



inside PNAA

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

FILIPINO AMERICAN history month



Breast Cancer AWARENESS MONTH



OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY





EDITORIAL



Greetings! Filipino American History Month, or FAHM, is observed every October to mark the anniversary of the first recorded evidence of Filipinos in America. This celebration commemorates the arrival of the first Filipinos in modern-day Morro Bay, California, on October 18, 1587. Since the arrival of our forefathers, Filipino Americans have served our Nation, fought for our democracy, helped improve our economy, and instilled the importance of family, education, and religion. In Hawaii, where I live, we honor the sacrifices of Filipinos recruited to work as laborers for Hawaii's sugarcane and pineapple plantations as early as 1906. Known as "sakadas," a Filipino term for "lower-paid workers from out of the area," these young men worked under harsh conditions to ensure their families lived comfortably back home. Because of the sakadas, many Filipinos could come to Hawaii and the U.S. to experience the American dream.

To this day, Filipino Americans continue to serve our country. The COVID-19 pandemic demonstrated the dedication of our kababayans, who even put their lives on the line to save others. Let us honor the Filipino Americans' courage, conviction, and contributions to the prosperity of our country. To celebrate this special month, we asked our members to share their stories in this month's newsletter.

This month, we also observe Breast Cancer Awareness Month to promote screening and prevention of the disease. As we all know, breast cancer affects one in eight women in the United States annually and 2.3 million women worldwide. We have several members affected by breast cancer, whether as survivors or know someone close who has breast cancer. We asked them to share their story. We hope to educate as many people as possible about breast cancer risk factors, stress the importance of regular screening, starting at age 40 or appropriate for personal breast cancer risk, and support those who have breast cancer.

Let us celebrate the achievements and accomplishments of Filipino Americans, and let us take care of each other. Mabuhay ang Pilipino!

Bob Gahol
Editor-in-Chief

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ABOUT INSIDE PNAA

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

Our Vision:

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

Our Goals:

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

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President's Message



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

Congratulations! PNA Texas Golden Triangle host of the 19th PNAA South Central Region Conference at the Moody Gardens Hotels, Galveston, Texas, October 14-16, 2022. My deep appreciation to Lorelei "Bebot" Miranda, PNA Texas Golden Triangle, President and the Executive Board 2020-2022. Manny Ramos, PNAA South Central Region VP and all PNAA Executive Board for a very successful 2-Day Conference.

It's the month of October and we proudly celebrate the Filipino American History Month (FAHM). It was in 2009, the U.S. Congress officially recognized October as Filipino American month in the U.S. Did you know? The Filipino Americans are one of the three largest Asian American group in the U.S.? We have so much to be proud as Filipinos in bringing awareness of our roles and contributions in the American history. Various celebrations across the country such as in universities, museums, and community groups bring cultural awareness and Filipinos impact in the U.S. Filipino American nurses have a long and significant contributions in the history of the U.S. particularly in filling in the gaps of nursing shortage for many decades. More than ever, history will bring to light the heroic works of the frontline Filipino American nurses who died of COVID-19 during the height of the pandemic. The Filipino American nurses, who represent 4% of the U.S. nursing workforce had over 30% deaths from COVID-19. As we celebrate the Filipino American History Month let us continue to honor the extraordinary impact of Filipino Americans in the U.S. then, now, and beyond.

October is National Breast Cancer Awareness Month. In 1985, the month of October became the nationally recognized month. The purpose is to increase the early detection of the disease by encouraging women to have mammograms. This is a time to help spread awareness and educate our families, friends, and colleagues on things they should know about breast cancer and what measures they can take to lower the risk.

Remember ... Breast cancer screenings save lives.

Sincerely,

Gloria Lamela Beriones, PhD, RN, NEA-BC
President 2022-2024
Philippine Nurses Association of America, Inc.
22ndpnaapresident@gmail.com

Celebrate Filipino American History Month

Filipino American History Month is observed in October every year to mark the anniversary of the first recorded evidence of Filipinos in America. Filipino Americans are the second-largest Asian-American community in the U.S. and are the third-largest racial group in California. Our contributions are exemplary, and our achievements are recognized and celebrated throughout this designated month.





THE WHITE HOUSE
WASHINGTON

October 1, 2022

Jill and I are proud to recognize Filipino American History Month and celebrate the innumerable contributions and rich heritage of Filipino Americans across our Nation.

Throughout our Nation's history, Filipino Americans have played an essential role in writing the American story. From serving our country in uniform, starting new businesses, and advocating for workers' rights to working on the frontlines of the pandemic as health care workers, first responders, and educators, Filipino Americans have always worked to make our country free and fair, just and strong, noble and whole.

When Filipino American history is preserved and shared, the millions of Filipino Americans that helped build this country can see themselves in the story of America—in a story that makes us a better and more united Nation. Just as they have fought to preserve and share their history, may we all support, celebrate, and honor their contributions.

To the Filipino American community: Thank you for all that you have done to help fulfill the promise of America for all of us. You embody the heart, courage, and values that define our Nation's character, and your culture, history, and contributions help make us "us."

A handwritten signature in black ink, appearing to read "Joe Biden", is positioned above the White House image.





Filipino-American History Month features our Nurse Leaders:



Erlinda Singarajah, PhD, ANP-C, COHN-S has over 3 decades of nursing experience and recently served as the Interim Director of the Phoenix VA Employee Occupational Health (EOH) Department. She currently works as a Nurse Practitioner supporting the EOH and the veteran Environmental Registry Clinic. Erlinda is also a member of the Phoenix VA's Research and Development Committee. She also serves as an Adjunct Faculty staff member of the Arizona State University College of Nursing. She was the past president of the Philippine Nurses Association of Arizona. Erlinda is an executive board member and president-elect of the Nurse Practitioner Section of the American College of Occupational and Environmental Medicine.

Catherine Paler, MSN, RN, PCCN and a bedside registered nurse by trade in the Medicine Oncology Unit at Sentara Princess Anne Hospital. She moonlights part-time as an adjunct Nursing Professor at Old Dominion University and South University. She is a community leader as the 26th President of the Philippine Nurses Association of Virginia, Inc and the current Circle of Presidents Regional Representative of the Eastern Region under the Philippine Nurses Association of America. She also currently serves as Student Outreach Chair under the Virginia Nurses Association of Hampton Roads. One of her recent accolades for her commitment as a pandemic leader led her to be awarded and recognized as a Community Hero by the Coastal Virginia Chamber of Commerce. She enjoys photography, street travel, and most of all family.

Congratulations, Cat, for this well-deserved award inspiring and transformational leadership!





A Believer of Human Caring

by Merly Santos-Llanto, BSC, RN, CCRN*

PNA of Gulfcoast Florida - Advisory Member 2002-Present

PNAGF Co-Founder 1999



There is only one individual that I would not forget when she always mentions about the word 'Human Caring.' Beatriz Miranda, we call her Manang Betty in our chapter and two decades of assuming a role of PNA of Gulfcoast Florida Advisor, is an all-season nursing crusader of Human Caring. She does not only represent her profession, but the whole group of nursing Philippine Nurses Association of America (PNAA) and Philippine Nurses Association of Gulfcoast Florida (PNAGF) as her adopted chapter organization when she retired in 1990's. She became PNAA's 7th President inducted in Las Vegas Hilton, Nevada on June 22, 1992. She witnessed the growth of more chapters like PNA Nevada, PNA El Paso (Texas) and PNA Missouri. She continued the PNAA mission to have educational conferences to memberships extending towards California, Eastern Tri-state, Florida and Texas, as a networking possibility to get to know PNAA. She continued to support the Nursing Agenda for Healthcare Reform as to become a strong voice of the professionals, who know the need of change for a national health care program. I perceived this

as full coverage of human caring, for all the healthcare providers and for the patients they served. From my personal point of view, Manang Betty is a truly an advisor.

Since she joined and chose our chapter to be a member, PNAGF has respected her as a true representative of PNAA. She is fair, visible, perspicacious, and treats every PNAGF member as her own family. If ever she feels the chapter is being challenged, she will step forward to give sound and sensible options that the officers would do to focus again towards its mission. Despite of her age, she is a very energetic lady, she dared to climb the highest point of the Stone Mountain in Georgia, as we all witnessed during the 2019 PNAA National Convention. She continues to be member of many Filipino Cultural events as a performer like Angklung (bamboo instrument) and the Filipino Choir in Tampa. I would say that a truly active Filipino American historian in her own self, wears different hats of achievements and is a role model of every Filipino American Nurses, this is no other than Beatriz Miranda.



*The author is a co-founder of PNA Gulfcoast Florida 1999 and
Advisory Member of PNA Gulfcoast Florida 2002-present*



Jay Larrosa...PNASD Nurse Leader Caring Through Case Management

by Lourdes DePerio MSN, RN
Merlie Ramira DNP, FNP-C, CEN
PNASD Past Presidents



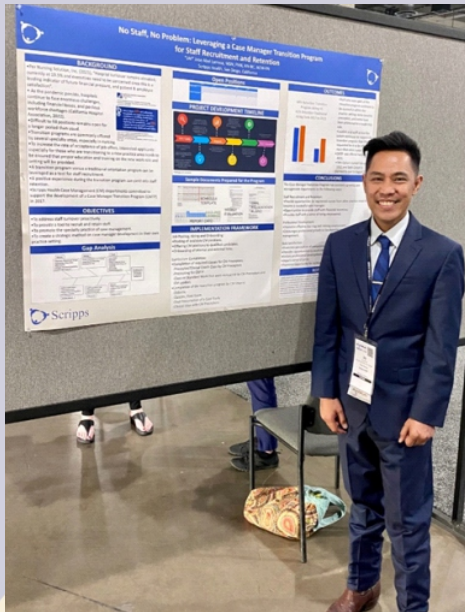
Jay Larrosa, MSN, RN-BC, ACM-RN, PHN, FACDONA

Case managers work to meet patient needs through assessment, coordination, and planning and by evaluating the available options and services. Their involvement helps patients and caregivers make the best choices to manage the complex world of healthcare. Cost is a significant concern, but case managers should not focus solely on reducing costs. Instead, as these professionals advocate for the patient, they can help extend cost savings and other benefits to support systems such as insurance companies and hospitals (Nursing 2022)

The Philippine Nurses Association of San Diego County inc. (PNASD) presents Jay Larrosa as our nurse for FIL-AM History Month. As a nurse for over 23 years with a wide range of experience in leadership and management, he began his career working in long-term care and acute care settings and eventually expanded his experience practicing in the specialty area of case management for the last 15 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. He created and developed the Care Manager Transition Program.

As a leader in case management and transitions of care at the county, state, and national levels, he became a member of the American Case Management Association (ACMA) in 2013 and served as one of ACMA's National Board of Directors for the term 2021-2023 and became President for ACMA's Southern California for term 2016-2018. The organization received its first Chapter Merit Award during his term as president. He provided educational and networking opportunities for chapter members and became involved in the ACMA Chapter Mentor Program.





Case management is always Jay's passion. His continued work in this service led him to several positions on the hospital association's case management committee and as a California Hospital Association's Case Management member. He was appointed Vice-Chair of the Hospital Association of San Diego and Imperial Counties' Case Management Regional Workgroup in 2020. As a member of these committees, he continued to advocate for the needs of communities and other professionals in case management and transitions of care practices, especially during the Covid-19 global pandemic.



Jay's professional experience did not limit him to serving in the realm of case management. With his love of community service, Jay accepted the role as the Chairman of the Philippine Nurse's Association of San Diego (PNASD) Mental Health Advocacy Committee (MHA). This committee is the first of its kind in response to providing education, understanding, and awareness of mental illness and mental health. Active and committed core members signed on to be involved. Jay and members developed the MHA

Mission statement: to raise awareness of the existence of mental illness, to provide support, resources, and accessibility, to empower the family and the community living with the challenges of mental health disorders through education, and to provide caring and culturally competent mental health and wellness services. He developed three Mental Health Education Webinar series and invited speakers who are experts in the field of Mental Illness and Mental Health. Upon completing the education series, Jay finalized the Mental Health brochure entitled "Mental Health Matters," a resource material for distribution during community outreach activities. Mental Health and Wellness Community Fair is on Jay's calendar of events for 2023 and is currently in its logistics planning stage.



Jay Larrosa's presence as a nurse, a case manager, and a community leader demonstrated his purpose to make a difference in patients' lives and collaborate with dedicated stakeholders. He learned to effect change for the good of many and ventures that promote holistic wellness. He is a model of humility, kindness, professionalism, strong leadership skills, and confidence to achieve positive outcomes. He is well deserving to be included in Fil-Am History Month. PNASD is forever proud of Jay Larrosa for leading this organization for years to come... a **TRUE PNASD PRIDE**.

FILIPINO-AMERICAN HISTORY MONTH



PNASD Dr. Merlie Ramira ... "Making a Difference One Day at a Time"

by **Lourdes DePerio MSN RN**
PNASD Past President



Merlie B. Ramira, DNP, FNP-C, CEN


County of San Diego COVID-19 Vaccine Clinical Advisory Group
Interim Nurse Evaluator IV and Field Office Administrator
Clinical Assurance Division, Department of Health Care Services
San Diego Field Office


The Philippine Nurses Association of San Diego County, Inc (PNASD) is never short of stellar leaders who will make a difference one day at a time to move the organization to the forefront of science and technology. Dr. Merlie Ramira, DNP, FNP-C, CEN, has significantly contributed to changing practices to align the organization with future trends, practices, and global healthcare demands.

As a former PNASD President from 2014-2016, Dr. Ramira transformed the logo to reflect the mission and core values of the organization, updated the membership category to inclusivity to all RN members, and organized the Student Leadership council. She is an adviser to the students, guiding them as they pursue their education. After her tenure as President of PNASD, she became the Philippine Nurses Association of America (PNA) Western Region Vice-President. She visited several chapters, assessing their needs and progress and helping create programs for their members while simultaneously reigniting and reactivating members' interest in joining PNA and creating additional chapters for PNA. During 2020 amidst the Covid-19 pandemic, she volunteered as Chair of the Planning Program, PNA Virtual National Convention, July 2-5, 2020, which achieved a remarkably successful outcome being the very first virtual experience in the history of PNA. She remains active with PNA as a member of the APN Committee, PNA Legacy, Adviser to PNA Western Region, and other PNASD committees.


Community Conversations on COVID-19 Vaccinations
Monday, June 28 at 1pm HT / 4pm PT / 7pm ET

Featuring:

 **Dr. Dominic Mack**
Morehouse School of Medicine





 **Dr. Merlie Ramira**
Philippine Nurses Association of America Foundation

Facilitated by:

 **Juliet Choi, President and CEO**
Asian & Pacific Islander American Health Forum

This event will have Tagalog language interpretation available

Register at: bit.ly/JuneCommunityConversations



During the pandemic, San Diego Health and Human Services appointed her as a member of the County of San Diego Covid-19 Vaccine Clinical Advisory Group. She also serves as PNASD Adviser to the Covid-19 Task Force. During the height of the Covid-19 pandemic, Dr. Ramira contributed to promoting PNASD locally and nationally by providing vaccination and education to diverse communities. She developed webinar programs on Covid-19 in collaboration with the Philippine Nurses Association of America (PNAA), Philippine Nurses Association of America Foundation (PNAAF), Asian American Pacific Islander Health Forum (AAPIHF), County of San Diego, and Sharp Healthcare. Her outstanding work in the community, among healthcare professionals, and the public did not remain unnoticed by the county. She received an award from Dr. Wilma Wooten of the County of San Diego 2022 Live Well 21st Annual Public Health Champion Awards Ceremony. As stated by Dr. Wilma Wooten, MD MPH, Public Officer, Public Health Services San Diego County, "the honor has been bestowed in recognition of your tireless efforts in developing recommendations for the equitable allocation of the Covid-19 vaccine in our region."



Posters Presentation

Diversity, Equality, and Inclusion had always been her focus in practice. In June 2021, Emergency Nurses Association (ENA) Connection published an article titled, Culture of Care featuring Dr. Ramira. In the article, she mentioned that Filipino nurses brought their community-oriented perspectives (Bayanihan) to their workplaces. They are culturally reluctant to say no if someone asks for help; if supervisors ask them to work overtime or an additional shift, they will gladly say yes to help their co-workers and to take care of patients."

On the academic side of her career, she is a former director and nursing professor in the Master of Science in Nursing/Family Nurse Practitioner Program at the United States University in San Diego. Her passion for diversity and inclusivity resulted in a research study. The Journal of Cultural Diversity published a peer-reviewed article titled "Challenges, Barriers, and Satisfiers of Foreign Educated Physicians Transitioning to the Family Nurse Practitioner's Role in the United States." The study reflects her passion for making a difference in the success of nursing students beyond borders. Graduates from this program are now working as family nurse practitioners and making a difference in health care. Through USU initiatives, Dr. Ramira and a colleague visited several schools and hospitals in the Philippines and met with Deans of various universities and nursing students to discuss the online nursing courses and the nurse practitioner program.



Philippine Nursing Students



Research Day/Posters presentation with students



Deans from the Philippines

As an adjunct clinical professor at Southwestern College Associate Degree Program in Chula Vista, she continued to share her expertise in Medical-Surgical, Critical Care, and Emergency Nursing. She kept her clinical practice current as an Emergency Nurse Practitioner (ENP) at Sharp Hospital in Chula Vista, California. As a Lead (ENP), she implemented the use of NPs and PAs in the emergency department, resulting in a reduced bottleneck, increased financial reimbursements, a reduced number of patients leaving without being seen, and improved patient satisfaction. Dr. Ramira was recently promoted to Interim Nurse Evaluator IV and Field Office Administrator in the Clinical Assurance Division, Department of Healthcare Services, San Diego Field Office, managing and supervising nurses in providing healthcare services to Californians.



Dr. Ramira's outstanding example of a culture of caring and making a difference for PNASD leadership and other committees to succeed and serve purposefully is a gift. She is PNASD's Nurse Leader for the Fil-Am History Month.



PNASD Family



PNA Tampa Honors Elizabeth Remo During Filipino-American History Month 2022

by Gealdina Irvine, MSHSA, BSN, RN



Elizabeth Remo, DNP, APRN, FNP-BC is one of the multi-talented members of PNA Tampa. Liz Remo as she is fondly called by her PNA Tampa friends is the current chair of the Professional Development Committee. She is very well credentialed and has contributed her talents in different PNA TAMPA activities.

She is a cum laude graduate at the University of South Florida and attained a doctorate's degree in nursing practice with a focus on preventive cardiology on December 2015. She has a master of science degree and became a board certified family nurse practitioner before attaining her doctorates degree. She earned numerous awards from different associations; Daisy award nominee twice, College of Nursing Service award to name a few. She was also inducted to the Sigma Theta Tau International Honor Society in Nursing. She is currently an Assistant

Professor and Neuro Cardiac Program Coordinator at University of South Florida. She is currently employed as APRN Neuro Cardiac Program coordinator at USF College of Medicine and as APRN consultant for the Florida Cardiovascular Institute/USF Department of Cardiology, USF Physicians Group. She also works as APRN for the Pulmonary and Sleep of Tampa Bay.

With her very busy professional nursing commitments, she still found the time to join PNA TAMPA and contribute her expertise and various nursing experiences to our members. She volunteered to be the speaker a few times during our General Assembly and Educational Program. She served on the board of PNAA South Central Region Education Committee as Chair Representative since 2020. She attended their meetings and she contributed her multiple nursing knowledge in advance nursing practice.

Her one true joy is her daughter Ava who has brought happiness to her life and even involved her in several PNA Tampa's activities during Nurses Week, Annual Philfest in Tampa, Sto Nino Festival to name a few. Her role

models are both her parents who instilled in her the values of perseverance to achieve all her dreams with the help of God Almighty. Both her parents are very involved in several events sponsored by the Filipino community in Tampa. Her dad even served as one of our speakers during our Educational Program and presented the topic on finance for better retirement life. She certainly deserves to be honored during the Filipino-American History Month for she is definitely one of PNA Tampa's jewels who continues to shine in our organization. Thank you, Liz for being one of us!



Liz Remo, daughter Ava and sister-in-law during Nurses Week 2022 honoring our nurses at St. Paul Catholic Church in Tampa, Florida



Filipino Nurses from Around the Globe

by **Arlin Fidellaga, BSN, RN, CNOR, CMH**
Associate Editor, InsidePNAA

It is with great honor and excitement that I kick off the new term 2022-2024, with featuring a Nurse from our neighboring and sister country of Canada.



Dr. Wilfrida (Freida) S. Chavez, RN, MHSc, DNP, FAAN

Professor Emerita

Lawrence S. Bloomberg Faculty of Nursing

Dalla Lana School of Public Health

Temerty Faculty of Medicine, Dept. of Family and Community Medicine

University of Toronto | freida.chavez@utoronto.ca

President and CEO, Freida S. Chavez & Associates International

Dr. Freida Chavez is a leader in global health/nursing and brings a unique combination of health systems leadership, policy, academic expertise, and board governance. Dr. Chavez was the Inaugural Director of the Global Affairs Office, LSFON, University of Toronto. She pioneered the development of innovative and sustainable global partnerships and forged successful inter-professional global collaborations and teaching/learning across the world including Brazil, India, China, Ethiopia, Japan, Oman, Spain, Philippines, Thailand, USA.

Championing curricular reform to transform health professional education, she implemented innovative inter-professional courses in Global Health and Primary Health Care. She authored the World Health Organization's publication, *Inter-professional Collaborative Practice in Primary Health Care, Nursing and Midwifery Perspectives*. Drawing upon her global perspective and familiarity with policy processes, she assisted the International Council of Nurses in drafting health related interventions for the 64th United Nations World Health Assembly and presented to world leaders and country delegates.

Passionate about the need to transform health professional education and practice with a global perspective, Dr Chavez uses critical pedagogy in spearheading the integration of global health in the curriculum. Her work in curricular development and innovation includes leading a Brazil- Canada collaborative project on Nursing Leadership and Capacity Building in Primary Health Care, working with inter-professional service providers, academia and government, and. co- leading Family Medicine & Inter-professional Primary Care in the Global Health Context.

Her recent publications and presentations include Advanced Practice Nursing, Critical Perspectives in Global Health, SDGs and Nursing, Systems Leadership, Inter-professional Collaborative Practice, Professional Nursing Doctorate, Nurses, and Health Care Workers as Global Citizens. She is a Co- PI on a CIHR funded project to develop guidelines to strengthen health care workers' capacity of managing COVID-19 in low-and-middle-income countries.

Dr. Chavez was a Visiting Scholar at Yale University School of Nursing during her 2017/18 research and study leave. She also holds Visiting Professorships and Adjunct appointments in the USA and internationally including Johns Hopkins and Case Western Universities in the USA, University of Lleida in Spain, and Prince of Songkhla University in Thailand.

Her awards include an inaugural award of excellence for demonstrated outstanding leadership and achievement in health care and significant contributions in related areas of healthcare. Dr. Chavez is a Fellow of the esteemed organization, the American Academy of Nursing.

Leveraging on her strengths, Dr. Chavez takes a vision to reality as the Founding President of the National Catholic Nurses Ass. Canada (NACN- Canada), and the Philippine Nurses Association Canada (PNA- Canada). She is also on the Board Executive of CareFirst Seniors and Community Services Association where she is the founding Chair of Equity, Diversity, and Inclusion Committee.

Drawing on Dr. Chavez global health experiences and strong relationships sustained over decades, she started a consultancy, Freida S. Chavez & Associates International. Her work includes scaling/linking universities/organizations giving growth and advice in internationalization strategies, graduating nurses as global citizens, developing curriculum that integrate global health issues and inter-professional collaborations.

As with all my other features, I presented Dr. Chavez with the following interview questions, so let's get to know more about this incredible woman...

- Have you always wanted to be a Nurse and who inspired, motivated or convinced you to be one?
Like many Filipino families, my family is in the health profession. My Dad was a physician, and my mom was a pharmacist. My family encouraged me to follow my dad's footsteps as a physician but as the eldest of seven kids, I thought it was too long a journey. I thought - younger siblings will finish before me, and I was sensitive to consuming too many resources that might compromise what may be left for my younger siblings
- What about your current job do you enjoy the most, challenge you and what could be made better?
I am very fortunate to have had a very rewarding progressive career in practice, leadership, and academia. I am a recent Professor Emerita from the University of Toronto. I loved everything about my job including: teaching learning globally, relationships with diverse colleagues, contributing to knowledge production and service delivery, and leveraging on strengths and relationships in making a difference in the health and wellbeing of people.

While I am enjoying "preferred-ment" instead of the official retirement from the University of Toronto, I continue to be engaged in collaboration with colleagues on exciting important initiatives that we hope to make a positive impact on health equity, population health, and wellbeing.

started a consultancy, Freida S. Chavez & Associates International. My continued work with colleagues includes scaling/ making connections with universities, developing curriculum that integrate global health issues & inter-professional collaboration.

- Being away from our native country the Philippines, what activities do you do to make you feel like home, or help you reminisce about the wonderful times of being home?

Enjoying Filipino food and support Filipino restaurants, keeping updated of Philippine news and current events. Advocating and working for greater representation of Philippine Nurses.

- Do you have a Filipino network, community, where you are?

As we are actively forming the Philippine Nurses Association Canada, 'I would love to see more representation in leadership, policy, and academia here in Canada. While we are represented well in the frontline, I feel the voices from these priceless experiences need to be heard and integrated. I did not see folks from the Philippines, who look like me in my journey as a health, social care leader and in academia.

- Is there a Filipino organization, association that exist in your part of the world that you could perhaps be a member of?

I am inspired by PNAA and grateful for their support as we form the Philippine Nurses Association Canada.

- The profession of Nursing has been recently challenged with a devastating pandemic which has added on to the already stressful nature of our work, how have you stayed focused, recuperated with the great demands of the job and what do you do to de-stress, power up and go on again?

I have kindly accepted invitations from media like Omni Filipino TV to speak about issues including Mental Health Impact of COVID 19 on nurses and health workers, Vaccine Equity, Increased Representation of Filipino nurses in leadership roles and academia.

- Did you have an active part in the fight against the Covid 19 crisis? If yes, what was your greatest fear, your biggest concern and the greatest accomplishment/contribution that you felt was worthwhile?

COVID 19 exacerbated the problems of a broken health and social system: nursing shortage, lack of public health emergency preparedness and the impact on our nursing colleagues not to mention the death toll of COVID 19. Additionally, I was concerned with issues that highlighted health inequity like the vaccine inequity of lower income countries like our Philippines. I was CO-PI for a Canadian Institute of Health Research on developing integrated guidelines for health care workers in hospital and primary healthcare facilities in response to the COVID-19 pandemic in Low- and Middle-Income Countries (LMICS). The first pilot site was the Philippines.

Given the growing awareness of relationship between determinants of health, health workforce shortage, community health and hospital crisis, I am also engaged in an evaluation project of a high priority strategy committee of community based trans-disciplinary health and social agencies who work with vulnerable marginalized communities. There is an abundance of literature on patterns of low-income and racialized communities faced increased risk to COVID illness, hospitalization, and death.

Dr. Chavez additionally shared that Nursing has opened a lot of opportunities for her including non-traditional roles. Leveraging on successful experiences and incredible relationships that she has sustained over decades, she started a consultancy, Freida S. Chavez & Associates International. Her continued work with colleagues includes scaling/ establishing connections with universities, developing curriculum that integrate global health issues, and inter-professional collaboration.

To learn more about the Lawrence S. Bloomberg Faculty of Nursing, please visit
<https://issuu.com/bloomberg>

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Editorial Fellowship Opportunity for 2023

Are you interested in learning more about scholarly publishing? The editors of the **Journal of Obstetric, Gynecologic & Neonatal Nursing and Nursing (JOGNN) & Nursing for Women's Health(NWH)** both published by the Association of Women's Health, Obstetric and Neonatal Nurses, are launching a joint editorial fellowship in 2023 to mentor early career scholars. The editors' goal is to assemble a diverse cohort of qualified applicants and to increase representation of individuals from historically underrepresented groups in scholarly publishing. Applicants from these groups are strongly encouraged to apply.

Applications are due November 30, 2022.

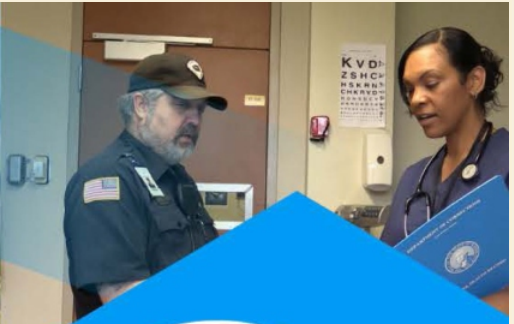
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October



BREAST

CANCER



AWARENESS

MONTH

this is my story



Jasmine's Journey with Breast Cancer - Our Story

by Teresa Ignacio-Gonzalvo, BSN,RN,MPA
Associate Editor, Inside PNAA



At 39 years of age, our youngest daughter, Jasmine Diane Gonzalvo, PharmD, CDCES, BCPS, BC-ADM, LDE, FADCES, Director of the Center for Health Equity and Innovation at Purdue University, was diagnosed with breast cancer. Mammograms are done when women reach the age of 40. So, she never had one done yet. Indeed, it was very devastating to hear this news, for one so young, healthy and vibrant, with her life as a mother of two amazing daughters, wife, clinical professor of pharmacy practice, making a difference with the underserved in the community. Oh no!

It truly takes family and their community of friends to achieve this successful journey, with resilience, determination, courage and true grit! With doctors' appointments, research, consultations, conference calls, networking, more conversations, prayers in putting together the best plan of care, Jasmine decided to undergo a mastectomy on her left breast. Under COVID-19 precautions, with no visitors allowed, she came through with flying colors, ambulatory on post op day one and responding to work emails, recovered well from surgery. Her sister Monica, anticipating the need for a wig, together with dear friends, had their hair cut short and ordered a wig to be made. A Meal Train was started, her favorite music and uplifting songs were made into a playlist, a blanket with inspirational quotes was specially made, plus more flowers, cards, books, pillows and blankets... It truly took a village to provide Jasmine, her husband Jay, daughters Polly and Araceli, the physical and moral support they needed to get through and fight this awful disease. This journey started before the Christmas season and surgery was in January, in the midst of winter in Indianapolis. She discovered drops of blood on her pajama top, nothing was palpable because it was ductal!

My role was supportive, be the mother and to be present when needed, help with the care of the kids and housekeeping responsibilities. Prayers and more prayers! Many thanks to family and friends for their prayers and support. PNAA, through Tita Ampy dela Paz, included Jasmine in their prayer warrior group. I distinctly remember Jasmine's words when I asked her what I could do for her. She stated that, "I need a mom, not a nurse." So poignant! Thus, I took a Leave of absence as Chair of the PNAA Ethics Committee. Thanks to PNAA president Mary Joy Garcia-Dia and the amazing Ethics Committee members who continued to move forward with the work of the team!



Radiation Therapy was next. For Jaime and I, it was an emotional and physical roller coaster, selling our home, moving from Virginia Beach, building a home, COVID-19 precautions, selecting a PCP and adjusting to all that was happening.

Her amazing family and friends took turns in driving her to her treatments. She was never by herself when receiving radiation. Blessed indeed!

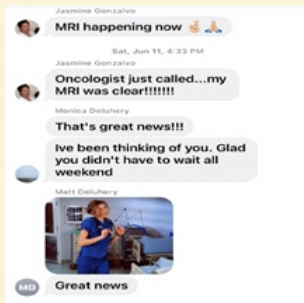


These pictures reflect her last day of radiation in April when she rang the bell at the Radiation Oncology Clinic. It broke! That was a sign! The end! Family and friends surprised her outside the clinic with pink confetti, balloons and flowers. The staff even had teddy bears for the girls. A single pink balloon got away from the bunch and floated to the ceiling. Another sign-goodbye cancer!



“ I need a mom, not a nurse”-Jasmine

Timely and ongoing communication is critical. Appreciating technology when needed! Yay!!!!



Though Jasmine's cancer survivor journey continues, still vigilant and monitoring-for now, this is Our Family...celebrating at our new home! We are grateful for life, family, friends and all our blessings! Deo gratias!



Adora, The Smiling Breast Cancer Survivor

by Gealdina Irvine, MSHSA, BSN, RN
PNA Tampa



Fashionable Adora Rilveria attended the Sampaguita Ball 2022 at the Bayanihan Arts Center in Tampa



Adora Rilveria attended the graduation of one of her grandsons

Adora Rilveria is one of the long-time members of PNA Tampa. She gives her unconditional support to our organization whether it is by way of donation or participating at almost all of PNA Tampa events. Her positive outlook in life is quite admirable as a two time breast cancer survivor for seventeen years and underwent a bilateral mastectomy with lymph node resections. She took care of her husband when he became very sick who is now deceased even as she was battling with cancer herself and underwent eighteen chemotherapy treatments. Her family had a hard time coping while she is battling with cancer but with prayers and her positive outlook in life, she was able to help them deal with her cancer journey. She is now cancer-free and she believes it is God's blessings that helped her on this journey.

Adora graduated with a Bachelor's degree in Nursing in 1962 at Ortanez General Hospital School of Nursing. Two years after she graduated from nursing, she immigrated to the United States and worked at Jersey City Medical Center in New Jersey as staff nurse in ICU. Later she transferred to Robert Wood Johnson Hospital and worked as staff nurse in CCU for many years until she retired. Few years later, she moved to Florida and started getting involved in the Filipino community. She joined PNA Tampa and challenged her musicality by joining Musikong Kawayan, a bamboo musical ensemble at the Bayanihan Arts Center. All of the band members have to learn how to play the bamboo instruments.

Currently, Adora enjoys visiting her grandkids from her two children and divides her time visiting them in Apollo Beach and New Jersey. Her grandkids are the constant joys in her life and brings her so much happiness. This is probably one of the reasons that Adora is always smiling and exudes such positivity for the people around her. She is a role-model to all our members with her constant support of PNA Tampa and she wants to show them that you can do a lot for your organization by being an active member of an organization and as one of the Board of Directors of PNA Tampa. **Thank you, Adora for everything you do for PNA Tampa!**



Life Touched by Cancer: A Spiritual Journey

by **Ampy Agapay De la Paz, MSN RN**
9th PNAA President (1991-98), PNAA Advisory Council



The lights & fireworks on NY Times Square sparkled as my husband and I watched the ball dropped to announce the arrival of the New Year 2002! Singing the Auld Lang Syne with a toast to the New Year, we took a last sip of our glass of champagne and went to bed, only to be awakened by the ringing of the phone. A phone call from the other side of the world, our brothers and sisters calling with best wishes for the new year! As I turned to reach for the phone, I accidentally felt a bump as my hand brushed against my chest. While my husband talked on the phone, I sat up and palpated my chest to find the bump I felt. Oh God.... There, I found it... a small lump on my left breast! Calmly, I took my turn talking to our siblings and went back to bed. Not a word to my husband about my new found discovery of a lump on my breast. I needed to think on how to tell him and our children about the arrival of this intruder that was about to disrupt our family life, my personal and professional life, my whole life! First and foremost, I had to get a confirmation that my suspicion was the dreaded C-word.

Welcome 2002! Happy New Year! Looking forward with great anticipations and positive expectations for the promises of the New Year. (Really?) Could I truly say that under the threat of this new thing (C-word) in my body? I spent New Year's Day with my husband doing our customary holiday traditions, though my mind was miles away in deep thoughts of the many converging and driving forces of my life – as a wife, mother & a “Lola” to two small lovable grandkids; my job, as Chief Nursing Officer for a 2-hospital system corporation; my professional life, as PNAA Executive Director, USTNAI President, as well as, my commitments to various civic & community organizations. These forces gave purpose to my daily life. Now, I am faced with an uncertain future. I grappled with many thoughts in the solitude of my heart and mind. Forever a people person, I did not worry of myself, or what was unfolding within my body nor what was going to happen to me. My concern was for my loved ones, my family, and for all the people in my life - employer, co-workers, nursing colleagues and friends. People who have touched my life!

Day after New Year was D-Day and will forever be a red-letter day in my book! At work that morning, I started with a call to my private doctor, who promptly ordered stat chest-ray, immediately followed by an ultrasound. Within an hour, the Medical Director of Radiology confirmed my suspicion.... Breast Cancer, Stage I. Oh my God! I am the first in our family to have a breast cancer diagnosis! At 10:00 am, the OR Director called my office to confirm my OR schedule at 11:00am. Scheduled for what? Scheduled for a Breast Biopsy and the surgeon was on the way to the hospital was the response I got. What? Wait-Stop! Not so fast! I have yet to inform my husband and children about this. Though gratefully thankful for the unexpected deluxe treatment,

I wondered, if the medical & nursing staff would have acted so quickly in getting me through the system and handing me a breast cancer diagnosis within an hour, had I not been the Hospital CNO. I ended my day, with a talk to the Human Resources Director about my medical leave of absence and hospital insurance benefits. On the way home, I mentally rehearsed how I was going to break the bombshell news to my husband.

My husband was already home when I arrived home. I cooked dinner while we exchanged stories about our work day. We had a good dinner. After dinner, I followed my husband to the living room, sat down with him and calmly told him about my cancer diagnosis. He was calm and quiet, but his face said it all! After getting our bearing and emotions under control, we called each of our three children to inform them. Our son, a nurse, took it calmly, our middle daughter, a PT, got very emotional & cried, and our youngest daughter, an engineer, took the “lump on my breast” to mean that I suffered chest injury from a bad fall! She too cried after getting a short explanation of what a breast lump mean. Seeing the devastation and shock my illness brought to my family, I empathically said to them “Breast Cancer is not a death sentence!” in hopes of reassuring them. Continuing, I added everyone gets sick! God chose breast cancer for me, where it could have been heart failure, liver failure or other equally devastating illnesses. I found myself the “Comforter” for my family in shock. I called on to God for strength & courage to sustain and strengthen me for my family. That night, I fervently prayed and had a conversation with God. I thanked Him for choosing to give me the illness and not to my husband nor our children. I thanked Him too that it was breast cancer, sparing my brain, heart, kidneys and/or other vital organs that I could not live without. I told him that I was fully and willingly accepting to carry my cross of illness, but that I cannot do it alone without him. In all these times, I felt strong & stoic, no tears came to my eyes. The question of “Why Me?” never crossed my mind. I skipped the Stages of Denial and Blame straight into the Stage of Acceptance. In the back of my mind, I could hear my mother's words telling me growing up that “God will not put you in a situation where the grace of God cannot protect you.” God gives us what he knows we can handle. I felt God's presence! I knew he was with me, listening to my prayers for strength, courage, and for him to walk me through it all.

After having informed my family, I focused on top priorities on my to do list. First, my employer, the hospital CEO and all the nursing managers about my anticipated medical leave from work. Then, I informed then PNAA President Pete Calixto & the Executive Board & Advisory Council with a notice of my intent to resign as Executive Director. My resignation was promptly denied and I was placed on leave of absence instead. Next, I sent out prayer request emails to all my relatives, friends, and everyone I knew. I firmly believe in the power of intercessory prayer. Soon, prayer cards, blessed candles, statues of the Blessed Mother and various saints and other sacramentals were pouring in, not to mention phone calls, emails and home visits from friends bringing gifts of fruits, flowers, plants, and other goodies. What a heartwarming feeling it was being a recipient of such love, support, comforting words, and prayers of my many relatives and friends from many parts of the world! I was gratefully thankful and felt so very blessed and loved!

Hectic days and months followed my referral to the MD Anderson Cancer Center, the Mecca of Cancer Treatment! During my initial call to MD Anderson, I was told the calendar for new patients was full and it would be a month before I could be given an appointment. A month? By then, my body will be riddled with cancer cells! (I thought). It was time to use my clout and connections! I called my friend who was PACU Director at MD Anderson and told her my plight. She told me not to worry, assured me of her support and promised to call me back. She sure did within an hour with the date of my first appointment and the name of my breast surgeon! Somebody up there was watching over me! Breast biopsy, followed by a battery of laboratory & radiologic diagnostic staging procedures to further define the location and extent of the cancer... was it localized, has it spread to other vital organs... were done. While going through these, I told my husband & children to stay on their jobs, insisting that I could go through the whole staging procedures by myself. I will call on them for assistance, if I needed help. So, every time I got into my car for my series of appointments, I talked to our Lord first, saying” Lord, watch over me, stay with me and lead the way to where I need to go.”

Everything gradually fell into place like clockwork.... After the completion of all the staging procedures, diagnosis was confirmed, plans for surgery followed. Cancer Care Classes for me and my husband were set up preoperatively to teach sterile technique for care of Porta-Cath and operative site. One night prior to surgery, however, I could not fall asleep, my mind was on overdrive, I was restless. It was then that I cried out to our Lord and asked, why I was having sleepless and restless night, when I had fully accepted my illness and resigned myself to his holy will? When I opened my eyes, behold standing at my bedside, was our Lord Jesus, wearing a white robe and a red sash around his shoulder. I could not move. He stood over me for a moment, smiled and whispered "Rest now, go to sleep" as he ran his right hand over my blanket as if telling me to keep calm. I fell asleep soundly after. When I arrived at work that morning, my office secretary followed me to my office with an astonished look on her face! She asked me what was going on with me. Before I could answer her, she said that when I walked into the office, my stride was light, my face looked so peaceful and she saw a glow around me especially around my head. I looked at her and remembered my midnight visit of our Lord Jesus. I sat her down and told her that Jesus was with me last night! I will forever hold that vision of our Lord God standing at my bedside that night to set me free from all the cares and anxieties about my illness.

Surgery was done and uneventful. A month later, the (6) rounds of Chemotherapy was started. It was administered on a titrated dose by IV to last 72 hours. The IV med was hooked onto a fanny pack & belt placed around the waist. I went home with it, did errands with it, and on a couple of occasions even went to work with it on. At the completion of the chemo infusion on the third day, I returned to the hospital for the removal of the IV paraphernalia. Chemotherapy was done every three weeks, provided my white blood count was within good range. I was very blessed that my blood count held its ground, so there was no delay on the treatments. Like any other patient on Chemotherapy, I experienced unpleasant side effects of the treatment. Loss of hair was #1. I remember seeing clumps hair on my pillow upon waking up in the morning that I asked my husband to shave off all my hair to the consternation of our 5-year-old granddaughter. With a horrified look in her eyes, she begged her Lolo to stop shaving my hair. To reassure her, I told her that I wanted my hair shaved, so I can grow curly hair! Satisfied with my response she went back to play! Another was Brain Fog! Though I did not suffer any nausea, sores in the mouth, and other GI disturbances, I felt the effect of the chemo meds on my memory. Those chemo side effects were sources of laughter for our family. My husband, always with his sense of humor, teased that he was going to go bald to show his support and family unity. He helped me shopped for fashionable hair wigs, which our preschool granddaughter loved and begged to have when I was done with it. Funny too, that when I got mouthy & nagged about something displeasing, he would promptly stop me by saying "Hoy, Kalbo tama na. I heard you." and the whole household erupted into laughter. I thanked God, that our family found joy and laughter amid the fearsome cancer in our lives. Thanks to the good test results of my hormone receptors, I was spared from Radiation Therapy. After the completion of the IV infusion of the 6th & last dose of my chemo treatment, all the IV paraphernalia and the Porta-Cath were removed. Graduation Day from my successful and uneventful Chemotherapy Treatment! I left the hospital and was driving home in heavy pouring rain when I suddenly found myself crying my heart out for the very first time since my diagnosis. It was my thankful and grateful realization that God did stay with me, watched over me and walked me through it allas I have fervently prayed him to do for me!!

Now 20 years later, I look back on my cancer journey and how it changed my life. How I stood strong head-on with the earth shattering diagnosis of breast cancer, sustained & comforted my family from the shock & fear of losing me to cancer, met and overcame the challenges of my personal and professional commitment to my job and professional organizations, triumphed over the pain & suffering of cancer treatment, gratefully thanked all my prayer warrior friends who lifted me up to God in prayers, expressed deep appreciation for the medical, nursing & hospital staff who gave me Deluxe Treatment, expedited & facilitated my access and treatment through the "red tape" in the complex hospital systems, and most of all, gratefully thanking our Almighty God for all he has done for me, for all he continues to do with my life and for his future plans for me that only he will reveal in his own time. Cancer was a life changer! The chaos, fear, anxiety, laughter, and triumphs that cancer brought, helped me learn a lot about myself and defined myself.... the height of my

convictions, the inner strength of my character, the breadth of my relationships with family and friends and above all... the depth of my faith and trust in God Almighty! Surviving cancer, made me realize that God had other plans for me. In return for all his generous blessings, I decided to pursue a worthwhile cause to give back to the community by using my God-given talent... Crocheting! In 2008, I launched my "Crochet for Charity" Fundraising Projects for the Filipino Cancer Network of America Metro Houston (FCNAMH) and later for the PNAAMH Foundation (PNAAMHFI). I joined my Parish Catholic Church Crochet Ministry in volunteer works making various crochet projects for donations to nursing homes, hospitals, women shelters, for the poor & homeless and serving many other needs of our parish Community. I also belong to Prayer Warrior Groups that pray for all those afflicted with cancer. Cancer touched my life in a most profound way! It transformed me to live my life with purpose and meaning ... a life of being the best I can be and being of service to my family and others, inspiring and encouraging people whose lives, like mine, was touched by cancer. My cancer story was a spiritual journey!



Pictures of my Crochet for Charity Fundraising project for both FCNAMH & PNAAMHFI



Before & during cancer with my hair piece; picture at a PNAAMHFI convention



My Journey as a Breast Cancer Survivor

by Yolly Maron, BSN, RN
PNACC Membership Chairman 2020-2022



On February 12, 2001, I had lumpectomy and axillary lymph node dissection for carcinoma of the left breast. The pathologist was in OR for frozen section. There was a well-defined tumor mass about 1.7 cm. The tumor was in the deep aspect of the specimen, free of deep margin by about 1 mm. There was no gross evidence of metastatic tumor in 3 or 4 grossly identified nodes. Histology of the 6 o'clock left breast mass was an infiltrating mucinous carcinoma, SRB Grade II. Thank God, it could be worse! Many mucinous carcinomas are treatable. They're usually less aggressive than other types of cancer.

It was a simultaneous surgery done to me that day. The OR was crowded, I was told, me being just 5'2". The surgery team working on my breast and finished ahead of the OB/GYNE team who did hysterectomy for endometriosis. I bled and was given 2 units of PRBC in OR.

Before any surgery happens, one must undergo tests and procedures. I went for mammogram, ultrasound, US guided cyst aspiration, fine needle aspiration and US guided core biopsy. Those were done in 5 different occasions.

Being diagnosed with cancer is a very scary thing for me, even now. During that time, we just arrived in the USA in April 2000. We got health insurance after 3 months of work. We went to see our primary doctor and I was referred to OB/GYNE. We were 5 years married at the time and I was a bit late in my biological clock. I was 32 ½ when we got married. We were holding off having children while we were in the Middle East for the purpose of coming to America. We decided, now is the time to start a family. We had limited friends at the time and the people who gave us emotional support were newfound friends at work. Telephone bills were high as I was calling my family back home on a landline frequently. There was no Messenger then. It was from them I drew strength. Prayer and my strong faith in God got me through.

Six weeks after surgery, I had my first chemotherapy. I went back to work a day after my first chemo treatment. I almost collapsed at work. Almost did not finish my med pass. Thanks to the goodness of my coworker, she covered for me. I overestimated what my body can do. I felt so weak that shift. I was



working in a SNF of 150 beds, a very fancy place at the time, newly opened. I called in sick 2 days in a row as I was feeling weak. I called the oncology center, and I was given 9 months of disability, but I came back to work within 6 months. I had 3 chemo at 3 weeks interval then radiation therapy everyday for 30 days and then resumed chemo for 3 sessions more. Sitting on the chemo chair, I thought I was the youngest patient, oh how wrong was I! There were 18-year-old patients and I forgot, there were children affected by cancer as well, but they were not in the same oncology center I went. The

dreaded hair loss was minimal. I vomited in church at one time. I had to let the ER nurse know that I am on chemo in times when I had an ER visit. They had to put me in protective isolation as I was susceptible. Yes, nausea and vomiting got me, and the dehydration made me become prone to UTI. Personal hygiene was of the essence. Of all the chemotherapy side effects, fatigue had the biggest impact on me.

Let's talk about the emotions of a cancer patient. I was anxious and they said it was normal to feel emotionally drained when dealing with cancer. I was depressed and at the same time hopeful and thankful. I was hoping and praying that there will be no recurrence. I was thankful for the people around me, for the availability of resources and the health insurance we had.

Looking back, what did I do? I was doing self-breast exam but not regularly. The food I ate were mostly frozen red meat back in Saudi Arabia. My risk factor was that I have never given birth after age 30. I admit to not having a healthy lifestyle at the time. I wasn't exercising regularly and was not eating a well-balanced diet. Though the depression was never diagnosed, I was experiencing periods of grief over the loss of a body part. Lots of prayers lead me into acceptance. I cope quite easily with my body changes. I acknowledged and processed that scars will be permanent, and I opt to not have reconstructive surgery as I was scared to go under anesthesia for any reason. My husband is not much into the physical appearance of a person in general. It was okay with him, and he still doesn't mind up to the present if I am deformed. After the acute treatments, I was taking Tamoxifen 1 tablet daily for 5 years then Arimidex 1 tablet daily for another 5 years.

My spirituality and faith have a great influence on my quest to survive and get well. I experienced a positive change. I gained a greater appreciation for life. I talked to my trusted friends up to the present to navigate my emotions. I said to myself, maybe God saved me because I have a bigger purpose in life. In the course of time, I had helped my nieces and nephews finish their studies and they are now professionals. I had gotten involved in Heart Walks and all kinds of walks in our city of Fresno, California. I volunteer quite often because as Dr. Martin Luther King, Jr. said: "Everybody can be great because anybody can serve".

In closing, each one of us has a different path in life. Let us be kind to one another. We do not know what the next person is experiencing. Be mindful of your actions. They hurt more than words. After all, it is between you and God. I am most grateful for the emotional support I received from everyone I know but above all to my husband who fought this fight with me all the way.



When my life came to a standstill

by Annabelle Cosas, BSN RN
PNAGSL Chair, Bylaws Committee,
Chair, Policies & Procedure
Editor 2022-2024



At our 2001 European pilgrimage, I wore a wig and different headdresses. **Photo, right:** Our last dinner in Paris; I decided to do away with the head covers as my hair started to grow back. That's me (seated, left) next to Fr. John, our spiritual director the entire tour. **Seated, extreme right:** my sister who's also recovering; she received radiation, never lost her hair.



miracles/of saints — the prayers reinforced our faith in our Lord, with the intervening intercessions of Mother Mary and other beloved saints. Prayers abound, renewed spirit, indeed!

My work in nursing did come to a halt. I wore a mask to do groceries, some shopping — all done to a minimum. Going to church was early to avoid crowd exposure. I continued cooking; ha, food tended to be salty as my sense of taste was less. The Bible, rosary, inspirational booklets, telephone, TV remote were my companions at home, alone at most times since Cris was at work. Though I couldn't do any gardening, flowers I planted before my surgery were blooming. The variety of colors was quite a pleasant and joyful sight while the two dogs excitedly trampled around the deck a few times I was out with them.

It was in 2001 when the entire U.S.A. came to a halt — 9/11 happened. The disaster of the World Trade Center Twin Towers in New York... a terrorist attack; a tragedy felt all over the world.

My own personal story happened in the same year, in April — pathology of the hard lumps came back “intra-ductal, invasive.” Surgery in May: modified radical mastectomy, left, with free TRAM (transverse rectus abdomens myocutaneous) flap. June, July, August: chemo Adriamycin, Taxotere. The planned x6 treatments became x4 as I developed cardiomyopathy, lupus, fibromyalgia, all from chemo assault.

New batch of medications to get me back to “normal.” My oldest sister herself was finishing her radiation therapy. We went for a pilgrimage in Europe with our spouses and a sister giving their utmost support. Fatima, Lourdes, St. Catherine Labouré, St. Therese of Lisieux in November — the best time, no crowd aside from many cancelled due to 9/11. We were only 10 in a private tour van, a total of 12 with the driver and Javier, the owner. Every day Mass with our priest and visiting cathedrals/areas of

Friends respected my privacy/rest. I preferred telephone calls. Being bald didn't bother me but I wore the wig gifted by the hospital whenever I was out. We did the pilgrimage when my hair was starting to grow back. I had the wig and some fancy headdresses but, at the end part of the trip, I donned my own hair.

A nun (a classmate in nursing) had the breast cancer/chemo six months before me. That time, I kept her in my prayers; then as the tides turned, she was the one praying for me. She told me to ask for prayers not only from the Catholics but those of all faith --- Protestants, Jews, Muslims, etc. --- which I did; my, I found my strength from the outpouring of intercessions from friends and families, the religious people in the Philippines, India,

Rome, UK, and everywhere in the U.S. "The Fault in Our Stars" by John Green teaches us that *pain demands to be felt*. Sr. Lynn further told me for any pain/discomfort I may have, to offer them to the poor souls in purgatory. Then when they're released to heaven, they will be the ones praying for me.



My faith in our Lord and staying optimistic — the hope in me to attain complete recovery — never wavered. For every prayer, for every request, I ended it with "Thy will be done." I never questioned God, "why me?" I always humbled myself... full acceptance, full submission: "Lord, you know what I want — to be fully cured, years with my family... Thy will be done!"

The only time I cried was when I was working in the garden (a week before surgery). While digging dirt, I remembered my elderly mom; she's had two mini-strokes. How could I take care of her if I'm not healthy and the possibility of me passing on before her? I tried to shove away such morbid thoughts. My ardent wish — to get over this challenge; to be back to being healthy.

The present, 2022, from 2001 — 21 years a survivor! I celebrate each day of living; each blessing is God-given. The treasures of this world — it's not what matters to God. It's our good works and faithfulness in Him.

Several nurse-friends were diagnosed after me. They approached me, had many questions; I, but openly, shared my own experience. Tears, fear were normal reactions. The reassurance that there's the surgery, there's the treatment and that getting cancer is not a *death sentence* — be strong throughout this trial!

They say those that are mentally or physically challenged are God's "special children." By the same token, I say, those who were diagnosed and went through the rigors of cancer are God's "special children!"

My personal story 21 years ago was a grim reality. Eight years of not in the workforce as I waited for the major complications from chemo to resolve. It was also at this time, with the loss of my father, that my mom stayed with us. The reversal of role as daughter took care of a frail and elderly mother. Two years after (with six months hospice at home in the end), mom joined dad in our Lord's heavenly abode.

While at home, I was able to help Cris's office for any work he brought home. I also kept up with my positions in nurses' organizations; with PNAGSL, as editor and Bylaws committee chair (perpetually!).

9/11 was a major American tragedy — thousands died and lives of families affected came to a standstill. Cancer, one cross to bear — my life did come to a standstill. Leo Tolstoy stated, "*If I desired anything, I knew in advance that whether I satisfied my desire or not, nothing would come of it. Had a fairy come and offered to fulfill my desires I should not have known what to ask.*"

My "fairy" came; I knew what to ask and had my desires fulfilled! Thank you, Lord! Truly, You never abandon Your faithful children!

I had met many with cancer, of any kind. Some never made it but, still, some are around fulfilling the "mission" they are meant to do. In full submission, "*Thy will be done!*"



An Epitome of A Woman of Substance

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

I've known Emelie Sugala-Buendia as of June 1986 since she is my friend, classmate and sister in profession. A Muslim lady by Islam and my fellow Chavacano folk, our religion did not hinder our friendship, and even we were on our senior year in Nursing at ADZU aka as Ateneo De Zamboanga University and up to this day, our bonding developed to a maximum level.

Then came the day when we went on our separate ways to fulfill the mission of our profession, and follow our dreams. She went to California, and I together with my family started first in Massachusetts and three years after end up here in Texas. Though we were apart from each other, we kept updated with each other about our noble profession, our batchmates and our family through phone call and social media Facebook and messenger accounts "Plexus 1990" which is the official class name of our 11th batch of ADZU BSN graduates.

Moreover, on a routine annual mammogram check-up/exams, she found out that she has cancer on one of her breast based on the mammography result. The outcome took a big toll on her femininity, body image, family and financial matters, etc. It was kind of trials, challenges and hardships on her survival dealing with the cancer enemy, accompanied by melancholy and making both ends meet - family, work, personal and professional matters in that order.



Emilie Sugala-Buendia (third from left) and her family



Emilie with her fellow cancer survivors and friends

After undergoing several tests to prepare her in all aspects of her life, with the support, love and prayers coming from her family, friends and relatives, including our batchmates and her co-workers - she went for a bilateral mastectomy, and the said surgery were successful as planned. I remember one time she told me on our phone conversation that the surgery gave her a great sense of peace of mind, uplifted her femininity and body image to greater heights, and conquered the said cancer enemy.

Since then, she became the epitome of a woman of substance and for others. Being a cancer survivor, she was a warrior, and has superior advocate for breast cancer patients, breast cancer awareness and activities, as manifested by her posts on social media. She also shared her heartwarming testimony to people around her, in the community and in the hospital she worked with - on how she was able to beat the odds of breast cancer, serves as role model to others, make a difference to peoples' lives, and inspiring people especially with cancer ordeal to move on and live life to its fullest extent.

Emelie's journey is worthy of emulation. Her story showed to the whole world that people with breast cancer are not alone in their struggles. There are always hope, healing and recovery for those who believe in the power of prayer, faith and trust in God, and for the community who support them through their humble ways of words, actions and deeds.



A Loving Tribute to Lily

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

A Loving Tribute to Lily

Lily's favorite quote (from Etienne Grellet)
*"I shall pass through this world
but once
Any good, therefore, that I can do
or any kindness I can show
to any human being,
Let me do it now... for I shall not
pass*

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

It is with fond thoughts of our beloved Lydia "Lily" Paningbatan Cayabyab that the family announced her peaceful passing at home. During her last days, last moments, she was surrounded by her loving family by her bedside. Lily is well known to PNA of Greater St. Louis — she was co-founder and it was through her that PNAGSL be-came a chapter member of PNA (national organization) in 1994 — and is well respected by the Filipino-American community for her numerous outreach and charity work and the spiritual/prayer group she's been with for years.

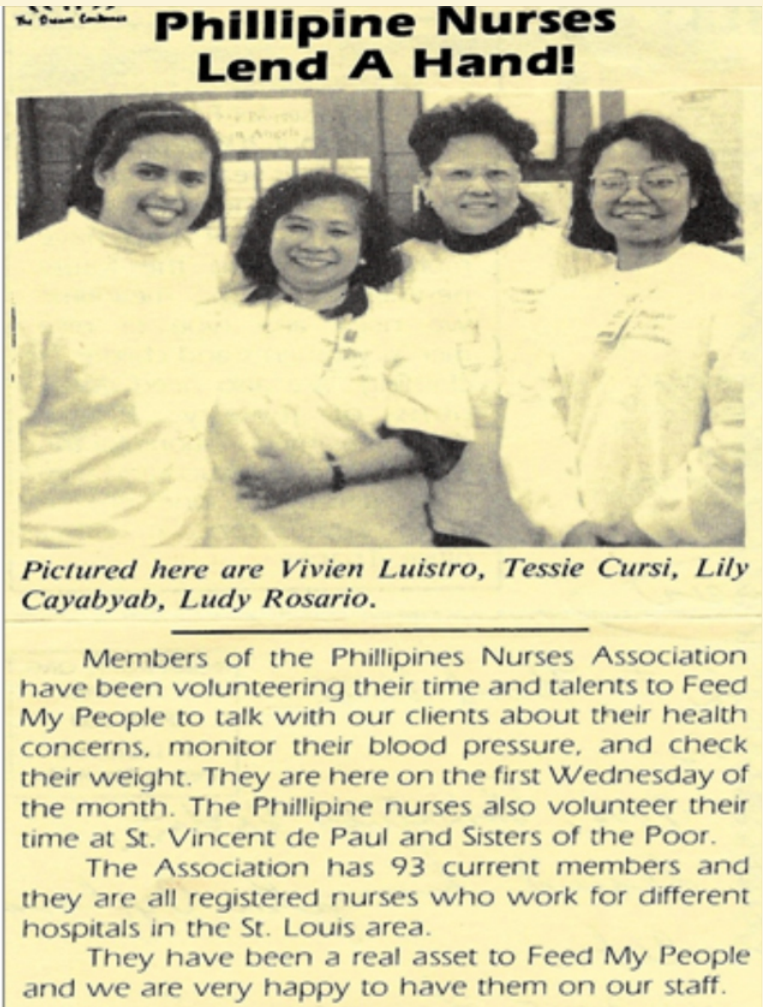
The Christmas party on Dec. 11, 2021 was the last PNAGSL event Lily attended. Immunotherapy for liver had started a year and two months earlier (in October 2020). Results were initially encouraging and Lily continued with her routine and certain activities though, later on, to a limited degree. Utmost support from family/friends/prayer group and her unwavering faith kept her hopes high. Pain, weakness, loss of appetite accompanied her struggles. Yet, when you talk to her, she would, even then, manage to carry on long conversations and, in between, give that charming, dimpled smile.

But God had a different plan for her. Battle not won; Lily succumbed to the fight on September 9, Friday, at 3 p.m., the blessed hour of Divine Mercy. *"Jesus, I trust in You"* — Jesus held her hand and ushered her through the gates of heaven and, with Lily's deep devotion to Our Lady of Fatima, Mother Mary welcomed her with open arms. This, I envisioned, a beautiful celestial scene along with getting reunited, after 13 years, with her dearest husband, Pete.

"Our world was better with you in it!" Lily extended her magnanimous heart to her hometown Mabalbalino, San Carlos City in Pangasinan (Philippines) by building a Divine Mercy chapel (with 350

people capacity) with the help of numerous donors. Archbishop S.B. Villegas blessed and dedicated the chapel with Msgr. J.F. Quinto on April 7, 2013, the feast of the Divine Mercy. Countless townspeople have benefited from its use — from Masses, baptism, first Communion, Confirmation, weddings to the many church holy day occasions. Also erected beside the chapel is the Fatima hall, a community center where bible study, retreats, sacrament preparation and medical missions are held.

Adieu, precious lady. You're an angel watching over us — your family; your friends; the nurses; and *everyone you'd/'ve touched!*



Photo, extreme left: Lily with Betty Miranda, PNAA President 1992-1994 at the annual convention where PNAGSL became a certified member in July 1994, San Antonio

Lily was interred next to Pete at Resurrection Cemetery on Saturday, September 24.

**It is Lily's profound wish to carry on her legacy; this we can accomplish and perpetuate through donations to "Lydia Cayabyab" for the Divine Mercy chapel. Kindly send to Leslie Cayabyab Lariago — 8001 E Del Plomo Dr.,*



For the breast cancer awareness month, I have chosen to write a story poem in honor of a Zumba mate. She is currently being treated for triple negative, stage III breast cancer. May the Lord continue to bless her as she navigates this journey. Lakeyta this is for you!

The Pink Lady Warrior

by Carmencita Santiago, BSN, RN
PNA Georgia

I have always admired your gregarious personality
Every time I see you in our many Zumba parties
You wear unique outfit that makes you stand out
Ready to exercise and rally all of us no doubt!

You also are very sociable and likable person
Greeting everyone with hugs and smiles for no reason
You take your place out front and ready to cheer the group
One hour of work out, you're still going but me, I'm pooped.

I was gone for almost 2 weeks from our exercise class
Came back to see you wearing mask and head scarf.
Diagnosed with breast cancer, my heart sank and our group unhappy
But now pray for you, cheer you on as you go through chemotherapy.

You continue to join the class in between your treatments
Keeping that positive outlook of survival with your ailment
Despite these obstacles your courage shows in your fight
Your exceptional determination makes victory in sight.

Your message was compelling during the breast cancer Zumbathon
That your diagnosis is but a challenge, ready and strong to fight on.
You emphasized the importance of health and getting checked
Monthly breast examination, and mammogram, please don't forget!

We wish you the best as you battle your current situation
And have the strength to confront all possible complications.
The message on your shirt said it all with conviction, "Warrior."
We're rooting for you and hope soon the shirt says, "Cancer Survivor!"

Remember October month is breast cancer awareness
Let us support and continue the fight and maintain our wellness.



PNASD joins the Fight Against Breast Cancer

by Linda Sparks, MHA, RN

Team Captain - PNASD Making Strides 2022

For many years, PNASD has been an enormous supporter of Making Strides Against Breast Cancer, and once again, on Sunday, October 16, 2022, united as nurses, families, and friends with the communities in San Diego PNASD members walked 2.7 miles early morning on the beautiful grounds of Balboa Park. We joined thousands of enthusiastic walkers with the common goal and dream of winning the fight against this deadly disease. The American Cancer Society started the Making Strides Against Breast Cancer movement to unite communities, organizations, and individuals with the collective goal of ending breast cancer. PNASD is happy to have been a part of this important event.





As I walked today, I thought about close friends, relatives, co-workers, and families who have been deeply touched by breast cancer. I took note of the faces, emotions, and vibes of everyone walking around me, especially families and teams with thoughtfully designed Pink T-shirts honoring people they love. It was quite a gratifying experience. I am so happy to have said "Yes" when Perly Aguinaldo, our PNASD President, asked me to be the Team Captain of "PNASD STRIDES 2022". Our fundraising goal was \$1000; we exceeded this goal and collected a total of \$2,281. Thank you to all our generous donors, walkers, and supporters. As a team, PNASD is honored to continue its support to help the world be free from breast cancer.



Advanced Practice Nurses Corner

by Velma Dumag Yep, DNP, MSN, GNP-BC

inside PNAA Associate Editor



H.R.8812 - To amend titles XVIII and XIX of the Social Security Act and the Bipartisan Budget Act of 2018 to increase access to services provided by advanced practice registered nurses under the Medicare and Medicaid programs and for other purposes.

A new legislation act called Improving Care and Access to Nurses (ICAN), which applies to APRNs, including nurse practitioners, nurse anesthetists, nurse-midwives, and clinical nurse specialists, would increase access to medically necessary health care services for patients across the country by removing outdated federal barriers to care. This legislative bill was introduced by Rep. Lucille Roybal-Allard (D-CA) and Rep. Dave Joyce (R-OH).

The ICAN Act would move healthcare delivery forward for patients, providers, and our nation. According to the American Association of Nurse Practitioners, ICAN "would authorize nurse practitioners to order and supervise cardiac and pulmonary rehabilitation, certify when patients with diabetes need therapeutic shoes, have their patients fully included in the beneficiary attribution process for the Medicare Shared Savings Program, refer patients for medical nutrition therapy, certify and recertify a patient's terminal illness for hospice eligibility, perform all mandatory examinations in skilled nursing facilities, and more" (AANP, 2022)

Approximately 40% of Medicare and Medicaid beneficiaries receive care from APRNs. However, since individual states govern nursing guidelines, the legislation does not provide full practice authority (FPA) in all 50 states. This new legislation would remove barriers to practice that impede access to timely health care for our communities' patients.

The American Association of Nurse Practitioners® (AANP) expresses its strong support for the AANP for introducing this legislation, which would improve healthcare access for Medicare and Medicaid beneficiaries by removing barriers to practice for nurse practitioners (NPs) and other advanced practice registered nurses (APRNs).

We encourage everyone to support the bill by writing and calling your state legislators to vote for the bill to pass and move to the Senate.

Here is the direct website to support the bill:

<https://www.voterve.net/mobile/AANP/Campaigns/97542/Respond>

References:

American Association of Nurse Practitioners

<https://www.healthleadersmedia.com/nursing/new-legislation-would-expand-authority-aprns-treating-medicare-and-medicaid-patients>

The Legislative Process

Here's a brief description of how a bill becomes law:

All laws begin as ideas. At first, a representative sponsor a bill. The bill is then assigned to a committee for study. The bill is scheduled to be voted on, debated, or amended if released. If the bill passes by a majority, it moves to the Senate. At the Senate level, the bill is assigned to another committee and, if released, debated, and voted on by a simple majority. If the majority wins, the bill moves to the next level. The House and Senate committee members work out any differences regarding the bill. The resulting bill returns to the House and Senate for final approval. Finally, the US President has ten days to sign or veto the bill. If signed, the bill becomes law.

Reference:

<https://www.house.gov/the-house-explained/the-legislative-process>

Advanced Practice Nurses Corner

by **Velma Dumag Yep, DNP, MSN, GNP-BC**

inside PNAA Associate Editor

What are advanced practice nurses (APNs)?

Advanced practice nurses engage in various activities to promote evidence-based practice. APNs are skilled in evidence-based practice and considered an expert in their field. There are four types of APN: nurse practitioners (NP), nurse anesthetists (CRNA), nurse midwives (NM), and clinical nurse specialists (CNS). All these are masterly prepared, and most have achieved doctorate degrees.

"APNs are graduate prepared clinicians that focus on health and illness management and are strategically positioned to lead the way in shaping and implementing health policy priorities" (Elser, A, McClanahan M, Green TJ, 1996)

The overall goal of APNs is to provide safe, quality, and cost-effective healthcare for all our patients in our communities. All APNs meet educational requirements for licensure, maintain national certification, consult, coordinate care, and refer to other health care providers as warranted. APNs remain accountable to the public and the state board of nursing for providing a high standard of care.

As an NP, this column will provide information regarding NP practices nationally. It will highlight the importance of APNs becoming politically engaged as key to promoting our patients' healthcare.

To date, half of the states and U.S. territories have adopted Full Practice Authority (FPA) licensure laws for NPs.

These include Alaska, Arizona, Colorado, Connecticut, Delaware, District of Columbia, Guam, Hawaii, Idaho, Iowa, Kansas, Maine, Maryland, Massachusetts, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Dakota, Northern Mariana Islands, Oregon, Rhode Island, South Dakota, Vermont, Washington, and Wyoming (American Association of Nurse Practitioners, 2022).

According to the American Association of Nurse Practitioners, in FPA states, NPs are more likely to practice in rural and underserved areas. They have improved NP workforce recruitment while meeting the highest care quality and safety standards. States that restrict or reduce NPs' ability to practice by limiting licensure authority are more closely associated with geographic health care disparities, higher chronic disease burden, primary care shortages, higher care costs, and lower standing on national health rankings (AANP, 2022).

Important Update on SB 1375 in my state of California: In 2020, California took an important step to expand access to care and address primary care physician shortages by passing AB 890, which creates a pathway for NPs to care for patients independently without the direct supervision of a physician.

In 2022, California Senate pro-Tempore Toni Atkins introduced SB 1375, which "clarifies the Transition to Practice (TTP) requirement by specifying that an NP with at least three full-time equivalent years or 4,600 hours of experience can practice independently" (S. Phillips, 2022). SB 1375 will allow qualified NPs to begin practicing independently in 2023. However, Senate President Pro Temp Atkins has regretfully decided that SB 1375 will be amended to delete certain sections and remove the language that would clarify the transition to practice. Although disappointing, California nurse practitioners will continue to be diligent and unified in lobbying to ensure patients access safe, equitable, and quality primary care.

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



Where are the Scholars now?

by **Aileen Carmela Laczi, MSN, RN, CNOR**

PNAA Scholarship Committee Member – North Carolina

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



Name: Ira L. Martin, DNP, RN, CPHQ, LSSGB

Chapter & Region: North Houston – South Central Region

Current work: Assistant Chief Nursing Officer – Largo Medical Center

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

It was 2017 when I was awarded the PNAA scholarship. I remember vividly I wrote 2019 in the application as the estimated year of graduation, and miraculously, I graduated as predicted with a 4.0 GPA. Praise God for that! When the commencement came, I couldn't feel any taller (pun intended) walking up on the stage as they announced my name with my kids shouting and my husband, Mark, cheering me on. I soaked it all in, and I was so glad I did because we were the last graduates in 2020 to walk the stage before everything shut down with COVID.

I was working as a Quality Manager when I earned my doctorate. Shortly after, I landed an adjunct faculty job as a DNP Chair, which was a tremendous learning experience. Out of the blue, Kevin, a recruiter reached out to me for a director of quality position. Astoundingly, when I interviewed, the C-suite must have liked me because I was offered the ACNO role in Largo, FL. However, due to personal family reasons, I needed to come back to Houston. Mark secured a corporate job promotion we couldn't refuse. My journey continues as Abba and I are charting the course, and I am resolute and excited about the possibilities.

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

Looking back on my journey, I realize how important it is to become so self-aware that you capitalize on your strengths and work on your weaknesses. Just to give you an example, my Myers Briggs Type Indicator (MBTI) is INTJ, which is considered the mastermind of the 16 different personality types. My top five themes in StrengthsFinder are: Input, Ideation, Strategic, Achiever, and Connectedness. These are just examples of becoming aware of yourself; the next step is to do you consistently. Lastly, above all and in all things, give glory and honor to God!

Advocacy thru Legislation

by Alicia Tullo, MSN, RN CPC

President, 2020-2022

We all heard of this phrase before: “...let us not talk of money, religion or politics...”, and I am certain one can come up with their own reasons **why not**.

I am NOT going to explain why it is in fact important to talk about money or religion because it is not appropriate for what I want to write about. What I would like to discuss is *politics*, and why we should talk about it. I am not referring to political parties or affiliations but rather to our responsibilities as nurses in politics. We all know that no nurse can practice nursing until licensed by the state where they intend to practice their profession. The body that awards the nursing license is a government-appointed entity comprised of individuals appointed by their state governor to carry out the laws set for the Board of Nursing. These laws are authored by politicians, either a State Senator or State Representative whose constituent(s) brought their concerns, issues, opinion, recommendations, etc. The authored issue is called a bill once it is written. A state bill is then brought up during the Legislative session that occurs at the State Capitol every spring.

According to <https://www.flsenate.gov/Session>, “*The Florida Legislature meets in session every year for sixty consecutive days. A regular session of the legislature shall convene on the first Tuesday after the first Monday in March of each odd-numbered year, and on the second Tuesday after the first Monday in January of each even-numbered year.* In 2022, our state legislative session was between January 11, 2022, and March 14, 2022. A *legislative session* is the period of time in which a legislature convenes for purpose of lawmaking. A *legislature* is a deliberative assembly with the authority to make laws for a political entity such as a country, state or city. Simply put, the Florida legislature is made up of *politicians* who make laws following a big 8-week meeting at the Florida State Capitol. That is all the time it takes once a concern has been written into a bill and debated.

Our state (Florida) Nurse Practice Act, *Chapter 464, Florida Statutes*, was enacted to ensure that every nurse practicing in Florida meets minimum requirements for safe practice. The purpose of the Nursing Practice Act is to **regulate the practice of nursing at the state level and protect the public**. It sets standards about scope of practice for RN's, LPN's, and NP's. Nursing regulation is **governmental oversight provided for nursing practice** in each state. Nursing is regulated because it is one of the health professions that pose risk of harm to the public if practiced by someone who is unprepared and incompetent.

So why should PNAA nurses be involved in legislation? For one thing, it is clearly stated in the PNAA/PNACF Mission statement and Goals: Code of Ethics (wildapricot.org)

“Review and act on legislation and public policies that directly or indirectly affect healthcare and nursing practice.”

“The Guiding principles of the PNAA includes the following statement: ***“PNAA will follow well-established Standards and Rules of Conduct as espoused by other professional nursing organizations such as the International Council of Nurses and the American Nurses Association.”***”

New federal laws are introduced each year and local laws, rules, and regulations can have a very far-reaching impact. According to minoritynurse.com, states and municipalities usher in a new set of laws and regulations that will affect the lives and well-being of everyday people. As nurses we may be challenged to

stay abreast of the many new state laws that may impact the health of those that reside in our immediate communities, some of the new laws will impact the health and well-being of those residing in Florida. Nurses need to familiarize themselves with the new laws and regulations as there are reporting or continuing education requirements for nurses. For example, all Florida nurses must complete the following courses for each renewal: Florida Laws and Rules, Medical Errors, & Human Trafficking; If it is your first time renewing a Florida nursing license, you must complete at least 1 hour of CE covering HIV/AIDs; Every third renewal, each Florida nurse must complete an additional 2 hours on Domestic Violence, which does not count towards the 24-hour threshold; Every second renewal, each Florida nurse must complete at least 2 hours on Recognizing Impairment in the Workplace

Professional nursing organizations, health care employers, and the State Board of Nursing as well as the Department of Professional Regulation and others provide information on new requirements through their various communication platforms. For example, do you know that the Nurse Licensure Compact (NLC) was ratified by the National Council of State Boards of Nursing (NCSBN) in 2015 and the revised compact, called the enhanced Nurse Licensure Compact (eNLC), went into effect on July 20, 2017, when North Carolina became the 26th state to sign its provisions into law? The eNLC - Enhanced Nursing Licensure Compact which is an agreement between states that allows nurses to have one license but the ability to practice in other states that are part of the agreement. This expanded the places where nurses licensed in one state can travel and work.

According to Janice Phillips, PhD, RN, CENP, FAAN, is an associate professor at Rush University College of Nursing and the director of nursing research and health equity at Rush University Medical Center,”

“With the tsunami of information that confronts us each day, where can nurses go to get information about new state legislative initiatives? There are a few avenues to pursue when looking for such information. Many news media outlets (e.g., television, radio, and written press) provide a brief snapshot on new legislation. These outlets traditionally do a recap of the year's activities/milestones and may include this information during various news briefings. Nurses employed in health care settings may wish to ask their Office of Government Affairs to do a brief overview on new legislation with an emphasis on health-related aspects. In fact, health care institutions may have some reporting requirements when new legislation goes into effect, so an update may be helpful.”

“Locating this type of information need not be laborious. In addition to paying attention to the various news media outlets and working with our institutions to stay abreast of new legislation that may impact health and the nursing profession, several resources are available to assist us in our pursuit of information.

For instance, each state legislature has a website and may post a listing of new legislation to be enacted at the start of a new year. For laws impacting nursing specifically, the National Council of State Boards of Nursing provides a link to the state boards of nursing who provide information on new regulatory requirements that affect nursing practice, education, or nursing licensure. State nursing organizations or affiliates of the **American Nurses Association (ANA)** also provide information through their various publications, town hall meetings, or periodic legislative updates. If you are not familiar with these offerings, reach out to see if your state nursing association (**Florida Nurses Association**) can come to your facility to provide a legislative update. Staying active in one's professional or specialty organization is yet another way to stay apprised of new pieces of legislation that will impact those you serve or the nursing profession.”

In fact, the PNAA has close affiliation with the ANA from the very start. In 1984-86, during the term of the 3rd President Maria Couper (IL), the PNAA became actively engaged with the ANA during the National

Organization Liaison Forum(NOLF) to discuss human rights issues among Filipino nurses in the USA. The PNAA was first recognized by the ANA.

In 1986-88, the PNAA collaborated with the Tri-Council of Nursing (ANA, AACN, AONE). In 1988-90, the PNAA became an ANA-NOLF member.

During the term of President Remedios Solarte (1990-1992), The PNAA raised money and donated \$10,000 in support of the ANA's "Nursing on the move Campaign" to finance the move of the ANA headquarters from Kansas City to Washington, DC. During Betty Miranda's term, 1992-1994, the PNAA lobbied alongside the ANA for the extension of the 1988 INRA Bill for Nurses. Because of the PNAA's active involvement regarding foreign nurses, lobbying was one of the organization's priorities. One of the most important Bills of the PNAA was the H-1 A-Visa that was enacted the Immigration and Nursing Relief Act (INRA) of 1990, a 5-year pilot that was to expire in 1995. The PNAA developed a nationwide directory of legislators with their names and phone and fax numbers and contacted their respective state senators and congressmen to support the extension of the H-1-A-Visa. The result was Bill S. 2197 passed and the bill extended that stay of foreign nurses until September 1997; signed by President Clinton as Public Law 104-302 on October 18, 1996.

The formation of the PNAA was precipitated by many legislations and regulations. Filipino nurses were compelled to bond together to fight discriminatory practices. Our leaders fought through political participation to include lobbying and joined forces with other organizations for stronger leverage and learned to play the political game through position statements to support notable causes. (Source: The Philippine Nurses Association of America: A Tapestry, 1st Edition. 2019).

How do all these relate to us and our chapters? As a chapter of the PNAA, we are expected to align with the mission and guiding principles at the top. The PNACF formed a Legislative Committee, but the chair position is vacant, and no P&Ps have been created. The reason is because we currently do not have anyone who is interested. It is therefore necessary for us to become educated in the process of legislation and become involved in politics as it relates to nursing and healthcare for our voices to be heard, which logically means collaborating with the Florida Nurses Association, and the Florida Center for Nursing(FCN). So should all of our chapters with their state organizations.



At one of our Leadership Seminars, we invited the current President of the Florida Nurses Association to speak about advocacy thru legislation. She is also actively involved in the Florida Action Coalition, which was formed in 2011, who aims to provide leadership in advancing the nursing profession so that Floridians can access safe, high quality health care. Their vision is for all Floridians to have access to high quality, safe, and patient centered care in a health care system where nurses contribute as essential partners in achieving success. There are Action Coalitions in almost every state and Washington, D.C. who carry out the work of the Campaign at the local, regional, and state levels. The multi-sector state coalitions extend beyond nursing and health care and include nearly 2,000 organizations, working together to build health equity. I believe we should all be involved in this. I am proud to say that the PNACF is currently represented at our state Action Coalition.

The Florida Center for Nursing was established by the Florida Legislature in Fs. 464.0195 to address the issues of supply and demand for nursing, including issues of recruitment, retention, and utilization of nurse workforce resources. The Legislature required the Center to provide ongoing strategy for the allocation of the state's resources directed towards nursing.

The FCN opened in 2001, but closed on July 1, 2020, due to loss of funding. It is a non-profit organization that addressed nurse workforce issues in the state of Florida.

Thanks to the efforts of The Florida Nurses Association State Budget Request for the Florida Center for Nursing of \$800,000.00 has been approved by the Florida Legislature in April 2021.

The primary goals for The Florida Center for Nursing are to develop a strategic statewide plan for nursing manpower in the state by:

1. Establishing and maintaining a database on nursing supply and demand in the state, to include current supply and demand.
2. Analyzing the current supply and demand in the state and making future projections.
3. Evaluate and report the results of these efforts to the Legislature.

According to a report by: Kansas Department of Health and Environment Division of Health Bureau of Public Health Informatics Curtis State Office Building – 1000 SW Jackson, Topeka, KS 66612-1354 [Http://www.kdheks.gov/ches/](http://www.kdheks.gov/ches/) the Health Resources and Services Administration (HRSA) reports that by 2020, without aggressive intervention, the US nursing supply will fall 36 percent below requirements, a shortage of more than a million registered nurses (RN) nationwide [1]. In 2007 there were 116,000 hospital RN vacancies nationwide [2], while there are 19,400 vacant nursing positions in long-term care facilities [3].

We do not want to see the repeat of an issue confronted by nurses in 1997, when the PNAA members joined the ANA's *Nurses March in Washington DC* who lobbied to protest the practice of hospitals replacing nurses with unlicensed personnel. For cost-cutting measures, the American Medical Association (AMA) proposed hiring Registered Care technologists (RCTs) which met oppositions from various nursing organizations. The PNAA joined in opposing the AMA-RCT proposal. The RCT proposal was *dead on arrival*; the nurses won.

The takeaway message here is when asked to have a seat at the table for policymaking, we should be ready to respond. Our *State Nurses Associations* would be a logical place to start.

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Note: This amended version was first published in *Tambuli*, 2021, the PNACF's Official Newsletter.



Pang Tambuli The Rhythm of Nursing Life

by Teresa Ignacio-Gonzalvo, BSN,RN,MPA

The Tambuli is an indigenous Filipino instrument fashioned out of the carabao horn. It was used in ancient times to call villagers to meetings, warn them of dangers, but also as a musical instrument producing melodious sounds. For me, its sound represents our values, perceptions, attitudes and feelings. It echoes from a distance, through mountains, rivers and valleys, touching the core of our being. Celebrations, fiestas involving the bayanihan spirit, sharing the spirituality and social support system, reflective of our Filipino values and influences, giving our identities meaning.

I distinctly recall the early 70s, I was still a sophomore in nursing at St. Paul, when I was involved with the Lakasdiwa group. We stood for democracy, Filipino values, justice and peaceful demonstrations. The Tambuli was our symbol. Its spirit lives within us, while transforming and making a difference in the lives of the communities.

Fast forward to several decades later, it is indeed parallel to our nursing journey, our compassion, our standards, bringing forth our values to our patient care, our transitions of care, proud of our profession, heritage and our legacy!

Ang Tambuli will be a monthly column, discussing various topics of interest in our nursing continuum of care, diverse perspectives of our culture and life in general!

With that said....Coming Soon! Stay tuned for our Ethics Handbook!



ETHICS AND BEYOND

PNAA Chapter NEWS



The 2nd Annual Breaking Down Barriers to Nursing Conference

by **Sal Mislang, RN**
Interim Assistant Nurse Manager
UC Davis Medical Center

The 2nd Annual Breaking Down Barriers to Nursing Conference was held at the UC Davis Betty Irene Moore School of Nursing on August 28, 2022.

The event was spear-headed by the Capitol City Black Nurses Association (CCBNA) with collaborative efforts from the National Association of Hispanic Nurses (NAHN), the Hmong Nurses Association, and the Philippine Nurses Association California Capitol City (PNAC3). Members of these associations acted as guest speakers and nursing specialty panelists during the event. Jane Pena, a PNAC3 executive board member and Nurse Unit Director of Tower 8 at UCD Health, was one of the nurse specialty panelists. PNAC3 members Jerry Bambao, Amie Ragasa-Sta. Maria, and Sal Mislang were also present at the PNAC3 table.

The all-day conference was intended to provide underserved, Sacramento-based high school and college students with some valuable insight and networking resources as they pursue a career in the nursing profession. Several local colleges and universities with nursing programs were also present at the conference to help answer questions around the requirements and expectations of their nursing schools. The event was a success with close to 150 attendees. One of our goals as a collective of culturally diverse nursing organizations is to continue collaboration to uplift and inspire the youth from underrepresented backgrounds so they have the tools and support to 'break down the barriers' to entering the healthcare profession.



Left to right: Jane Pena-PNAC3 Board of Director, Sal Mislang- Auditor, and Amie Ragasa-Sta Maria- Archives and Awards Committee Chairperson.

PNA Chapter NEWS



Students Add Value to Organizations

by Alicia Tullo, MSN, RN, CPC
PNACF President, 2000-2022



The Filipino Student Association at University of Central Florida in collaboration with Gawad Kalinga(GK) hosted for the first time their very own collegiate summit on February 19, 2022. This was held in the Live Oak Ballroom in the University of Florida Campus. This event was utilized as a way for college students, philanthropists & activists to help alleviate poverty in the Philippines. The Executive Board members of the PNACF were invited to be part of this summit along with UCF students, other Filipino Student Association chapters across Florida and nearby states, and Gawad Kalinga representatives. As the President of the PNACF, I attended not only to learn more about GK but also to meet the officers and members of the Filipino Student Association as well as to engage the nursing students and encourage them to join the PNACF. These nursing students can add value to the PNACF.

At this summit were Maricel Villanueva, the Gawad Kalinga USA Executive Director who inspired the audience with her motivational presentation, and the GK USA Chairman, Dr. Jun Raffinan who gave a little



history of the organization and what motivated him to become part of this organization. The participants were engaged thru breakout sessions and activities.

As listed on their website, GK USA is a duly registered 501c3 corporation founded in 2009, working independently, but in conjunction with GKCFI, a Philippine-based non-profit movement that aims to end poverty by building caring and sharing communities. It employs an integrated and holistic approach with values formation and leadership development at its core.

Gawad Kalinga translated in English means “to give care.” Its approach is to attack poverty with building a cluster of homes in communities that focuses on restoring dignity and self-worth by employing an integrated and holistic approach with values formation and leadership development.



GK raises funds to help build permanent homes with the potential residents contributing their sweat equity. GK USA has contributed significantly to enable GK to build over 3,000 communities across the Philippines.

In addition, GK opens access to education, secure employment, or livelihood opportunities, and promote good health and well-being. Their presence has placed Gawad Kalinga in a position to know the lives of the poor intimately, and offer an effective, multi-faceted solution to poverty.

Observing the students, I was impressed by their passion to help those who are in need. These students are mostly second generation Filipino-Americans. Some have never been to the Philippines but heard stories about the country, their culture and they possess a real concern and interest to help. Their compassion and passion for the destitute conditions in a country where their parents came from is palpable and these students are highly motivated to do something. It is apparent they saw Gawad Kalinga as a channel by which to do this. I am inspired after witnessing these students' sincerity to do something and I am glad I was there to see this.

There is definitely a future with these Filipino students because they are making a change and a difference in people's lives in a country across the other side of their world.

PNA Chapter NEWS



The President Came to Town

by **Alicia Tullo, MSN, RN, CPC**
President, PNACF, Inc.



I don't know how many of you watched the long-running television series, *The Golden Girls*. Our millennial readers are probably rolling their eyes or may have not heard about it at all. But if you were my age and you were around in the 1980's-1990's, you would have known that this show was about four elderly women living together in one house in the beautiful city of Miami, Florida. One of the women is even older than the three because she was the mother of Blanche. The *Golden Girls* is an American sitcom that aired on NBC from September 14, 1985, to May 9, 1992, with a total of 180 half-hour episodes, spanning seven seasons. With an

ensemble cast starring Bea Arthur, Betty White, Rue McClanahan, and Estelle Getty, the show is about four older women who share a home in Miami, Florida. (Wikipedia). Though *The Golden Girls* made its debut on September 14, 1985—exactly 37 years ago today—the series still remains fresh for generations of new viewers due to great writing and syndicated reruns. (<https://www.mentalfloss.com/article/56215/20-fun-facts-about-golden-girls>). During its original run, *The Golden Girls* received 68 Emmy nominations, 11 Emmy awards, four Golden Globe Awards, and two Viewers for Quality Television awards. All the lead actresses won Emmy awards for their performances on the show.

That type of living arrangement simulates a mini-Green House Home modeled after the Green House Project. The difference is these women are self-sufficient and not needing care. If you checked their website, (<https://thegreenhouseproject.org/solutions/build-a-green-house/>), you will find the following: "Green House homes are small in scale, self-contained, and self-sufficient, with elders at the center. Each home includes private rooms and bathrooms for all elders, a living room with a fireplace, and outdoor spaces that are easy to access and navigate. The majority of Green House homes are licensed skilled nursing facilities (SNFs)."

On May 5, 1990, the *Golden Girls* aired a 2-part show entitled *The President's Coming! The President's Coming!* Part 1 was about Dorothy not excited about the then President's George H.W. Bush's plans to visit their house on his tour of Miami. Part 2 was about the Secret Service agent coming to their house to make sure none of the girls pose a threat to the President's security. As one can imagine these episodes were just as funny as any of the others.

When I found out that our then President Mary Joy Garcia Día (2020-2022) was coming to see us in Central Florida, this is exactly what played in my head, and I started laughing. In my mind, I imagined Mary Joy Garcia Día coming with an entourage of bodyguards and having someone come over to the house of Manny Ramos, the PNACF Executive Director who had graciously opened his house to host our guest. They are going to inspect his

house, interrogate everyone and run all of us thru a metal detector and x-rays because we might be threats to the President! In reality, it didn't play out that way; rather it was a fun-filled day. We were delightfully waiting for her arrival. Past President Día brought with her the tapestry, explained what it was all about and which we gladly added our names to. We had a sumptuous feast of Filipino food with lechon as well as a wide variety of Filipino desserts. To celebrate the occasion, we popped some bubbly and toasted the day to launch the 44th National Convention which our Central Florida chapter is hosting in 2023 on a 7-day cruise of Western Caribbean on board one of the largest cruise ship in the world, the Wonder of the Seas. As you can imagine, when music is played in a Filipino gathering, there is always dancing. This was no different. One thing was sure. We were so honored and delighted that the President came to visit PNAFC.



PNAA Chapter NEWS



Age of Resilience - PNAGKC's 31st Anniversary Dinner Dance

by Jessamine Endaya Daley DNP, APRN, NP-C,
2022 Dinner Dance Co-Chair
Philippines Nurses Association of Greater Kansas City Chapter



The evening of April 2, 2022 was one to remember. It was our first in person dinner dance since 2019 due to the COVID-19 pandemic. Plans for our dinner dance were dreamt up months before the event took place. The dinner dance committee was meeting once a month until March 2022 when meetings were changed to weekly in anticipation of our event. Theme ideas, color schemes and program ideas were discussed and agreed upon. Solicitation letters, save the dates and invitations were dispersed to the community. Safety protocols were taken into consideration as we want to ensure a safe indoor gathering for those we invited and those who decided to attend.

The dinner dance took place on April 2, 2022 at the Intercontinental Kansas City at the Plaza. Guests started arriving at the event around 5:30 pm. All guests were asked to be fully vaccinated for COVID 19 with booster (if eligible). Guests' COVID vaccination status were verified by members of the dinner dance committee and guests were given stickers to indicate they had been cleared. Opening remarks were made by PNAGKC president, Babette Orlich and the event was emceed by the dinner dance chairs, Maggie Figueroa and myself. Dinner was delicious and dinner music was performed by KC Superstar Mafia. A special performance by Paco Vitug and Dr. Yvonne Spurlock, a moving dance to "Rise Up" that encompassed what we have been through and came out of with the recent pandemic.

After the performance our guests enjoyed their dessert while Sonia Tumanut, Awards Committee Chair, and the Awards Committee. We had three award recipients this year: Maggie Figueroa, Clinical Nurse of the Year; Amie Valera, Community Service Nurse of the Year, and myself, Nurse Practitioner of the Year. There was a special recognition for Jessica Endaya Keefer, one of the Parade of Hearts Artists, who was in attendance at our event. The evening of our dinner dance was also our 2022-2024 Executive Board induction. The new executive board was inducted by Leila Busch, the North Central Region Vice President. The rest of the evening was spent dancing the night away by music performed by the Brokyn Bones, a group of physicians from the KC area, and KC Superstar Mafia.





THE “GARDENING WITH PNAGKC” DIARY

by Tess Laoruangroch, MSN, MPH, APRN, FNP-BC, CHFN
Philippines Nurses Association of Greater Kansas City Chapter



AUTUMN 2021 Event, 10/02: The health and networking initiative “Gardening with PNAGKC” kicked off at the garden of Mary Aragon and Moppett Florentino who graciously hosted the event. Despite the threat of rain, the attendees, most of them wearing pink for Breast Cancer Support, enjoyed the garden tour as Mary pointed out and showcased the various beautiful plants and interesting vegetation in pots and in the ground all around the yard. Moppette put together a display of stuffed human-sized dolls that attractively adorned the garden and “without protest,” the dolls became instant attractions for attendees to have their photos taken with them. Mary is a passionate gardener who loves planting and sharing her plants with others. In addition to Mopette, she gets support from Amie Valera. The three of them picked and hauled rocks from a new subdivision and structured the rocks simulating a dry river bed, thus adding another dimension in the garden. The attendees enjoyed a potluck lunch; noteworthy to mention that Luz Conde and the Riveras (Jun and Venir) both brought ampalaya dishes. The ampalaya was from their garden harvest. The attendees took home with them the plants and seeds that were exchanged at the end of the event, with the hope of new growth and harvest by spring and summer.

SPRING 2022 Event, 5/16: Anita Cooper, Yollie Endaya, Irma Labre Wright and I toured the Ewing and Muriel Kauffman Memorial Garden in Kansas City. The garden is where Ewing and Muriel were buried and it is nationally known for its local and exotic botanicals with colorful foliage and blooms, some with fragrant scent. There are fountains, stone walls, sculptures, shaded benches, and then there's the "Orangery," an architectural structure that is a shelter for visitors and for seasonal plants. This garden tour jump started the gardening season for these PNAGKC members who afterwards went to Colonial Garden for more planting inspirations.



SUMMER 2022 Event, 6/20: "Fun, creative, crafty, artful, cool," are words to describe the garden of Aurora Pacubas who generously offered her garden for the tour. She shared that her garden keeps her busy especially since retiring from nursing. She's the main gardener, and basically does all the development and maintenance, including several trips of carting 6 tons of gravel from the front to the backyard. Her garden features recycled household and thrift stores items that she creatively transforms into interesting garden features: toilet tanks became planting pots, cut tree trunks poured with concrete to look like petrified structures supporting the plants, hubcaps as garden

ornaments and other whimsical objects that adorned the garden. Her father-in-law's former garden shed became a covered gazebo that is now the sheltering place in the garden. The garden tour attendees excitedly posed for photos with the garden decorations and structures. There are several sitting areas in the garden, thus allowing visitors to enjoy the garden in different vantage points. The brunch potluck food was consumed in no time and attendees even enjoyed Aurora's cornhole game wherein the winners won potted plants! Interesting to add that Anita Cooper successfully grew ampalaya seedlings from the seeds that Venir Rivera gave out last fall! She shared a seedling with me. Ampalaya dishes coming up! Gardening is indeed a gift that keeps on giving!



PNA Chapter NEWS



PNAGSL President Josie Veit on The Roll!

by Annabelle L. Cosas, BSN, RN
PNAGSL Editor
Chair of Bylaws and of Policies and Procedures

Photos from Jenjen Hazelbaker, BSN, RN, PNAGSL
Advisory Board, President 2014-2016

The induction of PNAGSL officers 2022-2024 was on July 29, 2022. We were proud to say it was the first swearing in to office by newly inducted PNA president, Dr. Gloria Beriones. Other PNA guest-VIPs were: Manelita “Bong” Dayon, NCR VP 2022-2024; Leila Busch, NCR VP 2020-2022; Babette Orlich, President PNAGKC 2022-2024; Debbie Maquidato, President Cin-NKY 2020-2022.

From Marjorie Gamino, President 2020-2022 to Josie Veit, President 2022-2024, definitely, major transition happenings.

August 16, Tuesday: Bylaws review/revision at Marjorie's residence. We had an early lunch with Marjorie's pansit/adobo/rice; from others: potstickers, battered shrimp, green salad, assorted fruits. On to serious business; committee members were zealous in discussion and update on each article of the Bylaws.

August 20, Saturday: handover of documents, records, etc. from Marjorie to Josie. Outgoing Treasurer, Rose Angeles and Assistant Treasurer, Judy Ferrer turned-in Financial Records to Agnes Lewis, Treasurer 2022-2024.



AUG. 16, 2022, Tuesday: Review of BYLAWS — PNAGSL traditionally does review/revision of its Bylaws every two years during transition from immediate past president to the newly inducted president. From left: JenJen Hazelbaker, our “selfie expert”; behind, from left: Marjorie Gamino, Josie Veit, Joy Deatherage, Cynthia Montejo, Evelyn Oller; front: Annabelle Cosas.



Bylaws discourse finished, members surprised Annabelle with “happy birthday” balloons, gifts and French strawberry mous-seline cake (everyone's fave!). Review of the Bylaws on Anna-belle's birthday? The ruse that it was Marjorie and Josie's only days off. They even got noisier blowing horns in between taking pictures. What a memorable way to end our meeting!



August 20, Saturday: Granite City Food and Brewery (Creve Coeur, Olive St., West Oaks Shopping Center); Handover of documents/records/etc. to new president. Photo (left): Marjorie and Josie. Photo (center): front, from left: Irma Ifurung, Marjorie Standing, from left: Judy Ferrer, Josie, Agnes Lewis, Rose Angeles.



August 27, Saturday: community volunteerism at Tower Grove — PNAGSL was assigned to the drinks stand. The International Institute of St. Louis puts on an annual celebration featuring foods, live music, artisan demonstrations and dance performances multiculturally.



September 4, Sunday: The first Executive Board meeting at residence of President Josie was well attended, with only three officers in absentia and one Advisory Board present. The agenda of the day's topics called for long discussions. Treasurer's report: with new signatories and a successful transfer with bank.

General Assembly meeting schedule on Oct. 15, Saturday; Bylaws revisions will be presented on that day for ratification. The first part of the day will be devoted to "meet-and-greet" for the Recruitment and Membership Drive. Secretary Alice will to get administrator-access with our existing FB messenger to do announcements.

Josie to-do: "Calendar-of-Events" for 2022-2023 fiscal year; work with Agnes (treasurer) the annual BUDGET. Other discussions: Community Outreach including Blood Drive (several volunteerism for nurses!); education (attend a seminar or have our own); NCR, SCR conferences; Christmas party; Simbang Gabi (PNAGSL sponsors one night annually); fundraising: great activities of PNAGSL in the past were golf and minding (selling food/drinks) at a concession stand at the St. Louis Cardinal (baseball) game.

Josie, PNAGSL's new leader (2022-2024) — her plate is quite full and she's on the roll with her very enthusiastic, bursting-with-ideas EB!

A PNA-IN Celebration and Recognition of Its Officers, Members, Nursing Leaders, Legislators and Supporters

by Mattie Upano, MSN, RN

Photos by Van Gaviola



PNA-IN held its' first in-person induction after the pandemic on August 27, 2022 at the Murat Shriners Arabian Room in downtown Indianapolis, Indiana. It was a very sunny warm day and despite the traffic created by the bike race and the final preseason game between the Indianapolis Colts vs Tom Brady & the Buccaneers, PNA-IN dignitaries, awardees & guests came in record numbers and on time to celebrate the 12th PNA-IN Induction, Awards and Fundraising event.



2022 – 2024 PNA-IN Executive Board Inducted into office by Dr. Gloria Lamela Beriones, PNA President



Dr. Gloria Lamela Beriones,
Inspirational Guest Speaker



Mattie Upano, PNA-IN President



2022 MSN Education Grant Awardee
With Dr. Gloria Lamela Beriones



Maricris Barrientos, BSN, RN
Josie Jimenez, and Michelle McKee



PNA-IN Outstanding Member of the Year Awardee
Eleanore Wilson, MA, RN, NE-BC

The PNA-IN Induction was a celebratory event to recognize and honor outstanding PNA-IN members and significant leaders who contributed to the successful passage of HB 1003 into law.



Governor Eric Holcomb was presented by PNA-IN with Healthy Indiana Advocacy Award!



Representative Ethan Manning, author of HB 1003
Healthy Indiana Advocacy Awardee with Mattie,
Karleen & PNAA President Dr. Gloria Beriones



Indiana Governor Eric Holcomb's Distinguished Hoosier Award
was presented to Dr. Jason Gilbert by IU Health President & CEO
Mr. Dennis Murphy; PNA-IN Healthy Indiana Award
was presented to Dr. Jason Gilbert by Mattie Upano

Dr. Jason Gilbert, IU Health Vice President & CNE & Mr. Dennis Murphy, IU Health President & CEO with six (of 200) new Filipino nurses at University Hospital at IU Health. L – R: Patricia Inesoria, Melode Cabrera, Kizell Canono, Cherry Bisaya, Ellen Castellano, and Stephanie Tan



Dr. Sharron Crowder, Nursing Policy Advocacy Awardee with Dr. Beriones & Rep. Manning



Dr. Katherine Feley, ISNA Executive Director, PNA-IN Nursing Policy Advocacy Awardee with Mattie & Chuchi Esteleydes, PNA-IN President-Elect

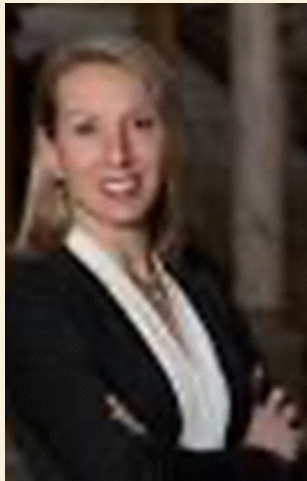


Far right: ISNA Executive Director Dr. Katie Feley, PNA-IN's Nursing Policy Advocacy Awardee received the Indiana Governor Eric Holcomb's Distinguished Hoosier Award and PNA-IN's Nursing Policy Advocacy Award on behalf of Mr. Blayne Miley, ISNA Director of Policy and Advocacy, a long enduring collaborator/supporter of PNA-IN in its legislative advocacy for FENs' RN licensure in Indiana.

Health Workforce Advocacy Awardees from IU Bowen Center Health Workforce Policy



Courtney Medlock, MPH
Assistant Director Policy/Strategy



Hannah Maxey, PhD, MPH, RDH
Bowen Center Director/
IU Associate Professor

Nursing Policy Advocacy Awardees



Jean Putnam, DNP, RN, CPHQ, NEA-BC
EVP, CNO Community Health North



Rachel Spalding, DNP, RN, NEA-BC
CNO, Good Samaritan Hosp.Vincennes

In conclusion, as a testimony to the long-standing legislative advocacy of PNA-IN, please refer to the “Message of Rep. Manning to PNA-IN” below:

“The Philippine Nurses Association of Indiana (PNA-IN) has been a fantastic resource for not only their own members, but for all nurses across the state. Their support of House Enrolled Act (HEA) 1003 – 2022 extended far beyond their support during the legislative session. When the provisions of the bill were applied incorrectly, PNA-IN and I worked to make sure that the implementation of the legislation matched the intent behind it.

PNA-IN is an incredibly valuable resource for their members and focuses on collaborating with other organizations in their field. They work with some of Indiana's largest healthcare advocates and providers, like the Indiana State Nurses Association and IU Health. PNA-IN has experienced lots of growth and demonstrated that they are a strong voice for their members and the rest of the Asian American community. The PNA-IN has also been very good about acknowledging achievements as they work towards their goals. They have been active in recognizing those who make big impacts by securing several of the Governor's Sagamore of the Wabash Awards, one of the highest honors that the State can give to Hoosiers.

The effects of the COVID-19 pandemic can still be felt in the nursing community. The PNA-IN and I both agree that HEA 1003 – 2022 is a step in the right direction and helps address some needs of the incredible nurses we have here in Indiana! HEA 1003 – 2022 looks to address Indiana's current and future nursing workforce shortage by implementing multiple solutions; including extending temporary medical licensure, attracting more foreign nurses to the state, and enhancing the ability for the state's various nursing student programs to graduate more nurses. My hope is that HEA 1003 – 2022 helps lighten the burden of those working hard to become a nurse while making sure nurses are achieving the high standards their field requires.

I am grateful that I can work towards the same goals as PNA-IN and that they have been such a strong ally. It is exciting that we can use both of our efforts to benefit Indiana's increasingly diverse nursing population in a tangible way!”



Sunday Brunch day after the PNA-IN Induction Gala at the Courtyard Marriott Indianapolis to cap off the celebratory event before out of town guests head back home. A town hall meeting with Dr. Beriones left one and all with food for thought!. With grateful hearts PNA-IN salutes you and bid you adieu till the next Induction and NCR Conference in Indy in 2024!



Dr. Crowder, Dr. Beriones & Mattie



PNA-IN Exec. Director Redd Knotts & Dr. Beriones



Gold Sponsor: Brad & Nicole Klawitter Platinum Sponsor: Mr. Murphy, IU Health CEO



At-home COVID-19 Test Kit Distribution in the Community

by **Rowena Nikki Baysa BSN MBA FNP-C**
PNAMHI Board Member and
Education Committee Chairperson

For several decades now, the work of nurses in the change-making sector has always impacted a multitude of national emergencies and community crises. To alleviate the devastating and disproportionate impact of these crises on the lives of our people, nurses relentlessly supported our communities. While the duration and magnitude of the COVID-19 disaster are unprecedented, the efforts of the Philippine Nurses Association Maui Hawaii (PNAMHI) have been palpable in our community's recovery. From vaccination to feeding the homeless, the PNAMHI members continuously bridged the gaps, so that our kababayans received the much-needed health services during the pandemic.

During the second quarter of this year, the Philippine Nurses Association of Maui, in collaboration with FilCom CARES and the Department of Health, focused on various outreach programs to enhance COVID-19 awareness and the detection of COVID-19 cases.

In June 2022, a total of 3,540 families received the At-home COVID-19 Test Kit and COVID fact sheets during key community events: the Annual Celebration of Fathers Drive at the BHS Parking Lot; the 1st Annual Lanai Pride and Festival Parade; Non-Profit agencies at Lanai Dole Park; and the 1st Annual Micronesian Festival. Multiple non-profit organizations benefited from the massive COVID kit distributions: Cross at Christ the King, Iao Congressional Church, Child and Family Service, Maui Family Support Services, Kahului Union Church, Micronesian families at the University of Hawaii, Maui Campus, Malama Family Recovery Center, and Joyful Community Church.

More distributions happened last July 2022, when 12,000 At-home COVID-19 Test Kit and COVID educational materials were distributed to multiple local organizations: Maria Lanakila Filipino Catholic Club, Wailuku Post Office, Good Fellows Construction, Arisumi Bros, Inc., Children Justice Center, Maui District Health Office Employees and other State Employees, Boys and Girls Club Maui, St. Joseph Filipino Catholic Club, Maria Lanakila Filipino Catholic Club, St. Anthony Filipino Catholic Club, and Christ the King Filipino Catholic Club. Another 6000 kits and fact sheets were given to families attending the Hana's 1st Annual Youth Festival.

Dissemination of At-home COVID-19 Test Kits and COVID education materials continued last August 2022. About 2,080 families received them during family-centered events like the Keiki to Kupuna West Maui Community Wellness Fair and several soccer tournaments all over Maui. Multiple churches and home health care organizations also received hundreds of kits and educational materials.

PNAMHi Nurses in partnership with the Hawaii Department of Health and FilCom CARES will distribute thousands more COVID self-test kits to communities until the end of 2022.



Celebration of Father's Drive Thru



COVID TEST
KITS
DISTRIBUTION



West Maui Kupuna and Keiki Health Fair



Lanai Pride
Parade &
Festival

Micronesian Festival



COVID TEST
KITS
DISTRIBUTION



Christmas in July, 62nd Birthday and
Feast at St. Theresa Church

PNA Chapter NEWS



PNAMH Community Outreach Activity

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

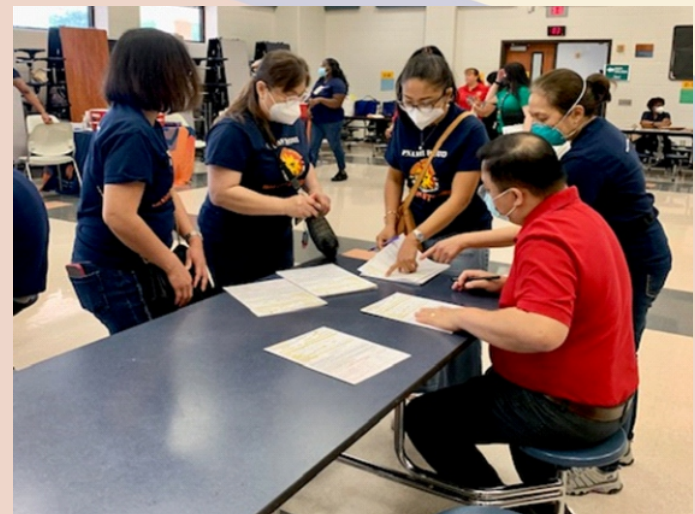
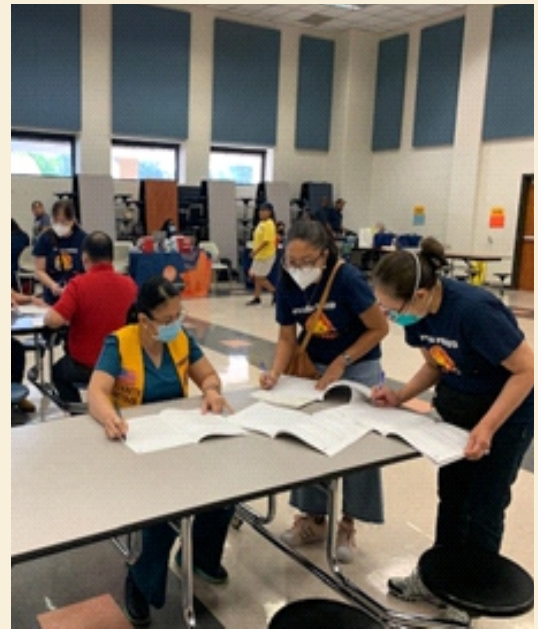
The transition of the new PNAH leadership and officers coincided with the loosening of Covid restrictions marked by the resumption of many in person events. We saw several opportunities to further our mission to serve the community.

Last June we attended the celebration of Kalayaan Festival to commemorate the 124th anniversary of the proclamation of Philippine Independence. This event was organized by the Philippine Kalayaan Houston in cooperation of the Philippine Consulate of Houston held in the Bayou City Convention Center. We were there to support the Filipino community and as members of the PNAH nurses in collaboration with the PNAH-FI officers to raise awareness about the opioid addiction and crisis. We provided education to the public and the attendees about the resources available to the local community for those who are affected. This outreach program compliments this year's theme of the Kalayaan Festival of "Pagsuong sa Hamon ng Panibagong Bukas"



The following month, the PNAMH community outreach committee officers and members participated in the Alief Community Health Fair. Even though July is recognized as sabbatical month for PNAMH organizational activities, we still took it upon ourselves to come out and serve the local community. Alief is a neighborhood in the western fringes of Harris County and is known for its large population of older Asian and Hispanic residents. We took part in providing and assisting children's immunization, health screening, and handing out school supplies to local school age children. Volunteering in such activities brings professional and personal satisfaction for PNAMH officers and members. As seen in the many smiles of the children and the appreciation by the parents brought tears to our eyes. The true essence of service.

Mabuhay PNAMH!



PNAA Chapter NEWS



PNA Northern California's Successful Membership Appreciation Picnic

by Lourdes Moldre
President-Elect

An exceptionally successful Membership Appreciation Picnic held at South San Francisco's Buri-Buri park on 9/24/22. There was 40+ attendees, ranging from new PNANC members, renewing members and current members who participated. The event was filled delicious food, along with "getting to know you" games/raffles and sprinkled with benefits of PNANC membership and committee sign-ups. Comments from PNANC members included "it was nice to feel connected to my fellow Filipino nurses." Majority of the members came from the Bay Area, but we also had guests who came from Sacramento and Modesto (2.5 hour drive to Buri-Buri park).





PNANC leaders: Lourdes, Rowena, Igor and Eva.



Joy was a previous PNA New Jersey member, who moved to Sacramento. She works at the VA Medical Center while her husband works for UC Davis Medical Center. She drove all the way to Buri-Buri park (along with her mother and 3 daughters) to attend the



PNANC officers: Eva, Kathy, Igor, Cynthia, Lourdes and Diane.



Met Catherine (2nd to the farthest left-with a hat) in NY at the PNA National Conference last July. Although living in Modesto, she wanted to drive all way to SF to visit other PNANC members.

PNA Chapter NEWS



The Philippine Embassy's successful Consular Outreach Mission in Jacksonville, Florida

by Daphne Agustin Viray
President PNANEF 2020-2022

Two years after the outbreak of the unprecedented Covid-19 pandemic, the Philippine Embassy from Washington, DC has resumed their community outreach program with passport renewal and dual-citizenship swearing in services and Northeast Florida was lucky to have been chosen as the host for their last mission in 2022. PNA Northeast Florida, the sponsoring chapter collaborated with the Philippine Nurses Association of America Global Affairs Committee and with the local representative Ghie Alagano from PNA Central Florida. Besides servicing some of the 30,000-strong Filipinos in Jacksonville, applicants came from different areas in Florida like Orlando, Tampa, and Palm Beach to name a few. Some came as far as our neighboring states like Georgia, Alabama, Tennessee, and South Carolina. The 3-day outreach mission serviced 860 passport renewal and 270 took their oaths for becoming a Filipino citizen again. There was a big “Congratulations” to an amazing 102-year-old originally from Pagudpud, Ilocos Norte, Philippines who came for his oath taking.



PNANEF in ACTION



Applicants had to have their appointments, but some came without one and took chance that they might be seen. They stood in line every day from 7am until we closed at 8pm for 3 days. The consular team headed by Consul General Iric Arribas and the 6 processors together with the local volunteers worked so hard, so no one was left unseen. We heard so many sad stories like “My mother died but I can't even go home to see her for the last time because I have an expired passport” or It's just too hard to go to Washington, DC when you have little kids and don't have vacation to use, or just can't get a time off from

work". Your heart just goes out to them, that whatever their own story, you pray and hope that they get the service they need. Despite some challenges, after the end of a hectic day, you cannot help but feel good because you know that this very much needed services for our fellow Filipinos is making a difference in someone's life. Their words of appreciation and their smile when they come out of the processing room say it all.



CONGRATULATIONS TO ALL THE DUAL CITIZENS WHO TOOK THEIR OATH WITH CONSUL GENERAL IRIC ARRIBAS



This consular outreach would not have been possible if not for the many generous contributions of PNANEF members, supporters and friends from our local community organizations who believes on the mission. Special mention are the Fil-Am Council of Council of Jacksonville, Travelers of Jacksonville, Cavite Association, Virginia and Ray DeLeon of the Ilocano Association, Norman and Sharol Noblejas of the Language School in Jacksonville. Some sponsored a meal, provided transportation, brought snacks and drinks, donated supplies, and their time. I believe in this quote by Helen Keller, "Alone we can only do so little, Together, we can do so much." Thank you at Mabuhay Tayong Lahat!

PNA Chapter NEWS



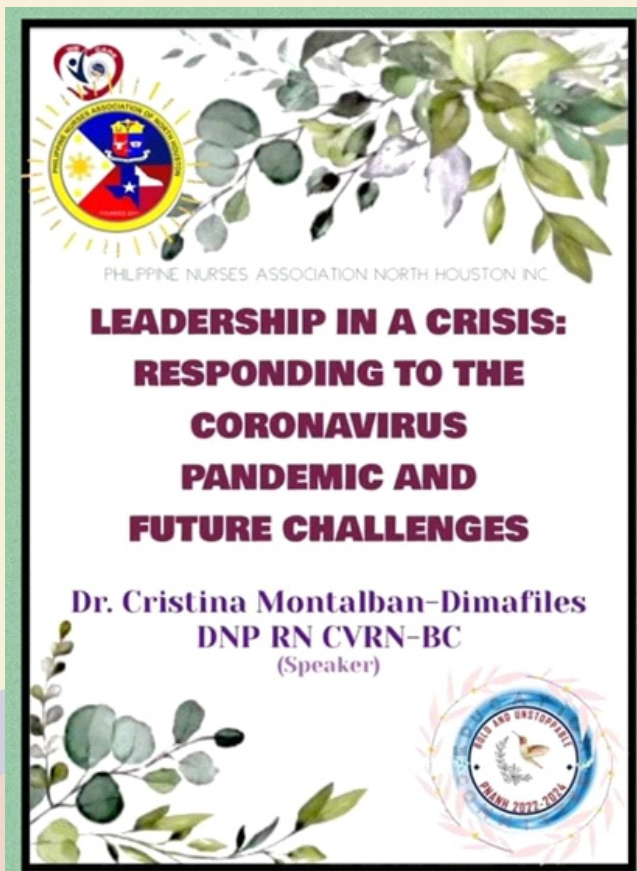
Time Given Us

by Jingle Alcalá Alcazaren, MSN, APRN, AGPCNP-C, CAPA
Dr. Mila Sprouse EdD, MSN, RN, CCRN-K, NE-BC

"I wish it need not have happened in my time," said Frodo. "So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us." A conversation between the main characters in J.R.R. Tolkien's Lord of the Ring series The Fellowship of the Ring. Just like Frodo and Gandalf, the PNA North

Houston continues to take advantage of the time given to us with another spectacular successful September hybrid educational event led by the Education Committee Chair Ludy Deleon and Co-chair Honey MagNet. The fantastic duo and their members' dedication was evident in the relevant education topic presented by Cristina Dimafiles DNP, RN, BSN, CV-RN in front of 30-plus attendees at the Houston Methodist, The Woodlands, on September 29, 2022. Like Gandalf and Frodo, Dr. Dimafiles shared information on leading during a time we wished never happened. The COVID-19 pandemic taught us many lessons and one that we can learn from for any crisis or disaster in the future.

Further, the audience received a worthwhile presentation from our special guest, PNA's founding officer Dr. Riza Mauricio. Dr. Mauricio's research project on the impact of the pandemic on Filipino American nurses' mental and psychological well-being eventually resulted in receiving a grant from the "All In" program to help nurses with the necessary coping strategies to manage their mental health and well-being.



Following the educational presentation was a special induction of PNA's Membership Committee Chair, Mr. Eman Garcia, as he could not attend the formal induction ceremony during the PNA's Nursing Excellence and Scholarship Award and Induction of officers 2022-2024 last August 27th, 2022. A huge congratulations and blessings from God on this role Mr. Eman

Garcia! Mr. Carlito Silva, advisor and founding father of PNA North Houston did the honor of inducting Mr. Garcia into office in the presence of PNA North Houston President Dr. Mila Sprouse.

As the 2022-2024 PNA North Houston Executive Board continues to chart its course to a BOLD and UNSTOPPABLE journey, educational programs like the one presented in September will provide the tools for all to cope with any barriers yesterday, today, and in the future. The current executive board's term will end in 2024, but the legacy will continue. Like J.R.R. Tolkien's characters in "The Lord of the Rings," Bilbo Baggins summarizes it all, "Don't adventures ever end? I suppose not. Someone else always has to carry on the story."

Don't worry about the story's end. Just know that the story will keep going! What is important is what we do with the Time Given to Us!!!



PNA Chapter NEWS

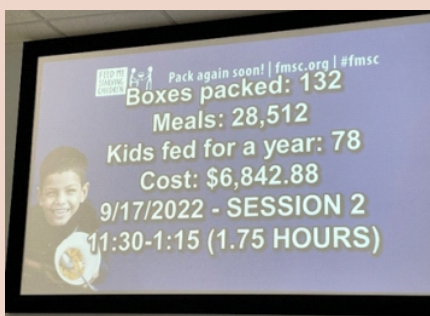


PNANT Dallas Volunteers at FMSC

by Geraldine A. Perez BSN, RNC
President-Elect PNANT Dallas



The Philippine Nurses Association - North Texas Dallas Chapter held its annual volunteer day at Feed My Starving Children in Richardson, Texas last September 17, 2022. PNANT members led by Chapter President Tess Remo and other volunteers worked together to pack 132 boxes of food which would be able to produce 28,512 meals for children suffering from hunger around the world.





As part of PNANT's commitment of service and as a way of sharing their time, treasure and talents to those in need, our members have volunteered at FMSC for the last three years.

Each volunteer was assigned to different tasks: scooping ingredients, bagging, weighing, boxing and tagging.

FMSC is an organization that utilizes donations and volunteers from Arizona, Illinois, Minnesota and Texas to prepare Mana Packs consisting of rice, soy, dried vegetables, and a blend of vitamins which make up nutritious meals ready to distribute to over 100 partner countries including the Philippines.

At the end of the event we went home with our hearts filled with joy despite our aching backs and sore muscles. It has been a very humbling and enriching experience to say the least. Knowing that this makes a difference in the lives of countless children around the world renews our pledge to help out year by year.

(Photo Credits to Noel Beboso PRO-PNANT, Geraldine Perez President-Elect, PNANT)





Research Project on Alzheimer's Dementia PNA Southern California

by Velma Dumag Yep, DNP, MSN, GNP-BC

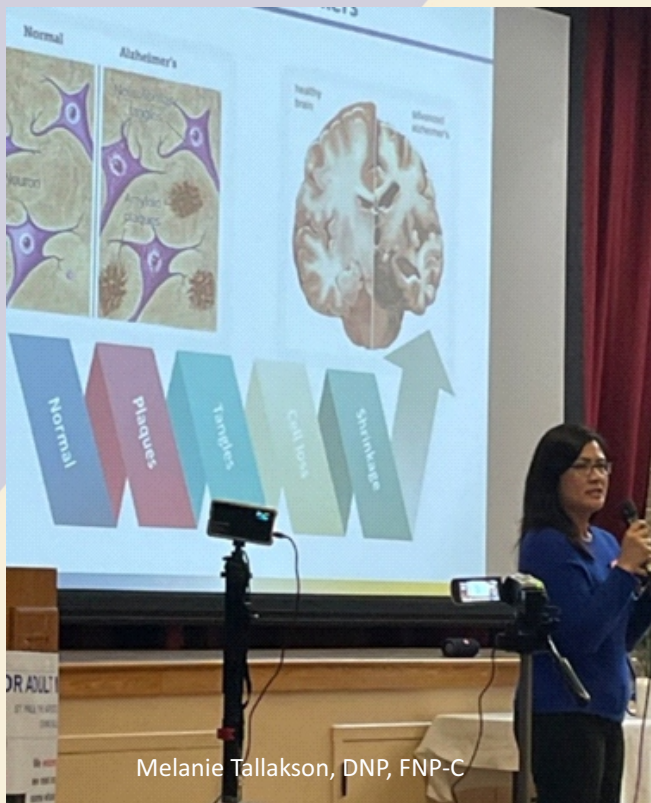


Velma Yep, DNP, DNP, GNP-BC

The Philippine Nurses Association of Southern California collaborates with the University of California in Irvine (UCI) UCI Mind AHEAD clinical trial on a new medication for early onset cognitive impairment. The project is in its 3rd phase of the clinical trial. The board members of PNASC had assigned a research task force to work on this project with the UCI Mind AHEAD trial researchers.

The AHEAD Study is the first research study to help prevent Alzheimer's disease by enrolling participants as young as 55 and using a tailored dosing approach. The study looks at an investigational treatment to delay memory decline in people up to 20 years before the symptoms of Alzheimer's disease appear. The AHEAD Study is made up of two different clinical trials testing the same investigational medication (lecanemab) aiming to reduce the amount of amyloid in the brain.

The study currently focuses on the Asian American and Hispanic populations as part of the recruitment for the clinical trial study. Research suggests that Asian Americans are less likely than other racial groups to develop Alzheimer's or other dementia, but additional research is necessary. However, one 2018 study noted the Filipino community had the most cases of dementia within the Asian population throughout a 14-year investigation (Alzheimer's Association, 2020). Statistically, approximately 1% of 65-year-olds and more than 50% of 90-year-olds have a dementia disorder. Among people older than 85, a more significant percentage of women than men have Alzheimer's disease (moderately strong scientific evidence).



Melanie Tallakson, DNP, FNP-C

The PNASC UCI Mind AHEAD study task force are Antonette Gurnani, MSN, RN; Gail Jones, DNP, MSN, RN, Sasha Rarang, Ph.D., RN; and Velma Yep, DNP, GNP. The kickoff presentation as part of the community education and recruitment was conducted by Dr. Velma Yep, along with Dr. Melanie Tallakson, DNP, one of the lead researchers of the AHEAD study. Removing the stigma of Alzheimer's Dementia was one of the more essential aspects of the community presentations.

Additionally, in 2017 the World Health Organization (WHO) created a blueprint for policy-makers, international, regional, and national partners, and WHO in the following areas: addressing dementia as a public health priority; increasing awareness of dementia, and creating a dementia-inclusive society; reducing the risk of dementia; diagnosis, treatment, and care; information systems for dementia; support for dementia caretakers, research and innovation

The PNASC and UCI Mind AHEAD trial community education and recruitment will run until February 2023.

References:

https://act.alz.org/site/Donation2?df_id=51079&51079.donation=form1&mfc_pref=T&utm_source=bing&utm_medium=paidsearch&utm_campaign=giving_bing&msclkid=950d9c5f13211bc91ce3ff1157f660ba (Alzheimer's Association)

<https://www.who.int/publications/i/item/global-action-plan-on-the-public-health-response-to-dementia-2017---2025> (World Health Organization)



PNA Chapter
NEWS



PNASD at the Filipino-American Friendship Day

by Nio Noveno
PNA San Diego

Celebrating
FILIPINO AMERICAN HISTORY MONTH

***2022 TASTE OF THE PHILIPPINES**

FREE EVENT

PRESENTED BY: House of the Philippines

PNASD
IS A PROFESSIONAL NURSING ORG SINCE 1974,
WITH A MISSION TO EMBRACE ALL NURSES REGARDLESS OF ETHNICITY,
DEVELOP LEADERS, PROMOTE THE PROFESSIONAL IMAGE OF NURSES AND BUILD A STRONG COMMUNITY PARTNERSHIP.

SATURDAY, OCTOBER 1, 2022
10AM - 6PM
Lawn Program
Balboa Park, San Diego, CA



The Philippine Nurses' Association of San Diego (PNASD) has always been an advocate for preserving and promoting Filipino culture. On August 6th PNASD celebrated and participated in the 2nd annual Filipino-American Friendship Day at San Diego Liberty Station. This is one of the many ways PNASD collaborates with other community partners that serve the San Diego community. Leaders and volunteers provided first aid care, blood pressure screening and health education to the community.

There was a parade of all the event organizers, community leaders and volunteer participants. The hot summer weather did not hamper the intensity and high energy of all the people present. The day was filled with fun and a variety of activities. It started with a program and the usual speeches. There were talented guests who performed song and dance numbers. The band provided the music for the festivities. They even had local artists who performed their own songs.

The highlight of the event that made an impact on me was the recognition given to a US Naval destroyer named after a Filipino, Telesforo Trinidad. He was a Filipino fireman who showed heroism in the face of difficult times during his time as a firefighter. This was 107 years in the making. A long-time coming to recognize this inspiring act that saved the lives of others. Filipinos represent the largest minority recruits in the Naval service history. This recognition is not only an honor for the Filipino-American in the military, but to all the Filipinos worldwide and the Philippines at large.



PNASD supports and acknowledges Filipino achievements. Personally, I am so proud of what my kababayans are achieving in their respective fields. This is more than inspiring; it gives me more motivation to aspire greater achievement in helping our community and serve mankind. This is one way of honoring my heritage.

On a personal note, I am very delighted to be back home here in San Diego after being away for a few years. I am back to the place where I consider home and to the people whom I consider as my new family, PNASD. Volunteering with other high-spirited members have made my days more meaningful. There were retired members, leaders, new members, and student volunteers who took turns in running the PNASD first aid booth. Moving forward, I will participate in as many meaningful community, social and professional activities as I can. When I connect with a diverse group of people, it gives me room and opportunities for growth in both my professional and personal life.

PNA Chapter NEWS



Nurse Teamwork at Its Finest!

by Mylene Ruiz, RN, MSN, ACHPN, FNP-BC, GNP-BC
PNA San Diego

The Philippine Nurses' Association of San Diego had their very first "Flapjack Fundraiser - Short Stacks for a Tall Cause" in collaboration with the Mira Mesa Applebee Restaurant on Saturday, August 27th. A fundraising program since 2008, this popular neighborhood restaurant has been helping non-profit groups raise money by offering their dining facility on non-operating hours by selling set breakfast plates. The restaurant provides the venue and kitchen staff. The organization sells tickets and members work as servers.

As I walked into an almost empty restaurant, several nurse members were lined up, ready to go to work. It reminded me of my first day of nursing clinical 25 years ago. The excitement, the anticipation and the readiness to take on a task was palpable. It did not matter what role was assigned, every member of the group accepted the challenge regard less if they were tasked as a hostess, a server, or a busser. What mattered was to provide a wonderful experience of service to whoever comes at the door. Thirty minutes later, the restaurant was in full capacity. Every seat was taken, every table was occupied. Each nurse was on their toes and what strike me the most was the teamwork that I witnessed while everyone (though most of the members admitted this was their first time doing this), all took their roles seriously, focused on the details of their job, and made sure they lend a helping hand to those who appeared to be overwhelmed with the task. They took care of each customer the



The Philippine Nurses Association of San Diego's "Flapjack Fundraiser".



best they can, treating each customer like a patient, and while doing so, did not fail to overlook the needs of each other. When a server had to take orders from a new group of customers, someone else volunteered to take the plates to the adjacent tables that were waiting for their food. When a server ran late with their plates from the kitchen, others voluntarily offered their plates to those who were waiting longer.

Historically, we know that nurses have always been highly regarded in our profession because it is a calling more than a career. Nurses tend to be selfless, by going above and beyond the call of duty to meet the needs of others and their colleagues, and are genuinely caring and compassionate. What I experienced that day was a group of nurses working together for the common good, made a seemingly overwhelming goal and unmanageable task seem realistically attainable, and it made me feel proud for being a nurse and for being a member of this organization.

In our lives and careers, we often are made to give more than we receive, and even in this humbling situation, we continue to demonstrate our selfless act, a deep and natural desire to show kindness and compassion toward others, and the willingness to help no matter what it takes. Behind a successful group is an effective leader who leads by example, acts decisively, fairly delegates tasks, and is confident and respectful. Madam Perlita Aguinaldo, the President of Philippines Nurses Association of San Diego exudes these leadership traits that were evident at the fundraising event. She remained poised, engaged, empathetic and respectful with her members and supporters despite challenging and stressful situations. She demonstrated an optimistic attitude of support, encouragement and empowerment that made this fundraising event a huge success. It truly was a nurse teamwork at its finest and a memorable event for the books! To all our supporters from the community, we are deeply grateful for your presence, participation, and donations. We look forward to your continued support and your unwavering commitment to our future fundraising efforts.



PNA Chapter NEWS







PNASD promotes Personal and Professional Mental Health Wellness

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

PNASD and its committee on Mental Health Advocacy (MHA) continue to grow as effective advocates, resources, and partners regarding mental health. The MHA Committee recently provided parts two and three of its four-part mental health education series to peers on June 25, 2022. Dr. Virtud Oloan, an Advanced Practice Nurse in Behavioral Health passionate about caring and teaching, led the presentation. She finds joy in caring for those who are emotionally troubled and confused and finds satisfaction in mentoring nurses about the therapeutic use of the self. Dr. Oloan presented "Living a Mentally Health Life."

 <p>Welcome and Introduction</p>   <p>Jay Larrosa, MSN, PHN, RN-BC, ACM-RN FACDONA PNASD Chairman Mental Health Advocacy Committee</p>	 <p>PNASD President</p>   <p>Perly Aguinaldo, BSN, RN PNASD President 2022-2024</p>  <p>Perly Aguinaldo</p> 
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 <p>Guest Speaker</p>   <p>Virtud Oloan BSN, LIB, M.A. Ed, PhD, PMHN, RN-BC</p> <p>Advanced Practice Nurse, Behavioral Health</p>	 <p>Virtud Oloan</p>
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Part two focused on the mental health of individuals on a personal level as it relates to their unique selves, their family, friends, and the community. Resiliency, healthy choices, lifestyle factors, and affecting mental health and overall well-being present tools that promote mental health and identify warning signs when and how to seek help were covered.

The speaker for part three presented the mental health of healthcare professionals as it relates to their unique selves, their work environment, their professional roles and responsibilities, and the challenges or unique pressures from relationships with the patient, family members, and employers.

Furthermore, attendees learned that, per Mary Townsend, "the successful adaptation to the stressors from the internal & external environment, evidenced by thoughts, feelings, and behaviors that are age appropriate and

congruent with local and cultural norms." Dr. Oloan also shared that effectively managing stress is for better mental health.

Attendees also learned that poor mental health impacts workers and can result in absenteeism, increased error rates, accidents, and increased disciplinary problems, to name a few. As nurses, we can experience compassion fatigue, a process by which we become less emphatic and compassionate towards our patients. We need to recognize the physical, emotional, and psychological triggers that can create compassion fatigue and effectively apply strategies to treating compassion fatigue. The speaker also discussed compassion fatigue versus burnout. PNASD members should be familiar with locating the required services such as Human Resources, health insurance, and national helpline.

The committee provides mental health education so participants can continue to build their mental health toolbox. Dr. Oloan shared tools for managing stress and promoting mental health, such as connecting with others, being physically active, eating well, and getting professional help. She mentioned vital resources such as the Friends Resource Helpline: (619) 543-1434 and the National Suicide Prevention Lifeline 1-800-273 TALK or 1-800-273-8255, San Diego Access and Crisis Line are (888)724-7240 and 911. It is important to remember, too, the do's and don'ts when family or friends are experiencing psychological/emotional disequilibrium.



Part four of the mental health education series will be on July 23, 2022, with three speakers presenting: Dr. Michael Krelstein, Dr. Renato de la Rosa, and Hazel Quinones, MSW. They will be presenting on Mental Health Awareness through Community Partnership.

After the completion of the mental health education series, the MHA committee and PNASD achieve their overall goal of promoting mental health wellness and raising awareness of the existence 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.

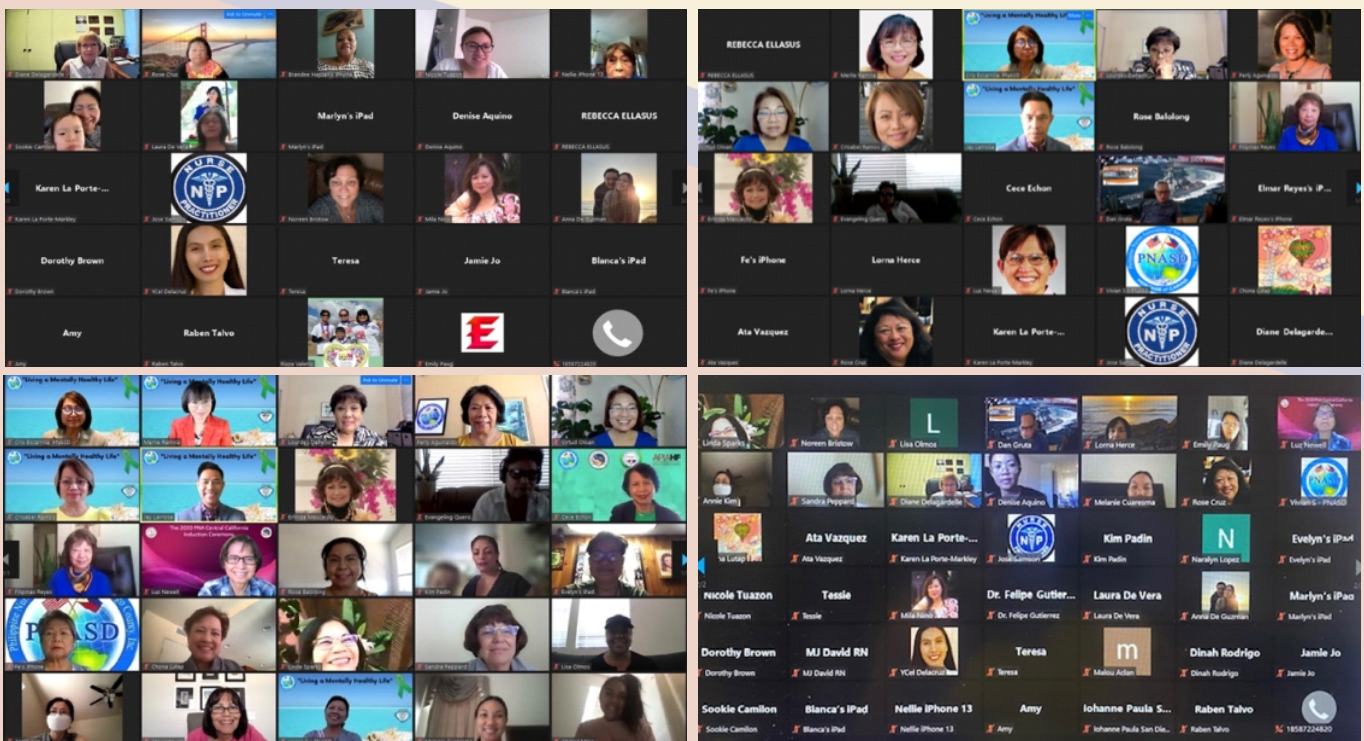


Photo session with attendees

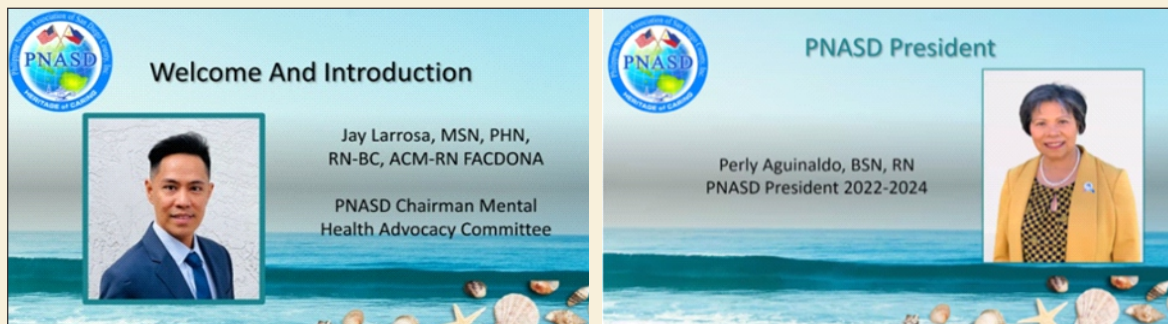
PNA Chapter NEWS



PNASD engages on Mental Health Awareness through Community Partnership

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

PNASD and its Committee on Mental Health Advocacy (MHA) completed their preparation for becoming effective advocates, resources, and partners in mental health. The MHA Committee's mental health education series offering to peers concluded with part 4 on July 23, 2022. The three speakers led presenting on "Mental Health Awareness through Community Partnership." The two speakers were from the County of San Diego Health & Human Services Agency, Ms. Hazel Quinones, MSW, and Dr. Michael Krelstein. Hazel is from the Outreach and Education of Aging and Independence Services, and Dr. Krelstein is the Chief Medical Officer of the Behavioral Health Services. The third speaker is from the Philippine Medical Association of San Diego and R. De la Rosa, MD, Inc., Dr. Renato De la Rosa. Dr. Merlie Ramira from PNASD moderated the Panel Forum.



Panel speakers & Moderator

The last part of the series focused on how mental health awareness through partnerships can bring a community together as one with a common goal of achieving a healthy mind, spirit, and body. The course provided an overview of how behavioral health services in the county work as a public health entity and addresses strategies to build a healthy community through education, behavioral health access to resources, and mental health services. Collaboration through volunteer services in the community while staying



mentally healthy is an essential factor to consider. The course also discussed the management of patients in primary care with mental health problems and underlying chronic illnesses, drug and alcohol addictions, and other medical conditions.

Attendees heard from Hazel that there is still a need to break the stigma. The stigma phenomenon is very true as Mental Health is still taboo in certain groups, including ours. Her other reminder is to be aware of signs of suicide. Hazel also talked about the great benefits of volunteering, which significantly validates the indirect benefit of being a PNASD member. The organization is very thankful for all its members to do, especially when volunteering their time. Another reminder from Hazel is always to remember the self-care tips.

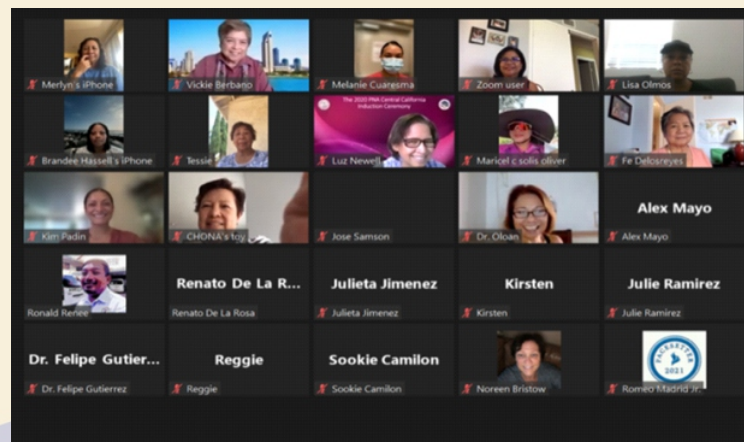


Dr. De la Rosa discussed a relationship between adult chronic diseases and scoring with high adverse childhood experiences or ACE. He told us that mental health needs to be taken care of as early as possible in our lives. We need to pay attention to our mental health as we do to our physical health. According to him, a shift from "what's wrong with you?" to "what happened to you?" would be more beneficial when addressing such situations.

Participants learned from Dr. Krelstein the important work The County of San Diego's Behavioral Health Services (BHS) the county is doing regarding the services on mental health and substance use disorder. He also shared how the county is transforming and advancing mental health. It is great to hear the county's key strategies as well.



The mental health education series offered great information to our members. MHA Committee is building its shareable materials, either via print or electronically, based on what we learned from the four-part mental health education series. They will contain information that can contribute to achieving the committee's overall goal: Promote mental health wellness and raise awareness of the existence 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. On what mental health is about, raise awareness and the essential resources. The committee is also excited to create a section dedicated to the pnasd.org website for mental health. PNASD members can access the mental health site and serve as a central location if anyone needs education and mental health resources.



With the completion of the mental health education series, our organization is ready to be that effective advocate, resource, and partner for mental health for our members and our members' families, friends, peers, and the community.



PNAA Chapter NEWS



PNASD Presented “The SILHOUETTE” at the Sigma SoCal Odyssey Research Conference

by Lourdes DePerio MSN, BSN RN
Dr. Merlie Ramira DNP, FNP-BC, CEN
PNASD Past Presidents and Board of Directors

One of the visions of the Philippine Nurses' Association of San Diego County, Inc (PNASD) is to promote international collaboration with other healthcare organizations.

An opportunity came about for PNASD to meet this vision when the research project of Cyrus Jed Ramos, BSN RN, Senior Health Program Officer, Department of Health -Ilocos, Philippines, and an emerging researcher when SIGMA SoCal Odyssey Research accepted it as a poster presentation. His research project title is “THE SILHOUETTE: LIVED EXPERIENCES OF PARENTS WITH A CHILD WITH G6PD (*Glucose 6-Phosphate Dehydrogenase*). Cyrus could not come to the United States due to the rigor of the Immigration rules, so he contacted the Sigma organization through Marlene Ruiz, a member of Sigma Theta Tau. Ms. Ruiz contacted Dr. Merlie Ramira and Lourdes DePerio from PNASD to represent him at the conference. With the PNASD President Perlita Aguinaldo's interest in promoting the organization internationally, we presented his poster at the 26th SIGMA SoCAL ODYSSEY RESEARCH CONFERENCE last October 13 & 14, 2022, at the Double Tree by Hilton Hotel in San Diego. The conference's theme, "SIGMA 100 Years Strong: Looking Onward, Moving Forward," attracted researchers from various states and countries. SIGMA's (Omicron Delta Chapter) mission statement is developing nurse leaders to improve healthcare everywhere. Their vision states connected, empowered nurse leaders transforming global healthcare.

The SILHOUETTE research study by Cyrus Jed Ramos focused on exploring the lived experiences of parents with a child with G6PD deficiency, an X-linked genetic disorder with a critical enzyme in the pentose phosphate pathway (Bubb et al., 2015). The underlying etiology is associated with key physical and mental health aspects



from birth to adolescence, including size and growth, blood pressure, puberty, and serious infections (Kwok et al., 2016). According to the study, G6PD deficiency in the newborn can result in anemia and neonatal hyperbilirubinemia or increased levels of the substance bilirubin in the blood. Because of G6PD deficiency, reduced oxygen flow causes symptoms of rapid heart rate, shortness of breath, dark or yellow-orange urine, fatigue, dizziness, pallor, and jaundice.

From Cyrus' study on his interview of parents with children diagnosed with G6PD, the common theme that emerged from the study was the umbra, penumbra, and antumbra. The theme is likened to a Silhouette when parents feel like they are in the darkest moments of their lives upon knowing the diagnosis of their child until such time that they finally accept the reality. They must live with it, like the shadow that does not fade, and that vague feeling will always be there. He recommended that nurses try their best to address the needs of the parents/caregivers and create an informative, sympathetic, and supportive balance for the mothers regarding G6PD. On the government side, they need to create the National Comprehensive Newborn Screening System Treatment Network and continue testing, education, and follow-up of confirmed cases.

On October 13, 2022, the SIGMA SoCal Odyssey conference kicked off with a welcome and special introduction

of PNASD as a poster presenter on behalf of Cyrus Jed Ramos. He was unable to join the conference in person. Dr. Kathleen Hinoki, the conference's Chair, called Dr. Ramira and I to stand up and introduce us to the audience. PNASD was not known to the SIGMA circle until this day. Indeed, we were overcome with

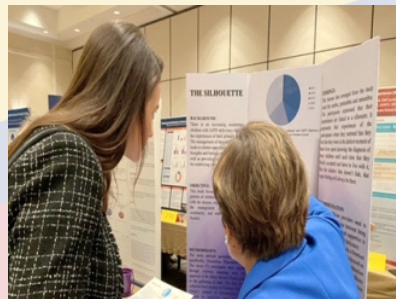


Lourdes, Merlie & Dr. Kathy Hinoki



Gaby, Marlene, Sandra, Ludy & Merlie

emotions and pride, being the only Filipino poster presenter on behalf of Cyrus. The keynote speakers on Leadership, Dr. Sara Horton-Deutch, Sigma Board of Director, and Compassionate Care, Dr. Jane Georges, Dean, Hanh School of Nursing and Health Sciences, were knowledgeable and excellent.



On October 14, 2022, the last day, poster award time came. **The SILHOUETTE** garnered **THIRD Place** among the 20 research poster entries. We could not be prouder of his great work. He took PNASD with him on his research journey.



The future of nursing relies on global interconnection, collaboration, and engagement. PNASD is gradually moving in that direction and being at the forefront to make that connection to promote its vision "to promote international collaboration with other healthcare organizations" ... a **PNASD PRIDE**".

PNA Chapter **NEWS**



PNA Tampa Supports the Philippine Cultural Foundation's Sampaguita Ball

by Liwliwa R. Villagomez, PhD, RN, CCRN-K



PNA Members at the 28th Sampaguita Ball. From L to R: Mr. & Mrs. Hermano, Mr. & Mrs. Manzanero; Mr. & Mrs. Magsakay, Mrs. N. Bonoan (husband not in photo); and Fr. & Dr. Villagomez.

One of the goals of the PNA of Tampa Bay not directly related to nursing is to participate in socio-cultural activities, and officers and members have embraced this as an important aspect of its being. So, when opportunities to participate in socio-cultural events arise in the local community, PNA Tampa is visibly represented. As a member and strong supporter of the Philippine Cultural Foundation, Inc. (PCFI), PNA Tampa participates in its Annual Sampaguita Ball. [PCFI \(https://pcfitampa.org/\)](https://pcfitampa.org/) is the umbrella organization of all the organizations in the region, and Sampaguita Ball is its premier fundraising event. PNA Tampa has been supporting Sampaguita Ball since its inception 28 years ago.

September has been established as the month that PCFI holds its Annual Sampaguita Ball. The venue is the beautiful [Bayanihan and Events Center \(https://pcfitampa.org/baec/\)](https://pcfitampa.org/baec/). This 2022, it was held on September 24. It was an evening of elegant partying with guests from near and far! As in previous years, members of PNA Tampa took time off from work and graced this year's occasion. It is worthy to note that this year's Sampaguita Ball was devoid of the temperature checkers which was a sign that better days post-pandemic are now with us. In addition to supporting the event financially through the purchase of event tickets and Souvenir Program Ad, PNA Tampa also contributes the talents of its members through their active participation in the Bamboo Orchestra.

PNA Chapter NEWS



PNA-TN & PNA-Nashville Pursuing Excellence through Education

by Arlene D. Layupan, MAN, RN

A Collaborative Nursing Continuing Professional Development Event of PNA-Tennessee & PNA-Nashville

THEME
Nursing Advocacy:
Promoting Safe Work and Nurturing Environment

TOPICS
Pharmacogenetics Nursing
Transcultural Nursing
Palliative & Hospice Care

8 OCTOBER 2022
7:30 am - 11:30 am
St. Ann Catholic Church, Trinity Room
6529 Stage Road, Bartlett, TN 38133

IN-PERSON & VIRTUAL SESSION

REGISTER FOR ZOOM: [Link shared Later on my page](#)

ADMISSION is FREE (RN & Student Nurses)

Speakers:

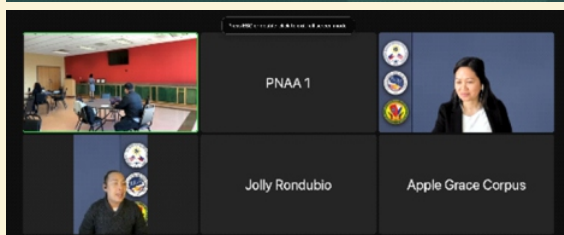
- Evelyn Bateman, BSN, RN
Clinical Nurse II, Critical Care Unit
- Jennifer Faulk, PhD, RN, CRNI, CHRN
Clinical Nurse Specialist of Medication Management
- Michael C. Dejos, PharmD, MBA, BCPS, CHOP, DPLA, LSSBB
System Medication Safety Officer

Number of seats is limited. Register early to secure your seat.

The planners and speakers have dedicated significant resources to this event. The PNA-Tennessee Chapter of PNA-TN is proud to be involved in a continuing education opportunity for our members and the community. The Continuing Education Committee of PNA-Tennessee is also pleased to support this event.

Nursing Advocacy: Promoting Safe Work and Nurturing Environment is the theme for the collaborative nursing continuing professional development event on October 8, 2022, at 7:30-11:30 AM at Trinity Hall, St Ann Catholic Church, Bartlett, TN, which was approved by American Nurse's Credentialing Center (ANCC) with 3.25 contact hours. The organization was grateful for the effort of its Education Committee Chair Jennifer Faulk, MSN, RN, CRNI, CMSRN, to Angelo Bosque, BSN, RN, CNRN, for organizing to make this activity possible and to the PNA-TN chapter President Rhodora Marquez, BSN, RN, PNA Nashville Tennessee President, Famela Stutzman, BSN, RN, and the PNA-Nashville Education chair Mark Cordero, BSN, RN.

The topics discussed were fascinating, as the attendees could certainly apply the knowledge to their respective workplaces. This activity was graced by the three seasoned speakers who shared their expertise on their respective practice. We want to share with you the highlights of the discussion. Mr. Michael C. Dejos, PharmD, MBA, BCPS, CHOP, DPLA, LSSBB, the System Medication Safety Officer at Methodist Le Bonheur Healthcare, discussed Pharmacogenetics in Nursing. Pharmacogenomics is the study of how genetic variations affect drug response. He provided good insights about the importance of considering genomics every time a medication seems no longer effective to the patient, especially with pain medications. The nurses' light bulbs lit up, knowing that patients could now access pharmacogenetics tests in our state. In addition, drug efficacy among pediatric patients, such as pharmacokinetics and pharmacodynamics variation, was emphasized. Most of you will ask if Pharmacogenomic testing can help improve clinical outcomes. The answer is YES! It does help clinical outcomes in 3 ways. (1) its ability to accurately and reliably measure the variable of interest, such as analytic sensitivity/specificity/reliability and assay robustness (2) its ability to accurately and reliably predict the clinically defined



PNA Nashville leaders as Virtual host and moderator, respectively: Ela Stutzman, BSN, RN (President) and Marc Cordero, BSN, RN (Education Chair).



Ms. Evelyn Bateman, BSN, RN, warmly accepts her certificate of appreciation.

disorder or phenotype of interest; lastly, (3) evidence of improved measurable clinical outcomes, and impact on decision-making.

The second speaker, Ms. Evelyn Bateman, BSN, RN, a Clinical Nurse II at Orlando Health Cancer Institute, discussed Palliative and Hospice Care. This topic is an eye-opener among nurses, especially since Filipino culture is not very open about end-of-life care and planning. When the participants were asked how comfortable they are when discussing their patients about hospice care, the majority answered that they are not comfortable. She also showed the nurses how to guide the patient in filling out the Five Wishes form that would serve as an Advanced Directive. Moreover, she also described the impact on the patient population of the misconceptions about hospice and palliative care. Finally, she shared the different strategies the nurse can implement to identify the proper placement of patients who would benefit from hospice and palliative care.

Our very own education chair Ms. Jennifer Faulk, MSN, RN, CRNI, CMSRN, is our third speaker. She talks about Transcultural Nursing: Competency at Bedside and Beyond. In her discussion, she identified the level of impact on the patient population about the knowledge and misbelief regarding cultural competence; she made good emphasis on the difference between a standard of care and culturally-competent care, barriers to establishing culturally-competent care, and the different strategies that can assist the nurses in providing culturally competent care to their patients.

We all can say that this educational endeavor was a very successful hybrid continuing educational activity where it was attended by 12 online and 11 in-person participants. Of the 12-online attendees, one is from Japan, and one is from the Philippines. Indeed, we are starting to go global in our continuing nursing education! This collaborative NCPD is the first time, and we hope to continue this practice to reach out to more nurses who hunger for knowledge on the latest nursing practice trends.



Dr. Mike Dejos gleefully receives his certificate of appreciation from PNA-TN President Rhodora Marquez, BSN, RN, and PNA Nashville President Ela Stutzman, BSN, RN.



Ms. Jennifer Faulk, MSN, RN (PNA-TN Education Chair and PRO), proudly flashes her certificate of appreciation. Ms. Faulk has been instrumental in publishing PNA-TN's official publication since 2020.



The attendees, speakers, and organizers pose for posterity.

PNA Chapter NEWS



Grassroots Membership Recruitment, the PNAVA Way!

by Eileen Daus, BSN, RN, CGRN, CFER
PNA Virginia Public Relations Officer

Here in coastal Virginia, the hustle and bustle of the warmer months is dying down. The air is permeated with the smell of pumpkin spice and apple cider. The leaves are in the early process of changing from green to a euphony of autumn colors, ranging from various shades of gold, crimson, orange then eventually brown. Despite the season change and the havoc caused by Hurricane Ian, PNAVA has not slowed down one bit. We have several ongoing exciting initiatives such as an invigorated membership blitz, member-focused amazing race challenge brought about by our health and wellness committee, and the upcoming “exploring wellness” community health fair. Membership engagement is at an all-time high. We have a strong executive board and a cohesive volunteer network under the transformational leadership of PNAVA president, Catherine Paler, MSN, RN, PCCN.

PNAVA has recently seen an uptick in its new member sign up and renewals. A competitive strategy instituted by the PNAVA health and wellness committee in their ongoing amazing race challenge is the opportunity to earn 300 bonus points for recruiting a new member or renewing their own membership.






COLLABORATION. ADVOCACY. RESPECT. EQUITY



THE AMAZING RACE



OCTOBER 3 - OCTOBER 9, 2022

MAJOR TASK = 100 points



FALL IN THE PARK

Explore and stroll around Oak Grove Lake Park (409 Byron St, Chesapeake). If you dare to go the distance, the graveled trail is 1.5 miles. Enjoy the cooler climate and falling leaves. Take a selfie with your favorite panoramic view of the lake.

**environmental, physical, social, spiritual*

MINOR TASK = 50 points



FLOWER POWER

Self-care is SO necessary! Who doesn't love receiving flowers? Purchase a flower bouquet from a local flower shop for yourself. Take a photo with a loved one PLUS your self-gifted flower bouquet then post/email your pic.

**physical, environmental, financial, spiritual, emotional, social*

BONUS TASKS = 300 points (awarded once per task)



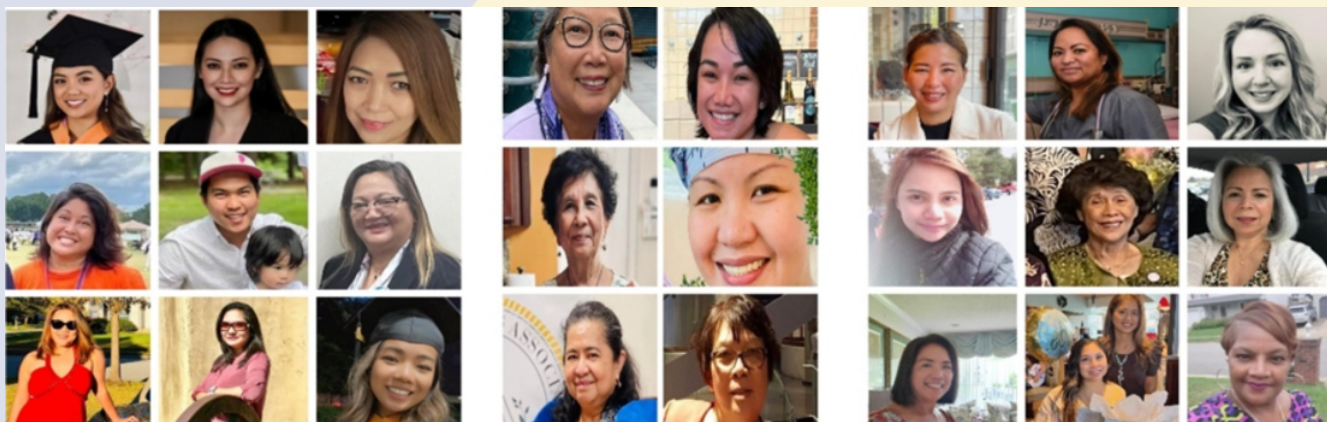
RECRUIT / RENEW a PNAVA Member

FilFest Oct 8 - Oct 9, 2022

Community Health Fair Oct 15, 2022

Email: hwcommittee4nurses@gmail.com





New member recruits and renewals stories are highlighted in our social media page. Here are the smiling faces of some of our newest members and renewals for the last six weeks.

We are grateful for our rock star members who have recruited new members, in addition to renewing their own memberships. We take membership recruitment personally. Here are a few of our inspirational membership stories:



PNAA/PNAVA membership is a family affair. Abi Manuel, a newly minted MSN recruited her sister Alyssa Manuel. Alyssa recently graduated with her BSN degree (Magna Cum Laude) from Old Dominion University. Abi and Alyssa's Mom, Maureen Manuel, is another RN in the family and an active member of PNAVA.



PNAA/PNAVA membership is by affinity and consanguinity. Corresponding secretary and Jill of all trades, Julie Corpuz Paler, BSN, RN recruited her niece, Ashley Corpuz, BSN, RN. Julie belongs to the Paler dynasty of PNAVA presidents. Ashley juggles her responsibilities as a new Mom and an RN at Children's Hospital of the King's Daughters, but she is invested in supporting her auntie, Julie. Julie on the other hand is a great mentor who will ensure her niece's successful onboarding to PNAVA.



PNAA/PNAVA membership recruitment is a personal goal. Treasurer and membership chair, Maria Albuero, BSN, RN is PNAVA's recruitment queen. Maria is a busy nurse manager with oversight of more than 60 employees across several specialties. In addition to recruiting Filipino nurses, she has gone "outside the box" by recruiting her boss, a few of her non-Filipino RN staff, as well as affiliate members. It's no wonder that Maria won her hospital's Excellence in Nursing "Nurse Leader" Award for 2021. According to Maria, COVID has tremendously impacted nurses. Nurses want to give back and contribute to the community. She takes the time to dispel the myth that PNAVA is just a social club. PNAVA has a strong commitment to community service as seen in our year-round support to various community events. We invest in our members through our ongoing health and wellness initiatives. We also provide an annual scholarship for a member who is pursuing a nursing career.



PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA (PNASC)
EDUCATION, RESEARCH AND PRACTICE COMMITTEE

presents

PNASC FALL EDUCATION DAY



THEME:

MENTAL AND NEUROLOGICAL HEALTH: NURSES AS HEALTH ADVOCATES

DATE: NOVEMBER 12, 2022 8:00 AM- 3:30 PM


LOCATION: ALMANSOR COURT

700 S ALMANSOR ST., ALHAMBRA, CA 91801

SIX (6) CEU HOURS

REGISTER ONLINE AT WWW.MYPNASC.ORG

ATTENDANCE FEE: \$75.00



P N A G U L F C O A S T F L O R I D A

11th
INDUCTION CEREMONY

GALLA

Friday

DECEMBER 2, 2022

6 - 10 P M
FORMAL ATTIRE
\$ 6 5 D I N N E R

CRESCENT OAKS COUNTRY CLUB
3300 Crescent Oaks Blvd.
Tarpon Springs, FL 34688

For More Info, Call
Merly Llanto 727-403-6195
Janella Puyot 727-323-0703

PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA

Induction & Awards Gala

DECEMBER 3, 2022
SATURDAY 6 PM

ROSEN PLAZA HOTEL
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ORLANDO FL 32819

HOTEL GROUP RATE \$119 + TAX
CODE: PNACF
RESERVATION (407) 996-9700

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Philippine Nurses Association of America Foundation



6th International Collaborative Conference in collaboration with **The University of Northern Philippines and Philippine Nurses Association, Ilocos Sur** *2023: Moving Forward with Innovations, Opportunities, and Successes*



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JANUARY 21-22, 2023
VENUE: THE VIGAN CONVENTION CENTER
VIGAN CITY, ILOCOS SUR, PHILIPPINES

PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION, INC.
in collaboration with
THE UNIVERSITY OF NORTHERN PHILIPPINES AND
PHILIPPINE NURSES ASSOCIATION, ILOCOS SUR



**6TH International Collaborative Conference
2023: Moving Forward with Innovations,
Opportunities, and Successes**

January 21 – 22, 2023
Vigan, Ilocos Sur

REGISTRATION INFORMATION FOR U.S.-BASED ATTENDEES

ONLINE REGISTRATION: <http://www.mypnaafoundation.org>

DEADLINE FOR REGISTRATION: December 15, 2022. The late fee is \$30.00

For further information, please contact: Catherine Rubio at catherinerubio91@gmail.com

SCHEDULE AND COSTS

Day 1 & 2 – Education Sessions and Evening Events \$300 (cost for US attendees)
Day 1 & Day 2 Evening Events for Family Members \$20/person (cost for US attendees)
Pre-Conference Activities: **TBD**

CANCELLATION & REFUND POLICY: Cancellation before December 31, 2022,
must be in writing/email to receive reimbursement
for a paid registration in full less \$75.00 for an administrative fee.
No refund after December 31, 2022

REGISTRATION INFORMATION FOR PHILIPPINE-BASED ATTENDEES

PLEASE EMAIL DIRECTLY: nursingeducationconference2023@gmail.com

HOTEL INFORMATION

A block of rooms is reserved for attendees at the VIGAN PLAZA HOTEL. You can
make online reservations at <http://viganplazahotel.com>. (No Code Required)

21st PNAA WESTERN REGION CONFERENCE MAUI, HAWAII



OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY

Lokahi (United) WE CARE

HOSTED BY
**PNA MAUI,
HAWAII**

**APRIL 20-23,
2023**

Conference Details and
Registration will Follow

Kahului Airport (OGG)
Maui Beach Hotel



Aloha, here is the information to book hotel rooms at **Maui Beach Hotel**
(<https://www.mauibeachhotel.com>).

Airport Code is OGG (Kahului, Maui).



The rates and code as follow: Promo Code: PNAA
Discount code is available for April 19-24, 2023.
Two double or one queen in each room (no rollaway)
Maximum guests up to 2 in the room.
If you have more than two people in one room,
please indicate only 2 guests per reservation.

The booking window opens now until January 15, 2023.

Rooms are based on availability.

- First 30 rooms at the daily rate of \$255.00 + amenity \$15.00 + taxes \$44.52 per room per night (\$314.52/night).
- Additional 10 rooms capped at the daily rate of \$265.00 + amenity \$15.00 + taxes \$46.27 per room per night (\$326.27/night).

Mandatory amenity fees (resort fee) include daily newspaper, coffee, in-room safe, local and toll-free calls, WIFI. Shuttle 7-passenger van to and from the airport. Above rates GET, TAT, & Maui County taxes are added, 17.46% tax per night.

Parking is \$10.00 per vehicle daily, paid directly to the hotel.

All room rates are non-commissionable and cannot be confirmed with any wholesaler or travel agent, or no telephone reservations will be accepted for this special rate directly at the hotel.

Additional rooms will be based on availability, and rates may be subject to change for the same period.

Guests must book online; please don't call the hotel to book your room.

Also, only go online to cancel the reservation.

Maui Beach Hotel www.mauibeachhotel.com.

POC: Bob Gahol, Western Region Vice-President
bgahol@hotmail.com / (808) 218-2393



It's Your Moment

44th PNAA National Convention & Cruise
July 16-23, 2023

For more information, scan the QR Code,
visit www.continuingeducation.net/PNAACruise or
Call 727-526-1571 & 800.422.0711

M-F 8:30 am - 6 pm EST and Saturday 10:00 am - 2:00 pm EST



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including flights to and from Port Canaveral, hotel accommodations, transportation,
or tours before and after the convention.

All reservations for the convention participants and their guests
must be made thru CEI
to be included in the activities and allow the 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.

For more information, call Continuing Education, Inc. (CEI)
at 727-526-1571 or 800-422-0711
M- F 8:30 am - 6 pm EST and Saturday 10:00am - 2:00pm EST

hosted by the *Philippine Nurses Association of Central Florida*

