases.
- Is it concise and easy to understand? Most resumes, even those for people with a lot of work experience, are one or two pages long. Yours should be, too. This does not apply to CVs or curriculum vitae. If you've been in the workforce for a while and your resume is lengthy, it's time to remove outdated or irrelevant details about past positions that do not relate to the position you are seeking currently.
- Did you proofread for typos, grammatical errors, or formatting errors?
- Have you highlighted your most impressive accomplishments and experiences? You are the one person who knows the most about you. Go ahead and brag—this is not the place to be humble.

- Have you listed quantifiable outcomes (think of showcasing outcomes vs tasks)? Use financials, data, percentages to show that you can create measurable change.
- Make sure to give prospective employers an idea of the scope of responsibility that you have held over the course of your career—and the impact you are making at your current and previous employers.
- Are you using acronyms or abbreviations? Avoid jargon by spelling out words and not assuming the reader knows what you're referring to.
  - Be mindful of your name. My name, Coleen Sta Ana, is widely understood in the Philippines, but Americans likely won't understand my last name is really 'Santa Ana.'
- Are you targeting a leadership position?
  - Is this the first leadership position you are applying to? If so, use your resume to demonstrate your aptitude by including details about any community service or leadership positions you've held. You can also include proactive ideas or programs you created while in a staff role. Think about your PNA efforts or service at church or in other volunteer roles.

Finally, be sure to customize your resume for each position. A generic resume may not be sufficient to impress potential employers, so take the time to carefully tailor your resume to highlight the skills and qualifications that are most relevant to the position you are applying for.

Taking all these steps will:

- Prove that you have the skills and aptitude needed for this position.
- Demonstrate that not only do you have the knowledge but you have applied this knowledge to achieve desirable outcomes.
- Tailor your resume toward the job you want. For example, if I were seeking a position in sales, I would highlight my revenue producing experience and relationship-building skills instead of my general administrative experience. This tailored version of my resume highlights the skills I have that show that I am capable of taking on a role in sales whereas another version of my resume highlights my general administration abilities.

In conclusion, a resume is an important document that can make or break your job application—and can also be used to open doors for networking. By following the tips outlined in this article, you can create a resume that highlights your strengths, qualifications, and experience—and helps you stand out from the competition.

Remember that it is ideal and fairly common to have multiple versions of your resume. And don't wait too long to give your resume a refresh. If you wait too long in between updates, it can be hard to remember all of the amazing details behind your accomplishments. Here's a tip: Journaling is also a great way to record your big wins and to keep detailed notes of your quantifiable outcomes. Before you make your final draft show it to a couple of colleagues and mentors for feedback.

Let's work together to get you from here to where you want to be. Contact me at [coleen@luminarylens.com](mailto:coleen@luminarylens.com) and share your feedback and questions. I'm looking for topics for the next article – let me know your thoughts and questions!

And be sure to join the Patnubay sa Pagtatagumpay program through the PNAA!

*Coleen Santa Ana is a certified leadership coach and member of the John Maxwell Leadership Team. She is a former hospital president and draws on more than 20 years of experience in health administration to support others in reaching their aspirations. Coleen is also a proud member and Treasurer of the PNAVA and Adjunct Professor for the Department of Health Policy and Administration for the College of Public Health at the University of the Philippines.*





## Breaking Stereotypes: A Tribute to Our Male Friends in Nursing

By Mindy C. Ofiana MSN, RN  
Chair, PNAA Legislative Committee



To our male friends in nursing, I want to recognize and celebrate your strength, resilience, and dedication to nursing. You have broken down stereotypes and paved the way for future generations of men in healthcare.

Being a male nurse in a predominantly female profession can be challenging. You have faced challenges and obstacles but have never let them stop you from pursuing your passion for helping others. You have shown us that nursing is not just a job but a calling.

I have seen firsthand the impact you have made in the lives of your patients. Your compassionate and patient-centered approach to care has touched the hearts of many and has helped to bring healing and comfort to those who need it most.

You have also become mentors and role models to others just starting out in the nursing field. You have shared your experiences, knowledge, and passion for nursing to inspire and motivate others to follow in your footsteps.

Your presence in nursing has helped to diversify the field and bring a fresh perspective to patient care. You have shown us that men have an important role in nursing and that diversity is essential to meeting the needs of our patients.

So to my male friends in nursing, I want to thank you. Thank you for breaking down stereotypes, for your hard work and dedication, and for the positive impact you have made in the lives of your patients. Your contribution to nursing is invaluable, and I am proud to call you my friends and colleagues.

As we continue to work together to provide the best possible care to our patients, let us remember the importance of diversity, inclusion, and respect for all who work in healthcare. Let us continue to support and encourage one another and never forget the power of compassion and kindness in patient care.

Here's to my male friends in nursing – may you continue to break down barriers and inspire others in the nursing field!

# PHILIPINE NURSES ASSOCIATION OF METROPOLITAN DC

## MEN IN NURSING



# Celebrating Men in Nursing: Breaking Stereotypes and Shaping the Future of Healthcare

By Jan Rainier C. Balaria, PhD, RN, RM

Once thought of as a field dominated by women, nursing has recently seen a stunning change as more and more males choose to enter the field. This piece was written with the intention of paying tribute to the many men who have made significant contributions to the nursing profession, including the advancement of nursing and healthcare. Men in nursing face bias and discrimination from those who believe nurses are all female. Their perseverance and will broke through these gender boundaries, demonstrating that



*First day of work as USRN. Massachusetts, USA*

nursing is driven less by gender than by empathy, competence, and concern for patients. Men who choose nursing as a career are breaking new ground in the fight for gender equality in the medical field.

Men's participation in the nursing workforce improves patient care by adding new ideas and experiences. The healthcare system benefits from their diverse backgrounds, perspectives, and problem-solving abilities. When men enter the nursing profession, they offer unique perspectives that may spark new ideas, improve patient outcomes, and raise standards of care. The contributions of men in nursing as leaders and advocates in healthcare environments cannot be overstated. When they work as nurse managers, educators, and researchers, they have a hand in guiding organizational choices and shaping the nursing profession. Men in nursing have an important role as patient advocates, working to eliminate inequalities in healthcare and advance health equality.

Young men should look forward to male nurses as role models and mentors if they are pursuing a career in nursing. Their presence and achievements inspire others to follow in their footsteps and show that nursing is a rewarding career for those with a heart for service. Male nurses encourage and support future generations of nurses by speaking openly about their experiences and providing advice. More males are entering the nursing profession, which makes for a more representative and equitable healthcare system. Assumptions about males in the nursing profession may be challenged and negative attitudes can be reduced when their work is acknowledged and appreciated. When nurses value and celebrate their differences, they are better able to provide care that is attentive to patients' cultural backgrounds.

In conclusion, men who work in nursing should be honored for their contributions to the field. Men in nursing are changing the face of healthcare by disproving old assumptions, introducing new points of view, and taking on leadership roles. The nursing field benefits from their presence, and they, in turn, motivate others to enter the field. Let us ensure that nursing remains a profession that values diversity, equality, and excellence in patient care by continuing to support and promote the contributions of men in nursing as we recognize and celebrate their achievements.



## Compassionate Care: A Story of a Lasting Masterpiece

By **Abraham B. Asto, MAN, RN**

Compassionate care is always in the mind of Mr. Abraham B. Asto. Indeed, he believes in healthcare goals geared towards making a difference. For him, being a nursing advocate can start with a desire for compassion, a heart of love, and an act of kindness.

Nurse Abe, which people usually call him, was born in the city of Alaminos in the province of Pangasinan, Philippines, which is renowned as the home of the Hundred Islands. He finished his nursing degree at Saint Louis University, Baguio City, Philippines, and graduated Cum Laude. He is currently studying a doctoral program at the same university, which has exposed him to various academic endeavors and studies along with nurses internationally.

Presently, he works as a registered nurse under the Reliant Care Management Company, LLC. and is designated as the Assistant Director of Nursing at North Village Park Care Center in the City of Moberly, Missouri, United States of America, catering to residents for long-term care and rehabilitation. As a front liner, he makes sure that policies related to nursing are implemented accordingly in collaboration with the facility personnel, department heads, administrators, and management.

Just arrived here in the USA last July 2022, Nurse Abe always takes the theme that depicts kindness and compassion as very significant now more than ever, especially in this unprecedented history of our mankind, that COVID-19 gave uncertainty to many people's health and well-being under immense stress, especially the mental health. However, when he considers other people's takedowns and drawbacks may turn into positive change means that his experience of passion for compassion will benefit them and more for others.

As a front liner, his work focused on residential care facility nursing and behavioral health, with a previous nursing background in school health and public health settings. His philosophy of health is rooted in the mindset that a healthy body continually builds and improves through one



*Abe arrived in the USA last July 2022 and works as a registered nurse under the Reliant Care Management Company, LLC., in Missouri.*



*Nurse Abraham was designated as the Assistant Director of Nursing (ADON) at North Village Park Care Center in Moberly, Missouri, USA, catering to residents with long-term health care management and rehabilitation.*

environment uniquely positioned collaboratively in an interprofessional manner, advocates change for better health, and evaluates outcomes. Being a leader, he tends to expand his scope of influence by working across sectors, professions, and disciplines to build a culture of interdisciplinary effort and improve health results in the community. He has the notion that he can do this by advocating reliant care and mitigating the barriers to health.

Furthermore, he is also a member of various certified nursing organizations here in the USA, including the Philippine Nurses Association of America, Inc. (PNAA) with his local chapter at Greater Saint Louis, Missouri, the Society of Internationally Educated Nurses in North America (SIENNA), the Missouri Nurses Association (MONA), and the American Nurses Association (ANA). That said, he always visualized himself as a game changer by expressing those personal goals and visions in life and directing them into a lasting masterpiece— creating a desirable impact of being a Filipino male nurse in America.



*In a winter coat, Nurse Abe is a member of the Philippine Nurses Association of America, Inc. and took a picture with the iconic Gateway Arch of Saint Louis, Missouri, as the background.*



*The new Philippine Nurses Association of America, Inc. Greater Saint Louis members celebrated the annual Christmas Party last December 3, 2022, at the Hollywood Casino and Hotel in Maryland Heights, Missouri, USA.*

# Fulfilling an American Dream: the Road to U.S. and a Brand New Start

By **Iromar O. Monterola, BSN, RN**

Submitted by **Annabelle L. Cosas, BSN, RN**; PNAGSL Editor; Bylaws/Policies & Procedures Chair



*Celebrating my first International Nurses Day in Kuwait (2010)*



*First day of work as a Rig Medic in an oil drilling com-pany in Kuwait (2012)*



*Part-time AHA instructor in Gulf CPR Training Institute, Kuwait (2019)*

I am Iromar Ornopia Monterola, a registered nurse from Cebu, Philippines. I graduated in 2007 from Cebu Normal University and came here to the U.S. in 2022.

Nursing was not my first choice of profession when I was younger. Living next to a Catholic church in a small town in northern Cebu made me want to become a priest. Then my grandma suggested I pursue nursing because it is an excellent profession. She tried to pull out some connections at CNU (a state-sponsored university), which has a tremendous history of producing quality nurses locally and abroad. Unfortunately, it wasn't as smooth as it sounded because I didn't cut the preliminary application. There were more than 3,000 hopefuls, but CNU accepted 200 new students at the most in nursing. I looked at other schools in Metro Cebu, but the tuition fees were quadruple than that of CNU. I talked to my mother, who quit her job as a public school teacher and went to the Middle East for better pay, and she was very supportive of it. My grandaunt then brought me and my other cousins to CNU as some applicants pulled out to choose another course, and, eventually, I filled in one of the available spots.

I struggled the first three semesters in nursing, probably because I wasn't interested in it. I thought of it like I just needed to pass and finish the course to satisfy my family's expectations. My views on nursing changed completely when I did our Related Learning Experience (RLE) in the hospital. Vicente Sotto Memorial Medical Center (VSMCMC) was our base hospital which was at that time the largest hospital in the region. My first patient was a widower with diabetes and hypertension who was admitted for a small tumor in his bone. His children were all settled and had families of their own, and it was only him (no companions) in the hospital. He told me stories of his youth and how he missed his wife. With his lingering illness, he's not optimistic about getting better, especially because he lives alone. It then struck me and made me realize that *this profession bears more weight than it sounds. That this is more than just a profession but also a vocation.* I may not have said the right words or given the best advice to this patient, but I was a silent listener, and I let him know that he was not alone. From that moment on, I became interested in learning new things in nursing, especially in educating patients.



*Baptism of Baby Marc and pre-departure from Kuwait to the US (2022)*



*New members of PNAGSL (2023). Thank you to Alice Torregosa for the recruitment of new members. [General Assembly, October 2022]*



*Baby Marc's first birthday spent in Disney-world, Orlando (2022)*

Years went by, and I finally completed the harrowing process of BSN and passed the local board right after. But my American dream was put on hold — 2007 was not a good time for nurses to go to the U.S. With a bountiful supply of local nurses at that time, it was so hard for me to land a job in the hospitals in Metro Cebu. Nevertheless, I was hired as an educator at a small nursing college nearby for two years. I then pushed my luck with my elder brother's help to work in Kuwait in 2009. Applying for a job in the Middle East was not easy because hospitals and facilities preferred to hire female nurses. Luckily, one of the big clinics in Kuwait wanted me as an educator. I worked as a staff nurse on weekdays and as an educator at the week's end. But not for long as I was offered to work as an oil rig medic with more favorable benefits. I accepted that new job and worked in the middle of the desert for five years. After that, I received a job offer to work for the government as a forensic nurse. I was very excited to grab such opportunity — it was a one-of-a-kind job in the field of nursing. My colleagues and I were the first batch to be hired as the government tried to modernize the Forensics Department. My excitement fell short when I realized there were no opportunities for career growth in that project or for continuing education. Because of that, I didn't allow myself to be stagnated in a constant routine; I applied to work as an AHA instructor and participated in PNA-Kuwait activities during my free time.

2020 brought us the pandemic — it shattered the whole world and showed man's vulnerability. Even in forensics, where we handled medical-legal cases — no treatment and other interventions — we got overwhelmed as well. We piled dead bodies in cold storage — those who died of COVID-19 mixed up with those who died of natural causes. Tired and weary of what tomorrow would bring, it made me realize my real purpose in pursuing nursing. Right there, I decided to go after my American dream and processed the NCLEX-RN application on my own. At the same time, my wife, who is also a nurse, gave me the best news of my life: she handed me an ultrasound result showing she was six weeks pregnant! I could not contain myself, as we had waited for this glorious moment for six years.

In 2021, Kuwait gave medical professionals a break after battling the pandemic daily. They opened the airport only to medical professionals on May 20. I immediately booked a ticket home (to the Philippines) and paid for my reservation to sit for the exam. The Philippine government was so generous in shouldering all-expense-paid isolation for Overseas Filipino Workers (OFW) for 10 days, including the swab tests. I used those days of isolation for an intensive self-review, which yielded a fruitful outcome. After passing the exam, I returned to Kuwait with one thing in mind: go to the U.S. and make a brand new start!

My wife and I got our immigrant visa approved and came to St. Louis, Missouri, in the summer of 2022. Through Ms. Alice Torregosa, I was introduced to PNAGSL. The PNAGSL was so supportive of us, giving us household goods, inviting us to their events, and giving us a vast network of experienced nurses we could rely on should we need any help. This fresh start renewed my passion for nursing; it made me see how empowered nurses are here in the U.S. It is so much unlike my previous experiences in the Philippines and Kuwait, where nurses are treated mainly as assistants to doctors. Patients respect nurses' opinions, and nurses have the opportunity to grow.

The road coming here may not be as smooth as others or the easiest path to take, but I'm just glad we are here now for a brand new start. This time, with renewed enthusiasm to care using knowledge and compassion, I'm committed to giving this profession my all!

## My Man in Nursing

By **Elena De Jesus BSN RN**  
PNA Northwest Indiana



We met on the first day of Nursing school and became fast friends. We quickly found out we have a lot in common including coming from large families and having an even larger and longer list of extended families and friends. As friends, we shared quite a bit of stories past, present and future. We criticized and made fun of youthful crushes, and shared heart breaks (mostly mine). Most times, he was there to listen. At times, he boasted about his “girls”. He criticized my boyfriends, I screened and picked the girls he should go out with. We became even closer friends as we delved into the intricacies of the study of Nursing and in our final year, much to the chagrin of the nuns who had their eyes on us, we both realized that we mean a lot more to each other than

we led on. After Nursing graduation, we started weaving future dreams of a good and fruitful life for both of us and for our families.

Since I met this man, fifty two years ago, my life had never been the same. The strength, confidence and courage he drew out of me all through the years are quite indelible. This is not to say that our life was or is perfect, for we also had our share of challenges just like any other married couple. But each of these challenges came with such significant realizations that made our relationship as stronger as ever. He has been my rock when I feel the weakest, my super fan when things and times are grand and my cheerleader during times when doubt creeps in.

They said it is difficult to marry someone in the same profession but ours had been a blessing. I could not imagine trying to explain to someone what a nurse really does and feel every minute of every day, although sometimes, I wished I could fool him with my aches and pains to solicit a foot rub. He is a wonderful husband, great father to our kids and a much better nurse. As a nurse leader, he has his share of accolades and respect from those who had worked under and alongside him throughout his almost 50 years of Nursing. Most importantly, his patients adore him. But yet, he remained humble, composed and content to stay in the sidelines ready to assist when needed. As for me, “it is incredible that someone so unforgettable thinks that I am unforgettable, too”, sums up how I feel about my man.

And his name is Tito Mercado De Jesus BSN RN San Juan de Dios School of Nursing 1974, College of Nursing 1976. A great person, wonderful husband and father and a much greater and wonderful NURSE!

*NOTE: Written with loving bias and totally caring selfishness by his wife.*



*Elena and Tito, Circa 1970's*



*Elena and Tito today*



*De Jesus family*

## PNA Central Ohio Man in Nursing

By **Valerie A. Tiu, MS, APRN-CNS, AGCNS-BC, MEDSURG-BC**

PNACOh would like to recognize one of the male members of our organization who has stepped up to help our executive board. John Alexander Helms, RN, CNOR, Clinical Ladder III, has been a nurse for over 28 years and works as a Charge Nurse in the Operating Room at The Ohio State University Wexner Medical Center, East Hospital. He serves the department as the Unit Leadership Chair, a Buckeye Wellness Innovator, among many other things. John recently became active with the Philippine Nurses Association of Central Ohio, serving as the Secretary. He is involved in other Filipino groups along with his Filipino wife. John's mother, Dr. Vilma Helms, is from the province of Albay in Bicol, where the iconic Mayon Volcano sits behind her backyard. John loves the Bicol delicacies, especially pinangat, Laing, Bicol express, and pili nuts. Through his mother, John was taught about the Philippine culture, how to be resilient, religious, respectful, responsible, caring, and helpful. These are characteristics of a nurse, and John believes he is destined to be a nurse just like his two sisters. John is proud to be a Filipino-American Nurse. He brings diversity, strength, passion, caring, kindness, and accountability to work and the PNACOh organization. John wants nothing more than to impact human lives every day. He states that his passions include training and motivating new staff. John says he finds joy in new nurses becoming confident, productive, and successful. When not on duty, he loves spending time with his wife and kids, traveling, and vacationing. He also enjoys watching football, basketball, and UFC and practicing Brazilian Jiu Jit Su. Our organization is lucky and proud to have John as an active board member. We look forward to his future contributions to the organization and the nursing profession.





# PNAMH Men in Nursing: Different Backgrounds with One Common Goal

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

In a world where gender stereotypes continue to be challenged, men are breaking barriers and thriving in professions traditionally dominated by women. One such field is experiencing a significant shift in nursing. Men are not only entering the nursing profession in increasing numbers but also excelling in their roles, bringing their unique perspectives and skill sets to the table. In our organization, the contributions of men in nursing have become a bright spot, exemplified by the stellar individuals who make up our leadership team.

Leading the charge is Jonathan Gecomio, our current President-Elect. As a male nurse, Jonathan brings a fresh perspective and invaluable insights. His ability to think on the go and make informed decisions in high-pressure situations has been instrumental in driving our organization forward. Throughout his career, he has shown a deep understanding of the challenges and opportunities faced by nurses, regardless of their gender.

Another outstanding officer is Alex, our Vice President. Alex has inspired all with his unwavering commitment to patient care and exceptional leadership skills. Alex's passion for nursing and his willingness to go the extra mile have profoundly impacted our members, inspiring them to strive for excellence. His dedication to improving healthcare outcomes has earned him respect and admiration within our organization and the wider nursing community.

Joining Jonathan and Alex on our esteemed executive board are Reyman Herrera, Danny Lindog, and Clemente "JonJon" Logronio. Each brings unique experiences and expertise to the table, making our organization stronger and more diverse. With his dedication to patient advocacy, Reyman ensures that all patients' voices are heard, and their needs are met. Reyman has a welcoming smile and charisma, so appropriate to be the membership committee chair. With his experience and creative and innovative mindset, Danny consistently introduces new ideas and strategies to lead our organization's ways and means committee. Clemente "JonJon," with his extensive clinical knowledge, provides valuable guidance and mentorship to our members, fostering their professional growth. In addition to his many accolades, JonJon is also a medical doctor in the Philippines and came here to the USA to continue his passion for nursing.

These exceptional men in nursing are not only successful in their own fields but also actively contribute to the advancement of our organization. Their willingness to serve, dedication to their patients, and outstanding leadership qualities have made them indispensable members of our team. They have shattered stereotypes and proved that gender is not a limitation when delivering compassionate and high-quality healthcare. As we celebrate the achievements of these remarkable



Reyman Herrera BSN, RN, CPM  
PNAMH Board Member



Jonathan Gecomo DNP, RN  
PNAMH President-Elect



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



Danny Lindog  
BSN, RN, CPAN, CAPA  
PNAMH Board Member



Clemente Logronio Jr.  
MD, H-MBA, RN-BC  
PNAMH Board Member

individuals, it is essential to recognize that men in nursing are no longer an exception but an integral part of our profession. Their contributions continue to enrich the nursing field, creating a more inclusive and diverse workforce. Our organization is proud to have such outstanding men in nursing serving as role models for aspiring nurses and inspiring the next generation to follow in their footsteps.

PNAMH men in nursing are willing to serve, always on the go, and successful in their own field. As board members of our organization, Jonathan, Alex, Reyman, Danny, and JonJon epitomize the incredible contributions that men make to the nursing profession. Their exceptional skills, dedication, and leadership have paved the way for a brighter future, ensuring that men continue to have a vital role in our organization and the field of nursing as a whole





# PNA North Houston's Men in Nursing

By **Jingle Alcazaren**, MSN, APRN, AGPCNP-C, CAPA  
PRO, PNA North Houston



Bong Muncada

Eman Garcia

Jan Lim

Jeff Obial

Ian Tumbaga

In the world of medicine, women have historically dominated the nursing profession. However, as the trend in the healthcare industry continues to evolve, the presence of male nurses has slowly evolved as well. Data from the National Nursing Workforce Survey indicates a growing number of male RNs, 11.2% in 2022, compared to 9.4% in 2020 and 8.0% in 2015 (National Forum of State Nursing Workforce Centers, 2023).

The increase in male representation has become a pivotal part of the profession's growth and development. Men have greatly contributed to delivering quality care to our patients, creating a stronger force in the healthcare system. This is evident in our very own Philippine nursing organization.

At PNA North Houston (PNANH), many of our men have made their own mark in their roles as nurses and in the community. PNaNH is well represented by male nurses who have taken on leadership roles that helped boost our numbers and visibility in the national and international arena.

Mr. Bong Muncada, the current president-elect of PNaNH, has been serving the association as an Executive Board member for many years and has played a key role in organizing and promoting our major events, including the Nursing Excellence Nurses' Gala and several educational services while ensuring that the constitution and bylaws guide all our actions. Eman Garcia, chair of the membership committee, made us surpass the PNA goal of a greater than 15% increase in membership. Jan Lim, the outreach chairperson, actively organizes notable PNaNH events, including the nurses' gala and the upcoming medical mission in the Philippines. Jeff Obial, the PNaNH auditor, spearheaded the recent major fundraising Shootfest event with Kidlat Club, which raised \$2000 for the most anticipated medical mission in Leyte, Philippines. Ian Tumbaga, chairperson of the ways and means committee, has led major fundraising events such as the CCRN Course. These invaluable and empowered men have undoubtedly made a difference in the nursing profession and in society, which gives us a sense of pride in having them as part of the association.



# Men in Nursing: PNARVA Richmond Chapter

By Cora Marasigan



Male nurses play an important role in healthcare as they provide essential care to patients in hospitals, clinics and other healthcare settings. Despite the stereotype that nursing is a female-dominated profession, the number of male nurses has been increasing in recent years, and they bring unique perspective and skills to the field of nursing.

Jaeau Obcemea is training as a new graduate ICU nurse at St. Francis medical center, a magnet hospital located in Midlothian, VA. Born in the Philippines, he moved to the United States as a young child and grew up in Northern Virginia. He has an undergraduate in biology and went to pharmacy school where he graduated with a PharmD degree. His career in pharmacy ranged from managed care residency and clinical pharmacist for a large health insurance company managing specialty pharmacy programs. His career change happened at the beginning of the COVID-19 pandemic where he was inspired by nurses that were close to him. Their ability to show empathy and their responsibility for the ongoing care of the very sick drove Jaeau to return to school and study nursing. He is an asset to PNARVA Richmond Chapter as he is prepared to advocate and care for patients in the best way possible to promote positive healthcare outcomes. His goal is to become a Nurse Anesthetist so he can give back and volunteer in medical and surgical missions in the Philippines. His next major challenge: Fatherhood!

Male nurses bring diversity to the healthcare team which can improve patient care and outcome. They are valued for their physical strength and ability to handle heavier patients and equipment. Overall, male nurses are an important part of the healthcare spectrum, and they contribute an important role to the delivery of high-quality patient care.

## PNA San Diego is proud of its Men Leaders in Nursing

By **Perly Aguinaldo, BSN, RN**  
PNASD President

The Philippine Nurses Association of San Diego County (PNASD), Inc. celebrates June as Men in Nursing Month and proudly recognizes the organization's leaders, Mr. Jay Larrosa and CDR (Ret.) Reggie Cagampan. Both of them exemplify The Nursing Workforce: Future of Nursing recommendations for 2020-2030, embracing diversity, inclusion, and equity to meet the demands of the current workforce and reflect the multiracial population. As the President of PNASD, I am so fortunate to have them in my team, our future nursing leaders.

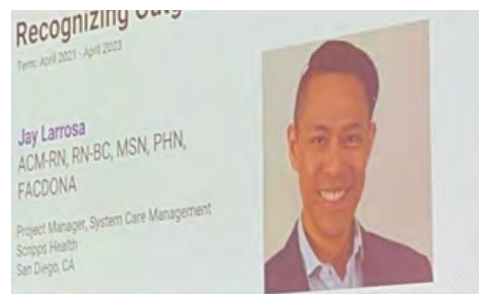


**Jay Larrosa, MSN, PHN, RN-BC, ACM-RN, FACDONA**  
Chair, PNASD Mental Health Advocacy Committee

Jay Larrosa is the Chair of the Mental Health Advocacy (MHA) Committee of the Philippine Nurses Association of San Diego County Inc. (PNASD). He recently led PNASD's MHA Committee to add a free community event, Mental Health Awareness and Resource Fair, to their list of accomplishments, held on May 20, 2023, at Sweetwater High School in National City, CA. With this event, PNASD accomplished its Mission and Overall Goal regarding mental health and made history after the successful completion of the aforementioned event focused on raising awareness and sharing resources on mental health. Jay stated in his closing remarks, "If we were able to make a difference in at least one person's life, then we have accomplished our goal!"

Jay Larrosa serves as well as a Member of the Philippine Nurses Association of America (PNAA) Archive Committee, PNAA Chapter Facilitator for Kabalikat Emotional Wellness Program, and Mentor for PNAA Patnubay sa Pagtatagumpay (Guidance for Success) Mentoring Program (P3). He received from PNASD the 2023 Commitment and Service Recognition Award and the 2022 Nurse Excellence Award.





Jay Larrosa has been a nurse for over 23 years. He had been practicing in the specialty area of case management for the last the 16 years in an acute care setting, with the previous eight years as a Project Manager for System Care management at Scripps Health in San Diego, California, supporting five hospitals.

Jay Larrosa is known as a leader and advocate in case management and transitions of care transitions at the county, state, and national levels. He was one of the American Case Management Association (ACMA)'s National Board of Directors from 2021-2023. He was also the President of ACMA's Southern California from 2016-2018. Jay has been part of the ACMA Chapter Mentor program since 2019. He spoke and continues to get invited to speak at local, state, and national conferences where he shares his knowledge and expertise on his specialty practice.



**Navy Commander (Retired)**  
**Reggie Cagampan, MSN, APRN, CPNP**  
 PNASD Auditor

CDR(Ret) Reggie Cagampan has been a Philippine Nurses Association of San Diego (PNASD) member since 2019. In the past four years, as a member of PNASD, he has been continually active in the organization and held several leadership roles. He serves as the Auditor and Chair of the Ethics Committee and the co-adviser of the Adapt a Family Program. In the previous administration, he served as the Public Relations Officer and chair of the Nurse Excellence Committee in 2020. In 2021, he was hand-picked to Chair the Steering Committee during the 47th PNASD Anniversary, Scholarship, and Nurse Excellence Awards, where he exceptionally executed the first face-to-face event post-COVID-19 pandemic within a short period time of preparation. In addition to his primary role, he is a vital member of the Logistics Committee, Community Outreach Committee, COVID-19 Task Force, By-Laws Committee, and many more. His wealth of knowledge and extensive experience as a clinician and leader of the Navy, which he brought to PNASD, is an asset to the organization.



Reggie chose nursing as a career and stated that he never considered becoming a nurse and joining the Navy in high school. At that time, he was unsure what course to take in college. His parents wanted him to take Engineering; he complied but did not enjoy it. His cousins encouraged him to take computer science, but he got bored. One day, one of his family members had surgery and stayed in the hospital; he saw the value of a nurse in promoting health and taking care of the patient and his family members. From that experience, he changed his major to nursing. A Navy Nurse Corps Officer mentored Reggie at the Naval Hospital while at nursing school for his leadership practicum and enticed him to join the Navy. For Reggie, "Becoming a Navy nurse is a calling." The career that he had never thought of and imagined became his destiny. So, after graduating and passing the board exam, he joined the Navy. And this is where his calling and journey as a nurse and a naval officer began.

CDR Reggie described what it is like to be a Navy Nurse. He explained that a Navy nurse wears two hats, one as a Nurse and the other as a Naval Officer. The Navy provided him with many training opportunities to enhance his clinical and leadership skills. As a clinician, he is a certified pediatric and neonatal nurse but also trained as a well-rounded and versatile nurse. He cross-trained in a medical surgical unit, adult intensive care unit, emergency department, and operating room. He received qualifications in trauma and flight nursing and labor and delivery nursing. He attended many leadership courses and held different leadership and managerial roles at various levels. The Navy trains its nurses to be "always ready." Reggie is an instructor and educator and also an instructor of BLS, PALS, NRP, and ACLS. He was an adjunct clinical instructor for Maternal Child and Pediatric Nursing and a preceptor for Nursing and Medical Students and Residents.

As a nurse, one of the principles he consistently applied was to advocate for his patient and practice the culture of safety. In 2013, Reggie expanded his horizon in pediatric care and became a Pediatric Nurse Practitioner (PNP). In the past eight years, he has been practicing as a PNP and loved his role as a provider and said that what makes a Nurse Practitioner unique is the holistic approach that he learned in nursing. As a PNP, he not only treats the disease or focuses on the patient's medical problem but also looks at the patient's psychological, emotional, and social needs.

CDR Reggie retired recently after spectacular and honorable 20 years of Naval service. When I attended his retirement ceremony, his superior described him as a transformational and inspiring leader. In contrast, his subordinates told him as a caring leader who put his people first before himself. As a clinician, he touched many lives of his pediatric patients and their families and the lives of many sailors and marines he cared for during deployments.



## PNASC's (Handsome) Men in Nursing

By **Maria Theresa Sagun, MSN, RN, NE-BC**

We celebrate Men's Health Month nationally this June to raise awareness of men's health. Honor and recognition should be bestowed upon all who contribute to this cause. Special recognition goes to PNASC's handsome men in nursing who embody the core values of the nursing profession. We are fortunate to have these talented and dedicated leaders in our organization. I want to take this opportunity to celebrate and honor these men in nursing who have significantly contributed to achieving the mission and vision of PNASC. These three men are all part of the PNASC Advisory Council. They inspire and continue to give so much of themselves to the nursing profession and our nursing organization. Let's get to know them a little bit more....



**Regalado "Reggie" Valerio Jr., DNP, CRNA, CHSE**  
PNASC President, 2018-2022

Regalado 'Reggie' Valerio Jr. is a certified registered nurse anesthetist (CRNA) at Los Angeles General Medical Center (LAGMC) and the simulation director at the USC Program of Nurse Anesthesia, Keck School of Medicine. Most recently, Dr. Valerio is named the Advance Practice Nurse of the Year and the merit recipient among the CRNAs at LAGMC in 2023.

As the USC simulation director, Dr. Valerio facilitates laboratory simulations on anesthesia planning, management, and delivery in a safe and controlled learning environment for nurse anesthesia residents. He also provides interdisciplinary simulations at LAGMC for OB-GYN, neurology, ER, and perioperative nursing services.

Dr. Valerio is an item writer for the National Certification Examination (NCE) at the National Board of Certification and Recertification for Nurse Anesthetists (NBCRNA). Previously, he has served as an item writer for the self-evaluation exam (SEE) at NBCRNA. The SEE helps prepare anesthesia students for their NCE before entry to practice.

Shortly after he graduated from Duke University School of Nursing, he took a leadership position and became the president of PNASC for the term 2018-2020. His executive term mantra is PNASC RISE, which stands for his goals: Recruit & Retain, Innovate & Inspire, Serve, Empower & Engage PNASC owners/members. Under his governance, the organization surpassed its membership goals, provided numerous scholarship grants, facilitated community outreach and volunteerism, partnered research ventures with different health organizations, and achieved the PNASC's long-time goal of becoming a bonafide charitable organization. Through Reggie's leadership, PNASC continues collaborating with other professional organizations and agencies to develop and implement programs relevant to the nursing practice, education, and research. The achievements of PNASC's executive board under President Reggie greatly impacted nursing and health care in the Los Angeles area.

Dr. Valerio holds double bachelor's degrees in Medical Technology & Nursing from the Philippines, where he graduated Magna Cum Laude and Cum Laude, respectively. While practicing critical care nursing at Kaiser Permanente in Los Angeles & UCLA Ronald Reagan Medical Center, Dr. Valerio pursued a Master of Science in

Nurse Anesthesia at USC, graduating as the class valedictorian in 2013. Dr. Valerio has provided anesthesia for ten years in academic institutions like LAGMC and private organizations such as Kaiser Permanente in Woodland Hills. Reggie graduated from Duke University in 2017, proudly carrying the flag of the School of Nursing during the university's commencement exercise. Dr. Valerio received the Trailblazer Award 2020 from the Duke University School of Nursing Alumni Association.



**Roland Santos, MSN, RN**  
PNASC President, 2020-2022

Roland is the Chief Nursing Officer at Sherman Oaks Hospital and Encino Hospital Medical Center. He held several management positions before becoming the CNO, and his achievements and dedication to his profession have contributed significantly to his meteoric rise in the ranks. His passion has always been to help people succeed in their roles and professional advancement and to make a difference with every individual he interacts with directly or indirectly. This passion has led him to another key position in his professional career- as an assistant professor at the College of Nursing at California Career College.

Roland received his BSN from the University of Santo Tomas in Manila, Philippines, and his MSN in Nursing Administration from the University of Southern California. He has received numerous honors and awards recognizing his contributions to his organization, the nursing profession, his community, and PNASC. He also held national and local positions with PNAA and PNASC, where he has been an active member and leader since 2005.

Roland is known as the pandemic leader; during the COVID surge, he held his term as President of PNASC. The challenges Roland and his Executive Members faced during his term were unique. There were so many unknowns. Being a true leader and a maverick on his own, Roland didn't just succeed in still meeting the goals of PNASC but surpassed everyone's expectations. Roland introduced us to everything virtual- meetings, general assemblies, social gatherings – remember Zoomalloween? He also knew what the members needed and offered virtual mindfulness training. His mantra for his term was ABOVE and BEYOND – because he was committed and dedicated to serving ABOVE and BEYOND our wildest dreams!



**Adolfo Famas, MSN, RN, CCRN-CMC**  
PNASC West LA Subchapter President 2016-2018

Adolfo is a Clinical Nurse III in the Cardiac Intensive Care Unit at Cedars Sinai Hospital in Los Angeles. He is an expert in caring for cardiac surgery patients and imparts his knowledge to others as a clinical preceptor for the hospital. Adolfo has an awe-inspiring clinical portfolio; he is certified and trained to provide intensive care to the sickest patients. He continues to support nursing education and research and has participated as a speaker and poster presenter at numerous conferences.

He has held several leadership positions and was the Director of Staffing Development, Quality Improvement, and Infection Control for Visalia Nursing and Rehabilitation Center. Adolfo received his BSN from Velez College of Nursing in Cebu City and his MSN in Nursing Leadership and Management from Western Governors University. Adolfo has been an American Association of Critical Care Nurses ambassador since 2010. He has been an active member of PNAA since 2014 through its PNASC chapter.

He is the founding president of the PNASC West LA Subchapter, where he served his term successfully from 2016-2018. PNASC's goal of providing service to the community has been achieved through West LA Subchapter's community outreach programs during his term. He also partnered with community agencies so he may serve a broader range of community members.

## PNA Southern California Men in Nursing

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

The 2022-23 statistics show that 333,350 nurses are male, and 9% of the nursing workforce are men. By 2024, there will be over 735,000 male nursing jobs. Currently, 11.4% of the students in BSN programs are men.



**Mickey Yep, CRNA, MSN**

With this said, I could not be prouder to write about my star man in nursing, my husband, Mickey. He is one of the first male nurses from the New York Medical College in the early 1980s who graduated from the certified nurse anesthesia program and subsequently earned his Master's degree in Nursing. As he is fondly known by his co-workers, or 'Uncle Mick' by his younger colleagues, he practiced at the Kaiser Permanente Riverside Medical Center for many years before he retired in August of 2022. He is highly skilled in what he did and served briefly in the US Army as a Captain. During his working years, he volunteered for his surgical services with the Interface group in Mexicali. Mick had precepted and mentored many now practicing nurse anesthetists when they were affiliated with the Cal State -Kaiser Nurse anesthesia program. He loved what he did and is passionate about mentoring the next generation of nurses interested in moving to the next level of nursing: anesthesia. He calls this area of nursing "the best-kept secret of nursing." If you want to know why, ask him.

On the personal side. Mick is fun-loving and continually updated about where to find the best 'dim sum' in town. He loves traveling, walking his Mali dog, and listening to 'oldies but goodies music. He is mellow but may be goofy at times.

**Reference:** *Male Nursing Statistics 2023-2022, 2020 2019-2018 Facts, Job Data Trends - Statistic Stats*



## From Iowa to Florida: Dom's Journey to PNA of Tampa Bay

By **Liwliwa Villagomez**, PhD, RN, CCRN-K  
Founding President & Current PRO, PNA Tampa



**Rafael Dominic Ochoa, BSN, RN, PCCN, CCRN**

In the latter part of 2005, Rafael Dominic Ochoa immigrated to the US and lived in Pella, Iowa, where his wife, a Medical Technologist, worked. In November 2006, they moved to New Jersey, where he took his first US RN job as a House Supervisor at West Caldwell Care Center in Caldwell, NJ. Dom, popularly known to personal friends and professional colleagues, made his way to Spring Hill, Florida, years later in 2019.

Rafael Dominic Rafael Ochoa, BSN, RN, PCCN, CCRN, is one of PNA Tampa's newest members. He is the perfect person to represent the Filipino Male Nurse. He is a very dedicated and hardworking nurse with proven expertise and competencies in medical-surgical, telemetry, orthopedic, cardiac, and critical care nursing. Currently, he is an Assistant Nurse Manager at AdventHealth Connerton, a leadership position he has held since the height of the pandemic. Assuming leadership and surviving it amid

COVID-19 is a testament to his strength and resilience as a professional and leader. As ANM, he manages staffing, guides and coaches staff, directs care, and collaborates with the multidisciplinary team to ensure that medically complex, chronic, critically ill patients receive quality whole-person care.

He leads by example, both clinically and administratively. His clinical expertise has been validated by achieving two national critical care certifications: PCCN (Progressive Care Certified Nurse) and CCRN (Certified Critical Care Registered Nurse). With his clinical expertise, his direct reports also see him as a great administrative leader. Dom does not claim to have skills in education, but his key skills, which include being a documentation specialist and Epic EMR Service Line Expert, demonstrate that he possesses skills in education. With his leadership trajectory in the practice setting, it is foreseen that he will also become a great leader for the PNA Tampa and the Philippine Nurses Association of America. His main focus at this period in his life is his family: his wife – Connie, and three children – Andre (13), Anne (10), and Antoni (9). During his days off, spending fatherly time with his children gives him joy. In his own words, he says, “I like to stay home and spend time with kids on my days off...”

Before Iowa, New Jersey, Kentucky, and Florida, Dom worked at the Philippine General Hospital in Pasay, Metro Manila, after he graduated with his Bachelor of Science in Nursing in 1997 from Liceo de Cagayan University, Cagayan de Oro, Northern Mindanao. The professional journey that led him to the Tampa Bay Area seems to have been written in the stars! His first contact on his first day of orientation at AdventHealth Connerton in October 2020 was Liw Villagomez. Shortly after that, he met Marites Calvelo, Assistant Treasurer, who recruited him to become a member of PNA Tampa.

# Happy Father's Day, and Salute to our Male Nurses

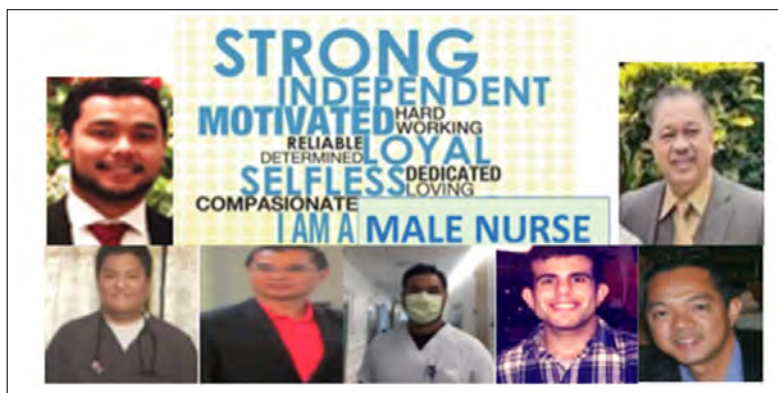
By **Priscilla B. Molas, BSN, RN, CMSRN**  
PNAMSEF President

A special thank you to all our fathers alive and in heaven. Your compassion and dedication are a blessing. You have a special gift that you share with your children. May you continue to care for and provide for your family. Your courage to face any adversity is commendable. Thank you for all the love, the moments shared, and the advice and things you have taught me. Thank you for all the support and guidance through the years. Life is better when you are around. Happy Father's Day to all fathers.



## **Tribute to a Father by Freda Arzadon:**

I would like to honor the very close father of my Godchild, Lance. He was born with autism but is now starting college as a Computer Science Engineer. His father, Rey Andrade, is a nurse who enriched my spiritual life and took me on a great journey with God to live a Christian life and join the Couples for Christ. Ray, as the Head Leader, has touched many lives. His wife Josephine can attest to the immense support he has provided her from the start of her pregnancy. Jo has to quit working and have to raise two autistic children. It was a journey. They both were transformed spiritually. With his effort in collaboration with Jo, they gave their children a normal life, pursuing higher education and possessing talents in education and social activities. Lance sings, dances, and performs on stage for the Miami Heat. Ray is a Nurse Director of the stand-alone Gastrointestinal Surgical Center Baptist of South Florida. To you, Rey, the community honors you this Father's Day. Thank you for your faith in God.



## **Tribute to a Male Nurse by Leah Alejano:**

Christopher Colon, RN, works at West Coast University as Clinical Coordinator and part-time at Nicklaus Children's Hospital. He has a Master's degree in Nursing /ARNP. He was nominated for the Daisy Award by the patient family. He is a very caring nurse and loves to take care of children. He is a preceptor and a mentor to her staff. Christopher, may you continue to care and provide healing to those who are in need of help. Your courage to face any adversity is commendable. Thank you for your dedication and compassionate care.

## PNANT Dallas: Male Nurses... A Father's day reflection

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



*"See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him." 1 John 3:1*

The male members of the Philippine Nurses Association of North Texas-Dallas chapter comprise only thirteen percent compared to their female colleagues, a minor fragment of the nursing workforce even nationally. Though in small numbers, they make extraordinary the ordinary in themselves, their families, and the community where they render their utmost selfless love and services.

The likes of **Noel Beboso, Dan Gotanggogan, Eric Napule, Homer Capital, Ivan Igay, Marlon Castro, Vernie Concepcion, Virgilio 'VJ' Cunanan, Jong Clemente**, and other male nurses not specifically mentioned - are a reflection of what it is to be a caregiver, father, and provider.

Next to being the best husbands to their wives, they are also the breadwinners for their families, providing food, clothing, and shelter to meet the needs of their household. They represent God's nurturing care, acting as exemplary role models, teachers, and mentors to their family members and to the community. Thus, in a way helping the Divine Providence spread His mission to make our world a better place through their words, actions, and deeds.

While some of them are not married or may not have kids of their own, few of the said nurses are still fathers' in their own right - to their nephews, nieces, grandchildren, and even patients, among others.

The men of PNANT Dallas are exemplary fathers and compassionate nurses. They are always there for their children, and their children's children for generations to come. Hence, their love for their spouses and their children are limitless - "patient, kind, no envy or boast, not arrogant or rude. It does not insist on its own way, not irritable or resentful, it does not rejoice at wrongdoing, but rejoices with the truth." (1 Corinthians 13:4-8).



# Strength in a Diverse Workforce!

By **Sherwin Imperio**, DNP, MBA, PMHNP-BC, RN-BC, PHN  
PNA California Orange County – Immediate Past President, 2020-22  
PNAA Kabalikat Emotional Wellness Program (KEWP) Member – 2020–Present  
PNAA Practice Committee Member – 2020–Present  
PNAA iLDP Faculty 2022–Present  
PNAA Scholarship Committee Member 2022–Present



Men in nursing play a vital and impactful role in the healthcare profession. While nursing has traditionally been viewed as a predominantly female occupation, the presence of men in the field is steadily growing. More and more men are choosing nursing as a career path, and their contributions are breaking down gender stereotypes and enriching the diversity within the profession. Here are some key aspects to consider when discussing men in nursing:

1. **Diversifying the Workforce:** Men in nursing bring diversity to a historically female-dominated profession. Their presence helps create a more inclusive and balanced healthcare workforce, fostering various perspectives and experiences. This diversity strengthens the ability of healthcare teams to provide quality and comprehensive care to patients from all backgrounds.
2. **Unique Perspectives and Communication Styles:** Men can bring unique perspectives and communication styles to nursing. They may approach patient care and collaboration with a different mindset, which can enhance teamwork and problem-solving within healthcare settings. This

diversity of perspectives contributes to better patient outcomes and promotes a more comprehensive understanding of healthcare needs.

3. **Breaking Gender Stereotypes:** Men who choose nursing as a profession challenge societal gender stereotypes and contribute to the ongoing fight for gender equality. Their decision to pursue a career in nursing demonstrates that caregiving and nurturing roles are not limited to any specific gender. By breaking down these stereotypes, they pave the way for future generations and inspire others to follow their passion, regardless of societal expectations.
4. **Patient Preferences and Comfort:** Having male nurses in healthcare settings can provide comfort and choice for patients. Some patients, particularly those from cultural or religious backgrounds with specific modesty considerations, may feel more at ease receiving care from a healthcare professional of the same gender.
5. **Addressing Workforce Needs:** The healthcare industry faces a shortage of qualified professionals, including nurses. Encouraging men to enter the nursing profession helps to address this shortage and meet the growing demand for healthcare services. Increasing the number of male nurses can contribute to a more balanced and sustainable nursing workforce, ensuring that patients receive the care they need.
6. **Role Models and Mentorship:** Male nurses serve as role models and mentors for aspiring healthcare professionals, particularly young men who may be considering a career in nursing. By seeing men successfully navigate and excel in the field, these individuals are encouraged to pursue their passion for nursing, knowing that they, too, can thrive in this profession. Male nurses can provide guidance, support, and inspiration to future generations, ultimately contributing to the growth and development of the nursing profession.

The presence of men in nursing is a positive and valuable addition to the healthcare profession. Their contributions bring diversity, unique perspectives, and increased patient choice. By breaking down gender stereotypes and serving as role models, male nurses help shape a more inclusive and robust nursing workforce. The growing presence of men in nursing is a testament to the evolving nature of the profession and its commitment to providing high-quality, compassionate care to all patients, regardless of gender.

#meninnursing #nurses #murses #diversity



## Ang Tambuli-the Rhythm of Nursing Life

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



## Spotlight on Ren Capucao Jr, MSN, RN, CNL, PNAVA's Fulbright Scholar and Shining Star



I first met Ren at one of our PNAVA educational meetings and was impressed by his personal goals, passion for nursing, and pride in our Filipino culture. Inspired by his mom, Jolly, an RN, Ren started his nursing journey at Tidewater Community College in Virginia, graduating with an Associate of Science in General Science in 2012. He then pursued his Master of Science in Nursing at the University of Virginia, graduating in 2019, after completing his Bachelor of Arts in History in 2014, also from UVA. He is currently pursuing his Doctor of Philosophy in Nursing, concurrently as a Visiting Researcher/Adjunct Faculty with the University of the Philippines College of Nursing. In addition to research and education, Ren's interests include humanities, history, the Filipino culture, leadership, global nursing, racial relations among many other academic perspectives.



*PNAVA Culture to Care Project, Philippine Cultural Center, Virginia Beach, Virginia, August, 2019*

Ren's support for PNA Virginia and PNA, in general comes in many ways. Aside from his membership, he was the Public Relations Officer in 2018 and served as a Consultant for PNA in 2021. He was also the recipient of PNAVA's Nursing Scholarship Award as well as PNA's Graduate Scholarship Award. Way to go, Ren!

His impressive resume includes a Graduate Teaching Assistant with UVA, Clinical Nurse II with Virginia Commonwealth University Health System, Editor of Nursing Clio, and a Graduate Research Assistant with the UVA School of Nursing in 2021-2022.

As part of Ren's research, he conducted a series of interviews with nursing leaders in the Hampton Roads area, which he videotaped and shared with other nursing colleagues. He focused on our nursing education in the Philippines, our journey and clinical experience in the United States, racial undertones, our successes, trials and tribulations. I also shared with him my college 1974 yearbook from St Paul College of Manila, showcasing glimpses of college life in the Philippines.

Armed with determination and true grit, he compiled all his extensive findings with the grant that he received from the Virginia Humanities Center, collaborated with PNAVA, and showcased his research in the Culture to Care exhibit held for nurses, nursing students, and the general public at the Philippine Cultural Center in Virginia Beach, Virginia. I was privileged to host and emcee the event, welcoming our distinguished guests, including the mayor of Virginia Beach, Bob Dyer. Many nursing leaders from the healthcare systems, community advocates, and academic professors were on hand to congratulate Ren on his outstanding achievements. What a proud day for Ren, his family, PNAVA, PNA, and nursing!



*Ren Capucan with his mom, Jolly Capucan, on his left, and PNAVA founders and nursing leaders. Culture to Care Exhibit, Philippine Cultural Center, Virginia Beach, Virginia*





*43rd PNA National Conference  
New York, July, 2022*



*University of the Philippines College of Nursing, September, 2022*

This outstanding young man has innumerable accomplishments and shining moments! He has garnered several awards and grants and published many articles in professional and peer-reviewed journals. In addition to those accolades, Ren has completed book chapters and reviews. He is a national and international speaker on topics ranging from global nursing, nursing across borders, Filipino nurses, Race relations, history, and leadership. His speaking engagements have taken him to Canada, the Philippines, Georgia, Seattle, North Carolina, New York, and Texas, among others.

Many thanks to PNA for honoring the contributions of our male nurses and dedicating this June issue to them. They truly are making a huge impact on our profession. Nursing is not defined by gender or race! Just like the patients and the community we serve.

# Where are the Scholars now?

By **Sherwin Imperio**, DNP, MBA, PMHNP-BC, RN-BC, PHN  
PNAA Scholarship Committee Member (PNA of North Carolina)

*Are you curious to find out the whereabouts of PNAA's past scholars? Read on and find out...*



**Name** : Frank Bernard Bobadilla, MSN, RN, NVRN-BC, GRN  
**Chapter** : PNA New Jersey  
**Current work** : Nurse Administrator at NewYork-Presbyterian Hospital

**Tell us about your journey as a PNAA past scholarship awardee:**

In 2019, I was the recipient of the MSN Scholarship Award, and through the support of PNAA, my career has advanced on an upward trajectory. In 2020, I graduated with my MSN in Nursing Leadership. I won the “Transformational Leadership” Award from Jersey City Medical Center that same year. I also won “Nurse Leader of the Year” by PNA New Jersey and began my term as the youngest President of the Hudson Sub-chapter of PNA New Jersey. It has truly been an honor to represent both PNAA and PNANJ as an up-and-coming nurse leader and to have received multiple recognitions and accolades. Most recently, I began a new position as a Nurse Administrator at NewYork-Presbyterian Hospital, one of the top hospitals in NYC. Leading a sub-chapter and a nursing unit during the peak of the COVID-19 pandemic has been a roller coaster of a journey. Still, because of PNAA and the financial support received to assist in my studies, I’ve learned to grow personally and professionally within my career.

**Any advice you want to share with our future scholars or PNAA members?**

I advise future scholars and PNAA members to never limit themselves personally or professionally. Go back to school, seek out that career promotion, and surround yourself with people who will assist you in your goals. If you don’t try, the answer will always be “no.”





## COMMITTEE UPDATES

### Practice Committee

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

Here are current legislative updates provided by the American Nurses Association (ANA) we can keep track of and follow:

#### Advance Practice Nurses Modernization Act (Wisconsin)

The 'Advanced Practice Registered Nurse Modernization Act' is a new bill hoping to help nurses provide the best possible care. The proposal would allow APNs to work without physician supervision or collaboration. With Wisconsin witnessing a physician shortage, the APRN modernization act is a legislative proposal to solve this problem. Health leaders say this would benefit smaller and more rural communities.

#### AB 765 (California), as introduced by Assembly Member Jim Wood. Updates

The Medical Practice Act provides for the licensure and regulation of physicians and surgeons by the Medical Board of California. 2054 Business and Professions Code, existing law makes it a misdemeanor for a person who is not licensed as a physician and surgeon under the act, except as specified, to use certain words, letters, and phrases or any other terms that imply that the person is authorized to practice medicine as a physician and surgeon.

As of May 18, 2023, this bill (AB 765) is held under submission. It can be re-introduced in one year to the Assembly Committee. This act shall be known and may be cited as the California Patient Protection, Safety, Disclosure, and Transparency Act. e Assembly Committee.

SEC. 2. The Legislature finds and declares all the following:

- (a) Consumer protection is the highest priority of all boards, bureaus, and commissions within the Department of Consumer Affairs.
- (b) Healthcare consumers can be confused and misled about the differences between the qualifications and education of various healthcare providers.
- (c) Misuse of healthcare provider titles can cause patients to mistakenly believe they are meeting with physicians and surgeons, such as medical doctors or Doctor of Osteopathic Medicine when they are not.
- (d) According to the American Medical Association's Truth in Advertising surveys, patients want their healthcare professional to design their education and training.
- (e) According to the American Medical Association's Truth in Advertising surveys, 88 percent of patient respondents agree that only licensed medical doctors or Doctor of Osteopathic Medicine should be able to use the title of a physician.
- (f) According to the American Medical Association's Truth in Advertising surveys, 79 percent of patient respondents would support legislation in their state to require all healthcare advertising materials to designate the level of education, skills, and training of all healthcare professionals promoting their services.
- (g) Patients deserve increased clarity and transparency in the education and training of their healthcare providers.
- (h) Confusing or misleading healthcare advertising and communications can potentially put patient safety at risk.

- (i) Requiring healthcare providers to communicate and display their proper titles, credentials, and capabilities allows patients to make informed choices about their healthcare.
- (j) Uninformed healthcare choices can lead to unintended and potentially dangerous consequences.

In New Jersey, the Health Committee approved S-1522, sponsored by Senate Health Committee Chairman Joe Vitale with 16 co-sponsors, including Hudson County's Brian Stack. During the Health Committee hearings on the bill, Dr. Vicente Gracias, a trauma surgeon, and professor at Robert Wood Johnson Medical School, said the current collaboration requirement does not affect care but limits competition, opportunity, and retention of nurse practitioners. He said it has caused many nurses to leave the state. Speaking for AARP, Chrystal McDonald said nurse practitioners help care for patients in their homes, keeping them out of expensive taxpayer-funded nursing homes.

According to the Robert Wood Foundation, advanced practice nurses (APNs) are becoming politically engaged as key to promoting the healthcare interests of patients, communities, and the profession. APNs have seen political engagement as a professional obligation and health policy shaping what can happen to them. Here are some of the issues in healthcare which the American Association of Nurse Practitioners (AANP) stand behind:

**New strategies for supporting minority health and improving health literacy.**

Observed in April, [National Minority Health Month](#) highlights the importance of improving the health of racial and ethnic minority communities and reducing health disparities in the United States.

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." That's why OMH has declared the theme of this year's Minority Health Month "Better Health Through Better Understanding."

As per a [report on health literacy in the U.S.](#), "At least 88 percent of adults living in the U.S. have health literacy inadequate to navigate the health care system and promote their well-being." Health literacy is how individuals find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Take the time to explore the following resources on improving health literacy for patients in your community and empowering them to make better health choices.

The National Action Plan to Improve Health Literacy provides a blueprint for efforts to improve health literacy and calls for a response from all sectors involved in health information and services to create a society that:

- Provides everyone access to accurate, actionable health information.
- Delivers person-centered health information and services; and
- Supports life-long learning and skills to promote good health.

**References:**

- [American Association of Nurse Practitioners' Achieving Health Equity Through Better Understanding' \(aanp.org\)](#)
- [Advanced Practice Registered Nurse modernization act | Lifestyle | news8000.com](#)
- [Bill would ease requirements for advanced practice nurses | Quigley - nj.com](#)
- [Bill Text: CA AB765 | 2023-2024 | Regular Session | Introduced | LegiScan](#)

# PNAA 21st Western Region Conference Highlights

21st PNAA WESTERN REGION CONFERENCE  
MAUI, HAWAII



**OUR UNITED VOICES**

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY

*Lokahi (United) WE CARE*

*Exemplifying Excellence with Aloha*



HOSTED BY  
PNA MAUI, HAWAII  
APRIL 20-23, 2023





21st PNA WESTERN REGION CONFERENCE  
MAUI, HAWAII

# Joining Forces: A Night of Unity and Connection

By **Mindy C. Ofiana, MSN, RN**, and  
**Sherwin Imperio, DNP, MBA, PMHNP-BC, RN-BC, PHN**



As we reflect on the welcome night party that we attended on April 20, 2023, we were struck by the sense of community and belongingness that we felt throughout the evening. Philippine Nurses Association of America (PNA) would typically use a hotel ballroom to house a welcome night event during big conferences and conventions. However, PNA Western Region (WR) Conference was different; we were at Tavy and Karen Barretto's residence at Sandhills Estates at Wailuku, Hawaii, two (2) miles from the convention site, Maui Beach Hotel. Dr. Karen Barretto is Maria Theresa Sagun's sister, PNA Western Region's Circle of Presidents Regional Representative (COPRR), and the current President of PNA Southern California.

As we arrived at the event, we were greeted by friendly hosts, who welcomed us with open arms in their lovely home. The party was lively and vibrant, with food, drinks, great conversations, and laughter. It was a fantastic opportunity to get to know the other Western Region Chapter members and the PNA Executive Board members in conversations other than PNA topics. Karen's Piña Colada was a big hit! Throughout the evening, we had a chance to meet and chat with other WR members. It was fascinating to hear their stories and perspectives and share our respective experiences.

Overall, the welcome night party was a great success, and we left feeling energized and excited about the events ahead of the PNA Western Region Conference hosted by PNA Maui. It reminded us of the

importance of community and connection, especially in a new and unfamiliar environment. We are grateful to have attended such a wonderful event. Thank you to the hosts, Tavy, Karen, and Maria. They did an excellent job of organizing the event, and the attendees were impressed with the quality of the delicious food and drinks and the welcoming atmosphere.





# Reflections

## Leadership Institute Program

PHILLIPINE NURSES ASSOCIATION OF CENTRAL CALIFORNIA

### LEADERSHIP & INNOVATION

Today's landscape of leadership is constantly changing, during this time of change we should acclimate and contribute to these transformations in a positive manner. Dr. Marlon Garzo Saria has discussed the importance of using the Data-Driven Program to optimize leadership management through data analytics.

When an organization employs this "data-driven" approach, it will enable us leaders to examine, organize and analyze our data with the goal of serving our members. Data-informed decisions are the key to creating personalized experience and sustainable membership.

The Philippine Nurses Association of Central California is committed and ready to adopt this innovative approach.

"Pupukahi i holomua" United We Move Forward

By: Meldy Martin

### TEAM BUILDING EXPERIENCE

The Team Building activity was fun and an eye opening for some who did not know or have not heard of the spaghetti & marshmallow tower.

Each member of our team were individuals with different expertise and skills. I learned that in the beginning, there should be a clear definition of roles of each team member. In a very short period, we stormed ideas, we came up with what were acceptable that would work and we executed those ideas. If given another opportunity, I would form our team and create a leader and lay a strong foundation utilizing more spaghetti sticks as base to hold the marshmallow.

In application to real life situations, I learned that we should gather data, be clear on the impact of delivering our goal and know the people who can help align goals and identify support. I observed other teams sustain their structure with strong foundations. The team building activity we had can impact PNACC Leadership in ways that we can pursue high performance as individuals, leaders and as a team.

As individuals, we should exercise self-awareness and be adaptable to change. As leaders, it is a must that we show humility. We can be mentors to develop future leaders.

Finally, as a team, communication is of utmost importance!

By: Yolly Maron

### AT THE CONFERENCE



# 21st Western Region Conference Leadership Institute











21st PNA WESTERN REGION CONFERENCE  
MAUI, HAWAII

# PNA Western Regional Conference: Education Day

By Merlie Ramira, DNP, APRN, FNP-C  
PNA VP Western Region (2016-2018)



The PNA Western Regional Conference, with the theme of Lokahi (United), WE CARE, held its Education Day on Saturday, April 22, 2023. It started with the Welcome remarks from Angelina Saiki, Maui President, followed by PNA President Dr. Gloria Beriones on the State of PNA Address. PNA Education Chair Dr. Mary Dioise Ramos, assisted by Rowena Baysa, Maui Chapter Education Chair, introduced the speakers and shared the ANCC Disclosures. Dr. Ramos introduced the first speaker, Ms. Edie Yau, the Diversity, Equity, and Inclusion Engagement director. Her topic is Health Equity in an Era of Treatment. During her presentation, she mentioned that one in three seniors dies of Alzheimer's disease (AD) or dementia, and AD kills more than breast and prostate cancer combined. The lifetime risk for AD at age 14 is one in five women and one in ten men. Interesting to know that between 2000 and 2019, deaths from AD have increased by 145%, while deaths from heart disease decreased by 7.3%. In 2023, AD and other dementia will cost the nation \$345 billion; in 2050, the costs will rise to one trillion. She further discussed the continuum of cognitive impairment starting from cognitively unimpaired, mild cognitive impairment (MCI), mild dementia, moderate dementia, and severe dementia, stressing that MCI is a known risk factor for dementia, so preventing new cases of MCI means you are preventing new cases of dementia. MCI can be an early stage of Alzheimer's. Ms. Yau explained that racial and ethnic minorities are underrepresented in clinical trials, thus limiting the knowledge of how treatment or diagnosis may affect these populations. She encourages all nurses to be aware and everyone to participate in research studies. She urges the nurses to be involved with community education, their own professional education and increase representation in AD research and advocacy.

The second speaker is Giulietta Swenson, PsyD, the Clinical Psychologist at Maui Memorial Medical Center and has an Independent Practice. Her topic is Collaborative care for promoting Mental Health Care Services with Compassion, Resilience, and Organizational Change. Dr. Swenson presented topics on the dilemma, the Toll of the work, reflections on Compassion Fatigue and Moral Injury, Self-compassion for our Colleagues, and Evidenced-Based Models in Action. She also emphasized the cycle of Trauma Exposure Response, which can be a guide to caring for self and, at the same time, caring for others. She also explained the meaning of Self-compassion, that the person needs to understand that they are suffering, acknowledge and offer kindness to themselves, that the suffering is part of the shared human experience, and that asking and acting on how to comfort oneself at that very moment. She pointed out that Self-compassion is not self-pity, self-indulgence, self-esteem, or a “cop-out.” She shared that the suicide rate for nurses in 2017-2018 was 729 nurses who committed suicide in the US, the highest number on record. The Physician suicide rate is approximately 400 a year, and if you combine both equals 1,179, an average of 3.17 medical professionals takes their own lives daily. She discussed the importance of changing the culture of medicine, including destigmatization, a culture of safety, the impact of unresolved grief, routine screening and debriefs, narrative therapy, and strategies to overcome horizontal bullying. She also mentioned the organizations considered evidenced-based models of well-being, such as Stanford Medicine-WellMD, Institute for Healthcare Improvement -Joy, and Mayo Clinic - Platforms of Excellence.



Elizabeth Berry, DNP, RN, Hawaii Pacific Health nurse educator, presented the topic, "Don't Let Burnout Singe Your Positive Outlook." Dr. Berry mentioned the difference between burnout and stress; burnout may be the result of unrelenting stress, but not too much stress, while stress involves too much, too many pressures that demand too much of the person's physical and psychological aspects. Stressed people think that if they can get everything under control, they will feel better. The inspiring part that she mentioned is a positive outlook, a part of emotional quotient or emotional intelligence related to self-management. She also explained the concept of emotional contagion for positive and negative thoughts and that positive attracts positive, and oppositely negative attracts negative. She provides an excellent example in healthcare when nurses follow algorithms to reduce the stress of team leaders, thus creating a less stressful situation, as observed by the group. She emphasized the importance of hugs, that we need eight hugs per day to reap the most significant benefits of reducing stress, a means of communication, and a form of touch and messages. After hearing her rationale for hugs, everyone hugged their colleagues; it was such a fun icebreaker, a nice gesture especially after the COVID-19 pandemic. She presented activities that the audience participated in. The first one was to write things with wheels; in the end, she stated that people with a positive mindset produce more examples than the ones with a negative attitude. The other activity involved holding the pen between the attendees' mouths for 20 seconds. This effect forces a smile because these cognitive exercises can increase dopamine and help with creativity, global thinking, and a positive outlook. For me, it can also be a sign of being silent and to reflect on your thoughts before you speak up. Dr. Berry explained the difference between how to be sympathetic and empathetic. She also challenges the group on how to promote a positive outlook in our workplace.



Rose Hata, DNP, MBA, RN, APRN, CCRN-K, CCNS, NEA-BC, presented the topic, “Nurses Transforming Health Care Through Evidence-Based Practice (EBP): Are you ready?” She defines EBP, discusses EBP, the barriers to implementation, and the ways or strategies to adopt EBP. Dr. Hata explained that Evidence-based Practice requires a problem-solving approach, that there is a problem, thinking, and a solution. She mentioned that the problem-solving approach within healthcare organizations integrates Clinical practice, the best research approach, and Patient Values and Preferences. Dr. Hata further explained that if there are new initiatives, there will be changes ahead, and at the same time she demonstrated the fifty reasons not to change. She also mentioned that EBP in nursing expects nurses to integrate evidence and research into practice. The best available evidence should influence nursing practice, and clinical nurses translate research findings into practice. She explained the external influences such as accreditation, including the Joint Commission/National Patient Safety Goals and ANCC/Magnet designation; Legislation and Regulations for State and Federal levels such as CMS, Reimbursement revisions, and denials. Another external influence is Nursing EBO Competencies, such as the Nursing curriculum and the Hawaii State Board of Nursing. Some of the Models of EBP that Dr. Hota mentioned were ACE Star, ARCC, John Hopkins, Iowa, and PARISHS. She reminds us to be involved with professional organizations and keep abreast of new practice guidelines. She also mentioned that for Future of Nursing 2020-2030: Charting A Path to Achieve Health Equity, nurse leaders can facilitate the creation of innovative approaches by challenging the status quo, breaking down traditional barriers to change, teaching and encouraging team members to solve problems using design thinking, identify best practices and facilitating the translation and adoption of innovative ideas.

Leo Felix-Jurado, Ph.D., RN, APN, NE-BC, CNE, FAAN, is the Executive Director of PNAA and the Founding Dean and Professor of the College of Health Professionals, Commonwealth University of Pennsylvania. He presented his topic on PNAA Making Strides in Achieving Health Equity. He started his presentation with a quote from Rev. Dr. Martin Luther King, Jr: "Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane." Dr. Jurado defined that Health Equity means everyone has a fair and just opportunity to be healthy. He mentioned that health equity refers to non-clinical factors such as social determinants of health that affect health outcomes for patients; there is also redlining, limited career opportunities, income disparities, neighborhood safety, and access to nutritious food. Health equity also means allocating resources to ensure everyone has access to the same opportunities. He explained that Health Inequity means that there are differences in health status between more and less socially and economically advantaged groups caused by systematic differences in social conditions and processes that effectively determine health. Health inequities are avoidable, unjust, and therefore actionable. Dr. Jurado also presented the CDC's four levels of policy interventions for health care disparities such as Structural Change (Level 1), Living and Working Conditions (Level 2), Community Interventions (Level 3), and Individual Interventions (Level 4). He presented an interesting Infographic explanation of Equality; it means that everyone benefits from the same supports (equal treatment). For Equity, everyone gets the support they need (the concept of affirmative action). At the same time, Justice means that the cause(s) of inequity is addressed,

and the systemic barrier has been removed. Dr. Jurado also discussed the programs in which PNAAC, and its chapters are engaged to reduce Health Equity locally and globally.

Ret. Col. Bob Gahol, current RVP of the Western Region, gave the Closing remarks and discussed the evaluation process. He shared the importance of making strides in pursuing health equity in all aspects beyond borders. He acknowledges all the speakers' contributions in providing current and relevant topics that nurses, leaders, and providers must engage in eliminating health disparities, addressing systematic inequalities, and promoting justice. He also mentioned that as nurses, we should have an ongoing transformation through EBP and remember to consider self-care to reduce stress and aim for a healthy life. We are grateful to Dr. May Dioise Ramos and her team for coordinating the topics, speakers, and technology and in awarding 5.25 contact hours.





21st PNA WESTERN REGION CONFERENCE  
MAUI, HAWAII

# Western Region Conference Networking Night: Western Region Got Talent Contest

By Catherine Rubio, RN, MSN, PHN



The 21st PNA Western Region Conference (WRC) in Maui will not be complete without FUN. After attending a successful and engaging Leadership Institute Program, it was time to prepare for our "Hawaiian Luau" networking night. It was not just any ordinary night. I felt the spirit of togetherness, strong connections, and new relationships built. Guests arrived with their creative, unique, impressive, and attractive Luau outfits. With a quick scan of the ballroom, I noticed that everyone took the time to stylize their wardrobe in harmony with the theme. Best-themed attire recognition was part of networking. All chapters walked proudly, representing their chapters during the parade of banners. Just before the entertainment, the BEST dressed Hawaiian Luau winners were spotted. Congratulations, President Dr. Briones and Eastern Region VP Warly Remegio.

PNA Maui members' dance and entertainment captured the attention of everyone. It surely gave us all pleasure and delight. Looking back, during the pandemic, I attended the 20th PNA Western Region virtual/hybrid conference hosted by PNAOW. WR Got Talent (a mimic of the television show) was added to the usual networking feature of the conference. It was well supported and participated virtually by different WR chapters.



This year, at the in-person networking night, we did it again. I helped the WR Got Talent Planning Committee and chapters with their intent to join. 11 chapters joined with various talents. The opening dance of the WR chapters brought the level of excitement to the next level. Profound thanks to our panel of judges: Ms. Bea Ramos-Razon (as the chair and PNA Maui adviser), Jennifer Cruz (CNO of Guam Regional Medical City (GMRC)), Minerva Villanueva (Lead Nurse Educator of GMRC), and Daniel Ferrer (son of Erlinda Ferrer and a trained hula dancer).

Judging was based on seven criteria with equivalent points (Talent Mastery- 25, Originality/Creativity- 25, Overall impression- 20, Stage presence- 15, Poise- 10, Physical appearance -5 for a total of 100 points). Ms. Bea announced all the winning chapter performers, and together with VP Bob Gahol, we awarded their prizes donated by PNA Maui and Ms. Nikki Baysa. Of course, the party just got started at this point. Dance, Dance, Dance until the end. WR Got Talent has showcased PNA members' dance moves and golden voices once again!!!

**A thunderous applause to our 2023 WR Got Talent Search winners:**

**1st Place**

PNA Southern California  
with PNASC West LA Subchapter

**2nd Place**

PNA San Diego  
with PNA South Riverside County

**3rd Place**

PNA Central California





# Somewhere Over the Rainbow in Maui

By **Maria Theresa Sagun, MSN, RN**

Western Region Circle of President Regional Representative (COPRR)  
President, PNA Southern California

One of the main highlights of every PNAA conference is the Awards Gala Night. The host chapter PNAMHI and the Western Region planning committee blew everyone away by providing everyone with a memorable night, one which will be remembered long after the guests have settled back to wherever they flew from.

It was certainly a successful event, attended not only by the PNAA leadership, Western Region leadership, PNA chapter presidents, and members but also by the esteemed members of Maui's who's who, in the political arena and community members. Even the Philippine Association of Maui Doctors (PhAMD) was in attendance.

Ms. Angelina Saiki opened the program, followed by a welcome oli, a Hawaiian chant performed by Vene using a very sonorous pu to honor guests and make them feel welcome. Pastor Domingo Gumpal delivered the invocation, and our very own ali'i of the Western Region, Colonel Bob Gahol, welcomed guests from near and far. At the same time, Dr. Gloria Beriones, PNAA President, provided her President's address and gave the guests a glimpse of what PNAA is all about.







Mayor Richard Bissen, who attended with his wife, proclaimed the day PNA day in Maui. Maui County Council Member Yuki Lei (fun fact: she was named by a nurse) Sugimura presented the certificate of recognition to PNA, and Mr. Leon Bolosan delivered the congratulatory message on behalf of Hawaii Governor Josh Green. Also in attendance were former Maui Mayor Michael Victorino and his wife.

The guests enjoyed the dinner buffet consisting of local favorites and gave us the opportunity to try the Hawaiian staple food, poi.

The program resumed by honoring a well-loved and respected PNAH leader, Erlinda Ferrer, who joined our Creator in February of 2023. The touching remembrance of Erlinda left many in tears. Erlinda's son, Daniel, and her cousin Annalisa attended the event and donated substantially to PNAAF in Erlinda's name.

Colonel Bob Gahol, PNA Pres-elect Dr. Marlon Saria, and Dr. Gloria Beriones led the awards presentation. The individual awards were given to well-deserved individuals for their contribution to the organization and the Western Conference's success. The Western Region Chapters were also recognized for their exemplary performance in different categories, such as membership engagement, membership growth, and excellence in innovation, to name a few. There was also a rightful tribute to the PNAMHI EB and members for a well-organized conference.

Bob Gahol recognized the hard-working event planners, including the Maui Beach Hotel management and the DJ. He was then presented with the last award of the night for his exemplary leadership of Western Region and the conference.

The live music provided by a local DJ and singer boosted the guests to the dance floor until every chair and table was put away. No one wanted the night to end, instead urging the DJ to play more songs; it was only when the DJ had to pack up for the night that the guests relented.

The theme of the Gala, Somewhere Over the Rainbow, was a very fitting description of the event: colorful, beautiful, inclusive, bright, and fun. We could all use more rainbows in our lives. Maybe we should heed the suggestion of Mayor Bissen to hold the conference every five years in Maui. But before that, congratulations to PNA South Riverside County as the next host of the Western Region Conference in 2025! Shine, PNA, Shine!



**Congratulations to the following  
Western Region Chapters for  
receiving the special awards during the  
Western Region Conference Gala Night**



**Outstanding Achievement in Membership Engagement: Highest Sustained Membership**  
Philippine Nurses Association Central California

**Outstanding Achievement in Membership Growth: Met Membership Goals**  
Philippine Nurses Association South Riverside County

**Excellence in Innovation: Best Membership Recruitment Initiatives**  
Philippine Nurses Association Northern California

**Excellence in Service: Best Community Outreach and Service Initiatives**  
Philippine Nurses Association San Diego

**Excellence in Advocacy: Best DEI and Health Equity Initiatives**  
Philippine Nurses Association Southern California

**Excellence in Collaboration: Best Interprofessional Collaborative Partnerships**  
Philippine Nurses Association Oregon-Washington

**Excellence in Leadership: Best Professional and Leadership Development Programs**  
Philippine Nurses Association Napa Solano



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# Western Region Conference in Maui: The Gala Night and Bequeathal Ceremony

By **Gigi N. Narisma-Estabillo**, MSN-FNP, CMSRN, PCCN  
PNA South Riverside County President-Elect 2024-2026  
Chair of the Community Outreach and Associate Professor of Mira Costa College

After the two-day leadership conferences, networking, and Education Day events, we had the most awaited Gala Night held on April 22, 2023, where everyone wore fancy evening gowns and suits inspired by Hollywood stars.

The highlight of the Gala Night is the Bequeathal Ceremony, the passing of the host lamp. At Maui, we passed the wooden bowl from PNA-Maui to PNA-South Riverside County as a symbol of prosperity and goodwill. We were all excited to come to the podium together with the PNA Maui team and the PNA SRC group; however, before the acceptance speech by the PNASRC President, Malou Magallon-Ignacio MSN-APRCN Clinical Nurse Specialist, Gigi said, "I need to introduce the Power Team."



I must call to the podium the following and most inspiring people in our chapter; first is Dr. Merlie Ramira, who encouraged us to become a PNA chapter, and our PNASD Advisers, Board of Directors Vicki Berbano and Chona Lutap; because of them, PNA South Riverside County (PNASRC) is here today attending as a chapter and will be hosting the Western Regional Conference.





The past President of PNA, Dr. Dino Doliente III, who inducted me as a Sub-Chapter President of PNASD, has inspired me and my team to continue to be innovative and passionate. Dr. Marlon Saria, PNA President-Elect, who will be the President in my term of 2024-2026. Dr. Claire Miraflor, the Founding and First President of PNA 1979, whom I call Mom, continues to inspire me in her advocacy in Nursing.

PNA and PNA-South Riverside Shine!

PNASRC chapter and all the officers and members, with assistance from the Power Team and our mother chapter, PNA San Diego, invite you all to attend the 2025 Western Region conference. Mahalo!





## WRC Sunday Mass Reflection: On the road to Emmaus: Jesus, alive and at our side

By Mafe Chase

Like any PNAA Conference, the event culminated with a Sunday Mass, reflecting our Christian faith and thanking the Almighty for another successful event. The Gospel of the third Sunday of Easter documents another appearance of Jesus in the days following his Resurrection, two disciples making their way to the village of Emmaus, having lost all hope because Christ, in whom they had placed the whole meaning of their lives, was dead. Our Lord catches up with them as if He were another traveler on the road and walks with them without recognition. They engage in broken conversation, as happens when people talk as they go along. They speak about their preoccupation: what happened in Jerusalem on Friday evening—the death of Jesus of Nazareth. The Crucifixion of Our Lord had been a severe test for the hopes of all who considered themselves his disciples and had placed their trust in him to some extent or another. Not knowing that Jesus is walking with them, the two disciples from Emmaus are to be found, along their journey, talking to 'Jesus in person,' 'but their eyes were prevented from recognizing Him' (Lk 24:16).



On our travel to the beautiful island of Maui to attend the WRC conference, we may have all the reservations, sadness, and uncertainty in our lives as parents, spouses, co-workers, or nurses. Our faith may be tested for the organizers when things seem to go the other way - from the venue, speakers, or even the weather. But in the readings and Gospel of the 3rd Sunday of Easter, Christ appears when the travelers are in the depth of their doubt, and the lesson ends with our joy at having been found worthy to endure trials for the name of Christ. We may sometimes meet with discouragement, failures, and a lack of hope, but if we allow ourselves to be helped, Jesus will not allow us to travel alone on our path. Our faith will open our souls and carry us through all uncertainty. Jesus is Alive and at our side.

I love my PNAA family, and our faith is strong; our journey to Christ the King Church Maui on Wakea Ave. was full of gratitude and joy. We celebrated with the community and were recognized at the start of the

mass. It brought us much joy to have blessings along with birthday celebrants, couples blessed with loving relationships, and visitors from all over. The welcoming was enduring, with leis placed on our necks and laying of hands from the community.

We are thankful to have had such a successful and joyous conference, and we thank the Lord for walking by our side.





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# My Journey to Maui for PNAA Western Region Conference

*First Time Attendee, Above and Beyond My Expectations*

By **Pacita Barangan, RN**  
PNASD Member

Day 1 (April 19) – The PNASD delegates departed from San Diego International Airport with our suitcases and the boxes of the Souvenir Programs. We arrived safely at Kahului Airport, Maui, Hawaii, to attend the Western Regional Conference on April 21-23, 2023. I was already fascinated at the airport with a sign saying, "Welcome to Amazing Babes." Wow! I told myself I was one of them and asked everyone to have our first picture taken. It was a warm welcome when I entered the Maui Beach Hotel. My first sight was our Western Region Vice-President, Retired Col. Bob Gahol, and other PNAA leaders, Dr. Gloria Beriones, Dr. Marlon Garza Saria, Atty. Hermosa, and Dr. Dino Doliente. Tight hugs here and there and a big smile from "ear to ear." ACTIONS SPEAK LOUDER than WORDS," if you think about it. ALOHA! Most delegates went to "TANTES," an authentic Filipino cuisine" in which beef liver was the number one favorite, with halo-halo as our dessert. PNAA leaders and members introduced themselves and seemed fun to go along with, with a special mention to Dr. Claire Miraflor.





**Day 2 (April 20)** - Our group explored Maui, Road to Hana, with the Hawaiian Style Tour with a well-versed tour guide named Everette. I stopped by the Falls, the Black Beach, and saw the so-called "Rainbow Tree," in which the trunk is colored differently and looks like a rainbow. In the evening, Maria Sagun, Western Region COPRR, welcomed the delegates with dinner and drinks. I was lucky enough to join them in a friendly environment with lots of food and beverages and, as usual, more picture-taking with new friends. The Western Region delegates practiced the group dance, "Ain't Nothing Gonna Keep Me from You," led by Cathy Rubio.



**Day 3 (April 21)** - Leadership Day in the afternoon and the anticipated Hawaiian Luau Networking Night; now, the fun begins, wearing our best Hawaiian outfit. I had the opportunity to meet more delegates at the convention. The time has come to render PNASD and PNASRC TIKTOK dance, which the audience applauded and garnered second place. We also joined the Western Region group dance with so much fun!



**Day 4 (April 22)** - Education Day with great speakers and relevant topics! Kudos to Dr. Mary Dioise Ramos and Maui Chapter for coordinating the excellent presentation. Then, Gala Night followed with the theme of "Over the Rainbow," as Hawaii is the rainbow state. Maui's local leaders and event speakers attended the event. The mayor of Maui hopes to have the Western Region Conference celebrated in Maui every five years. All RN (rich nurses) and MD (many dollars) delegates are all over the USA. Dorothy represented PNASD and received a special plaque award as a Maui conference planning member for her work with the beautiful souvenir program. So Proud of her! PNASD also won the Community Outreach Program Award. Truly an exciting night being a PNASD delegate.



**Day 5 (April 23)** -The delegates attended the Sunday Mass at Christ the King Church and returned to the hotel with Bento's lunch. Another tour to Lahaina and stopped by the Banyan Tree Park and saw the 150 years old Banyan Tree. PNASD delegates shopped at quaint stores and the ABC store, one of Hawaii's most popular and cheapest stores. We also tasted their shaved ice with assorted flavors, gelato, and dole whip; then, we went shopping for our Luau outfit and Maui gold pineapple, which everyone wanted to bring home. We also passed by Sunflower Field and took pictures.



**Day 6 (April 24)** - Our group went out again and hired a van to drive us to Turtle Bay, Kealia Coastal Boardwalk, the Portuguese Garden of the Blessed Mary, and the King Kamehameha Golf Club. We attended a Luau at Hyatt Hotel. It was a phenomenal show, with Fire dance, and with Hawaiian foods, dancing, and singing. Great night for everyone! A big shout out to PNA Maui, Hawaii, for hosting a successful, above-and-beyond, well-organized event convention led by our Ret. Col. Bob Gahol and Maui President Angie Saiki and her team.



*Black Beach Pacita enjoying Maui*

**Day 7 (April 25)** - Departed Maui and safely arrived in San Diego. As a first-time attendee, I had a blast; I met people with lots of humor and exceptional camaraderie. I enjoyed Hawaii's tropical beauty, the people's hospitality and humility, and generosity to top it all! So happy to bring home some chocolates, pineapple, and many giveaways to remember. And last but not least, I won a prize from one of the sponsors as a raffle winner. We were blessed and grateful for everyone's commitment to make this convention a success. I will see you again at our next conference. MAHALO!



*Alaska Airlines- flying back to SD*

*Rainbow Tree*



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# One of Many

## *Ka'u 'aha kūkā mua (My first conference)*

By Jennifer Martizano, BSN, RN

My experience was a mixture of emotions, just like the weather in Maui. The forecast was supposed to be rainy from the time of arrival to departure. I felt excited, nervous, uncertain, and eager ~ all at once. I'm thankful for my colleagues who assured me that it would be alright and that we would make the most of what we have – weather, attire, food, and positivity.



The 2-day conference was not your typical conference. I was in awe of the speakers and leaders who had made so much impact on our healthcare, especially the research on Alzheimer's and the All of Us project. I am proud, energized, and motivated, and I found a great sense of camaraderie underneath the buzzing activities. The networking during and after the conference made a huge impact on me – connecting with other Ilonggo nurses. We are looking forward to planning for the Mission Trip in January 2024.

The weather turned out to be delightful. Explored Maui: survived the road to Hana, experienced the Sunrise, got a stamped tattoo in a Luau, swam in the bluest ocean, and heard a history of Hawaii not found in the textbook.

My takeaway from the conference was that we face the same challenges and opportunities in our work. It broadens my understanding of the work that needs to be done. I felt grateful for the opportunity of attending the conference but looking forward to attending more – one of many.

Mahalo!



## Ohana.... The PNAA Way

By **Karol Ronie Bunao, MSN, RN**  
PNA California Orange County President Elect



Last April 20 to 22, I was given the opportunity to attend the PNAA Western Regional Conference in Maui, Hawaii. The theme for this year's conference is "Exemplifying Excellence with Aloha." I was honored to join Dr. Sherwin Imperio, PNACOC's immediate past president, on this Trip. I was initially ambivalent about my expectations since this was my first time attending a PNAA conference. As I disembarked from the Plane, the Hawaiian tropical weather greeted us. It was somewhat nostalgic, and it reminded me of our motherland, where you see palm

trees everywhere, gumamela on the streets, and a warm, humid breeze that emanates from the Pacific. The shuttle drive was quick, and when we arrived at the hotel, the executive board of the PNAA gave us a very familiar warm Filipino welcome. It was like attending a family reunion, where you exchanged pleasantries with relatives and family you had not seen for a long time. April 20th was our first day, and there was no official program for that day. It was earmarked for the arrival of delegates and the official registration. As evening approached, we and the western regional delegates were invited to the house of the sister of the current PNAA Southern California President. I felt like being invited to a relative's place for the first time. It was like being surrounded by your Titas, Titos, and cousins. As I said earlier, I felt ambivalent and didn't know what to expect from this trip. I was trying to mask my anxiety during the invite; meeting your relatives, or should I say my "PNAA relatives," for the first time was quite daunting; you don't know if they will ask you personal questions or interrogate you. However, at the event, I came to spend and rub elbows with Filipino nurses whom I only saw during virtual meetings and social media posting. It was somewhat intimidating, but as the gathering went on and I personally conversed with the PNAA family, the event made me feel at home. The food and company were great! We called it a day and headed back to the hotel with my anxieties eased and a forward-looking attitude.

The next day, Friday, April 21st, was the first official start of the Leadership Conference. We had a sumptuous Filipino Breakfast, which was followed by a period to see the sponsor's exhibit gallery. While waiting for the next program, all the western region delegates practiced a dance number for the night's presentation program – again, just like a Filipino reunion, where there is always a fun side to things. At last, after the practice session, It was time for the chapter presidents/representatives to give their reports and updates. It was a great honor for me to represent our chapter. I am proud to update all of our sister chapters



from Arizona to Colorado. In all honesty, our chapter has the smallest number of members in the PNAA Western Region. In the spirit of being transparent to the audience, I acknowledged that this is a challenge to us, but I am proud of where we are right now and what we have done so far. It's a cliché to say that it's not the quantity but the quality of members that matters. I am proud to say that we have emerged stronger and more determined from the pandemic to make our organization significant for all of the Filipino nurses of orange county. Interestingly, most of the chapters have similar concerns about member retention. The program was followed by the presentation of "All of Us Research," which stressed that Filipinos make up approximately 1.5 % of the US population. However, most of the medicines in the market were approved by FDA, with most clinical trials on Caucasian volunteers. Due to genetic variations, each race may have different responses to certain medications. The takeaway on this is that we are encouraged to participate in research studies since this will impact not only us but the succeeding generations to come.

After another delicious meal for lunch, the afternoon session was about leadership, where I learned a lot from the speakers. Lastly, the evening activity was slated for Networking and fostering teamwork. Just like any other Filipino reunion, we celebrated the evening with fun-filled activities. All the chapters held their banners as we paraded through the banquet hall. I have never been more proud to represent my chapter and Dr. Imperio for this event.

Ohana is the Hawaiian word for Family. Attending the PNAA Western Regional Conference embodied celebrating PNAA successes and sharing concerns and problems. Still, the most important thing is supporting each member just like a real family does. To end this, I would like to circle back to how I felt before the start of the conference. My ambivalence has turned into enthusiasm. Enthusiasm because the PNAA leadership is here to guide the organization to the future and beyond, with support, excellence, and love- the Ohana way. I believe that each nurse is a leader in their own rights. Harnessing this potential through data-driven leadership and teamwork is essential to meet our collective and personal goals.





## A Weekend of Firsts; a self-reflection piece

By **Cielito Matias-Schwartz**, MSN RN CNS

It wasn't the first time that I attended a PNA Western Region Conference, nor was it the first time that I've been to Maui. It wasn't my first time meeting several of the leaders of this prestigious organization or knowing that I could get dolled up to attend the highly anticipated gala night. In fact, I saw many familiar faces whom I've had the pleasure of meeting numerous times before and even danced alongside on the dance floor.

So what, you might ask, was so different about this particular conference? Well, I'm not going to say the education day topics or the dance numbers performed during networking night, for that, would be much too obvious. What I will say is that it was the first time that I attended the conference now being the president of my chapter. It was the first time that I finally met my fellow WR Chapter Presidents in person, with warm hellos and welcoming hugs. It was the first time that attending leadership day had a new meaning for me.

And lastly and probably my most favorite, was witnessing that moment when PNAH chapter delegates

attending their first PNA conference had their “ah hah!” moment because now, they too see the bigger picture much like I did at my first conference many years ago. I haven't stopped ever since.



*Posing in front of the banner - Catherine Hoff (PNAH member and first-time attendee as a PNAH delegate), Cielito Matias-Schwartz, Irene Gonzales (PNAH Treasurer and first-time conference attendee)*



*Ferlita Acob and I took a selfie during networking night. This was the first time we met and her first PNAH conference. Since the conference, Ferlita has become a PNAH member.*



*One of many photos taken during the gala night with my new friends and fellow WR Chapter leaders. L-R Perly Aguinaldo, Maria Sagun, Merlie Ramira, Cielito Matias-Schwartz, Rizza Gemarino, Marinor Condes*



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# A "Hula" of a Time at the 21st PNAA Western Region Conference in Maui 2023

By Carina Madriaga  
PNA Colorado President



Aloha, welcome to a fun recount of my escapades at the 21st PNAA Western Region Conference in Maui! As a first-timer on the island and at any Western Region conference, I dove head-first into a whirlwind of networking, leadership education, nursing tips, and, of course, an abundance of food and outdoor fun under the sun.

Picture this: a seasoned nurse and a newish Filipina nurse president, still eager to absorb every bit of knowledge and expertise offered at the conference, stepping off the plane in Maui, still wide-slanted-eyed and full of excitement. My first impression of the island? It's like the colorful postcards coming to life - swaying palm trees, soft golden (or black) sand, and the sweet sound of ukulele melodies floating on the warm tropical breeze. The comfortable and familiar breeze reminded me of my homeland, the Philippines.

The conference started with a welcoming afternoon, plenty of bento boxes, then education day, and a networking night that could only be described as an extravaganza of talent from different chapters. There I was, clutching a Mai Tai in one hand and using my other hand to clap on my thigh. The stage on my

first-ever networking night came alive with a crowd of hula dancers, different talents, and even a melodious singer and nurse dancer duo! Who knew networking could be such a spectacle? On this night, I truly understood the meaning of "Ohana" - we were all together, sharing our passion for nursing and the joy of being on such a beautiful island.

The other times were filled with enlightening presentations by experts in nursing and leadership. I furiously scribbled notes on topics ranging from patient care to effective leadership while dreaming of the island adventures that awaited me after each session and which restaurant we would try next.

When the conference activities wrapped up, my fellow PNACO advisors, Leli Pedro, and Jiji Tizon, swapped our day clothes with colorful gala dresses for the Gala night. And then, in the last two days of my Maui stay, my husband and I basked in the sun, watched the group of sea turtles, and toured the Road to Hana. The island offered the perfect balance of work and play.

So, here's to the 21st PNA Western Region Conference – a "hula" of a time! May the spirit of aloha find its way into the hearts and practices in nurses' everyday lives everywhere. Mahalo!







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# Thank you, PNA Maui Hawaii; Here's our tribute to MAUI - Magnificent & Majestic, Attractive, Unblemished, Immense

By: **Marie Navarro**, MSN RN CCRN  
President, PNASC West Los Angeles Subchapter 2022-2024



Knowing that Maui is the venue of the PNAA Western Region Conference 2023 is exciting. **MAUI** has a **Magnificent and Majestic** view of the Kaanapali & Pacific Ocean. So relaxing. Very **Attractive, especially** one of the hidden beauties of the Plantations. What a view of God's creation. Maui has **Unblemished** landscapes & relaxing views that you can **Immense** yourself to relax and enjoy the serenity of the place.

As Maui displayed a beautiful paradise, the people who welcomed us warmly with the best Pina Colada only in Maui hosted by Mr. Tavy & Dr. Karen Barretto (sister of Maria Sagun, PNASC President) demonstrated the beauty in their hearts. A big shout-out for hosting a very successful above-and-beyond convention. The topics were relevant to our times, and the speakers were knowledgeable in their own experiences and expertise. The fellowship night brought so much fun and laughter. Our nurses and Executive Boards showed off their talents. Gala night was also exceptional. Awarding our hardworking, dedicated members and chapters were a great event highlight. The PNASC delegates Marlon Saria, Dino Doliente, Maria Sagun, Catherine Rubio, Marie Navarro, Leilani Unite, Sasha Rarang, Mindy Ofiana, Victoria P. De Leon, Mila Velasquez & Claire Miraflor are grateful for the Honors and 7 Awards we received especially winning the Talent show that entertained us all "the coconut nut" & Excellence in Advocacy: Best DEI and Health Equity & Initiatives. Fortunately, the gala night had the best music and unstoppable dancing Queens and Kings.

Thank you, PNA Maui Hawaii, for all your efforts. We had a blast. It was a well-organized event. The sense of humor of our Emcees and the healing environment, exceptional camaraderie and hospitality, and many more are our takeaways. As Maui Mayor said in his speech, PNA Maui, Western Region Conference, would return to your beautiful island every five years. We are looking forward to being back by 2028.

Special mention to our Western Vice President, Ret. Col. Bob Gahol, Maui President Angie Saiki, Lucy Porte, Jeny Bissell, and Jenny Onnagan, and Bea Ramos-Razon from Oahu. Again, a profound thank you to you and your team. Mabuhay kayong lahat.







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## PNASD Delegates enjoy the Fun and Memorable Moments on their Journey to Maui

Storytelling compiled by: **Merlie Ramira, DNP-FNP-C**

During the networking night, competitors from western regions, Executive boards showed spectacular talents, but only two winners emerged, and our Senior Bagets group of Tik Tokers made it to second place. It was nerve-wracking when they announced who would be the winners. It was an excellent experience for me, knowing that we made our chapters proud of us. Thank you to the judges for choosing us to win that night.

PNASD/ PNASRC Tik Tokers

~ **Emeline Yabut** ~



I attend the PNA conference/conventions whenever I can. It is an opportunity to meet and talk to the organization's pillars, leaders, and friends. PNAMHI went all the way in preparation for this successful event. It is our first visit to Maui, and the Road to Hana will surely be a great memory, especially the rainbow Eucalyptus trees, and waterfalls. The famous Banyan tree park is also a must-visit in Lahaina.

~ **Tessie, Deacon Manny, and Marissa Porciuncula** ~



Unforgettable moments from San Diego to Maui! Pacita was able to show her hidden talents in modeling. She was trying to compete with Kendall Jenner and Hailey Bieber. With so many poses, the modeling agent will have difficulty choosing the photos for the magazine cover.

~Pacita Baragan~



We were having a packing Souvenir programs party at San Diego International Airport. Dorothy arrived asking the delegates if we had more space on our suitcases and carry-on bags because she had a lot of souvenir programs journals, although she was also planning to pack more souvenir journals into two boxes that we would check in, so we packed and weighed, and tied those boxes. Of course, Emeline said her suitcase weighed 50 lbs., and she had yet to do her shopping at Maui. We successfully packed all the souvenir programs! All for the love of our Maui friends!

~Dorothy Brown~



I enjoyed our camaraderie, the fun and crazy moments, and networking with other groups. In each place we went, we developed unique connections. One of the sites that caught my attention is the Weather Station in Maui. Oh, I just remembered, I did not have a chance to eat coconut. I also overate pineapple and Hawaiian cookies during this trip, feeling a bit heavy and having difficulty getting up. Thank you to the delegates and PNASD for supporting our educational \$\$ trip to Maui.

~ Merlie Ramira ~



Some of PNASD delegates were having fun and very creative: Perly and Merlie the pole dancers, Emeline and Pacita metal bar huggers(positive outlook), Dorothy having picture taken on hammock, but cannot get up afterwards, Crisabel and Pacita dancing at Luau after several free drinks, Perly & Marissa enjoying Maui Gold pineapple drinks (quite expensive), Crisabel and Pacita dancing at Luau after several free drinks, Dorothy, Perly, Pacita and Emeline, our exercise enthusiasts waking up at 2:00 am Maui time to work out, Dorothy, the artist playing with fires after watching the Luau Fire Dance, she was a bit tipsy as well with free drinks from Luau, the group posing at the Boardwalk, Dorothy jumping up in the air, delegates taking time and eating the famous shave ice, Gelato ice cream, and dole whip, Emeline playing at Turtle Bay and got wet from head to toe with unexpected waves, group picture taken at sunflower fields with the driver assisting Vickie Berbano to cross the deep area, for the love of photo shoots with Sunflowers Chona posing and looking like a Gumamela, lunch and siesta time to Hana Vickie holding a turtle, Cris and Perly modeling too, Emeline's silhouette at Black Beach, after hitting her head on a rock, Marlon and Mommy Marlyn joining us, and Merlyn going to Molokai,.

~ Chona Lutap, and Vickie Berbano ~







First-time Attendee as a PNASD President. Wow, what a wonderful experience meeting the PNAAs top leaders, shaking hands and rubbing elbows, taking pictures, and networking with great ideas. It was nice to receive an award for Community Outreach and Service initiative, which justifies our mantra that PNASD C.A.R.E.S. (Compassion, Authentic, Respectful, Service-oriented). ~ Perly Aguinaldo ~





Some PNASD delegates roamed and hopped the coastal areas, feeling the mountain and sea breeze, however, one day was not enough to explore the beauty of the Island of Maui. The Luau experiences made the short visit complete.

~ Crisabel Ramos ~



Attending the PNA Western Regional Conference allowed me to meet and network with members from all over the country. One surprising and unforgettable moment was meeting Rowena "Nikki" Baysa from PNA Maui. She is the chair of Maui's education committee. I have not seen Nikki for 25 years. The same agency in the Philippines recruited us, and we came together here in the US, specifically in Jacksonville, FL. My husband was in the Navy, and we got stationed in different states, so we lost contact. It was an exciting moment to catch up and reconnect again. I have also met members who were PLM alumni like me. They were highly active in their chapters. One fun moment in Maui was snorkeling at the Molokini crater. On the way to Molokini aboard the Four Winds catamaran, one of the crew caught a huge mahi-mahi! What an exciting experience to see it in action. I even got to hold it and take a picture with it. At the Molokini, the water at the snorkeling site was so clear and warm. I have seen so many fishes, varied species with beautiful colors. It was indeed a memorable and fun conference.

~ Merlyn Foronda ~





21st PNA WESTERN REGION CONFERENCE  
MAUI, HAWAII

# The Banyan Trees of Lahaina

By **Victoria Berbano**, MHA, BSN, RN  
PNASD Past President

The first time I read about the Banyan tree was from the poetry of Rod Mc Kuen. It was an unusual tree; I knew I would get acquainted with Rod's tree when I came to the US. My first experience as a nurse was in Philadelphia at Thomas Jefferson Medical Center, so I gave up on looking for what a Banyan tree would look like since the tall buildings of downtown Philly surrounded me. If I told you about the Redwood trees, you would guess I sought a new adventure to the West.



I had no idea I would soon fulfill my fascination to see a Banyan tree in Maui. After attending the PNA Western Regional Conference at the Maui Hotel, the delegates from San Diego decided to experience what goes beyond Kahului. Our Uber driver was not happy as four of us squeezed into his Toyota sedan. We just told him we wanted to go to Lahaina. When he mentioned the Banyan tree, I could not contain my excitement; I would finally get to see one.



For the benefit of those who have not seen a Banyan tree, photos pale the experience of being there to touch the trunk of this enormous tree. After several poses under the tree. I chose to separate from the group. I studied the tree and the roots that formed other trees that surrounded the mother tree. Then I thought of us nurses who came to the US fulfilling our dreams of administering to the sick at the bedside of hospitals, long-term care facilities, rehabilitation units, and others; the commitment of Filipino nurses to care and serve is phenomenal. Just look at the Banyans, and you will understand my analogy.



# 2023 PNAA Nursing Excellence Achievement Awards

*Congratulations!*

**to all Awardees**



# 2023 PNAA NATIONAL EXCELLENCE ACHIEVEMENT AWARD DAISY NURSE AWARD FOR ADVANCING HEALTH EQUITY PNA NORTHEAST FLORIDA VOLUNTEER CLINIC

Team Leader: *Dr. Lilibeth Cuevas* Team Members: *Velia Callao, BSN, RN/Lina Carvajal, BSN, RN/Antonina Cuaresma, BSN, RN/Dr. Romeo Devera/Dr. Angelica Doloroso/Dr. Glenda Garcia/Edna Merza, BSN, RN/NP Edilberto Minoza/NP Daphne Rinoza/Dr. Germina Rio/NP Maria Fe Rufano-Sulit/Leonie Thompson, BSN, RN/NP Jusil Rice/Daphne Viray, BSN, RN*

The Philippine Nurses Association of Northeast Florida (PNANEF) Volunteer Clinic promoted health equity by addressing three major health determinants: health care access and quality among uninsured residents of the county, economic stability of the neighborhood, education access and quality of their patients through several screenings such as cervical, hypertension, and diabetes; follow-up teaching including ongoing education of their staff and nurse volunteers who were mostly PNAA



members. The chapter collaborated with the City of Jacksonville and several organizations including WE CARE JAX, a non-profit organization that provides specialty referrals for people with no insurance and with Evexia Diagnostics, a laboratory service provider that offered a low fee laboratory services through a contract with LabCorp.

This Volunteer Clinic started in 2017, and has been ongoing for six years, except during COVID in February of 2020, and has been operational every first Saturday of the month in one of the Duval County Health Department buildings. It provides basic medical services free of charge to the uninsured which is one of the eligibility criteria, including blood work and needed preventative screenings. A comprehensive patient education on-site followed thereafter.

The outcomes of this project are: 1) Advocacy for self-sufficiency and self care encouraged the uninsured patients to stay healthy to get back to the workforce and secure their own health insurance. The clinic then served as a bridge to respond temporarily to their health care needs. 2) An environment of learning is consistently fostered through patient education and nursing mentorship. 3) A patient's personal commitment to improve their health and adhere to treatment plans is built as evidenced by Patient Satisfaction Surveys and the graphic chart displaying the demands of this clinic. 4) The achievement of specific patient goals showed improved blood pressure readings and other laboratory values such as hemoglobin A1C and cholesterol levels which then remarkably impacted improved disease awareness and compliance. 5) Beyond the walls of the clinic, the PNANEF volunteers are active participants of the Kabalikat Emotional Wellness Program and have extended their services through participation in the Philippine Embassy Consular Outreach Services, including the Jacksonville community- wide hypertension and diabetes screening and teaching clinics.

As evidenced, the City Government of Jacksonville, Florida has recognized the members of this Volunteer Clinic and its PNANEF volunteers for their exemplary community service in promoting health equity and community building.

- *Aleli R. Frias, BSN, RN*

*Member, PNAA Awards Committee 2022-2024*

## 2023 PNAA NATIONAL EXCELLENCE ACHIEVEMENT AWARD

### *NURSE RESEARCHER/SCIENTIST*

# LTC PEDRO OBLEA, JR., PHD, RN



LTC Pedro Oblea, Jr. is the director of the Center for Nursing Science and Clinical Inquiry and the Tripler Medical Army Medical Center and Advance Practice Registered Nurse Transition Program. Current active-duty United States Army.

He is the only Filipino “Nurse Scientist” designated by the Army Nurse Corps. He spearheaded various evidence-based projects that yielded strategic impact across the Department of Defense (DOD) in readiness, outcomes, and research. Due to his expertise, he has been consistently invited as faculty member and grant reviewer for the congressionally directed TriService Nursing Research Program (TSNRP). He is also recognized as a top peer reviewer for the Journal of Psychosocial Nursing and Mental Health. He was awarded a grant by the Geneva Foundation for his recent research on the Impact of Hydrocolloid Barrier as Facial Skin Protectants Among Healthcare Workers.

He has numerous publications that include Identifying the constructs of empowering nurse leader communication through an instrument development process, Evaluation of Clinical Nurse Transition at US Army Hospitals and Outcomes of LGBTQ culturally sensitive training among civilian and military healthcare personnel.

Among these publications, a book chapter for Emergency Nursing: A Comprehensive Curriculum for Advance Practice facilitated the improvement of delivery of care for Gender and Sexual Diverse patients across the DOD.

He was recognized by his peers on his contribution to vaccination mission success, his leadership, and groundbreaking work to safeguard healthcare workers against potentially detrimental effects associated with extended use of protective equipment during the COVID-19 pandemic.

He was awarded for his leadership and sharing his expertise in nursing with two Meritorious Service Medals, The Army Commendation Medal, and Order of Military Medical Merit. He was commended by the City Council, Congress, and State Senate by the state of Hawaii. He was recognized by the TSNRP and was awarded with 2023 Regina Aune Award. This award recognizes a military researcher who demonstrates exceptional perseverance to ensure the success of a program or a project. He is a recipient of Purple Heart and Bronze Star awards.

He has been a member of PNA Hawaii since 2018. He mentored new nurses to successfully pass the RN NCLEX as a volunteer lecturer/speaker of Hawaii Nursing Advocates and Mentors Inc.

His impressive contributions, meritorious achievements and groundbreaking work in research make him more than eligible for this prestigious award. As endorsed by his nominator, “He is the heartbeat of nursing research at the largest military hospital in the Indo-Pacific Region.”

- Myrna Gacusan, NP

Member, PNA Awards Committee 2022-2024

## 2023 PNAA NATIONAL EXCELLENCE ACHIEVEMENT AWARD

### *NURSE INFORMATICIST*

# SUSAN REPOTENTE, BSN, RN

This awardee is the first Nurse Informaticist and held this position for 15 years at Lemuel Shattuck Hospital. Her career started in 2003 when her Chief Nursing Officer appointed her as Nursing Department Lead to oversee the first Healthcare Information System, the Meditech. As the project manager, she planned, built, tested and trained both nursing and medical staff not only from her hospital; but also with three departments of Public Health Hospitals and the Department of Mental Health where she collaborated the implementation, initiation and subsequent enhancements.

This outstanding awardee designed and developed successful projects and each project she either designed or led involved the same but long and tedious process of planning, building, testing, implementation, training, educating and collaborating with nursing, medical, other clinical staff, IT, Laboratory and even vendors. Her biggest contributions were: 1) Development of electronic version of documenting Nursing Admission Assessments, Nursing Notes Templates and Nursing Care Plans from paper documentation; 2) Development of Workflows for Admissions, Transfers and Discharges for Nursing and Medical Departments. 3) Interfacing the Bedside Glucose results to the EMR resulting to a streamlined results process, improved treatment and documentation of blood glucose data.

As an appointed coordinator, she led projects as CPOE/EMAR in collaboration with Pharmacy department and three other Departments of Public Health and Mental Health Hospitals; Hospital Quality Assurance/Process Improvement on programs such as fall prevention, skin and wounds, blood transfusion reactions, CLABSI, CAUTI, VAP, MDRO, VAE and pain.

Because of her innovative projects, dedication and hard work, an Informatics Department was eventually created and she became a recipient of the Commonwealth Citation for Outstanding Performance award. She retired in November 2018, however, she opted to extend her career as she knew she needed to support the training and onboarding of new nurses during the height of the pandemic.

Her work as Informaticist evolved outside of her hospital to PNA New England (PNANE) and PNAA. She has many different roles, locally, regionally and nationally. She provided many community services and received awards from her local chapter. As PNANE president, she implemented a computerized training program on Microsoft Word, Excel and Power Point. In 2020-2022, she was PNAA's "pandemic" secretary who quickly adopted to Zoom for meetings and in 2021, she spearheaded the implementation of PNAA 1<sup>st</sup> Hybrid National Convention as hosted by her local chapter. In 2022, she assisted the conveners in planning and holding a virtual Global Summit and International Nursing Convention. Prior to her national leadership role, she was Eastern Region Secretary and Circle of Presidents Regional Representative. Currently, she is PNAA's Executive Board member and chair of Website Committee and serves as a member of the Planning Committee for all of PNAA's regional conferences, national and international conventions. One of her nominators said, "She is willing to step up to her plate, she's a problem solver with innovative ideas."



- Arlita C. Pang, MAN, RN

Member, PNAA Awards Committee 2022-2024

## 2023 PNAA NATIONAL EXCELLENCE ACHIEVEMENT AWARD

### *CLINICAL STAFF NURSE*

## LAWRENCE A. RACSA

MSN, RN, CRRN, CNRN, SCRn, CCRN



It was during his neurology rotation at Davao Medical Center when Lawrence Racsa got motivated to love neuroscience despite admitting to not being good at it. But the way his clinical instructor mentored him influenced his decision to go into neuroscience which later brought him many accolades which include the 2023 Excellence Clinical Patient Care Award from the American Association of Neuroscience Nurses and Veterans Integrated Services Network 5 Coin of Excellence from the Veterans Health Administration last January 2023.

Lawrence is goal-oriented and has achieved four credentials within three years – CRRN, CNRN, SCRn, and CCRN. This is a manifestation of his commitment to excellence in patient care outcomes. As his nominator would describe him, Lawrence is a change agent, an outstanding bedside nurse, an efficient charge nurse and team leader, a patient safety champion, and an astonishing educator. He is actively involved and leads unit and facility-wide process improvement projects improving outcomes at the unit, service, and facility levels.

At his current facility, Lawrence took the Lead Role in Implementing the National Early Warning System (NEWS) in the VA Baltimore Medical Center Campus and was involved with the sustainability of the program by continuously educating stakeholders and by promoting a proactive and collaborative approach in preventing patient decline. As a result, the hospital rates for Rapid Responses and Code Blues were significantly reduced by 57% on RRTs and 89% on Code Blues. The success of the NEWS program implementation has expanded from his local facility to the national level, and he was invited to be a resource speaker for the implementation of the NEWS program to other facilities across the nation and during the National Organization for VA Nurses conference in New Orleans, LA in October 2022.

Having a strong neurocritical care background, Lawrence is the facility champion for the implementation of the National Tele-Stroke Program (NTSP) of the Veteran's Affairs across the nation that went live this year. He has been training and educating nurses, doctors, physician assistants, nurse practitioners, and patient care associates in the process of the Stroke Code in the facility.

Lastly, Lawrence has been an active member of the Philippine Nurses Association of America, Maryland Chapter and has been supporting the viability and causes of the organization. Having been in Maryland for more than 10 years has made him devote his free time to supporting the newly landed immigrant nurses and their families from the Philippines as they settle into their new homes in America. He volunteers his free time to help new nurses find resources needed to start their careers and life. He exudes positivity, self-confidence, compassion, thoroughness, and enthusiasm - stellar qualities exuded by a Filipino nurse.

He is grateful for the opportunity to collaborate with extraordinary people who became friends and family who helped him achieve his hopes and dreams with the opportunity to gain experience and excel in the nursing profession for which he is passionate about.

- Debbie L. Maquidato, BSN, RN

Member, PNAA Awards Committee 2022-2024





# KABALIKAT EMOTIONAL WELLNESS PROGRAM

BUILDING YOUR  
RESILIENCE SKILLS



## What is required of participants?

### Attend virtual training for:

Coached Emotional Wellness sessions and Peer-to-peer Support Group meetings — 9 sessions for 2hrs each. (Jan. 14, 2023 at 2 PM, EST then q 2nd Saturday of each month until Sept. 2023)

Length of commitment: 9 months

### Chapter Deliverables:

1-2 Facilitators+Support Group Members = 6-10 total members per chapter.

Attend and complete the KEWP sessions until September 2023

## FOR MORE INFORMATION:

**Riza V. Mauricio**

[riza.mauricio@gmail.com](mailto:riza.mauricio@gmail.com)

THIS STUDY IS CONDUCTED BY THE UNIVERSITY OF TEXAS  
CIZIK SCHOOL OF NURSING, PNAA, AND PNAAF




## BENEFITS:

- Help you improve your ability to handle stress and burnout; CE certificate after completion of
- Facilitator's training and Coached Wellness Sessions; An incentive to participating chapter;
- Clinical Ladder - Letter from PNAA; SELF Care;
- Build Resilience skills; improve leadership skills.



**OUR UNITED VOICES**  
WISDOM. EXCELLENCE.  
COLLABORATION. RESPECT. SUPPORT. GROWTH.



**PNAA and PNAA Foundation  
Present**

**PNAA Frontliners Face COVID-19 At Home**

Written and directed by M. Teresa Lapid Rodriguez  
Videography/Photography by Anthony Louis Rodriguez

**WATCH IT ON YOUTUBE**

**<https://youtu.be/fj-AfTZ3EUA>**

By Alicia Tullo, MSN, RN  
PNACF President, 2020-2022

## The PNACF's 2023 Spring Educational Seminar and General Assembly meeting

The PNACF holds two General Assemblies every year: Spring and Fall. On June 3, 2023, we held our Spring Assembly at the Lakeshore Landings Clubhouse in Orlando, Florida. The Assembly was preceded by an Educational Seminar that provided our members free 1.5 contact hours of Continuing Education Units. Considering that the recent pandemic has affected everybody physically, mentally, and emotionally, the Education Committee identified the need to address mental health and self-care.

Dr. Amena Humphreys, Ph.D. , Mental Health Consultant from Advent Health Orlando spoke about "Setting Boundaries and the need for Self-care." Her presentation was interactive, and she had us perform focused breathing to achieve relaxation and develop positive affirmations. These are short statements, written or verbalized, that are meant to provide one's self-esteem a boost. These are often stated to oneself during times in life when experiencing difficult circumstances or when experiencing negative self-talk often caused by physical or emotional stress.



During the general Assembly, we recognized new members as well as members of our Auxiliary; non-nurse members who have been supportive of the PNACF and our activities. In one way or another, they provide us with their talents, time, and treasure to help the PNACF in all their endeavors. The assembly was updated with achievements in 2020-2022 and plans for the coming year.



President Aga Santa Romana and Education Chair, and President-elect, Mary Jane Zamora presented Dr. Humphrey with a Certificate of Appreciation.

The meeting was dominated by the planning of the 44th PNAAC National Convention on July 16-22, 2023, on board the cruise ship Wonders of the Seas, which is being hosted by the PNACF.



By **Teresita Saethang, MSN, RN**  
PNA Georgia

## **CPR Hands Only**

The Philippine Nurses Association of Georgia during the Kalayaan Atlanta Family Fun Day celebration at Pinckneyville Park, hosted a “CPR for Family and Friends,” course on June 3, 2023. Coincidentally American Heart has established June 1-7 as CPR awareness week. The facilitators of the session are Tessie Saethang and Myrna Gacusan. The equipment and technical support were provided by Rudy Gacusan and Jonathan Saethang.

CPR for Family and Friends, a course developed by the American Heart Association is an awareness and orientation to CPR and is not a certifying or credentialing course. During the 25 minutes session, the participants were taught Hands-Only CPR and the use of AED.

### **The learning objectives included:**

- Describe the steps to perform Hand-Only CPR for an adult.
- Describe how to use an AED on an adult when available
- Perform Hands-Only CPR for an adult using the manikin.

The Family and Friends session were taught using the manual and the video. The facilitators of the course explained that Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure when the heart stops beating. Immediate CPR can double or triple the chances of survival after a cardiac arrest.

According to the American Heart Association, more than 350,000 cardiac arrests occur outside of the hospital. The location of the Out of Hospital Cardiac Arrest (OHCA) most often occurs in home/residences (73.4%), followed by public settings like work, park, school etc (16.3%) and nursing homes (10.3%). The 2023 Heart Disease and stroke statistics showed that among over 350,000 Outside of the Hospital Cardiac Arrest (OHCA) that occurred only 40.2 % received by stander CPR. The opportunity to save lives is big. CPR for the general public or bystanders who witnessed an adult suddenly collapse can perform compression or Hands-Only CPR without breaths. CPR is important in maintaining the blood flow even partially and extends an opportunity for a successful resuscitation until trained emergency providers arrive on site.

### **Hands-Only CPR consists of two easy steps:**

1. Call 9-1-1 (or send someone to call 9-1-1)
2. Push hard and fast in the center of the chest.

The participants were able to practice chest compression with the facilitators reinforcing the right depth and pace of compression. The facilitator also demonstrated the steps of using AED when available.

We had 12 attendees, 6 adults and 6 school aged children. Feedback from the attendees was positive. They appreciated the opportunity to learn this course, “CPR for Family and Friends,” and that it was very informative and helpful. It was also emphasized to the children attendees the importance of calling for help and calling 911. We tend to agree that learning CPR is important because, on any given day, anyone can have a sudden cardiac

arrest. This includes your neighbors, your friends and family. Will you join us in promoting that learning CPR can improve the chances of survival for someone in cardiac arrest? PNAGA wants to make a difference in our community. We can help save someone's life.

By Evelyn Oller, BSN, RN - PNAGSL Business Manager 2022-2024  
Annabelle L. Cosas, BSN, RN - PNAGSL Editor; Bylaws/Policies & Procedures Chair  
Photos by Ces Nalagan, BSN, RN - PNAGSL PRO 2022-2024

## Nurses of Greater St. Louis Hold a Fun Run and Walk

### James McDonnell County Park

McDonnell Park is a county park in unincorporated Central St. Louis County, between the cities of Overland, St. Ann, Creve Coeur and Maryland Heights, in Missouri. The park is named in honor of James S. McDonnell, founder of McDonnell Douglas Aircraft. **Address:** 2961 Adie Rd, St Ann, MO 63074 **Area:** 131 acres **Trail:** 1.6 miles

PNAGSL held a fundraising event of "FUN RUN/WALK" on June 4, 2023, Sunday, at McDonnell County Park. Per contract, the park was reserved for us the entire day, from 8:00 a.m. till dusk. Liability insurance was also drawn up. Proceeds will go towards funding the medical mission in Bohol, Philippines in January 2024.

From President Josie Veit: "Our first FUN RUN/WALK event was a great success! Thank you to the very enthusiastic participants and to the generosity of our sponsors. Thank you to Ces Nalagan's invite — the CNO of Mercy Hospital South paid the registration of several of her staff to join the RUN. She herself participated."

Evelyn Oller journaled the much anticipated day: Members of the Executive Board, as they do in many other previous activities, were the first to be at the venue to finalize set-ups — balloons, signs, backdrop, markers.

Registration began at 8:00 a.m.; 9:00 a.m. started the RUN/WALK. Recorded were 104 participants consisting of runners, walkers and walkers pushing strollers! Top finishers: 1st place Angelo Santos, 2nd place Chiddy Nwanko, 3rd place Ethan Barbin. Snacks of apples, oranges, granola bars, water were available after each one crossed the finish line.

This was, as well, a "new member recruitment" day. Ten new members joined: six RNs, one retired RN, three allied (two are doctors), with a possibility of two more nurses.

It was a fun and successful event considering this was the first RUN/WALK fundraising activity sponsored by our organization. The weather even cooperated, a little sprinkle of rain and it was over long before the start time of the RUN/WALK. By 11:15 AM, we started the potluck: Mike Lewis and Richard Veit manned the grill; additional hotdogs and bratwurst were available compliments of Joy Deatherage.



A BIG turn-out at PNAGSL's first fundraising "FUN RUN/WALK" — June 4, 2023, Sunday  
Part of the walkers posed for a group picture and stayed for the potluck and more socialization.



PNAGSL Executive Board, from left: Evelyn O, Joy D, Josie V, Agnes L, Ces N, Lori A.



Participants received a t-shirt with their \$35.00 registration per runner/walker. The back of the t-shirt shows SPONSORS of the WALK.



A FUN time for nurses as they take a break from the daily rigors of hospital work.



A lot of "visiting", walking, running, eating, dancing, Karaoke music. Kids and adults played volley-ball and cornhole games. As usual, there were plenty of left overs for everyone to take home.

What a special event we had! The Executive Board is already considering of making this an annual event; can't wait for next year!



We thank all supporters who came and joined our very first fundraising of "FUN RUN/WALK." Committee and all "behind-the-scene" crew worked hard for the success of this exciting event. Everyone is looking forward to the next "FUN RUN/WALK"!!



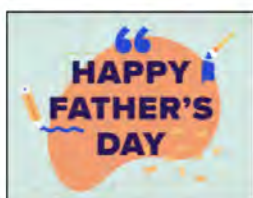
Department of the Treasury, Internal Revenue Service,  
Tax Exempt and Government Entities  
Effective: March 3, 2023. PNAGSL is determined as a public  
charity under the IRC Section 501 (c) (3). Letter from Stephen A.  
Martin, Director, Exempt Organizations, Rulings and Agreements

*"I was actually in tears when Richard read it to me. I prayed everyday to enlighten and soften the hearts of the people reviewing our application/documents. Thank God for this blessing!"* Josie Veit, PNAGSL President 2022-2024

Another fundraising for PNAGSL: JUNE 11, 2023, Sunday, is one of the days our nurses will do volunteer work at the Busch Stadium in downtown St. Louis during the Cardinals baseball game. After training, nurses will be assigned to a food concession; six volunteers are needed for the 7-hour shift.

JUNE 16-23: NCR Camp Aruga, Potawatomi Inn and Cabins, 6 Lane 100 A Lake James, Angola, Indiana — Leadership workshop. Part of those present will be Dr. Gloria Beriones, PNAA President 2022-2024 and Bong Dayon, NCR V-P 2022-2024. Five PNAGSL delegates going are: Josie Veit, Joy Deatherage, Evelyn Oller, Ces Nalagan, Agnes Lewis. Our organization is assigned to lead the Zumba on the second day, early a.m.!

JUNE 20, 2023, Tuesday, 6:00 p.m.: Education Seminar Dinner. Presented by Dr. Linda Freeman, PharmD, MS, CSL — Vifor Pharma. Venue: Bristol Seafood Grill 11801 Olive Blvd., Creve Coeur, MO 63141



June 18, 2023

My hero: you are my figure of strength, love, guidance. No matter how tall I grow, I still look up to you. A heartfelt "thank you" is never enough. I give quality time to you on this special day of "honoring father." I treasure all blessed memories with you!



By Cecile M. Santos-Medenilla  
President, PNAGF 2022-2024

## PNA Gulf Coast Florida Celebrates Nurses Week 2023



PNAGF celebrates Nurses Week last May 13, 2023, with an Educational offering: Health and Wellness: Achieving Balance: A Nursing Challenge. Our speakers were none other than the members of our Educational Committee. They have discussed the importance of balancing life's physical, mental, spiritual, financial, and social aspects. Our speakers and members shared their personal experiences on their career and personal life challenges.

There were exercises of yoga, Zumba, line dancing, and belly dancing performed by our members led by Medina Madrinan and Shiela DeLa Vega, respectively. After our exercises, we ate a healthy lunch consisting of chicken wrap sandwiches, a Greek salad, fruit and cheese tray, seafood noodles, low-calorie pastries, and desserts.

We listened to a Nurse colleague with a financial professional license during lunch. She discussed retirement financial options as well as living benefits insurance. We also had a guest, a graduating nursing student, the daughter of our Vice President, Janua Navarro. Rachel shared with us why she took up nursing and how she liked it. She said she respected and appreciated nurses in the Emergency Room when she had her rotation in the ER.

The speakers entertained questions and comments at the end of their lectures. All speakers were given a Certificate of Appreciation and a gift for their time and effort in sharing their knowledge regarding Health and Wellness. Then, a General Membership Meeting followed thereafter. Welcome remarks by the President followed by her report from the Induction of Officers last 12/2/22 up to the present, 5/13/23. Then Committees report, and Treasurer's report.

The next General Meeting will be either Sept - Oct.2023. It was indeed an educational and enjoyable day to celebrate Nurses Week!

Happy Nurses Week to all our nursing colleagues!



# PNAAC Chapter NEWS



By Tina Salvador

PNAH Founding President; 2023 Awards Committee Chair

## P.R.I.D.E. and Nursing Excellence Awards Ceremony



The very successful PNAH P.R.I.D.E. and Nursing Excellence Awards at Hilton Hawaiian Village Hotel Coral Ballroom on May 20, 2023, was definitely one for the books! PNAH Awards Committee chaired by PNAH Founding President bestowed the highest honor to the two of its very own outstanding members – Dr. Nancy Atmospera-Walch and Sir Major Dr. Ramon Sumibcay. Both awardees met the criteria of the EMERGE Administration MANTRA by President Cielito Matias-Schwartz:



- E:** Excellence
- M:** Mentorship
- E:** Engagement
- R:** Resilience
- G:** Growth
- E:** Empowerment

*The 2023 PNAH PRIDE and Nursing Excellence Awardees during the Philippine Nurses Association of Hawaii Awards Gala at Hilton Hawaiian Village. From the right, PRIDE Awardee Sir Ramon Sumibcay, PRIDE Awardee Dr. Nancy Walch, Excellence in Nursing Administration Awardee Florence Agos, Excellence in Nursing Administrator Matthew Layug, Excellence in Clinical Staff Nursing Awardee Melbourne Espero, Excellence in Nursing Education Awardee LTC Pedro Oblea, Excellence in Community and Population Health Nursing Awardee Dr. Lorna Imperial, Excellence in Community and Population Health Nursing Awardee Lourdes Vergara Marcelo, PNAH President Cielito Matias-Schwartz, PNAH Founding President Tina Salvador and Consul Grace Bulos.*



The PNAH Awards Committee historically award members and non-members for their excellence on their respective specialty areas of nursing practice. All nominees were called to stage to share the limelight of their achievements as well.

The officers and members stood in solidarity for the re-affirmation of Vice President Lourdes Marcelo. It was an evening of fun, joy, pride, elegance, camaraderie, dancing, entertainment, networking, picture taking, and lei giving! Positivity and joy were palpable. Various community organizations were well represented. PNAH continue to work in advancing the nursing profession through continuing education, collaboration, networking, advocacy for the nursing practice and making impactful outcomes towards greater heights.

**A very BIG shout out to the STEERING COMMITTEE & NURSING EXCELLENCE AWARDS COMMITTEE for a job well done!**

### 2023 PRIDE & NURSING EXCELLENCE AWARDS COMMITTEE



# PNA Chapter NEWS



By Cielito Matias-Schwartz  
PNAH President

## “Couture For A Cause”

Events and Entertainment company En Vogue Productions, LLC hosted the “Exquisite” fashion show in celebration of Philippine National Heritage Month on May 6th at the beautiful Hilton Hawaiian Village Hotel. This is the second time that president Sarah Hosaka has worked with Amir Sali and invited the renowned fashion designer back to the islands. The fashion show entitled “A Walk of Great International Men and Women of Courage and Independence” showcased many distinguished Filipino Business owners and Community leaders from Hawaii and the Philippines who had the privilege of modeling Amir Sali's creations.

The Philippine Nursing Association of Hawaii (PNAH) was well represented by PNAH President, Cielito Matias- Schwartz, and PNAH Executive Director, Dr. Nancy Atmospera-Walch who not only strutted on the catwalk, but accepted a generous donation on behalf of PNAH. Some of the proceeds from this show also went to several other Hawaii non-profit organizations.



*PNAH was one of several non-profit beneficiaries of En Vogue Productions, LLC*



*Amir Sali and Sarah Hosaka doing the final walk on the runway*



By Divina “Debs” Telan- Robillard  
PNAH Community Outreach Co-Chair

## PNAH Goes “On Air” for Nurses Week



*PNAH members with radio talk show hosts Amelia Casamina-Cabatu and Mary Cordero*

KNDI's Amelia Casamina Cabatu, a well-known local radio personality invited PNAH's Executive Board to talk nursing last Sunday, May 7, 2023, the start of Nurses Week. Because the booth could accommodate only four at a time, PNAH Prexy Cielito Matias-Schwartz anchored the first half of the hour along with VP Lou Vergara Marcelo, Founding President and Board Member Tina Salvador. Executive Director Dr. Nancy Walch, and members Ramon Sumibcay, Violet Arnobit, and Divina Robillard were interviewed in the second half. Fil-Am Courier's Editor Mary Llanos Cordero assisted Ms. Cabatu in engaging the nurse guests.

The session dealt with a number of topics including personal starts in the nursing profession; PNAH involvement in community life; pieces of advice related to developing healthy habits; how nurses continue to make a difference in lives. Dr. Walch invited listeners to support the upcoming PNAH Nursing Excellence Awards gala to be held on Saturday, May 20, 2023, at the Hilton Hawaiian Hotel. Ramon ended the session with a svelte acapella, with the group joining in to segue into the next program.



By **Lourdes Marcelo**  
PNAH Vice President

## A Day of Remembrance



*PNAH members in front of the Haleiwa Memorial*



*PNAH presenting a floral wreath and bouquet to memorialize the fallen heroes*

On this glorious Saturday morning, one could feel the warmth of the Haleiwa sun, notice the calmness of the shore, and admire the clear blue skies. It was the perfect day to honor and remember the heroes of the North Shore's fallen soldiers.

The Wahiawa Lions Club and the North Shore Chamber of Commerce invited The Philippine Nurses Association of Hawaii (PNAH) to participate in recognizing the Veterans that served in WW II, the Korean War, and the Vietnam War. The fallen soldiers came from Wahiawa, Waialua, and Haleiwa. Forty-six soldiers did not come back. They fought for us, the USA, and the republic that stands so that we can enjoy our freedom.

During the ceremony, The Marine Corps Brass Band played the all too familiar somber tune "Taps" while names of the fallen soldiers were called, followed by a strike of a bell. One could feel the reverence and the solemnity of the occasion. It was an honor for PNAH to take part in presenting a floral wreath and bouquet, and also joined families in placing leis on bullet stanchions surrounding the memorial park. The fallen soldiers will not be forgotten. We will honor, remember, and be grateful always.



By Lea Agaton, BSN, BSBA, RN

## PNA Illinois Flores de Mayo Celebration



Nurse Excellence Awards, Raffle Drawings, Parade of Reyna's, Honoring the Rising Stars, Special Performances, and Celebrating the Nurses are all in on this Flores De Mayo of the Philippine Nurses Association of Illinois Inc. (PNAI, Inc.). Bringing back the Filipino Culture and instilling it in the younger generation was the theme of this event. Kudos to the executive board and members who worked hard on its success. Thank you to the supportive sponsors, family, friends, and colleagues who graced this religious festival held as a devotion to the Virgin Mary in the Philippines in the month of May hence called Flores De Mayo.









By Prima Colburn, RN, BSN

## PNAMDC's Senior Support Group... From Social Isolation to Social Connection

For the last two years, the Montgomery County Department of Health and Human Services has provided PNAAMDC with a grant to help the chapter deliver health and social services to its residents. Thus, PNAAMDC's "Bridging the Gap Towards a Healthy Community" was developed. Hand in hand with the AAHI (Asian American Health Initiative) and PCC (Primary Care Coalition), PNAAMDC's Mizpah Amados (Grant Coordinator) and her team conceptualized various programs under the funding categories set by AAHI to achieve its 2023 goal of building healthy communities. One of these programs is the Senior Support Group (SSG).



SSG was created as one of the initiatives under the SENIOR WELLNESS, which aims to provide linguistically accessible information and social support to Montgomery County (MoCo) AAPI seniors. This program was created to directly address the problems of social isolation and loneliness among the growing population of this age group and ethnicity in the community. One out of two Americans has reported experiencing social isolation and loneliness in recent years. Social Isolation is linked to health problems such as sleeplessness, inflammation, pain, and immune changes, to name a few. SSG, as a form of healthcare through social connection, was created as a buffer to health problems while making communities more resilient. Like food, water, and shelter, social connection is as essential to humans for survival.

As the Program Lead of the SSG, I am excited to share our journey in creating the program, timeline, activities, and discussion topics that would be interesting, engaging, and yet comfortable for the

participants to share with the group. To spread the word about our new program, flyers and advertising info were printed and distributed via social media. We made phone calls, posted on storefronts and different Filipino American businesses and places of worship, and even knocked door to door in the neighborhood to reach our target population.

And so SSG began...

Senior Support Group consisted of a series of 12 face-to-face and virtual sessions via Zoom. The program commenced on January 7, 2023 and culminated on May 6, 2023 with a picnic to coincide with the Nurses Week celebration.

In the 12 sessions (4 months) of getting together, we endeavored to cover physical, spiritual, mental, social, psychological, and cultural aspects of daily living. With each face-to-face session, we started the day by offering prayers of thanksgiving and petitions for friends and families. Novenas were prayed in each virtual session, followed by the activities for the day. We discussed topics near and dear to the participants' hearts that they felt comfortable sharing with the group. Topics such as fond and not-so-fond memories of childhood, fears, coping with aging, health challenges, and how they want to be remembered were covered. Our sessions usually lasted longer than planned because everyone was excited to share. In addition to these discussion topics, we planned activities for the participants. We visited, toured, and attended mass at the Basilica of the National Shrine of the Immaculate Conception. For a taste of Arts and Culture, we went to see "The Mortification of Fovea Munson," the first musical produced by the Kennedy Center that centered on a Filipino family. To help them keep up with the new world of technology, we gave each senior a tablet and assistance on how to use them. To keep their brains active and curious, we provided crossword puzzle books, played bingo, planted succulents, and even tried our hand at painting.



*SSG at the "The Mortification of Fovea Munson," the first musical produced by the Kennedy Center centered on a Filipino family.*

By far, the painting session was a hit with the participants. Painting has been widely used as Art Therapy for seniors. Research has shown that art therapy helps improve cognitive and sensory-motor functions, alleviate pain, help increase mood and depression, foster self-esteem, and cultivate emotional resilience, to name a few. At the end of the painting session, most seniors shared that they

would adopt painting in their daily lives. Seeing the positive reactions to the activity and their desire to continue the practice beyond our program was satisfying and gratifying.

"Will there be a Part 2?" was what most of the seniors were asking. Is it safe to say the program delivered results and was successful? In my humble opinion, YES!



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

## PNAMH 2023 Spring Seminar: Caring Beyond Boundaries



The PNA Metro Houston Spring Seminar was a highly engaging and informative event held at the Cooley Auditorium on May 20, 2023. The seminar brought together healthcare professionals from diverse backgrounds to share their knowledge and insights concerning nursing. The seminar featured an impressive lineup of speakers who delved into important subjects impacting nursing practice in today's environment. Together with the event's sponsors, the participants could network, connect, and participate in thought-provoking discussions.

Overall, the PNA Metro Houston Spring Seminar was a resounding success, serving as a refreshing catalyst for promoting advancements in nursing. In conjunction with the attendees' passion, the seminar increased knowledge with 5.25 contact hours to boot and inspired tangible actions by all in attendance. The PNAMH Spring Seminar again played an important role in advancing nursing care and fostering a community of Filipino nurses in Houston.







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

## PNAMH Making a Difference by Volunteering in Project CURE



Volunteering is an incredible way to make a positive impact on the world. This is exactly what 14 members of PNAMH and 3 of their teenage kids did on Saturday, May 13. They volunteered at a remarkable organization, Project CURE, the largest provider of donated medical supplies to low-resource communities worldwide. In the past, Project CURE has sent multiple containers of medical supplies and equipment after several major natural disasters in the Philippines. This time the members of PNAMH assembled emergency airway/anesthesia bags for medical responders in Senegal, West Africa.

Through their involvement in Project CURE, the PNAMH members bring a wealth of knowledge and skills in preparing the much-needed airway kits. Their commitment to service and their ability to adapt to challenging environments enabled them to give back to the community. The efforts of PNAMH members serve as a beacon of hope, they embodied the spirit of humanitarianism, and inspired others to join in the pursuit of better healthcare for all! The over-achieving group surpassed the goal of 20 with their 31 all-inclusive airway bags!



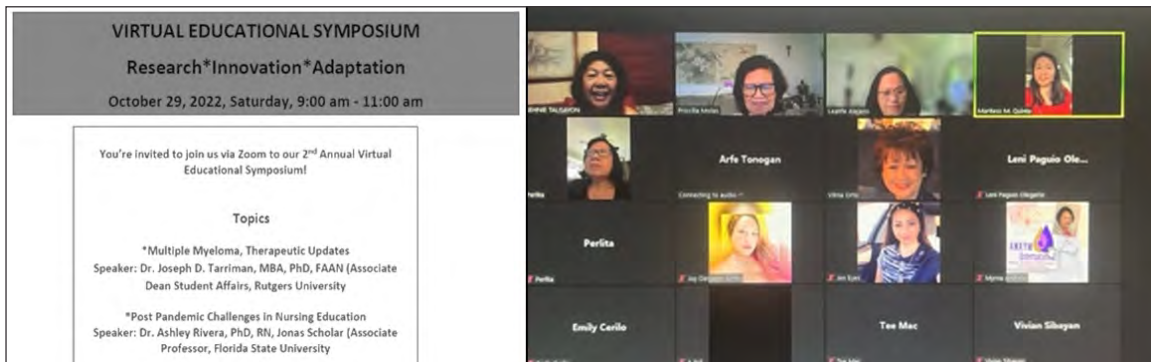
# PNA Chapter NEWS



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

## PNA Miami Southeast Florida Updates

PNAMSEF held its 2ND Virtual Education Symposium on October 29, 2022. Organized by Dr. Perlita Cerilo and Dr. Penny Pattalitan, several important topics were presented at this conference. Dr. Ashley Rivera, Ph.D., RN, a Jonas Scholar, and associate professor of FSU, discussed the Post Pandemic Challenges in Nursing Education. She discussed new nurses' clinical experience, interpersonal relationships, and organizational involvement. The second speaker was Dr. Joseph Tarriman, MBA, Ph.D., FAAN, Associate Dean of Student Affairs at Rutgers University. He discussed Multiple Myeloma and therapeutic updates. After the education symposium, we had our General Assembly meeting and discussed the PNAMSEF bylaws, changes, and incorporation of policy and procedure on the election timeline. We also discussed the incoming induction of the PNAMSEF Executive Board. We had a successful meeting.



PNAMSEF commemorated its 5th Biennial Induction of the New Executive Board 2022-2024 on December 4, 2022, at the Birdside Banquet Hall. Miami, Florida. Congratulations to the newly inducted executive board.

**WISDOM. EXCELLENCE**  
COLLABORATION. ADVOCACY. RESPECT. EQUITY

<p>PHILIPPINE NURSES ASSOCIATION OF MIAMI SOUTHEAST FLORIDA</p> <p><b>INDUCTION OF EXECUTIVE BOARD</b></p> <p><i>Join Us</i></p> <p>DECEMBER 4, 2022 SUNDAY 4:30 PM - 8:30 PM</p> <p>BIRDSIDE BANQUET HALL 12851 SW 42ND ST MIAMI, FL 33176</p> <p>5:05 DINNER</p> <p>PRECEE MOLAS PRECEE@AOL.COM SEHNIE TALISAYON SATALISAYON@AOL.COM LEAH ALEJANO LEA100F14@YAHOO.COM</p>	<p><b>PNAMSEF newly elected Executive Board</b></p> <p>President – Leah Alejano President-Elect- Mar Cristina Umbac Vice-President – Bernardina Hussein Secretary -Vivian Sibayan Assistant Secretary- April Planas Auditor- Bianka Andula Treasurer- Solfia Torre Assistant Treasurer - Naomi Adaza PRO-Myrna Macatangay Freda Arzadon</p> <p><b>Board of Directors</b> Vivian Lacandalo Sherry Persia Chona Pareja Emily Cerilo Rizalina Olegario</p>	<p><b>Congratulations</b> to our newly elected PNAMSEF Executive Board</p>
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# PNA Chapter NEWS



By Grace Vicente, RN, BSN  
President, PNA Nash Tn 2022-2023

## PNA Nashville Tennessee's First Face-to-Face Social Event



On April 9, 2023, we had our first face-to-face socials with members, families, friends, and supporters we called "Fiestahan." It was held at Rockland Park Shelter 3 in Hendersonville, TN. It was organized to increase member engagement and get to know and recruit more members. We signed up four new members at this event and raffled two free memberships. There was a total of 6 new members for the month of April. We also celebrated the retirements of Marilyn Buyao from the Tennessee Department of Corrections and Grace Vicente from Nashville General Hospital.

More than 120 people attended the event. Different committees were formed for the different tasks, from food, decoration, set up, games, prizes, membership sign-up, and aftercare. Our members were assigned to bring food for this potluck event.



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

## **PNASD makes History with a Successful Completion of the First Mental Health Awareness and Resource Fair**

The Philippine Nurses Association of San Diego County, Inc. (PNASD) made 2022 the year to address mental health matters formally and proactively. In February of that year, initial conversations took place that PNASD, as a professional nursing organization, would do more regarding the mental health of its members and their members' families, friends, peers, and the community. The same group comprised the PNASD's Mental Health Advocacy (MHA) Committee.



While it is evident that more needs to be done about mental health, it also became apparent to the committee the challenges they may face, especially when providing the needed mental health resources and services. They realized they would need to focus on what PNASD can accomplish concerning their capabilities and limitations due to several factors, such as the scope of practice, and not all members specialize or are practicing in the mental health space. To be an effective advocate, resource, and partner for mental health, the committee finalized its mission, vision, and overall goal.

The committee, together with the rest of PNASD, continues to be guided by the following:

**Mission:** PNASD advocates for mental health through education, resource access, and community partnership.

**Vision:** increased awareness of the importance of acknowledging mental health to the well-being of the individual, families, and community.

**Overall Goal:** Promote mental health wellness and raise awareness of mental and behavioral disorders by being an advocate and a resource to individuals, families, and the community on accessible, caring, and culturally competent services.



Since then, PNASD has accomplished the following:

- Four Part Educational Series: "Understanding Mental Health and Mental Illness," "Living a Mentally Healthy Life: Mental Health on a Personal Level," "Living a Mentally Healthy Life: Mental Health in the Workplace," and "Mental Health Awareness through Community Partnership."
- Dedicated Mental Health (MH) Section on PNASD Website that includes but is not limited to recorded presentations on MH educational series and corresponding PowerPoint presentations, MH Tools & Resources
- MHA Committee generated a brochure and gave it to attendees during community outreach
- MHA Committee Representation by providing expert speakers to events such as during the Philippine Consulate Retreat

This year 2023, PNASD added to their list of accomplishments a free community event, Mental Health Awareness and Resource Fair, held on May 20, 2023, at Sweetwater High School in National City, CA. During the opening program, Fr. Joselito Tiongson, a military chaplain at NAS North Island, officiated the reflection. After the reflection, PNASD President Perly Aguinaldo, National City Mayor Ron Morrison, San Diego County Health and Human Services Agency Behavioral Health Services Chief Medical Officer Dr. Michael Krelstein, and Philippine Medical Association of San Diego, Dr. Renato dela Rosa provided their messages. National City Mayor Ron Morrison spoke about the importance of mental health in the national city and the need for the support services available at the mental health fair. Perly shared a personal story about a family member affected by mental health. She reminded attendees that help was available and urged them to seek it whenever needed. Dr. Krelstein stated, "Perly mentioned to prioritize ourselves, and there is a need for Call in Action. Everyone's ultimate responsibility is to increase awareness on mental health and not just PNASD."



The Chair of the PNASD's Mental Health Advocacy Committee, Jay Larrosa, officially opened the event. He urged attendees to end the stigma on mental health and prioritize mental health as we do with physical health. During the closing program, Associate Director for Mental Health Family Health Centers of San Diego, Dr. Dixie Galapon, and PNASD Board of Directors, Vivian Sanderlin delivered more important messages. In closing remarks, Ms. Sanderlin emphasized the importance of self-care and being kind to herself/himself and each other's, as kindness promotes mental health. She also extended her gratitude to all guest speakers, sponsors, donors, and attendees and made a special mention to PNASD Members who enjoyed putting the event together. It was amazing to have most of the speakers from last year's four-part mental health education series offering come to the event and continue supporting PNASD on mental health efforts and speaking about the essential subject. The Co-Chair of the PNASD's Mental Health Advocacy Committee, Brandee Hassell hosted both opening and closing programs.

Attendees also joined any of the free wellness activities offered during the event, such as Yoga, Zumba, Art Therapy, massages, and Dance the Stress Out. In addition, attendees enjoyed free food and prize giveaways. Resources primarily on mental health were also available to attendees, such as those offered by San Diego County's Live Well on Wheels (WOW). Vaccination was also provided onsite by Champions for Health. Numerous governmental and private organizations exhibited at the event to share resources they can give the community.



PNASD is grateful to its officers, members and their family members, volunteers, guests, and everyone who made the event a success. Lourdes Deperio serves as MHA Committee's Advisor. In addition, the following subcommittees of the MHA Committee were very instrumental in making sure that PNASD delivered a high-quality event to the community: Budget and Finance, Programs and Activities (Prize Giveaway included), Marketing and Attendance, Hospitality and Registration, and Logistics. PNASD's Research Committee was also present during the event to conduct a survey and understand the real need of the community members. Of course, the Community Outreach Committee was also available to provide first aid to attendees if needed, and the Membership Committee shared with attendees what PNASD is about. Representatives from other PNA Chapters, such as PNA California Orange County and PNA South Riverside County, were also in attendance.





PNASD accomplished its Mission and Overall Goal regarding mental health and made history after the successful completion of the free community event. Mental Health Awareness and Resource Fair focused on raising awareness and sharing resources on mental health. During the closing program, Jay stated, "If we were able to make a difference in at least one person's life, then we have accomplished our goal!" This important mental health project is PNASD's first and will certainly not be the last! Overall, the First PNASD Mental Health Fair was a success, and we hope to have more future events like this to promote mental health.





By Dorianne Tillano, MSN, NP-C, PMHNP- BC

## High School Essay Writing Contest on Why Become a Nurse and How PNASC Inspire You



The PNASC Program and Awards committees, along with the PNASC Education, Research, and Practice committee, are proud to have organized this year's high school essay writing contest. As a professional organization of Filipino American nurses in Southern California, we are committed to upholding our members' positive image and welfare, promoting professional excellence, and contributing to significant outcomes in healthcare and society.

The competition's primary objective was to motivate aspiring nursing students to comprehend why they want to become a nurse and understand how the PNASC contributed to their nursing profession realization. The online invitation was posted on May 9, with a deadline of May 16; we received nine entries despite the short notice. Ms. Mizraim Oliva, the

students' High School Teacher and Filipino Club Advisor at Gerh High School and Cerritos High School, played a crucial role in fostering the high school students' love for writing and encouraging them to participate in the contest. Each essay was a testament to the young writers' exceptional talent and intelligence, exhibiting unique styles and well-written content. The contest winners were recognized during the Nurses Week Celebration on May 20, 2023, at the Almansor Court in Alhambra, CA. In addition, the winners received \$500, a certificate, and a ribbon. The contest winners truly deserved the recognition they received for their hard work and dedication.

Congratulations to Milan Matthew Allanigue and Catherine Estrella for winning the high school essay writing competition! Their exceptional talent and hard work were recognized, fostering their love for writing and passion for nursing.

Milan Matthew Allanigue is a remarkable Gahr High School in Cerritos, CA student with a deep passion for nursing. Milan is inspired by the courage and dedication of his mother, a nurse, and the legacy of Filipino nurses who have made significant contributions to healthcare in America. He is grateful to the Philippine Nurses Association of Southern California for offering scholarships and mentoring programs to help students like him achieve their academic goals and pursue their dreams of becoming nurses. Milan is determined to work hard for service and reasonable outcomes in healthcare, and we are confident that he will succeed.

Catherine Estrella admires her father's sacrifices to achieve the American dream. Before becoming a nurse, he worked hard as a stay-in caregiver to support their family of three. Catherine's desire to become a nurse stems from her aspiration to change the world and help others overcome challenges, medical conditions, and harsh treatments. She is aware of the issues facing humanity and believes that nursing is a way to make a positive impact. Catherine is grateful to the Philippine Nurses Association of Southern California for helping her understand the meaning of being a nurse. Being part of a community where Filipino nurses unite and support each other, PNASC has enriched their culture and contributed significantly to their distinct ethnic identity. Despite their differences, PNASC has met each other's needs by coming together.

Along with the winners, the other participants, including Ashie Arabella Quiambao, Sean Nikolas Fontanilla, Rocco Leonico, Izaiah Montoya, Jarred Adrian Pizarro, Marion Augustine, and Jalen Santos, were also acknowledged for their efforts. In addition, each participant was awarded a \$25 gift card as a token of appreciation.

Overall, the high school essay writing contest was a resounding success. The PNASC feels honored to host this contest, and we will continue supporting and empowering the Filipino American nursing community.





By Dorianne Tillano, MSN, NP-C, PMHNP- BC

## **PNA Southern California Nurses Week Celebration**



The PNASC nurses' week on May 20, 2023, in Almansor Court, Alhambra, CA, was well attended by 83 participants. The program objectives are to identify leadership actions/ways to realign current nursing practices, to understand the role of different determinants of health, to create a genuine diversified, equitable, and inclusive nursing practice, understand actions by nurse leaders that can improve nurses' ability to care for and meet the needs of the vulnerable and marginalized patient population at their respective practices or work areas and to identify the importance of nurses' life-long learning and its contribution towards improving academia and practice sector collaboration to attributed to Future of Nursing 2020-2023: Realigning as a Nursing Organization to Promote Health Equity.



*PNA Southern California and PNA-West Los Angeles Sub-Chapter Executive Board*

The event was an incredible success! Attendees were treated to a full day of activities, including a General Assembly, Research Presentation, Panel discussion, scholarships, awarding ceremony, and live entertainment. The event began with a breathtaking violin performance by Cameron Sagun, son of the PNASC President. Next, PNASC President Maria Sagun MSN, NE-BC, RN delivered an inspiring State of PNASC address, highlighting all the fantastic achievements in the fiscal year 2022-2023. Finally, each committee chairperson presented their objectives, achievements, and goals to thunderous applause. The voting members of the organization accepted all committee reports. During the break, selected executive board members danced in their attire to the Coconut Song.

The Education, Research Practice Committee also hosted an insightful panel discussion with six-panel speakers from the Nursing Administration, bedside, and academia who shared their expertise on the theme: The Future of Nursing 2020-2023: Realignment of Nursing Organizations to Promote Health Equity Through

Nursing Education, Research and Practice. The panel speakers were:

- Janette V. Moreno, DNP, NEA-BC, NPD-BC Director of Nursing Education, Geri and Richard Brawerman Nursing Institute Cedars-Sinai Medical
- Karen Retardo, MA, BSN, RN, ACC. She is an ICF certified
- coach, certified Gallup strengths coach, holistic healing practitioner, and clinician
- Peachy Hain, MSN, RN, NE- BC, FACHE. She is the executive director of nursing in the medical-surgical services at Cedars Sinai.
- Joyce Leido, MSN, RN- NEA- BC, CPHIMS. She is the chief nurse executive at Kaiser Permanente, Los Angeles, CA.
- Sharon D. Peralta, Ph.D., RN, to the table? She is the co-chief of the mental health care group and a chief mental health nurse at the Tibor Rubin VA Medical Center in Long Beach, CA.
- Dan Brothman, the Chief Executive Officer of Prime Healthcare.

All of the panel speakers acknowledge that to promote Health Equity Through Nursing Education, Research, and Practice; the nurse must learn to assess themselves, let go of harmful practices and instead foster a supportive, mentoring environment for each other despite our differences. When nurse works together, the patients and the healthcare industry prospers.

Dr. Dante Tolentino, Ph.D., RN-BC, FAMIA, is the Assistant Professor at the UCLA School of Nursing with a research interest in social justice informatics: examining and closing the health inequity gaps and technology disparities among minoritized groups, mainly Filipino.

Americans with T2D. He presented his qualitative study on the Experiences of Filipino Americans with Type 2 Diabetes during COVID-19. His research found that despite several complex challenges during the pandemic, Filipinos coped using their existing resources-support. Many of them also made some diabetes self-management changes.

Velma Yep, DNP, GNP-BC, updated the attendees on Legislative Update AB765. This bill would, except as prescribed, make it a misdemeanor for a person who does not have a valid, unrevoked, and unsuspended certificate as a physician and surgeon to use the title doctor. It was an insightful talk. Indeed, a relevant topic, especially for doctoral prepared nurses!

During the lunch break, the attendees enjoyed the sumptuous meal. In addition, there were raffle prizes and an opportunity to network with the sponsors and vendors. In the afternoon part of the event, the Program and Awards committee recognized the following:

- Sasha A. Rarang, Ph.D., MSN-Ed, CCM, RN, PMHNP student for the Advance Practice Nurse Scholar of the Year
- Danilo Bernal, DNP, APRN, FNP-BC, NP-C and Belinda B. Mendoza, MSN, RN, PHN, Doctor of Philosophy (Ph.D.) in Nursing Program for the Advance Practice Nurse Scholarship Honorable mentions
- Ms. Arielle Jonna P. Guinto for the Emily T. Bernus Foundation Scholarship
- Milan Matthew Allanigue and Jalen Santos for the High School Essay Writing Contest

The Membership and Community Outreach Committee recognized the top membership recruiters and volunteers. In the back side of the event room, poster presentation on the nursing profession and research were participated by Sasha A. Rarang, Ph.D., MSN-Ed, CCM, RN, PMHNP student, Carmen N. Urbayan, DNP, RN, CNS, CPN, PCNS-BC and Maricar Gail Jones, DNP, RN-BC, CPHIMS, PHN.

A live band performed as a tribute to nurses, and the attendees lively danced and sang. The event was undoubtedly meaningful, bringing together healthcare professionals, especially nurses. Apart from the event's fun aspect, there were vital learning points. Nurses got to interact and learn from each other's experiences. They also had the opportunity to learn about the challenges facing the healthcare industry, especially during the current global pandemic and these current times. Participating left the event recharged with renewed enthusiasm and energy.

# PNAA Chapter NEWS



By **Diane Roque**, MSN, APRN, FNP-BC  
President Elect, PNASC West LA Subchapter 2022-2024

## Bisita, be my guest, Philippines



The Philippine Department of Tourism and The Department of Migrant Workers in partnership with The Tourism Promotions Board Philippines hosted the first ever Philippine Travel Fair, Bisita Be my Guest Philippines. The event promotes tourism in the Philippines featuring various travel agencies, airline partners, and specialty Filipino vendors ranging from food, novelty items, and fashion products. This was an all-day event that started with a free admission travel fair in Burbank in the morning through the early afternoon. Some of the highlights of the day event included the Wish Bus that showcased various up and coming local artists who entertained guests.



*From Left to Right, Christina Frasco and Diane Roque*

In the evening, a VIP dinner was hosted for Filipino celebrities, community leaders, and socialites. A few of the most notable in attendance are Dr. Tess Mauricio (America's favorite dermatologist), Priscilla Hunt (philanthropist), David Tupaz (renowned Filipino designer), Janet and Ruben Nepales (journalists - Golden Globe, Rappler, GMA Network, etc.), Louie Reyes (singer), and Cher Calvin (news anchor for KTLA 5). The highlights of the dinner included performances from international and local artists who entertained guests with song and dance performances.

The honorable Secretary of the Department of Tourism Philippines, Christina Frasco, took the stage to encourage those in attendance to be ambassadors for promoting Philippine tourism. With the full support of President Ferdinand Marcos Jr. and his administration, she explained the various initiatives aimed to improve infrastructure, access, and connectivity which will help attract tourists. Finally, to end the night, raffle drawing winners were announced which includes PNASC WLA president elect, yours truly, Diane Roque.



By **Liwwiwa Villagomez**, PhD, RN, CCRN-K  
& **Marites Calvelo**, BSN, RN  
PNA Tampa

## PNA of Tampa Bay Celebrates Nurses' Month

Traditionally, we celebrate Nurses' Week every year from May 6 to 12; but with the pandemic, the American Nurses Association (ANA) has extended the one week to an entire month of May to highlight the contributions of the nursing profession and to honor all nurses. The PNA of Tampa Bay celebrated 2023 Nurses' Month with a picnic-style gathering at the Lettuce Lake Park in Tampa, Florida, on Saturday, May 13. The theme of the celebration was self-care and mental health, which aligned with ANA's Week 1 celebration focus. It was a day full of various activities during the great Florida weather that brought fun and frolic to the attendees.

The day started with a refreshing walk around the park led by Jesse Pasion (Board Member). Some attendees opted to skip the walk and started their day with a relaxing chair massage. The massage sessions were the gift of President Maria Bautista-Smith to members. The event was also intended to build and strengthen relationships. Maribel Soriano facilitated the **Meet & Greet** part of the day, where attendees shared interesting facts about themselves. Attendees discovered things about each other that they did not know about each other before.

Two educational speakers shared their experiences and expertise on self-care and mental health. Maria Bautista-Smith, engaged the participants with her story-telling style while presenting the importance of self-care. Her talk brought participants back to nursing student days, spurring an interesting conversation and story-sharing. It was a great continuation of the **Meet & Greet** part of the day. The second speaker, Dr. Cecile Pasion, focused on mental health issues and how to stay mentally healthy. One of PNA Tampa's members, Josephine Chan, wanted to participate but was out of town on the day of the celebration, so she joined us via telephone. The Mindful Meditation, led by Victoria Fabreo (Auditor), complemented the two presentations. She led the participants to reflect upon the biblical story of the sisters Martha and Mary and asked whom they associated with. The day also included presentations about Gawad Kalinga (Emma Barrido) and the Medical Mission planned for next year (January 28 to February 3, 2024) spearheaded by Jesse Pasion. Emma shared a touching story about one family who received housing through Gawad Kalinga.

It was a successful event made possible by the teamwork of the planning committee. PNA Tampa's amazing Secretary, Geal Irvine, did not allow distance to interfere with her ability to help. She prepared the program folder's contents and sent them to Marites Calvelo (President-Elect) to print and put together. Raizel, Marites' daughter/Miss PNA 2021, provided the manpower to put the folders together. Geal also sent gifts for members – a Nurses' Survival Kit. For nourishment, breakfast was a potluck, and lunch was donated by Emma Barrido (Board Member).





# 44th PNAA NATIONAL CONVENTION



JULY 16-23, 2023

ABOARD ROYAL CARIBBEAN'S WONDER OF THE SEAS

**OUR UNITED VOICES:**

*Anchoring Our Culture of*

**WE CARE**

WISDOM . EXCELLENCE  
COLLABORATION . ADVOCACY . RESPECT . EQUITY

To register for the convention and cruise, scan the QR Code or Visit [www.continuingeducation.net/PNAACruise](http://www.continuingeducation.net/PNAACruise), or Call 727-526-1571 or 800-422-0711

All reservations for the convention participants and their guests *must be made through Continuing Education, Inc. (CEI)* to be included in the activities and allow PNAA to receive amenities as planned. Reservations are expected to be completed no later than 75 days before sailing. Any reservations made after such date will be accommodated based on space availability and prevailing rates.



PORT CANAVERAL FLORIDA . COCO CAY BAHAMAS . ROATAN HONDURAS .  
PUERTO COSTA MAYA . COZUMEL MEXICO



HOSTED BY THE PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA

Walk for a  
Chance to  
Participate in the



“Cruise for Hope”

**PNAAF 5K WALK  
CHALLENGE**

**2023**



**\$35.00**  
per walker



**44th PNA National Convention**

*Host:*

**PNA CENTRAL FLORIDA**

**July 22, 2023**





# 5K WALK

## CRUISE

# 2023

### PNA CENTRAL FLORIDA 44th PNA National Convention



### \$35 T-SHIRT

PLEASE SUBMIT YOUR  
CHECK OR MONEY ORDER PAYABLE TO PNAAF



SCAN ME  
to register

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Contact# \_\_\_\_\_  
 Donation Amount: \_\_\_\_\_ Signature: \_\_\_\_\_ Solicitor: \_\_\_\_\_  
 T-Shirt Size: \_\_\_\_\_ Run/Walk: \_\_\_\_\_ In-person \_\_\_\_\_ Virtually \_\_\_\_\_  
 Chapter: \_\_\_\_\_ Region: Eastern/SCR/NCR/Western

REGISTER HERE

[mynaaafoundation.org](http://mynaaafoundation.org)

TAG US on SOCIAL MEDIA

Check Payable to: PNAAF

Send to: **Viima D. Ortiz MSN,RN**  
**2021-2023 PNAAF Treasurer**  
 9500 SW 128 Street  
 Miami, Florida 33176  
 Contact No: 305-984-1855

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 #mynpnaa  
 @pnanewyork

Philippine Nurses Association of America Foundation  
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 (586) 344- 9880





# Philippine Nurses Association of America Foundation, Inc.

## A 501 (c)(3) ORGANIZATION

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

*Advocate Through Philanthropic Giving, Caring and Collaborating*

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

January 21, 2023

Dear Friends and Supporters:

The Philippine Nurses Association of America Foundation, Inc. (PNAAF), cordially invites you, your company, and/or organization to be part of our slate of sponsors to support the Annual PNAAF/PNAA 5K Walk/Run Wellness Challenge that will be held during the 44<sup>th</sup> Philippine Nurses Association of America, Inc. (PNAA) National Convention in Orlando, Florida on July 16-23, 2023. This will be a great opportunity to showcase your company, products, and services to over 5,000 PNAA members all over the country through our website, newsletter, and other social media platforms.

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

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

We are looking forward to your generous support. Please mail the completed form by June 15, 2023.

Sincerely,

Nancy Hoff, MSN, RN  
President, PNAAF, Inc.

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





## Philippine Nurses Association of America Foundation, Inc.

**A 501(c)(3) ORGANIZATION**

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### 5K RUN/WALK PNAACF/PNAAF WELLNESS CHALLENGE

#### LEVELS OF SPONSORSHIP AND PROMOTIONAL OPPORTUNITIES

LEVEL OF SPONSORSHIP CATEGORIES PROMOTIONAL OPPORTUNITIES	DIAMOND \$5,000.00	PLATINUM \$3,000.00	GOLD \$2,000.00	SILVER \$1,000.00
Name /Company Logo on 5K Brochure and posting on PNAAF website and social media	Yes (additional 1-year post event)	Yes (additional 6 months post event)	Yes (additional 3 months post event)	Yes (additional 1-month post event)
Name/Company Logo in Video Presentation during the convention	Yes	Yes	Yes	Yes
Full Page Sponsor AD in convention souvenir program	Yes	Yes	Yes	Yes
Walk/Run T-shirts during the event	6-Tshirts	4 -T-Shirts	3- T-Shirts	2 -T-shirts



## Philippine Nurses Association of America Foundation, Inc.

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

*Advocate Through Philanthropic Giving, Caring and Collaborating*

### SPONSOR LETTER OF ACCEPTANCE

Dear PNAAF,

We accept your invitation to be a sponsor in the 5K Walk/Run Wellness Challenge (Orlando, Florida) scheduled on July 19, 2023, during the 44th PNA National Convention.

Indicated below is our selected level of sponsorship. Enclosed is a check payable to PNAAF.

\_\_\_\_\_ Diamond Sponsor \$5,000.00

\_\_\_\_\_ Platinum Sponsor \$3,000.00

\_\_\_\_\_ Gold Sponsor \$ 2,000.00

\_\_\_\_\_ Silver Sponsor \$ 1,000.00

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

Please print all entries:

NAME: \_\_\_\_\_

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

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

\_\_\_\_\_

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

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

Please send application and check **payable to PNAAF** before **June 10, 2023** to  
Vilma Ortiz, MSN, RN  
PNAAF Treasurer  
9500 SW 128 Street  
Miami, Florida 33176

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



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

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

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

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

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

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

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



## Updated vaccines

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

## Original vaccines

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

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

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

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# COVID-19 Testing



## Ano ang Self-Test o At-Home Tests?



**Ang Self-tests o At-Home Tests para sa COVID-19 ay:**

Nakapagbibigay agad ng mabilis na resulta

Maaaring gamitin kahit saan kahit ano ang iyong vaccination status, maging ikaw man ay may sintomas o wala

Nakikita ang kasalukuyang impeksyon nangyayari

**Disclaimer:** <https://www.cdc.gov/covid19/qa/2022/02/22/covid-19-self-tests>  
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# COVID-19 Testing



## Ano ang Self-Test o At-Home Tests?



Hindi nakikita ng self-tests ang mga anti-bodies na nagmumungkahi na nagkaroon na ng dating COVID impeksyon ang katawan.

Hindi nito kayang tukuyin o sukatin ang level of immunity.

Disclaimer: This publication is a product of the Centers for Disease Control and Prevention (CDC) in partnership with the Philippine National Association of Accredited Laboratories (PNAA). The CDC provided technical assistance and funding for this publication. The CDC is not responsible for any errors or omissions in this publication. For more information, visit [www.cdc.gov](https://www.cdc.gov).

# COVID-19 Testing



Ang mga self-tests at ang pagpapabakuna, pagsusuot ng well-fitted mask ay makakatulong upang maiwasan at mabawasan ang pagkakataong kumalat ang COVID-19.



**Disclaimer:** <https://www.cdc.gov/covid19/testing/faq-quick-physics.html>  
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# COVID-19 Testing



## Ibig Sabihin ng Resulta ng At-Home Test

### POSITIVE +

- Nakita ang virus sa iyong test at ikaw ay may COVID-19 impeksyon.
- Manatili sa bahay sa loob ng 5 araw at mag-isolate para hindi makahawa.
- Sabihan ang iyong mga naka-close contact o nakasama.
- Magsuot ng well-fitted mask tulad ng N95 o KN95 respirator kung ikaw ay napapaligiran ng mga tao.
- Humingi kaagad ng emergency care kung ikaw ay mayroong emergency warning signs.

**Disclaimer:** <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html#faq>

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# COVID-19 Testing



## Ibig Sabihin ng Resulta ng At-Home Test

### NEGATIVE

Hindi nakita sa test ang virus, ngunit **hindi ito nangangahulugan na walang impeksyon.**

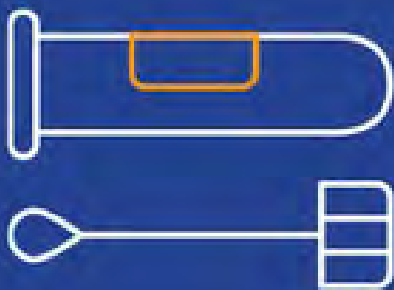
**Ulitin ang test sa loob ng 24-48 na oras.** Ang pagkakaroon ng multiple negative tests ay nagbibigay ng mataas na katiyakan na ikaw ay hindi infected ng virus na nagdudulot ng COVID-19.

Disclaimer: <https://www.cdc.gov/coronavirus/2019-nCoV/faq.html#faq-questions>  
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# COVID-19 Testing



## Ibig Sabihin ng Resulta ng At-Home Test



Kung sa tingin mo ay hindi tama ang resulta ng iyong test:

- Mangyaring kontakin at humingi ng tulong sa test manufacturer
- Ulitin muli ang at-home test
- O humingi ng tulong sa iyong healthcare provider

**Disclaimer:** <https://www.cdc.gov/coronavirus/2019-ncov/need-to-know-questions.html>  
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# COVID-19 Tests



## Kailan ko dapat gamitin ang mga tests?



### Gamitin ang at-home tests:

Kung ikaw ay nakakaranas ng mga sintomas ng COVID-19, tulad ng lagnat, pananakit ng lalamunan, sipon, at ang pagkawala ng pang-lasa at pang-amoy, o

5 araw pagkalipas ng pagkakaroon ng close contact sa mayroong COVID-19, o

Kung ikaw ay may plano na makihalubilo sa mga tao na alam mo na at risk dahil sa kanilang malubhang karamdaman, o sa mga tao na hindi up-to-date sa kanilang COVID-19 vaccines.

**Disclaimer:** <https://www.cdc.gov/media/releases/2022/s0914-testing-at-home.html>

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# COVID-19 Symptoms



## Kailan dapat humingi ng Emergency Medical Attention

Humingi agad ng emergency medical care kung mayroong isa sa mga warning signs ng COVID-19 tulad ng:



- Hirap sa paghinga
- Masakit o mabigat na pakirandam sa dibdib
- Kawalan ng kakayahang magising, manatiling gising, o pagkalito
- Namumutla, kulay-abo o asul na balat, labi o mga kuko

**Disclaimer:** <https://www.cdc.gov/media/releases/2020/s0501-symptoms.html>  
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# ALZHEIMER'S ASSOCIATION



## WEBINAR SERIES



### Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

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

*Understanding Alzheimer's and Dementia*



### Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

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

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



### Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

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

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



### Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

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

*Understanding and Responding to Dementia-Related Behaviors*



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# Save the Dates !



# CAMP ARUGA

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PHILIPPINE NURSES ASSOCIATION OF AMERICA

## Camp Aruga

**North Central Region**  
**June 16-18, 2023**  
**Angola, Indiana**

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Manny Ramos  
Project Manager  
Rosie Antequino

**Eastern Region**  
**August 25-27, 2023**  
**Luray, Virginia**

Members  
Bob Gahol  
Manoita Dayon  
Dr. Warty Remeglo  
Dr. Mary Diosa Ramos  
Arlita Peng

**Western Region**  
**October 20-22, 2023**  
**Sausalito, California**

Advisors  
Dr. Gloria Berlonis  
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**

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

**21ST PNAA  
EASTERN REGIONAL CONFERENCE  
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# "HAYOP SA GALING"

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

JOIN US FOR A NIGHT OF GAMES, FOOD,  
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NOVEMBER 3, 2023 (FRIDAY)  
6 PM - 11 PM

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ASHEVILLE, NC 28806

**DRESS CODE:  
ANIMAL PRINT DISCO ATTIRE**





*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  
BREATH-taking 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 Freepress



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 14<sup>th</sup> International Nursing Conference

**25-26 JANUARY 2024**

Iloilo Convention Center

**Accommodation:** Marriott Courtyard Iloilo

**WE CARE: Filipino Nurses at the Forefront of Global Health**

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