



inside PNAA

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

CELEBRATING

Filipino American History MONTH



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



EDITORIAL

"Happy Filipino American History Month! Throughout October, we honor and appreciate the rich cultural heritage and contributions of Filipino Americans to the fabric of our society. This is a time to recognize the remarkable achievements, traditions, and values the Filipino-American community has brought to the United States.

From vibrant cuisine to beautiful traditions, music, and dance, Filipino-Americans have played an integral role in shaping the diverse tapestry of American culture. This month is an opportunity to celebrate the resilience, talents, and accomplishments of Filipino Americans, both past and present.

Let us take this time to reflect on the many Filipino-American trailblazers who have excelled in various fields like arts, sports, science, business, and public service. Their achievements inspire future generations, breaking barriers and paving the way for a more inclusive and diverse society.

We started the Filipino-American History Month celebration by supporting the movie "1521: The Quest for Love and Freedom." It's part fiction and historical film produced by one of our fellow kababayans and nurse, Francis Lara Ho. So many Filipino nurses showed up in movie theaters nationwide to support Francis. We hope this movie will open up more doors for other Filipino filmmakers who want to make a name in Hollywood.

As we commemorate Filipino-American History Month, we also acknowledge the importance of promoting cultural understanding and appreciation. By learning about the rich history, traditions, and experiences of Filipino-Americans, we foster a deeper connection and strengthen the bonds of our diverse communities.

Whether you're a Filipino-American or an ally, let's come together to celebrate the contributions and achievements of this vibrant community. Embrace the Filipino-American spirit by exploring Filipino cuisine, attending cultural events, engaging in meaningful conversations, and supporting Filipino-American businesses and organizations.

Happy Filipino-American History Month to all! May this month be filled with joy, appreciation, and a deeper understanding of the Filipino-American heritage. Mabuhay!"

Bob Gahol
Editor-in-Chief



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ABOUT INSIDE PNAA

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

Our Vision:

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

Our Goals:

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

For more information about
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President's Message



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

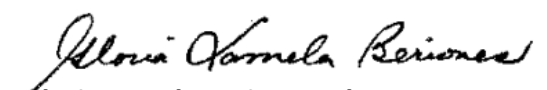
Dear Esteemed PNAA Colleagues, as we embrace the vibrant tapestry of October, a month brimming with significance and awareness, it is an honor to extend my warmest greetings to all of you as we celebrate the Filipino American Heritage Month. This is a time to reflect on our rich culture and recognize the contributions of Filipino Americans to the fabric of our nation. Since 1960, the Filipino nurses have been contributing excellent and compassionate care to the people of United States of America. I am profoundly proud of PNAA and its 55 chapters and over 4,000 members across the country all celebrating the contributions of Filipino people especially the PNAA. Please watch and reflect on the video ... PNAA Honoring the Past, Celebrating the Present, and Embracing the Future. Let's celebrate the significant contributions of PNAA as we celebrate the Filipino American Heritage Month.

As we adorn ourselves with the symbolic pink ribbon for Breast Cancer Awareness Month, we stand united in support of those who have battled, are battling, or have been touched by breast cancer. It is a time to raise awareness, promote early detection, and demonstrate our unwavering solidarity. October also shines a spotlight on Domestic Violence Awareness Month. Let us stand against the shadows that hide this silent epidemic and work together to create safe, nurturing environments for those affected. Did you know? It's LGBT (Lesbian, Gay, Bisexual, and Transgender) History Month, a period to honor the diverse experiences and contributions of the LGBT community. We celebrate love, inclusion, and equal rights.

In acknowledging attention deficit hyperactivity disorder (ADHD) Awareness Month, we extend understanding and support to those with ADHD and their families, raising awareness about this neurological condition and advocating for appropriate care. Let us also remember that October is Depression Awareness Month. This is a time to de-stigmatize mental health and promote open conversations that can change lives. Lastly, October is National Book Month. We find solace, inspiration, and knowledge in reading, writing, and literature. Let us continue to encourage the love for reading, exploration, and the sharing of stories.

In the spirit of Filipino American Heritage Month and in recognition of these important awareness in the month of October, let us unite our voices and efforts. As members of PNAA, we are not only healthcare professionals but also compassionate individuals who care for the physical and emotional well-being of our community. By promoting awareness, understanding, and education, we contribute to the betterment of society and to a brighter future.

Thank you for your dedication and for being a part of this inspiring journey. Together, we can illuminate the path towards health, equality, and cultural appreciation.


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



All of Us RESEARCH PROGRAM



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

What is precision medicine?

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

What is the *All of Us* Research Program?

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

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

There are two ways to join:

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

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

What will you ask me to do?

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

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

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

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

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

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

What will you do to protect my privacy?

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

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

 JoinAllofUs.org

 AllofUsARC@asianhealth.org

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PNAA Career Center

Employers:

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

Job Seekers:

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

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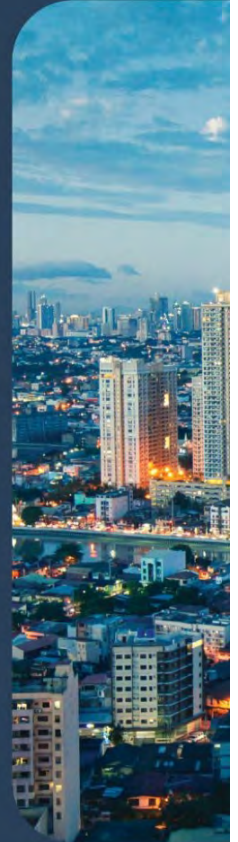


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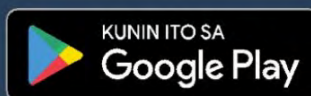
www.cbdce.org





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2023 FILIPINO-AMERICAN
HISTORY MONTH

October is Filipino American History Month. Should it matter?

By **Alicia Tullo**, Associate Editor, InsidePNAA
PNA Central Florida President, 2020-2022

In 1991, the Filipino American National Historical Society (FANHS) Trustees in Seattle, under the leadership of Fred Cordova, established the Filipino American History Month (FAHM) and proposed the first annual Filipino American History Month to commence in October 1992. It was then proclaimed nationally to be celebrated annually by the U.S. Congress in 2006.

In November 2009, Congress passed the resolution (H. RES. 780), summarized as follows:

“ Recognizes the celebration of Filipino American History Month as a study of the advancement of Filipino Americans and as a time to renew efforts toward the examination of history and culture to provide an opportunity for all people in the United States to learn more about Filipino Americans and their historic contributions to the Nation.”



So why October? October was chosen to commemorate the arrival of the first documented Filipinos who landed in what is now Morro Bay, California, on October 18, 1587, 33 years before the Pilgrims arrived at Plymouth Rock. Morro Bay today is a seaside getaway located right off scenic Highway 1 on the Central Coast of California, considered the perfect backdrop for a perfect coastal adventure in the West.

A historical marker in Morro Bay commemorates the spot where the first Filipinos arrived in California, North America, in October 1587, and the plaque reads:

During the Manila-Acapulco Galleon Trade Era, from 1565 to 1815, Spanish Galleons crossed the Pacific between the Philippines and Mexico. On October 18, 1587, the Manila Galleon Nuestra Senora de Esperanza, commanded by Pedro de Unamuno, entered Morro Bay near here. The landing party was sent to shore, which included “Luzon Indios,” marking the first landing of Filipinos in the continental United States. The landing party took official possession of the area for Spain by putting up a cross made of branches. Native Indians attacked the group. Two days later, one of the Filipinos was killed. Unamano and his crew gave up further exploration of this part of the coast.

Source: [Filipinos in America History - Landing of the First Filipinos History \(esquiremag.ph\)](https://www.esquiremag.ph/filipinos-in-america-history-landing-of-the-first-filipinos-history).

Incidentally, October is also the birth month of a Filipino-American labor organizer and farmworker, Larry Itliong, from Delano, California, who rose to national prominence in 1965 by walking off the grape farms demanding wages equal to the federal minimum wage. The lived experiences of Filipino Americans reflect a rich history, culture, and diverse identities.

Why learn history? The answer is that we virtually must gain access to the laboratory of human experience. When we study it reasonably well, acquire some usable habits of mind, and some basic data about the forces that affect our lives, we emerge with relevant skills and an enhanced capacity for informed citizenship, critical thinking, and simple awareness.

Source: (<https://www.historians.org/teaching-and-learning/why-study-history>).

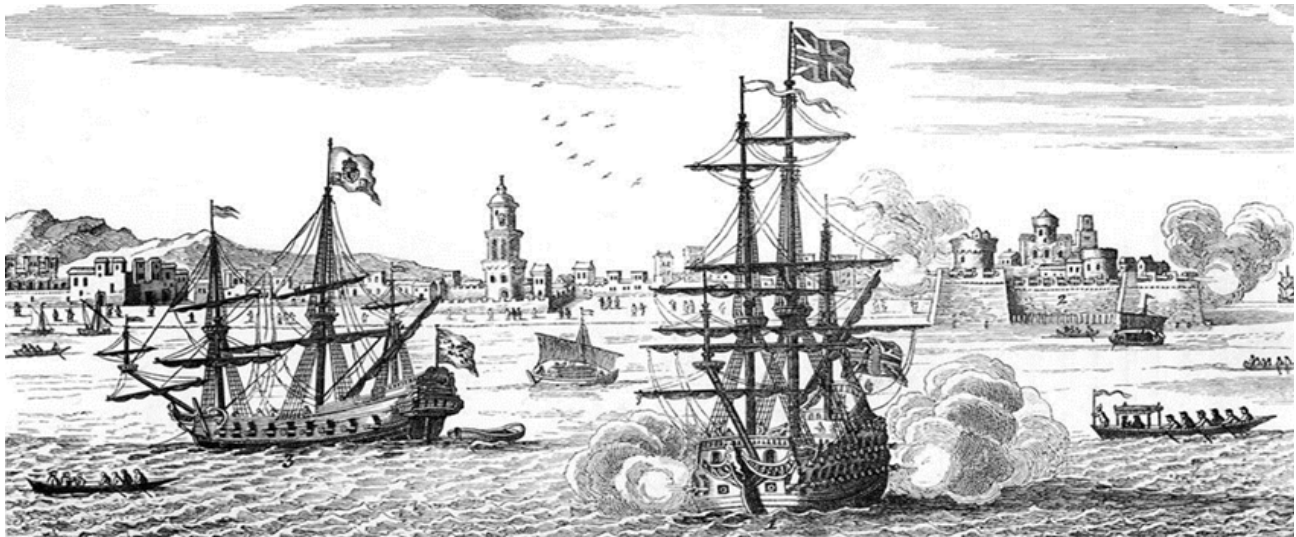
Because history gives us the tools to analyze and explain problems in the past, it positions us to see patterns that might otherwise be invisible in the present - thus providing a crucial perspective for understanding and solving current and future problems.

Paul B. Sturtevant, *History is not a Useless Major*. (2017) stated, "We might be good at "doing" history, but are we good at convincing other people that learning about history is worthwhile"? He wrote: "By linking historical knowledge to the ideas and things people care about today, we might have a better chance of convincing a larger audience that what we do is socially useful work."

Everything and everyone has a history. Yes, it's history, and we better not forget about it. Even nursing has a history! Our history serves as an inspiration to what and why we do. The PNAA has a history, allowing us to appreciate the people in our history for what and where the PNAA is today. What if the founding members did not organize in 1979?

So, it is also for the history of Filipino Americans. History provides identity; history helps us understand people and societies; history helps us understand change and how the society we live in came to be; history contributes to moral understanding; studying history is essential for good citizenship.

Why commemorate the arrival of the first Filipinos to North America? Does it matter? To me, it does.



Credit: Culture Club/Getty Images

Fight for the Manila galleons between c. 18th century. The Manila galleons were Spanish trading ships that sailed once or twice yearly across the Pacific Ocean between Manila (Philippines) and Acapulco (New Spain). Knowing my history justifies my claim that my people have been in North America since 1565 because of the Manila-Acapulco Galleon Trade, considered the precursor to globalization. Countries in the east and far east traded their goods and services with North America for 250 years from 1565, ending in 1815 when Mexico gained its independence from Spain.

According to www.philippine-history.org/galleon-trade.htm the Galleon Trade was a government monopoly. Only two galleons were used: One sailed from Acapulco to Manila with some 500,000 pesos worth of goods, spending 120 days at sea; the other sailed from Manila to Acapulco with some 250,000 pesos worth of goods, spending 90 days at sea.

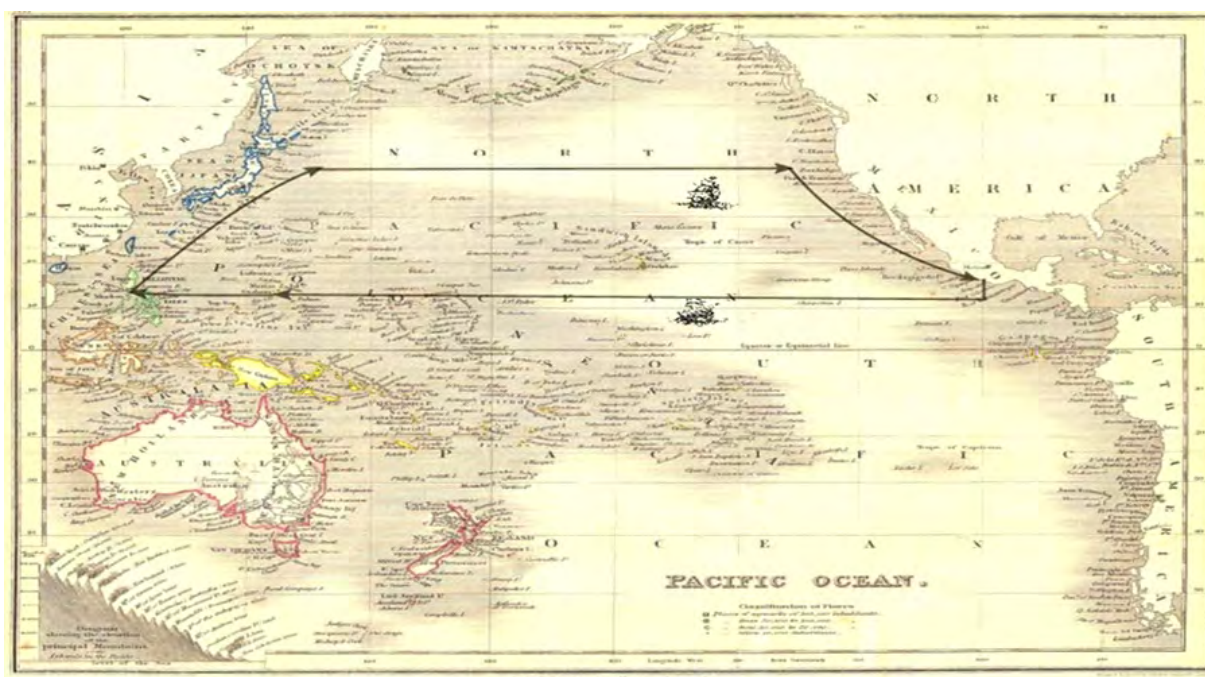
Manila Galleon (“Nao de China” or “Nao de Acapulco”) brought porcelain, silk, ivory, spices, and myriad other exotic goods from China to Mexico in exchange for New World silver. It is estimated that as much as one-third of the silver mined in New Spain and Peru went to the Far East. On the return leg, the precious Asian wares traveled across the Pacific via the Philippines (colonized by Spain in the late sixteenth century) to Acapulco on Mexico's west coast. They then crossed Mexico overland for shipment to Spain.

https://www.metmuseum.org/toah/hd/mgtr/hd_mgtr.htm

Today, navigating the oceans is joyful, especially when on a luxurious cruise ship, just like Wonders of the Sea, where we stayed during the 44th National Convention. At the end of the 7-day cruise, many of us did not want the trip to end. Some asked when we would do it again. Such was not the same with the galleons.

The Manila Galleon brought mango, carabao, and tuba to Mexico, while avocado, pineapple, cows, and horses were brought to Manila, among other things.

It must have been difficult to reach the Americas across the vast Pacific Ocean. It is written that this voyage took about two months. The standard route was already well established a few years after the first voyages. The navigation from Acapulco to Manila became relatively easy. The ships would depart Acapulco to the Mariana Islands. After a brief stopover in the Mariana Islands, it was another two to three-week trip to Manila.



It is written that the return voyage east to Acapulco was much more difficult. The eastern route took the ship from Manila north to the waters off Taiwan and Japan, caught the Kuroshio stream across to California, and down the coast to Acapulco. It would take an average of six months. According to Jose Eugenio Boraio Mateo of National Taiwan University, the trip could be divided into three parts. With its constant wind and huge waves, the summer monsoon determined the first part from Manila to Japan. The second part of the trip was more relaxed, and the last part of the trip along the California coast was very difficult. It was known as the zona de torbelinos (whirlwind zone) and was a hunting ground for privateers and pirates who preyed on the galleons for their precious cargo. (Source: [A Precursor to Globalization: The Galleon Trade Between Manila and Acapulco \(1564 - 1815\) - YouTube](#)).

Learning Asian American history is important to understand how the U.S. developed and dispel the narrative that we are not an inherent part of this country. It enhances appreciation of our history and helps us understand the current issues facing Filipinos and other Asian Americans today, which inspires the need to come together. Asian Americans have been a crucial thread within the fabric of our nation since the first people from Asia came and settled here many centuries ago.

It is also important to note that in addition to Morro, California, as early as the 16th century, many Filipino sailors and indentured servants jumped ship and settled across land that is now Mexico and parts of the United States. In Barra de Navidad, on the shores of Jalisco, bordering a small town in the state of Colima, Mexico, is a large settlement of Filipinos. Colima, a tourist destination, has some of the most beautiful attractions in Mexico. Barra was New Spain's (Mexico) maritime activity where the Spanish fleet was readied and set sail in 1559 and set sail in 1564. For 250 years, Barra became the regular port-of-call for Spanish sailors plying the so-called China route between Acapulco and Manila. Today, the main Guadalajara-Barra de Navidad Road is known as The Philippines Way.

As early as the 1500s, centuries before the United States was even formed, Filipinos settled in parts of what is now Louisiana. On a fishing village along the shores of Lake Borgne in Louisiana, Filipino sailors who escaped the Spanish Galleons and enslaved people of color established a permanent settlement and flourished until the 20th century. The bayous of Louisiana was an isolated and undesirable place to live; a harsh place, storm-prone and mosquito-infested, but it was the perfect place to hide from the Spanish officials.

These Filipinos were known as the Manilamen, were placed under different categories, and were often listed as Indios Chinos in Mexico. Many of these "Manila-men" came to fight alongside the U.S. during the War of 1812. The hurricane in 1915 put an end to the settlement in St. Malo.

Even though St. Malo no longer exists, the Manilamen's histories and contributions live on in their descendants. Source: [The First Asian American Settlement Was Established by Filipino Fishermen \(history.com\)](https://www.history.com/stories/the-first-asian-american-settlement-was-established-by-filipino-fishermen)

A vegetable garden on the porch of a house on stilts in the water in the remote Filipino fishing village on Lake Borgne. Source: Library of Congress, Illustration in Harper's Weekly, 1883 March 31, v. 27, p.197. <https://www.loc.gov/resource/ds.12556/>



"From Chinese railroad workers, Japanese farmers, Filipino labor organizers, Indian shipbuilders, Hmong business owners, and Vietnamese and Cambodian fisherfolk, Americans of Asian descent have shaped our society. Significant developments were made as a result of many Asian American leaders. As the first woman of color was elected to Congress in 1965, Japanese American Patsy Mink co-authored Title IX to prevent gender discrimination in education. Filipino American Larry Itliong led the struggle for farmworkers' rights by initiating the Grape Boycott of 1965 and building a coalition with Cesar Chavez, Dolores Huerta, and Mexican farmworkers. Korean American Navy Lieutenant Susan Ahn became the first female gunnery officer during World War II."

The history of Filipino Americans and other Asian Americans in the United States is an integral part of American history. Today, as one of the fastest-growing populations, Asian Americans continue to make further positive and effective changes toward a better future for the United States, together with all their fellow Americans. Source: [Make Us Visible Florida \(google.com\)](https://www.google.com/)

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2023 FILIPINO-AMERICAN HISTORY MONTH





2023 FILIPINO-AMERICAN HISTORY MONTH

Happy Filipino American History Month from PNA Northern California

By Diane Josephine Santiago, MSN RN CV-RN CCRN



Filipino American History Month



October is considered the Filipino American History Month (FAHM) to memorialize the arrival of the first Filipinos in modern-day Morro Bay, California, on October 18, 1587. FAHM was established in 1992 by [The Filipino American National Historical Society](#), as was officially recognized by Congress in the United States in 2009.

Filipino American History Month

HISTORY



1500s: Arrival of first Filipinos in California. They were the sailors who worked in the Spanish Navy as laborers during the Manila-Acapulco Galeon Trade.

1700s: "Manilamen" first documented permanent settlement in Louisiana.

1900s: Mass migration began in the early 20th century when, for a period following the 1898 Treaty of Paris, the Philippines was a territory of the United States.

1960s: Skilled professionals and technicians migrants increased after the passage of the Immigration and Nationality Act of 1965.

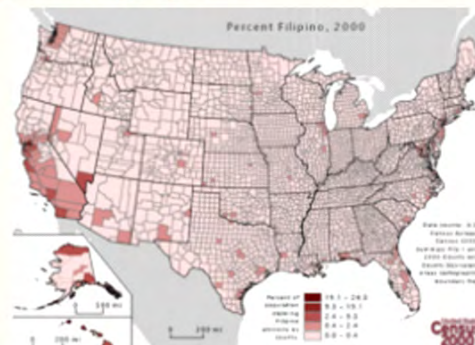
General Demographics

Filipino Americans are the second largest Asian American group in the nation and the third-largest ethnic group in California.

Source:

Filipino Americans
https://en.wikipedia.org/wiki/Filipino_Americans

Filipino American National Historical Society
www.fanhs-national.org/filam






The Filipino American History Month Host Committee cordially invites you

Filipino American History Month Celebration 2023

Thursday, October 5, 2023 | 5:30 pm - 8:00 pm
SF City Hall Rotunda | San Francisco, California

FEATURING:

- » Special FAHM Proclamation
- » Live entertainment
- » Filipino American History Month Awards
- » Pop-up marketplace
- » Community reception and networking
- » Lighting of City Hall with Philippine flag colors
- » ASL access provided 

RSVP: <https://e.sparxo.com/fahm2023>



October is Filipino Heritage Month, Happy Filipino Heritage Month! PNANC has multiple events happening this month, along with giving flu shots on October 12, 2023, at the Filipino consulate in San Francisco, CA, led by Vicky, RN PNANC board member. A fall conference led by PNANC as well as a western region leadership retreat led by PNA and supported by PNANC. On Thursday, October 5, 2023, there will also be a Filipino American History Celebration in San Francisco at city hall, which PNANC members will attend.

We started the Fil-Am History Month celebration in San Francisco by watching 1521: The Quest for Love and Freedom, a Filipino-produced and movie. A lot of Filipino community members came, as well as PNANC members and executive board members. This event took place on October 3, 2023, where we all enjoyed watching Filipino history with modern storytelling.

The synopsis is this: In the pre-colonial Philippines, against the backdrop of the epic Battle of Mactan, a native princess-seer with goddess-like beauty falls in love with a dashing Spanish soldier. Against all odds and pulled apart by their loyalties to their own people, they fought for their clandestine romance.



1521 The Movie













My Take on 1521: The Quest for Love and Freedom

By **Alicia Tullo, MSN, RN**
President, PNAACF 2020-22
Associate Editor, Inside PNAACF



A script written by a Filipina for a movie about the historic event in 1521 involving the Portuguese explorer Magellan and Lapu-Lapu, a leader of a Filipino tribe on the island of Mactan, with a romantic twist to it was getting released on October 2, 2023. It will show only one night simultaneously in 700 movie theaters nationwide. October is Filipino American Heritage Month, perfect timing! It piqued my curiosity.

The producer, Francis Lara Ho, and his wife Jing are Filipinos. I have this admiration for my fellow Filipinos, so my interest in this movie was perked up. The movie trailer was appealing, and I became excited to tell everyone about it and see the film. My enthusiasm in spreading the news was because the producers were Filipino nurses who once were members of the Philippine Nurses Association. When Francis realized that he would rather venture into something else, he found himself interested in making movies, among other things. No different from all of us, when we are working on something and need support, we reach out to our friends and families. Francis asked me to promote the movie within the PNAACF. That's how I became involved.

Francis asked me to help him encourage the Filipino nurses to see the movie that was being shown for one day only. So, I went to work. Using social media to reach out and disseminate information, I sent out the announcement and trailer to

everyone on my list. To reach PNAACF members, Bob Gahol, Vice President of the Western Region, and I decided to hold one Zoom “meet and greet” meeting with Francis Ho. The Zoom event attracted several leaders in our PNAACF community who were also inspired to spread the word and invited people to the movies. In a short time, the interest in the film intensified, and in Central Florida, where the movie was being shown in four different theatres, I managed to get 20 people to go with me. There were other couples and groups in my theater, but we didn't fill the room. Perhaps because it was short notice, we only had two months of promotion. Maybe because it was showing on a Monday evening, a work week, it turned out that only 10,000 viewed the movie nationwide.

Nevertheless, our group decided to make it a “date night” among friends by going to a nice dinner before the show. We also wore Filipiniana outfits to “make a statement.” The moviegoers' excitement afterward was enhanced when we found out that Enrique's sister and family were in the same theater as us. Enrique (Hector

David Jr.) was the “slave-Loverboy” in the movie. As silly as it seems, we all felt somehow “connected” to the actor after meeting his sister, who happens to live in our city. That made us feel good!



I couldn't tell who or where PNAA members across the USA sat in the theatre to see 1521. Still, I found satisfaction in promoting and supporting to express my pride for a “kababayan” who, a nurse like me, produced a movie about a little bit of our history. Many young Filipino Americans, like my daughter, do not know much about our history. Not living in the Philippines, not learning about Philippine history in schools, and not taking the time to tell the stories (oral dissemination), my daughter cannot be blamed for her lack of knowledge about my heritage.



I appreciate Make Us Visible (MUV), an organization whose mission is to activate and empower local communities to build curriculum and advocate for integrating Asian American contributions, experiences, and histories in K-12 classrooms. The movie 1521, although not a blockbuster, shed some historical facts for those who saw it, and according to movieguide.org, “the indigenous Mactan tribe fights valiantly for their right to sovereignty from powers such as the Holy Roman Empire and the kingdom of Spain; the story stresses pro-freedom and pro-independence values.” I feel that is good enough if that is one positive message out of the movie. Pass the popcorn, please!



Illinois nurses support the movie “1521”

By Lea S. Agaton, BSN, BSBA, RN
President, Chicago Healthcare Alliance Lions Club

It was a night of commemoration and feast for the Chicago Healthcare Alliance Lions Club with the Schaumburg Financial Center Group when they all watched the Premiere Night of 1521 at AMC Theater at the Streets of Woodfield in Schaumburg, Illinois on October 2, 2023. The whole theater was almost filled with the supporters of this film by the CEO and Producer, Francis B Lara Ho. Mabuhay ang mga Filipinos!





PNASD members celebrate 1521 in three Cinemas

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

The Philippine Nurses Association of San Diego (PNASD) celebrated and supported the October Filipino Heritage Month. Perly Aguinaldo, PNASD president, encouraged all members to show solidarity to participate in the celebration. On October 2, 2023, at 7:00 pm, PNASD members watched the film "1521," a Hollywood movie produced by Filipino American filmmaker Francis B. Lara Ho of Inspire Studios.

Most of us know Ferdinand Magellan and Datu Lapu-Lapu's history through reading books in school; however, the opportunity to watch this movie with the PNASD family is worth it. The film portrayed the journey of Magellan, who led the Spanish expedition and introduced Catholicism in the Philippines. Lapu-Lapu and his men fought the Spaniard forces, and Magellan died during the fighting. Per history, the Battle of Mactan was considered the first battle won by native Filipino forces, and that Lapu-Lapu was considered the country's first national hero. Although the movie showed the existence of war, there was also a romantic twist played by actress Bea Alonzo as the leading lady.





Since PNASD members could not be in the same movie theatre due to different locations, the members from San Diego North, led by Perly Aguinaldo, went to Edwards Cinemas in Mira Mesa, Vivian Sanderlin and her group went to Edwards Cinemas at Rancho San Diego, and Emeline Yabut's group from the South went to Regal Cinemas Rancho Del Rey. Some members even had an early dinner before watching the movie; others enjoyed a bucket of popcorn. Not only did we enjoy the show, but together, PNASD members supported the Filipino were engaged in our own self-care activities. By the way, Lapu-Lapu is now the group's idol because of his strength, determination, and courage.



Feature
Article

Adora's Story: Positivity in the midst of being a two-time breast cancer survivor

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



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 PNA Tampa events. Her positive outlook in life is quite admirable as a two-time cancer survivor. She took care of her husband when he became very sick, who is now deceased, even as she was battling with cancer herself and undergoing chemotherapy. She is now cancer-free, and she believes it is God's blessings that helped her on this journey. She always believed that prayers, as they say, can move mountains and that mountain moved her toward remission from breast cancer twice.

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.

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 especially now that she is cancer-free. This is probably one of the reasons that Adora is always smiling and exudes such positive outlook in life. 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. **Thank you, Adora for everything you do for PNA Tampa!**

What can we do as nurses like Adora to help the cancer patients and their families? Nurses can be the best advocate for cancer survivorship. Nurses can coached survivors to be advocates for their own

health, help patients understand what to ask providers, and encourages them to gain the confidence to ask those questions. Survivors like Adora can expand their resource base for recovery from treatment, learn about a variety of community resources for self-care and wellness, and find out what helpful products and services are available. Nurses can also help patients set goals, define their values and understand what's important to them. Nurses will always be part of the cancer support group whether it is in the hospital setting, clinics or within their own family.



Adora Rilveria representing PNA Tampa at the PCFI Sampaguita Ball 2023



Adora representing PNA Tampa at the Arabia Night Ball 2022



Adora's participation every year at Metropolitan Ministry



Adora represents PNA Tampa at different PCFI events every year



Adora joined the Angklung Bamboo Musical Ensemble in Tampa

Eastern Region Camp Aruga

By Maribeth Kastanowski, BSN, RN, CAPA



I'm embarking on a new adventure: Camp Aruga! It's been 40 long years since I last went camping. Can I survive the bugs? And is it a Leadership boot camp? Well, I didn't think it would be all that bad!

This opportunity was too good to pass up, I thought, so without hesitation, I signed up to join fellow leaders. I made every effort to rearrange my schedule to make it work. I even offered to drive our group to Shenandoah Park and segway to West Virginia to practice dance at one of my peers' beautiful homes. We were treated to delicious food and enjoyed

the scenic views. Our practice of the "Sakura dance" was brief, and we weren't entirely confident about performing it perfectly, but our president, Dr. Pabico, assured us that if we made a mistake, we could go with the flow.

Finally, we arrived at the resort where the camp was held. Phew! I survived the mountain drive! People were already there with their designated banners representing different chapters, and we found ours. I knew we were in the right place when we received our name tags, shirts, and bags filled with goodies. Although I didn't know many people, Dr. Gloria Beriones, the president of the PNAA, welcomed us with open arms. Her warm, motherly demeanor and sincere smile reassured me that I belonged here. The day ended with meeting people from various places.

While there were evening activities, my group decided to relax and prepare for the big day. We were a group of four, never having been together in one room before, but despite our differences, we got along famously. To put it simply, we were chill!

The big day lay ahead, filled with anticipation of a long day. We started with a lively Zumba session to get our blood pumping while others jogged, walked, or exercised on their own. Personally, I enjoyed the tai chi presented by one of our Muslim members. Some preferred heading straight to breakfast. We were all decked out in our neon green "Camp Aruga" shirts. The day's program was packed with interesting topics and speakers. The presentations and workshops were informative, interactive, powerful, influential, and, most importantly, enjoyable. I absorbed a wealth of knowledge in a single day and gave myself a pat on the back for not passing up this opportunity. The topics were so valuable that they could be applied every day and everywhere in one's life. They were fantastic tools for leadership and survival, enhancing my social and personal competence. Dr. Pabico's presentation on emotional intelligence was especially enlightening. The discussion of DEIB (Diversity, Equity, Inclusion, and Belonging) created an environment

where people from all backgrounds could thrive and contribute to their fullest potential. The DISC method, which helps understand and approach different personalities, surprisingly labeled me as a compliant/conscientious type. The examples of advocacy and resilience were inspiring, and the presentation on the Six Thinking Hats was both entertaining and well done. The games and activities, from tissue games to ball games, were incredibly fun and kept things lively throughout the day. I was truly grateful to be part of this organization and to have the chance to acquire this knowledge that I can use for a lifetime. The afternoon concluded with a pinning ceremony and the distribution of certificates.



In the evening, it was time for our big presentation. We hadn't practiced much, but we confidently donned our geisha outfits, bright and colorful. Despite our uncertainty about our performance, we had the crowd in stitches with our act. That clearly indicated we had done exceptionally well. The teamwork and positive attitude of our group made for a great presentation. Throughout the day, I met people from various chapters and got to know them. We snapped countless pictures. Even though we couldn't have a bonfire due to the rain, our team didn't feel like we missed out because we danced and sang together as a group. It was a day packed with fun!

To wrap up our camp experience, we embarked on a 3-mile hike, all geared up and ready. We chose the challenging path, while others opted for the easier route. In the end, we all converged at the stunning Shenandoah view at the Stone Man summit, marking the conclusion of our Camp Aruga Leadership experience. I extend my heartfelt gratitude to all the leaders of the PNAA who went above and beyond to share their knowledge and empower nurses. More power to our remarkable organization!



My Adventure at Eastern Region Camp Aruga

By **Ma. Jerlin Harbort**, BSN, RNC, C-IAP, C-EFM



The Philippine Nurses Association of America, Inc. (PNA) 's Eastern Region leadership bootcamp, Camp Aruga 2023, was held at the beautiful Skyland Resorts in Shenandoah National Park, Virginia. As the name implies, Aruga means to nurture or care. Leaders from the eleven (11) chapters were invited to participate in this transformative leadership retreat with the intent of strengthening unity among the different chapters while building on the essential leadership competencies of new and seasoned officers, setting them up for greater success.

Leadership experts shared information and led interactive sessions to help attendees fully understand topics such as advocacy, effective governance, DiSC personality profiles, emotional intelligence, and fostering diversity, equity, inclusion, belonging, and social justice, including recognition of own social biases and blind spots. Learning about the different DiSC personality profiles, our own leadership tendencies, and those we work with provide us with a common language to understand ourselves better (self-awareness) and those we interact with. Learning about the strategies to improve our emotional quotient (EQ) or emotional intelligence will also help us identify and manage our own emotions, be more socially aware, and improve our working relationships.

The timing was perfect for us at PNAMDC as new officers were inducted just a week before Camp Aruga. As a newly inducted officer of PNAMDC, I am lucky to be invited to attend the retreat. I learned and absorbed the topics from the talented speakers and gained friendships with nurse colleagues from across the Eastern region PNA chapters. As a new officer, it gave me a new perspective on how to lead using different “thinking hats” and how to deal with people based on their personality types. Having to share ten things about myself also made me reflect on myself like I never did before. I thought about what's important to me. The different activities helped me be more aware of my own leadership style and how I would react given certain situations. Being more aware and practicing improving my emotional intelligence is valuable and an important quality of a leader to have. My fellow officer, Prima Colburn, agreed and shared, “It was a very meaningful, appropriate and significant orientation to the new leaders of each chapter. The topics selected will help equip us with knowledge and courage to face the challenges and the resulting success for our chapter PNAMDC.”



The short but meaningful weekend was memorable for all attendees. For our group, the task we were given to create an innovative 3-minute presentation to highlight what our chapter is about was a profound experience. We learned about each other's strengths and in just a short period of time, with everyone's valued contribution, we were able to come up with a presentation that stood out and others commented to be "the best, most creative, and highly entertaining." This activity taught me that teamwork is so important. We learned dance steps with just an hour of practice with people

we've never worked with before. But we recognized in the end, that it is not about perfecting the steps, but being able to work with a team and come up with something as a group effort. It gave me a sort of feeling "high" to be able to come up with a form of entertainment that everyone enjoyed.

The last day of the camp, going on a hike to Stony Man Summit was the icing on the cake. Although I have hiked more rigorous trails, what I enjoyed most was being able to hike with great achievers and nurse leaders who pushed each other to reach the top, which was symbolic of our journey. Being able to snap a photo of myself with the team and even jumping on the summit was a momentous event. Overall, the experience was great, and I will do it again if given the opportunity. All of us who participated left energized, inspired, and ready to serve. Prima added, "With Dr. Christine Pabico's leadership, we're ready to deliver and make a DIFFERENCE. It is so befitting that our mantra, like the Camp's theme, also aims to nurture our members and community at large. We all thank the leadership of Dr. Beriones. Camp Aruga will be a part of her legacy. And equal thanks to all of the movers.





Feature Article

Embracing Anxious Moments

By **Riza V. Mauricio**, PhD, APRN, CPNP-PC/AC, FCCM
Board Member 2022-2024 | Chair, Practice Committee
Director, Kabalikat Emotional Wellness Program

*Your shift was about to end, and you were given an admission of a progressively deteriorating patient while at the same time dealing with an aggressive patient demanding your immediate attention. At this point, you have not taken your dinner nor had time for a restroom break. You felt beaten and exhausted....
You returned to work the following day, anxious and stressed.*

This situation sounds too familiar to many of us. How do we handle situations like this in our workplace? Here are some easy-to-remember strategies you can keep in your back pocket to keep your calm.

Deep Breathing - Rule 448

1. Stay in one corner of the room. Quietly do deep breathing exercises.
2. Deep inhale in **4 counts**, filling your lungs with air and expanding your abdomen.
3. Hold your breath for a **count of four**.
4. Fully exhale to the **count of eight**.
5. Repeat the process four times.

Focused attention - 20-second moment

1. While washing your hands to enter a patient's room, use the 20-second handwashing moments to focus your thoughts by doing any of the following:
2. Reciting an affirmation mantra such as: "I can do better things"
3. Praying one Our Father (practice your pace - the right cadence to fit the entire prayer in 20 seconds)
4. Singing a song that brings you peace
5. Talking to yourself as if talking to someone you love.

Practice Mindfulness to keep you grounded in the present moment

1. Have both feet firm on the ground, either standing or sitting.
2. Start with deep breathing - pay attention to the inflow and outflow of air from your lungs.
3. Pay attention to the sensation of the sole of your LEFT foot (perhaps the tired feeling disappearing slowly inch by inch on your foot from front to back).
4. Shift your attention to the RIGHT foot, paying as much attention as you did on the LEFT.
5. Continue with the task until all the painful sensation is gone.
6. These mindful moments keep you grounded and create a space from the stressful space you face.

Resilience Rooms

1. Use the resilience room in your workplace as a place to retreat during times of chaos. Resilience rooms usually have soft lighting, relaxing music, soothing images, aromatherapy, comfortable chairs, yoga mats, and balls.
2. If you do not have a Resilience room, explore with your leaders if you can create one.

Try to practice these techniques daily, even for 10-15 minutes. The more frequent your practice, the better you handle anxious throes in your workplace.

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Filipino Young Leaders Program (FYLPRO) Leadership Immersion as Nurse Leader

By **Lourdes Moldre**

PNA Northern California President-Elect



I learned about the FYLPRO program during the peak of COVID-19 through one of the articles discussing young Filipino Americans' (Fil-Ams) week-long immersion in the Philippines. The goal was for the chosen 10 Fil-Am delegates from across industries throughout the United States to meet and connect with various government, business, and community leaders in the Philippines. Unfortunately, the FYLPRO program had to pause due to COVID-19, but in April 2023, the application process for the popular week-long leadership program resumed. The age cap was also increased to 45 years old from the previous maximum age of 40 years to allow candidates who couldn't apply during the pandemic. Ayala Foundation, the U.S. Embassy, and the Philippine Consulate sponsor this transformative program.



As I completed my FYLPRO application, one of the questions thoughtfully asked for a Legacy Project idea that impacts both the US and the Philippines. Since I have been closely involved with the Philippine Nurses Association of America's (PNA) Global Affairs and Human Rights Committees, working with labor and recruitment lawsuits of newly immigrated nurses like Sentosa nurses, that topic has been at the forefront of my advocacy efforts. I decided to tackle the protection of nurse migrant workers as my FYLPRO Legacy Project. The goal is to partner with nursing schools in the Philippines and provide a free and accessible legal nursing curriculum that will include elements of contracts, red flags of recruitment, resources in the US/abroad, and common labor laws.

From the 15 delegates chosen to participate, there were five total delegates from Northern California, the first female Mayor from Daly City, a chef from Oakland, a Community Advocate from Stockton, a Mental Health

Therapist from San Ramon, and myself as a Nurse Leader. Various industries were represented in the program, such as Fulbright scholars, award-winning authors, and CNN documentarists, plus YouTube and Amazon Creative Directors. The week-long immersion program kicked off in Cebu. I flew in from SFO to Cebu with one of the delegates from Northern California. Other delegates across the U.S. included Arizona, Las Vegas, Hawaii, New York, and Chicago.

Day 1 was the arts and culture day in Cebu. We visited the famous Basilica de Sto: Nino, Magellan's Cross, Lapu-Lapu Shrine, and then beach day at the BlueWater resort. Although the bad weather kept us ashore, we got to know each other through our FYLPRO stories. Day 2 was community day with a drive to Cebu Technology University in Argao to learn the effective social enterprise of weaving or "Hinablon Sa Cebu." We had the "kamayan" lunch with their famous Cebuano lechon. We ended the day in Anthill, another successful weaving organization, and social enterprise using the skills of the indigenous tribes.

Day 3 started with an early wake-up call to fly to Manila and settle in Seda Makati before kicking off the business day with a sponsored lunch with the American Chamber of Commerce and Makati Business Club in Fairmont. We met the new President of the Ayala Foundation and Ambassador Cuisia, who started FYLPRO 10 years ago to engage young Fil-Am leaders with the US Consulate and the Philippine Embassy. We left for Ayala Museum to meet the advocacy panels from the Center for Migrant Advocacy, Alliance for Improving Health Outcomes, TAYO Foundation, and Michelle Josue, producer of the "Nurse Unseen" documentary and FYLPRO batch 9. We ended the day with a dinner hosted by Leechiu Property at Bankbar to connect with other potential business entities.

Day 4 was the government briefing while wearing our Filipiniana attires. It was started by Department Foreign Affairs (DFA) panelists led by USEC JV Chan-Gonzaga, which included the Board of Investments, Department of Tourism, and Medical City executives. It was followed by a DFA-hosted lunch, which Ambassador Romualdez and former Consul Generals from Los Angeles and New York attended. A scheduled courtesy call at the Malacañang Palace with President Bongbong Marcos was canceled due to urgent matters, but we were able to tour Malacañang Museum and Teus Mansion (The Presidential Museum). A scheduled dinner was hosted by Ujobi at La Vie En Rose to continue to network with young business entrepreneurs in the industry, which included one of the founders of Kumu.

Day 5 was another arts and cultural day. We began with Legacy Project updates and an additional advocacy panel at the Ayala Museum. Moreover, we were able to roam around and experience the famous Diorama, Pre-Colonial Gold, Ceramic, and Textile exhibits at the Ayala Museum. On top of these exceptional exhibits that Ayala Museum is renowned for, they also showed Juan Luna's long-lost artwork "Hymen, Oh Hymenee," which was recently found. This experience was truly exceptional! After visiting the Ayala Museum, we were welcomed by GMA 7 First VP and Head of International Operations, Joseph Francia, into their studio to participate in TiktoClock, Dapat Alam Mo! and I-Witness segments. We met a few celebrities like Pokwang and Nino Muhlach.

Additionally, I was interviewed to discuss relevant nursing topics such as nursing production, nursing retention, and nurse migration. We had some delicious Filipino "merienda" sponsored by GMA 7. We had a hosted dinner at Victorino's, famous for its Ilocano cuisine.

Day 6 and last day is dedicated to meeting our respective mentors and closing ceremony with our families. I met my Mentor, Dr. Peewee Wee-Co, a global healthcare policy leader and female advocate. She is helping with my legacy project roadmap and relevant stakeholders to connect with. Also, I met with the CEO of Ayala (AC Healthcare) as he is part of the Private Sector Advisory Council (healthcare) for President Bongbong Marcos. We discussed the future state of nursing production and my legacy project that he fully supports—the day ended with the Filipiniana gala and closing ceremony of our FYLPRO immersion program. Delegates were able to bring their families and friends.

After the FYLPRO immersion program, I stayed in the Philippines for one more week and aligned additional meetings relevant to my legacy project. I had a Zoom meeting with Metro Pacific Health (who owns the top 21 private hospitals in the Philippines) and their CNO and Director of Training and Education to discuss their nurse hiring and retention strategies—I also met with Dean Escolar-Chua of UST School of Nursing who fully supports my legacy project. She is inviting me to speak at the 4th graduating class at the UST School of Nursing. I was also able to tour the first and only Comprehensive Cancer Center by Ayala (AC) Healthcare, which will open its doors in November of this year. Lastly, I also had a follow-up meeting with Medical City.

This was indeed a transformative experience, from a professional standpoint, and re-discovering my roots as a Filipina, mother, advocate, and nurse leader. I created critical connections during my trip that will enable me to continue my legacy project and relationships with 14 other FYLPRO delegates who will take Filipino excellence to the next level! I am full of ideas and positive energy to continue the discussions and offer my expertise to advance healthcare in the Philippines, such as cancer care, the rollout of the universal health system, clinical trial access for Filipinos, and systematic nursing production. I am blessed to be chosen to participate as a nurse leader and will give back through my healthcare advocacy efforts and FYLPRO legacy project.







Leveraging The Electronic Health Record to Support DEIBSJ

By Gail Jones, DNP, RN-BC (Informatics), CPHIMS, PHN

In today's rapidly evolving healthcare landscape, promoting diversity, equity, inclusion, belonging, and social justice (DEIBSJ) is of paramount importance. DEIBSJ refers to the efforts and initiatives aimed at promoting diversity, equity, inclusion, belonging, and social justice within organizations. These efforts are essential in healthcare as they can help reduce disparities in healthcare outcomes and ensure that healthcare is accessible and equitable for all patients. Electronic health records (EHRs) play a pivotal role in this endeavor, as they facilitate efficient healthcare management and offer opportunities to document and address issues related to diversity and inclusion. Many healthcare organizations have implemented strategies and initiatives to address DEIBSJ within their EHR system and the broader healthcare ecosystem. Some general ways in which EHR systems have addressed DEIBSJ:

- 1. Patient Demographics:** EHR systems can collect and store patient demographic data, including information related to race, ethnicity, gender, and language preferences. This data can be used to identify disparities in healthcare outcomes and tailor care plans to meet the unique needs of diverse patient populations.
- 2. Cultural Competency and Sensitivity:** EHR systems can include features that promote cultural competency and sensitivity. This can involve incorporating diverse language options, cultural preferences, and respectful terminology into the system.
- 3. Language Accessibility:** EHR can support multiple languages to ensure that patients who speak languages other than the dominant one in a region can access healthcare services without language barriers. This can improve communication and care for non-English speaking patients.
- 4. Health Equity Analytics:** EHR systems can incorporate analytics tools to collect and report data related to demographic information, socioeconomic status, and other factors that are important for assessing health disparities. This data can be used for research and to identify disparities in healthcare outcomes and access to care. Healthcare organizations can use these insights to develop targeted interventions to address these disparities.
- 5. Inclusive Design:** EHR user interfaces can be designed with inclusivity in mind, ensuring that they are accessible to individuals with disabilities and are user-friendly for diverse user populations.
- 6. Provider Diversity:** Healthcare organizations support efforts to diversify their workforce, including recruiting and retaining healthcare professionals from underrepresented backgrounds and establishing that they are an LGBTQ-friendly practice.
- 7. Data Privacy and Security:** Ensuring the privacy and security of patient data, including sensitive demographic information, is essential to building trust among diverse patient populations. EHRs need robust access control mechanisms to ensure patient information is kept private and only accessible to authorized individuals. This helps protect sensitive information, especially for vulnerable populations.

- 8. Patient Engagement:** EHR systems can support patient engagement efforts that include outreach and education to promote health equity and encourage patients to take an active role in their healthcare.
- 9. Customized Patient Portals:** EHRs often have patient portals where patients can access their health information. These portals can be designed to be user-friendly and accessible to patients with disabilities, making healthcare information more inclusive.
- 10. Alerts and Reminders:** EHRs can be programmed to provide alerts and reminders to healthcare providers about DEIBSJ considerations. For example, it can remind providers to ask about a patient's preferred pronouns or screen for specific health disparities based on their demographic information.
- 11. Interoperability:** EHRs should be able to communicate and exchange data seamlessly with other systems and providers. This ensures that patients from diverse backgrounds can receive coordinated care and that their information is not lost or fragmented when they see multiple healthcare providers.
- 12. Patient Education:** EHRs can provide educational resources tailored to patients' backgrounds and health literacy levels. This helps patients better understand their health conditions and treatment options.

Specifically looking at one of the ways EHRs address DEIBSJ, one prominent EHR system has integrated the capability to document sexual orientation and gender identity (SOGI) effectively. The EHR has a designated section where patients can voluntarily provide their SOGI information. This notable feature prominently displays the preferred pronouns on the storyboard of a patient's health record, ensuring that all healthcare providers and staff use the correct language when addressing and communicating with the patient. Patients can specify their preferred pronouns, such as he/him, she/her, they/them, and others. This allows healthcare providers to offer culturally competent care tailored to individual needs. Using a patient's preferred pronouns is crucial to respecting their gender identity and promoting inclusivity. Misgendering, the act of using incorrect pronouns, can lead to feelings of distress and discrimination, ultimately affecting the quality of care provided. Incorporating preferred pronouns helps mitigate these issues by fostering a supportive and respectful healthcare environment.

It is important to note that addressing DEIBSJ is an ongoing process, and healthcare organizations, including EHR system providers, must continually assess and improve their strategies and initiatives. Additionally, regulations and industry standards related to DEIBSJ in healthcare may evolve, and organizations must adapt.

In summary, EHR systems have the potential to be powerful tools for promoting DEIBSJ in healthcare. However, healthcare organizations need to select EHR systems that prioritize these principles and customize them to meet the specific needs of their patient populations. Additionally, ongoing training and commitment to DEIBSJ principles within healthcare organizations are crucial for successfully implementing these initiatives. As we navigate the complex healthcare landscape, a commitment to DEIBSJ is a beacon of hope for a brighter, more inclusive future in the industry.

Dr Gail Jones works in the field of healthcare informatics. Her experiences and knowledge as a registered nurse help tremendously in the development, implementation, and improvement of electronic health records.

Feature
Article

We Rise Up: Compassion Amidst Tragedy

By Rowena Nikki Baysa, BSN, MBA, MSN, FNP-C
PNA Maui Hawaii



August 8, 2023. The tranquil paradise of Maui, Hawaii, was turned into a nightmare as wildfires ripped through the lush landscapes, leaving behind unimaginable destruction and despair. Lahaina bore the brunt of this catastrophe, where hundreds lost their lives and thousands were left homeless. It was in the midst of this heart-wrenching tragedy that the Philippine Nurses Association (PNA) and the Philippine Nurses Association of Maui, Hawaii (PNAMHI) stood together as beacons of hope, offering unwavering support to the displaced residents.

From the initial sparks to the relentless spread of the inferno, the people of Maui faced untold hardships. Families were torn apart, homes reduced to ashes, and dreams turned to smoke.

In the wake of this devastating crisis, PNAMHI found itself receiving a lifeline of support from the Philippine Nurses Association of America (PNA) and various chapters. Additionally, personal donations from friends and family members of both PNA and PNAMHI streamed in, illustrating the incredible unity of the nursing community.

Heart-warming Actions

The outpouring of financial aid, essential supplies, and, perhaps most importantly, a message of hope and solidarity was a testament to the healing power of compassion. The impact of this assistance reached far beyond the tangible aid; it brought solace and optimism to those who had lost everything.

A significant portion of the donations was directed towards the affected members of the Philippine Nurses Association Maui Hawaii (PNAMHI). The act of compassion reinforced the notion that they were not alone in their struggle. The outpouring of support was a lifeline for these brave souls who had lost so much.

Monetary Donations

The monetary donations were distributed to 21 recipients, representing the unwavering support of the nursing community. This financial assistance was a lifeline for those affected by the wildfire and a testament to the power of unity in the face of adversity. The names and photos, with approval from the recipients, have been shared on the [Philippine Nurses Association Maui Hawaii Official](#) Facebook page.

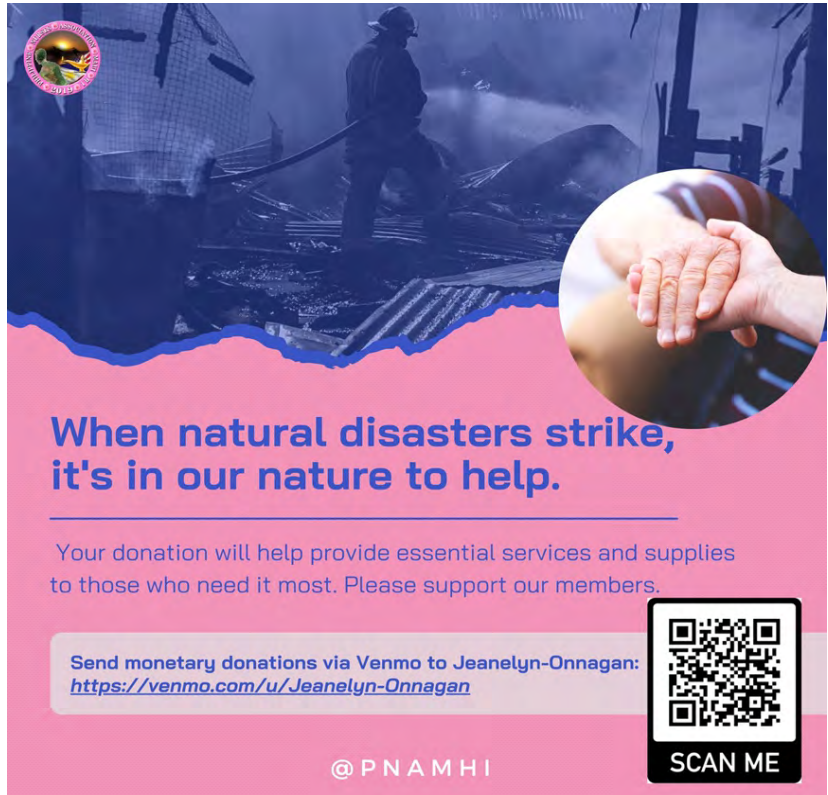
Donation Recipients

It was deeply heartwarming to see the smiles of those whom we were able to touch through our fundraising efforts. We wanted to ensure that the support goes to those who are in greatest need.

The names and photos of the recipients have been published through the [PNAMHI Official Facebook Page](#)

Indeed, this shows that regardless of its size or amount, each contribution has a profound impact on the lives of those affected by the wildfires. Your contributions, delivered with open hearts and extended hands, have touched the lives of many.

Despite the scars left by the Maui wildfires, the continued collective response from the PNA, PNAMHI, and the whole community offers a glimmer of hope. The bonds formed in this disaster go beyond borders and differences, representing the best of humanity, the ability to come together and heal.




**When natural disasters strike,
it's in our nature to help.**

Your donation will help provide essential services and supplies to those who need it most. Please support our members.

Send monetary donations via Venmo to Jeanelyn-Onnagan:
<https://venmo.com/u/Jeanelyn-Onnagan>

@PNAMHI



SCAN ME

Photo Credit: Philippine Nurses Association Maui Hawaii Official Facebook Page



**Thank You so much,
for your donations!** 

We would like to express our sincere gratitude for your kind donation. We appreciate your assistance with the victims of wildfires. We guarantee that your donation will be given to people in need while we rebuild our community. Once more, we appreciate you providing the beacon of hope!

Love,
PNAMHI

Photo grab from the Philippine Nurses Association Maui Hawaii Official Facebook Page



Photo Credit: Philippine Nurses Association Maui Hawaii Official Facebook Page

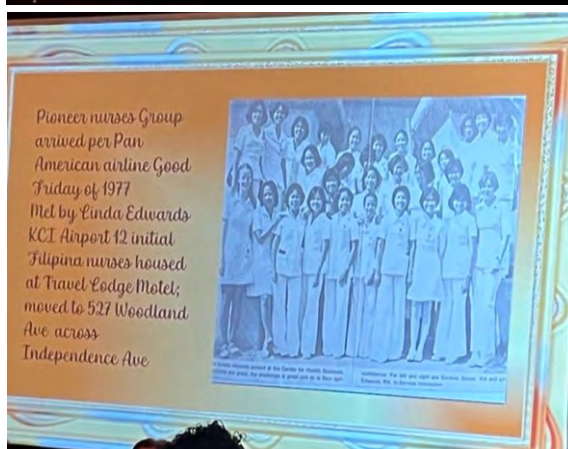
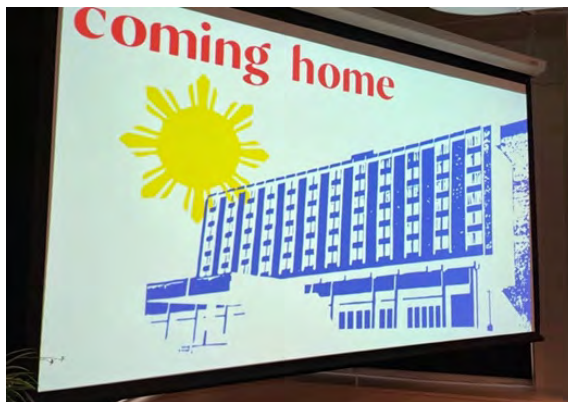


Ang Tambuli-the Rhythm of Nursing Life

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



Coming Home to Kansas City, Missouri My Journey-From Humble Beginnings



This is a trip down memory lane from April 1977 till today, 2023. It was an exciting moment for me to be the guest speaker at our first-ever Kansas City College of Osteopathic Filipino nurses' reunion. This gave me the time to sit back and put things in perspective as I did a flashback when I was 25 years old, adventurous, idealistic, young, and exuberant. We are going to be outstanding nurses!



Happily sharing my speech to the Filipino nurses and spouses on Welcome Night, September 22, 2023:

Good evening, dear friends and nursing colleagues.

Thank you Yollie, for your kind words and for inviting me to be tonight's guest speaker. I sincerely appreciate the invitation to share my 46-year journey with you tonight. So proud to have been part of this amazing team of nurses and this historic moment! I retired in 2017, as the Vice President and Nurse Executive of Integrated Care Management at Sentara Healthcare, a system with several hospitals in Virginia and North Carolina.

"It was the best of times; it was the worst of times"-one of my favorite quotes from Charles Dickens. It aptly describes how it was when I first arrived.

In retrospect, April 8, 1977- Good Friday- was a red-letter day for 12 young and excited Filipino nurses who were ready to conquer the world. This was our dream come true! Armed with a working visa, a desire to make a difference, and vulnerable naïve, some of us with more than three years of nursing experience, we left Manila aboard our Pan Am flight, with Kansas City, Missouri as our destination. Our port of entry was San Francisco, and I was so happy to see the Golden Gate Bridge and the bright lights of the city as our plane was landing.

So grateful to Linda Edwards when we saw her familiar face at the airport. Armed with two suitcases, a spring coat, and \$500 from my dad, the next chapter of my life was unfolding.

Our first stop was a Catholic Church. Good planning for Linda as we stopped to pray for our blessings, grateful for a safe flight and arrival at our destination. Aboard a yellow school bus, our final stop was at a Travel Lodge for our temporary quarters as our apartments at 527 Woodland Ave were still being renovated.

My college BFF, Lydia Veluz Reyes, and I, who were together in this adventure from the start, decided that we will manage accordingly and just be fine. Many kind souls from the Filipino-American community and nursing leadership helped us with our transition to the American way of life. Linda loaned us her rice cooker, and Polly fixed for us delicious chicken cacciatore for us in her crockpot. Security gave us rides to and from the hospital. Siony Brillantes was a big help with any professional, shopping, and transition needs that we had. Angie Chico adopted us, gave us rides to the grocery store, and let us do our laundry at their place, and so did many other Filipinos. Doctor Dahl hosted a swimming party. Sheila Schmidt, an impressive pharmacist, invited us to her place for a get-together. Many thanks to Darlene Seltzer and Jan Shinkle as well. Greg Smith, a phlebotomist, introduced us to the bars in Kansas City. It really took a village!

Thanks to Linda for taking our group to our first baseball game. George Brett was our favorite. So much support for our little group of Filipino nurses! And interesting questions too from staff, patients and physicians! I was glad to share my thoughts in the KCCOM magazine on "What Makes a Filipino Nurse." We were the pioneers and trailblazers!

The 70s was indeed a decade of change, adventure and growth for us. Preparing for the state boards, adjusting to cultural differences and diversity, surviving stereotypical questions such as did we live on trees, why can we speak English, do we have colored TVs in the Philippines and other questions bordering racism. Got to experience our first snowfall too.

Despite our trials and tribulations, we looked forward to our days off, the discos and picnics. For me, music provided relief from homesickness and stress. From the Lettermen, Fleetwood Mac, the Carpenters, Beegees, Barry Manilow, the Eagles, Kansas and more. Looks like we made it- our song when we passed our state boards!



Focusing on my professional goals were to provide care in the communities we serve, acquire additional clinical expertise, complete my master's degree- a DNP, then go back home to pay it forward to our Motherland. Great and lofty plans but God had another plan for me.

I met my now husband, USAF Retired Major, Jaime, who was then assigned at Whiteman Air Force Base. A marriage proposal came about in 2 weeks. Totally surprised, I said that it was too soon, and I had to think about it. His response was "You know when you know!" Well folks, the rest is history. After 2 phenomenal daughters, 10 years of experience and living the military way of life, I finally completed my master's in public administration at Golden Gate University in California in 1989. Check-goal met!

The nomadic life in the military, moving 9 times in 21 years, raising a family as well as working full time, opened doors for teamwork, resiliency, critical thinking, strategic planning and emotional intelligence. It also built character! Priceless memories to cherish!

I have lived in a trailer park, been read my Miranda rights in freezing temperatures, issued a speeding ticket on base, shoveled 5 feet of snow while tears were flowing down my face, met wonderful people, worked in various

nursing roles in many states, got my certifications, managed growth opportunities, was in leadership roles in professional organizations and the list goes on.

It is all good now that I look through my rear-view mirror. Hindsight is 20/20. My phenomenal husband, Jaime, and I have two outstanding daughters, Monica Therese, a child psychologist, and a teacher, with a great son and amazing daughter, and our youngest daughter, Jasmine Diane, a clinical pharmacist and professor at Purdue, with two fabulous daughters. My most loved role is that of being a Lola!

This is where I am today, the last chapter of our journey- a retired nurse and military wife, a fulfilled mother, a grateful grandmother while volunteering with the Philippine Nurses Association of America- in the past with the Ethics Committee, now with the Leadership Development Program faculty, and the Inside PNAA Newsletter. I highly encourage you to stay active, pay it forward, volunteer in your respective communities, in medical missions, play mahjong/games, and most of all, be a member of your Philippine Nurses Association of America chapter in your respective states. The benefits are tremendous, most especially in the areas of education and networking. See me if you have any questions.



In conclusion, let me share this statistic with you. Did you know that 4% of the nurses in America are Filipino Americans who received their nursing education from the Philippines?

The sad and unfortunate part of this statistic is that 26.4 % of the 4% were front-liners who gave the ultimate sacrifice during the pandemic - their lives. However, we continue to serve in whatever capacity we can, as we committed when we took our Nightingale oath.

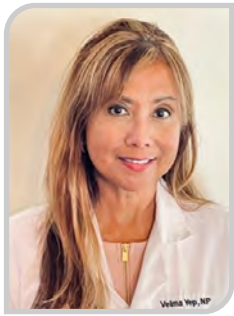
On that note, I thank you all for your dedication to our nursing profession, our families, our Motherland, our kababayans and the communities we live in. I thank the Lord daily for all the graces and blessings that He bestowed upon us.

Many thanks to all our past KCCOM nursing leaders and mentors. You make us proud! We are here because of your help in laying our professional foundation. KCCOM provided the professional gateway to our careers. Together, WE make a difference! Gone are the days but not the memories! Cheers!

Maraming Salamat as inyong lahat at Mabuhay!

Footnote: Many thanks to Ruben and Aida Lopez, Yollie Endaya (PNA member) and many more KCCOM alumni nurses for their amazing leadership, planning, fundraising and teamwork. Success is defined by the camaraderie, memories, great food and just having fun. There were 105 nurses who came from all over the United States with their spouses, family and friends. Plans for the next KCCOM reunion are underway in 2025 in San Antonio, Texas. Mindy Ofiana, my friend and fellow KCCOM alumni, hope to see you there!





COMMITTEE UPDATES

Practice Committee

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

The Practice Committee, chaired by Riza Mauricio, PhD., recently hosted a webinar on Artificial Intelligence and how it could affect healthcare presented by Romina Elias, DNP. of Dell Technologies, and Lawrence Franchini of BrainCo. As we move to the near future, healthcare systems can anticipate when a person is at risk of developing a chronic disease and suggest preventative measures before they worsen. This development can reduce the rates of diabetes, congestive heart failure, and COPD (chronic obstructive heart disease).

Moreover, as professional nurses, our ability to provide the best patient care can be impacted by how lawmakers in our States dictate our roles and authority, particularly for advanced practice nurses (APNs). We must gain insight into legislative concerns impacting our profession and have a collective voice at the State Capitol. As advanced practice nurses, we can promote the essential role that we play.

We must stay in the loop with legislative issues affecting APNs in each State we practice. It is worthwhile to belong to national and local APN associations to form professional collaborative efforts to promote our professions and establish professional networks. Nurses tend to work in silos, and in this arena, we are mostly the front liners in patient care, regardless of what settings we work in.

PNA: Integration of Current Technologies in Nursing Practice to Promote Wellness

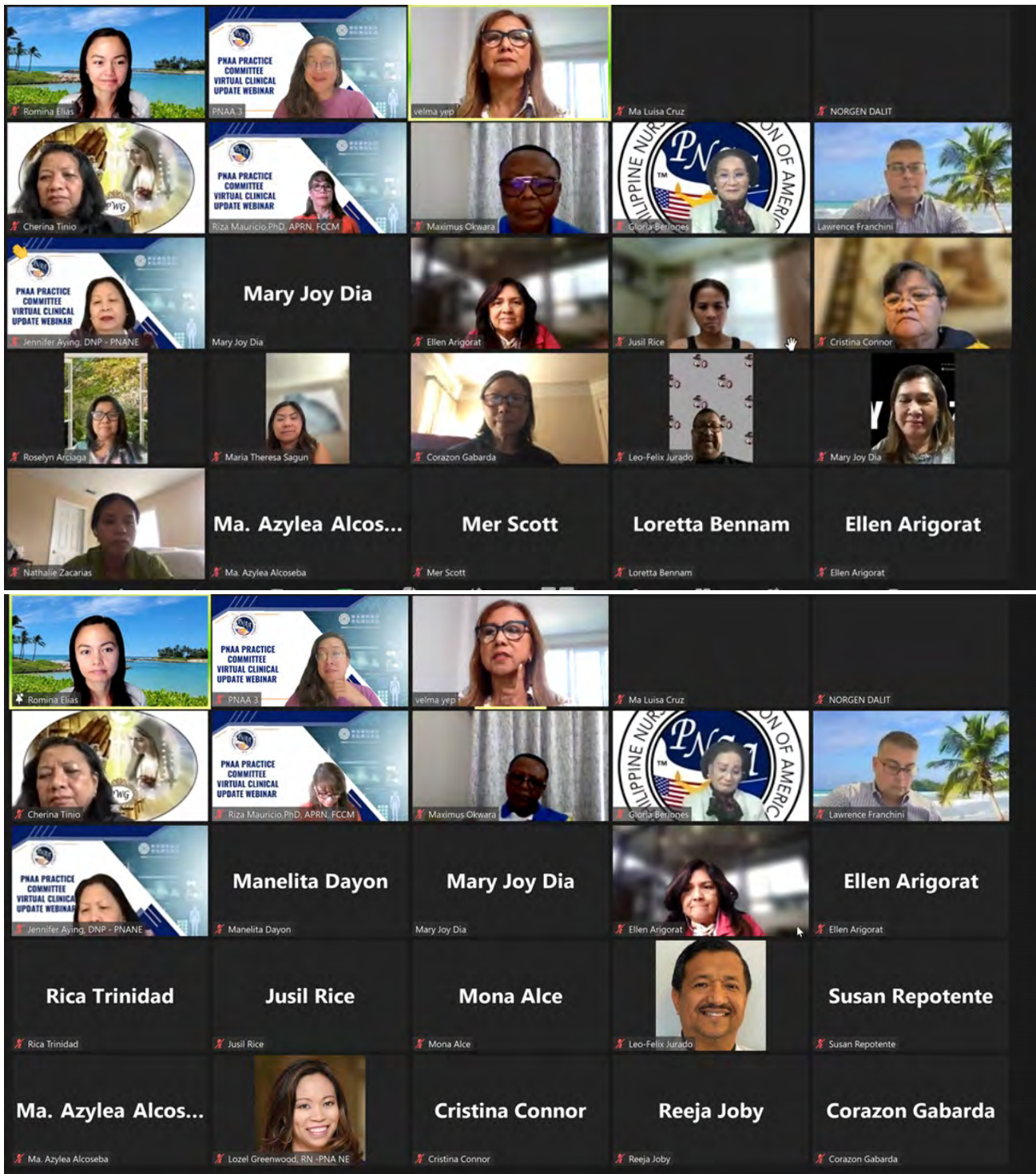
Romina Elias, DNP, MSN, RN-BC, NEA-BC
CNO, Dell Technologies
Sept 23, 2023

Artificial Intelligence

- Clinical Decision Support
- Natural Language Processing
- Computer Vision

PNA PRACTICE COMMITTEE VIRTUAL CLINICAL UPDATE WEBINAR

Participants: Romina Elias, Maximus Okwara, Ma Luisa Cruz, Riza Mauricio PhD, APRN, FCCM, Cherrina Tinio, NORGEN DALIT



More updates on how we practice and provide healthcare services to the community:

Here are some new releases from the Centers for Medicare and Medicaid Services (CMS) for those working in Primary Care settings.

CMS Releases New Resources for Making Care Primary (MCP) Model. This model will strengthen coordination between patients' primary care clinicians, specialists, social service providers, and behavioral health clinicians, ultimately leading to chronic disease prevention, fewer emergency room visits, and better health outcomes.

On June 8, CMS announced a new primary care model called the “Making Care Primary (MCP) Model.” MCP provides a pathway from fee-for-service payment to prospective, population-based payment that supports comprehensive primary care to improve quality, patient experience, and population health outcomes. As with most CMS pilot models, the MCP Model will not be a nationwide test model. CMS has selected the following states to launch the MCP Model: Colorado, Massachusetts, Minnesota, New Jersey, New Mexico, New York, North Carolina, and Washington.

Beginning on July 1, 2024, the MCP will run for 10.5 years through Dec. 31, 2034. The MCP Model will provide participants with additional revenue to build infrastructure, make primary care services more accessible, and better coordinate care with specialists. The model includes a progressive three-track approach based on the participant's experience level with value-based care and alternative payment models. MCP seeks to improve patient care by expanding and enhancing care management and coordination, equipping primary care clinicians with tools to form partnerships with healthcare specialists, and leveraging community-based connections to address patients' health needs and their health-related social needs. CMS expects this effort to lead to downstream savings over time through better preventive care and the reduction of potentially avoidable costs, such as repeat hospitalizations.

For details, visit the [MCP Model webpage](#).

Source: <https://www.cms.gov/priorities/innovation/innovation-models/making-care-primary>

Criminalizing the use of the title Dr in California. California is one of the most litigious states in the U.S.” It is friendly towards lawsuits, significant settlements and is loaded with lawyers pursuing those big payouts. Add to this the fact that the legislature passes tons of complex laws, and you have a recipe for disaster in all aspects of businesses, including healthcare.

We all know that an advanced practice was charged in California for using the title “Dr.” https://www.medpagetoday.com/opinion/second-opinions/106512?xid=nl_secondopinion_2023-10-01&eun=g1451098d0r

California Business and Professions Code Section 2054

Any person who uses in any sign, business card, or letterhead, or, in an advertisement, the words doctor or physician, the letters or prefix Dr., the initials MD, or any other terms or letters indicating or implying that they are a physician and surgeon, physician, surgeon, or practitioner under the terms of this or any other law, or that they are entitled to practice hereunder, or who represents or holds themselves out as a physician and surgeon, physician, surgeon, or practitioner under the terms of this or any other law, without having at the time of so doing a valid, unrevoked, and unsuspended certificate as a physician and surgeon under this chapter, is guilty of a misdemeanor. (b) A holder of a valid, unrevoked, and unsuspended certificate to practice podiatric medicine may use the phrases doctor of podiatric medicine, Doctor of Podiatry, and podiatric doctor, or the initials DPM, and shall not violate subdivision.

Source: https://california.public.law/codes/ca_bus_and_prof_code_section_2054

What is our role in this as APNs? As a practicing N.P., I see many patients daily, and they are under my care with a collaborating physician under a standardized protocol. All my patients know that I am a nurse practitioner; some may know I have a doctorate in nursing. Although I constantly state that I am an NP, at the end of the day, most still call me their 'doctor.' Although tasking, the bottom line is educating the public and our patients that we are NOT medical doctors. We are trained to practice evidence-based medicine and have a professional degree that dictates our roles and responsibilities. Therefore, all NPs should know their scope of practice per their BRN guidelines.

Please share with the Practice Committee any concerns that you have about your practice. Riza Mauricio, PhD, heads our PNAA Practice Committee, and we meet via Zoom every 1st Thursday of the month.

For any comments, questions, and suggestions, please email me at pnascrvp22@gmail.com.

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



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

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

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

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

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

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

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

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



Updated vaccines

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

Original vaccines

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

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

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

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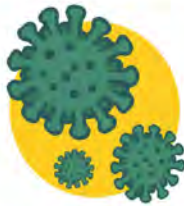
FLU VACCINE: GET THE FACTS

YOUR BEST PROTECTION AGAINST FLU

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

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.^{1,2} **A flu vaccine is the best way to help prevent flu and its potentially serious complications.** Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU



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

40-60%

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



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

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

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

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

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

PROVEN SAFETY RECORD

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

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

Visit WWW.CDC.GOV/FLU for more information.

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



Last Updated AUGUST 2022



COVID VACCINE UPDATE

COVID protection just got simpler

Most people who have never been vaccinated against COVID can protect themselves against severe illness with a single dose of an updated mRNA vaccine.

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



Scan me

Bridge Access Program for COVID-19 Vaccines and Treatments



Under the management and oversight of the CDC, the Bridge Access Program will continue to ensure access to COVID-19 vaccines and treatments after commercialization of these products in Fall 2023 through December 2024.

Who's eligible?



The 25-30 million **adults without insurance**, in addition to those whose **insurance does not provide cost-free coverage** for COVID-19 vaccines and treatments.

Is this program permanent?



This program serves as a **temporary bridge** to the permanent and comprehensive **Vaccines for Adults Program** proposed in the FY23 and FY24 [President's Budgets](#).

Where can someone get a vaccine?

At a local health provider

CDC will use existing partnerships with state and local health departments (LHDs) to quickly distribute COVID-19 vaccines through providers in their networks.



CDC will manage the **purchase and distribution of COVID-19 vaccines** for state and LHDs, along with providing oversight and technical assistance.

At a local health center

Federally qualified health centers (FQHCs) will partner with LHDs and state immunization programs to ensure access for the many uninsured adults already served by these providers.



HRSA will provide **funding and support** to its network of FQHCs to ensure outreach and vaccine delivery in the communities they serve.

At a nearby pharmacy location

CDC will work with pharmacies to ensure uninsured adults can continue to access free COVID-19 vaccinations and treatments at thousands of locations nationwide.



Pharmacy chains will use their extensive footprints and community partnerships to reach **adults who are uninsured and underserved**.

Questions?

Reach out to the ISD Bridge Program inbox: PolicyISD@nida.cdc.gov



JOIN US IN BECOMING A PNAA GIVING TUESDAY AMBASSADOR

Help us spread
kindness and generosity
by raising funds for the
PNAA RISE Program.

Campaign launch on October 30

Scan the QR code to sign up
or visit the website
grco.de/beUmDb



Let's Do This!

The PNAA has many impactful initiatives that serve the professional needs and advance the career pathways of the Filipino-American nursing community. Current initiatives at a glance include the **Resilience Program** to build a resilient workforce; **Innovation & Research**, which offers grant money to members in support of research study and quality improvement; **Scholarship Awards** to encourage members to advance their nursing education; and **Empowerment programs** such as the iLDP, Camp Aruga Leadership Bootcamp, Patnubay sa Pagtatagumpay (P3) Formal Mentoring Program, and Leadership Institute. Collectively, these initiatives make up the **RISE Program.**

From October 30, 2023, until December 1, 2023, we have the **PNAA GivingTuesday Campaign to benefit the RISE Program**. We encourage everyone to *volunteer as GivingTuesday Ambassador* to help raise funds so we can expand these critical benefits and reach more people. The **RISE Program** is a far-reaching legacy that will strengthen our organization's infrastructure and support our members' professional and clinical development as future leaders in healthcare.

What Will Your Contribution Do?

By supporting the **RISE Program**, you will have a far-reaching impact on Filipino-American nurses and American healthcare. 100% of your designated contributions will support the vital initiatives that the PNAA has undertaken on behalf of Fil-Am nursing in the following five areas:

1. **Resilience:** Give the gift of resilience to support nurses' psychosocial and mental well-being and create impactful leaders in the community who will influence legislation on the future of nursing, diversity in the workplace, and social and health justice in the community. **Initiatives: Kabalikat Emotional Wellness Program, Community Outreach (Project Damayan)**
2. **Innovation & Research:** Support community-based participatory research through data-driven initiatives, use of telehealth concepts in public health, and projects to break down health barriers in AAPI communities related to social determinants of health (SDOH). **Initiatives: Mag-PCOR Muna Tayo, Research Grant Awards, Archive Gallery, Oral History and Publication**
3. **Scholarship:** Fulfill nurses' higher learning needs in pursuing baccalaureate, master's, or doctoral courses to achieve their full potential as academic nurse leaders and clinical practitioners in driving nursing practice, research, and education. **Initiatives: Annual Scholarship Awards, Philippine Nursing Scholarship Task Force**
4. **Empowerment:** Sustain PNAA's leadership-development programs catering to membership needs and supporting nurses' career trajectories. Build a pipeline of nurse leaders in PNAA who will lead healthcare systems, academia, and the public policy arena. **Initiatives: iLDP Program for Chapter Leaders, Camp Aruga Leadership Bootcamp, Patnubay sa Pagtatagumpay (P3) Formal Mentorship Program, Diversity, Equity, Inclusion, Belongingness and Social Justice (DEIBSJ)**

Can we count on you to help?

PNAA's long-term goals will require generous support from you. PNAA will be here for the long haul, taking care of you and the community



Palakpakan
CORNER

Be the LIGHT: A Reflection of the Last Term that Made a Mark

by **Sharon Jackson, MSN, RN, NE- BC, CPHIMS**

The humanity is the SPARK that became the LIGHT that led the way to creating significance in the lives of so many... nursing and beyond. That was the last term in a nutshell.

It is not titles or positions - it is what is inside that counts in a person. To have the ability to see people in their real value - as individuals with needs, wants, desires, hopes, dreams, struggles, beauty, and talents. This intuitiveness is what makes one human, and you have to be human to lead with humanity.

The author receiving the Presidential Award from PNAMDC President Carol Robles during the 2023 Induction Gala. The last term, however, was led with humanity. Its leader with a heart of gold that shone brightly everywhere. The LIGHT illuminated the past term's purpose, mission, and vision, which drew people in to rally behind a great cause. It is the genuineness of character that was the crowd-puller... the avenue to making an indelible impact beyond PNAMDC.



The author receiving the Presidential Award from PNAMDC President Carol Robles during the 2023 Induction Gala.

The last term was all about being human - being genuine, being true. And I felt privileged to be a part of this impactful and significant journey. We all took the plunge not to win but to serve with pure altruism. Thus, the WIN on so many fronts! This example is a blueprint for tomorrow—a clarion call to all those who want to serve.

The last term's glaring impact is something to be remembered and celebrated, something to be relished.

Kudos to Carol for being truly the LIGHT! Keep on, keeping on ... being significant!



Palakpakan
CORNER

Congratulations to Aleli Reyes Frias, BSN, RN 2023 Most Outstanding Migrant for Community Service in Healthcare

Awarded by Global Migrant Heritage Foundation USA, INC.



Aleli is the Immediate Past President of the Philippine Nurses Association Maryland Chapter (PNAMC) 2020-2022. Her term during the COVID pandemic is marked by numerous outreach projects, such as distributing care packages to nurses throughout seven hospitals in the greater metropolitan areas of Baltimore and conducting health fairs on flu shots, breast cancer awareness, diabetes, and hypertension. The Philippine Nurses Association of America recognized Aleli and her PNAMC Team with the lifetime Daisy Nurse Team Excellence Award for Advancing Health Equity in July 2022. Previously, as an active outreach committee chair of PNAMC, Aleli coordinated medical missions serving the communities in Marilog District and the town of Panabo of Davao City in 2010 and 2014 in Iloilo City and Passi City. In 2012, she was responsible for facilitating the provision of the Mobile Health and Diagnostic Clinic to San Pedro College Community Service Engagement and Extension Services. Aleli also supported its nutrition program with good outcomes in Andap, New Bataan of Davao de Oro, in 2016-2019.

Her current PNAMC project is the Diabetes Mellitus and Hypertension to Healthy Living (DMH2HL 2023-2026), a 3-year sustainable project on building a community of wellness through a family-centered multidisciplinary approach in Talandang, Davao, in partnership with San Pedro College. With her team, she advocated a yearly scholarship to two deserving graduating nursing students in the Philippines, especially those needing financial assistance to graduate and qualify for Board exams. So far, all six students with Baccalaureate degrees in Nursing have passed the Boards and are now full-pledged nurses. Aleli is an elected Representative of the Filipino Council of the Archdiocese of Baltimore, a response to Pope Francis' Joy of the Gospel in bringing all Fil-Am families and others to an encounter to unity and to works of collaboration. She worked as Clinical Nurse III and then as a Case Manager for more than 40 years at Marburg Pavilion, the Johns Hopkins Hospital. Aleli is happily married to Mr. Levito S. Frias for 46 years and takes pride in the professional successes of her two sons, Lloyd and Marc.





Palakpakan
CORNER

Congratulations to Jane Peña, RN, MSN/Ed, NEA-BC, PNA California Capital City



Due to her outstanding effort toward embracing patient gratitude, UC Davis Health Tower 8 Inpatient Unit Director and Nurse Manager Jane Peña, RN, MSN/Ed, NEA-BC, was honored with the 2023 Gratitude Heals Award in July. This award is given by the UC Davis Development Team and Philanthropy Department to recognize the efforts of staff who support the patients' and their families' wishes to donate or give back to the health system in appreciation of the wonderful care staff provided. Jane shared her thoughts on nursing, her career at UC Davis, and why she believes in patient gratitude and the opportunity to give back.

“

Jane is the definition of nursing excellence and has created an environment on Tower 8 that is full of compassion, mutual respect, and professional development. She leads by example and advocates for everyone around her.”





Palakpakan
CORNER

Congratulations

Global Migrant Heritage Foundation on the occasion of the
18th Annual Migrant Heritage People's Ball



Lourdes Careaga

Most Outstanding Award for
Community Service in Health

Edna Guerrero

Most Outstanding Award for
Community Service in Health



From the Board of Directors and Members of

*The Philippine Nurses Association
of Metropolitan DC*

Huge congratulations to Lourdes Careaga and Edna Guerrero for being recognized as the Most Outstanding Awardees for Community Service in Health by the Global Migrant Heritage Foundation! Your dedication and commitment to making a difference in the lives of others is truly inspiring. The PNAMDC Family is incredibly proud of your achievements! Keep up the amazing work, and continue shining your light in the world!



Palakpakan
CORNER

Congratulations to PNA South Riverside County on their 9th Anniversary

In such a short time, they have achieved tremendous growth and have built eminent goodwill in the community.



Congratulations to PNA Arizona (PNAAZ) for its 22 years of success

. PNAAZ has been unselfishly serving the community for many years, and their contributions have made them one of the most respected organizations in the state of Arizona and in PNA.





By **Mary Spicak, CCRN**
Chair, PNACCTX Community Outreach Committee

PNA Corpus Christi Texas Chapter American Heart Walk 2023 Team Pag-Ibig



During the American Heart Walk 2023, the PNA Corpus Christi Texas Chapter committed to supporting the American Heart Association's cause in healthy lifestyle, expanding affordable health care, and prescription drugs to millions of Americans living with cardiovascular conditions as well as groundbreaking and lifesaving research.

Every one of us has a connection – a person, a reason to get up and walk for a cause. We have all seen the devastating and life-changing outcomes of heart disease and stroke! Our Chapter signed up and formed a team called “Team Pag-Ibig.” We recruited friends, family, co-workers, and our pets for this awesome cause. We took the steps to save lives, and we had fun along the way.

We aim to make this a yearly commitment, and we are committed to being champions of equitable health care and medical breakthroughs.



By **Princesita Garces, MAN, BSN, RN,CCRN,CNRN**
Education Committee Co-Chair PNACCTX

PNA Corpus Christi, Texas' first educational offering

On September 30, 2023, the Philippine Nurses Association of Corpus Christi, Texas, held its very first education offering for the community it serves. September is National Suicide Prevention Month. ([Suicide Prevention Month | NAMI: National Alliance on Mental Illness](#)) and to conclude this month of mental health awareness, we chose the topic of Teenage depression. We aim to disseminate information and increase awareness of teenage depression. Our goal is to identify early signs and provide strategies to manage depression. To be aware of warning signs and prevent suicide.

Suicide is the 12th leading cause of death in the United States - more than double the number of lives lost to homicide., third for ages 15-24. (NAMI). This is the reason PNACCTX wants to focus on mental health. As we all know, mental health includes our emotional, psychological, and social well-being. It determines our thinking, feelings, and actions. It also influences how we manage stress, interact with other people, and make decisions. Good mental health is imperative in divergent phases of life, from childhood to adolescence and through adulthood.



PNACCTX officers and executive board meeting post-education day. From left to right: Armie Norwood, Maricel Carlos, Mary Spicak, Marites Villaceran, Riza Auza, Sheila Ghent, Fay Marcelo, Princesita Garces, Haziel Camota, and Ella May Saligumba

The education program was made possible through a concerted effort of the PNACCTX executive board, officers, and members under the presidency of Haziel Camota. We utilized networking connections to find a speaker who is willing to be our guest speaker. Mary Spicak, our chair of the Community Outreach Program, was able to provide names that we can invite to be our experts on the topic. It was challenging as our first contact agreed initially and must cancel. We are lucky that the next expert we approached

was willing and able to do it. Our guest speaker, Venita De Leon, M.S., LPC, is an Islander. She has over 15 years of experience in the Mental health field and helping clients achieve their mental health goals. She primarily utilizes Cognitive Behavioral Therapy (CBT) and Dialectic Behavior Therapy (DBT). Her aloha spirit keeps the participants engaged throughout her 1 hour and 15-minute talk. The questions and answers portion was well-rated on the post-program survey.

Our education day expected participants were limited to fifty due to the size of the hall. The actual participants who attended were forty. Refreshments were provided, composed of Filipino empanadas, fruits, and eggs. The food choice is to reflect the Filipino heritage. Participants are a mixture of ethnic groups. Yours truly collaborated with the Student Nursing Association (SNA) of Del Mar College. 57.5 % of attendees are from SNA. They all left with a smile on their face, carrying their attendance certificate. The Executive Board and officers of PNACCTX sat down for a meeting after the event. The meeting ended with the conviction to do more education offering for the community and provide free continuing education hours to PNACCTX members.



PNACCTX Executive Board with the speaker. Left to Right: Sheila Ghent, Armie Norwood, Clasrin Buemio, Fay Marcelo, Mary Spicak, Princesita Garces, Venita De Leon, Haziel Camota, Maricel Carlos, Marites Villaceran, Ella May Saligumba, and Riza Auza



President Haziel Camota to commence the program with a meaningful reflection



Delmar SNA Participants



Attentively listening to the housekeeping rules



President Haziel Camota, with Education Chair Sheila Ghent, awarding the certificate of appreciation to the guest speaker, Venita De Leon

By Mary Ann Neely, BSN, RN-BC

Filipino American Association of Columbus: A Visit

September 16th, 2023, was a big day for the Filipino-American community of Columbus, Georgia. They are celebrating their 34th Anniversary and inducting their new set of officers. We, the PNA Georgia, joined them in their celebration that was held at the Columbus Convention and Trade Center. There were other organizations present for the gala night: the Philippine American Chamber of Commerce of Georgia, the Philippine American Women's Association of Georgia, and Damayan of Warner Robbins, to name a few. It was very well attended; actually, the ballroom was filled to capacity. We were so proud and delighted to witness the induction of the newly elected President of FAA, Ms. Maria Susan Guernsey, an OR nurse in Columbus.



PNA Georgia Nurses with their spouses

Dinner was buffet style. It was a traditional Southern meal with salad, braised pot roast, roasted chicken, squash casserole, and mashed potatoes. There were two dessert choices – pecan pie and peach cobbler. Everyone had their fill! During dinner, the military attaché' of the Philippine Army, Colonel Arthur Romanillos, currently assigned in Washington DC, spoke on the need for the internal as well as external security of the Philippines.

The keynote speaker was local news, Anchor Rex Castillo. He spoke of his humble beginnings and what his father endured when he first came to the United States at the start of martial law in the Philippines. Like most Filipino immigrants, he sent money home to take care of his own family, including his younger brothers and sisters.

The highlight of the event was the cultural presentation. Their execution of traditional folk dances like tinikling, singkil, itik-itik, and others surpassed all other performances I have seen by nonprofessional dancers. Performers, young and old, danced with much enthusiasm and engagement. Each dance flowed without interruption into the next number. When you think they are finished, another group emerges to perform. It was close to 45 minutes of nonstop entertainment, to which the dancers got a standing ovation for a job well done. I must also mention how colorful their costumes were.

The following morning, a small group of us met for a very informal brunch at Bella's, a newly opened Filipino restaurant and bakery. Bella's offered a variety of silog breakfasts and baked goods as well as lunch and dinner items. We talked and got acquainted with them. New bonds have formed, and it is something we hope to sustain. It was indeed a productive visit.

By *Mary Ann Neely, BSN, RN-BC*

PAMAG 2023

The 48th Annual Scientific Conference and Gala conducted by the Philippine American Medical Association of Georgia (PAMAG) was held from Friday, September 8, until Sunday, September 10, 2023, at the Evergreen Lakeside Resort in Stone Mountain, Georgia. The conference also included the Dr. Armando Dijamco Memorial Lecture Series on Saturday morning.



PNA Georgia nurses in attendance

During this conference, members gathered to discuss their medical

mission trip as well as other businesses. There was also a silent auction where members and guests placed bids on vacation packages, Christmas ornaments, and other items.

The highlight of the conference was the Gala Dinner and Awards Presentation. After the singing of both national anthems and a brief invocation, the current president, Dr. Romy Moriles, addressed members and guests and gave an overview of what the organization has done during the past year. The keynote speaker was Georgia State Representative Marvin Lim. The lovely Ms. Mayette Bayani, with her melodious voice, serenaded us during dinner.

After dinner was served, Dr. Moriles presented awards to honor special people. Of the awardees, two recipients were nurses, Venus Soriano and Chato Cabrera. Dr. Moriles stated Venus was “always willing to go out of her way to help the FilAm Community and the medical community” and for Chato “has been instrumental in the success of missions and has tirelessly collected items to donate to the places PAMAG have served in previous missions.” Both women are deserving of the Presidential Award.



Beth Villanueva, receiving the award for Venus Soriano from Dr. Moriles

Chato Cabrera, receiving her award from Dr. Moriles

Many nurses were present for the gala in support of PAMAG and their mission. The night would not be complete without dancing. Everyone who attended had a great time... it was an affair to remember!

By Lilia Hagler, BSN, RN

The Cobb County International Festival 2023

Cobb is the third largest county in Georgia, located in Metro Atlanta. It is a vibrant community with plenty of things to do. It is where Truist Park is located, the home of the Braves! The festival was held on August 26, 2023, at Jim Miller Park. The Cobb County International Festival is a cultural and culinary experience. It celebrates diversity in the community through music, dance, arts and crafts, and food. It is almost like visiting different countries around the world in one day.



*Lilia Hagler and Mary Dioise Ramos with
Lisa Cupid Cobb County Commissioner (3rd from left)*

Cobb County Chairwoman Lisa Cupid and her team initiated this annual festival, recognizing that diversity is one of the county's strengths. She envisioned it to be inclusive and a means of increasing our awareness of the different cultures in our midst. About forty-five countries participated via cultural presentation, by an information booth, or by participating in the "marketplace." Ms. Arjho Turner, Pam Peterman, and I represented the Philippines well in the planning committee. Our Fil-Am ladies of Cobb, most of whom are retired nurses, performed the "Salakot" dance with gusto. They were graceful and agile even in their 60's and 70's. We were also graced with the presence of Mr. Eric Salanion of the Parangal Dance Company of California. Eric's performance was stunningly extraordinary; his costumes were gorgeous, showcasing the various indigenous dances of the Philippines. Parangal's mission is "to give tribute to the Philippine heritage by preserving and promoting ethnic attire, music and dance through research, workshops and performances."

He captivated the audience and finished with a standing ovation; his mission was accomplished!



PNAGA "Salakot Dancers"

The Cobb International Festival is now a memory. The participation of the Filipino-American community of Cobb County gave us a sense of pride and made our presence known as well. There were about five thousand attendees this year, and it has grown bigger from its inception in 2019. It was a day well spent!



By **Josie B. M. Veit**, BSN, RN; PNAGSL President 2022-2024

Joy M. Deatherage, BSN, RN; PNAGSL Secretary 2022-2024

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

Fundraiser at St. Louis Cardinals Game

PNA of Greater St. Louis — Sep. 17, 2023, Sunday: last day of fundraiser and volunteerism of our nurses at the St. Louis Cardinals' baseball game.

From Josie Veit: "Our Cardinals volunteering — as always, tiring but fun. A full day's work and I could hardly walk to our car!; my feet were hurting. And this time, the Cardinals won! The hard-working volunteers were Josie and Richard Veit, Ces and Eric Nalagan, Evelyn Oller, Cynthia Montejo, Cecille Nord, and Joy Deatherage.

It may be the same people (add one or two) doing volunteer work (*and arduous work!*) at the St. Louis Cardinals game fundraiser, but the camaraderie and diligence prevailed, and our nurses maintained their alluring smiles to patrons in spite of aching feet from hours of long-standing.





PNAGSL volunteerism and fund-raiser — Giving a helping hand is always so welcomed and we got spouse support from Eric Nalagan and Richard Veit.



Busch Stadium is a baseball stadium located in St. Louis, Missouri. The stadium serves as the ballpark of Major League Baseball's St. Louis Cardinals. It has a seating capacity of 44,383, with 3,706 club seats and 61 luxury suites. The **Ballpark Village** spans seven city blocks and was the country's first fully integrated mixed-use development designed to deliver the excitement and energy of the game-day experience outside the stadium walls. It includes dining, entertainment, Cardinals Nation and Hall of Fame & Museum, Budweiser Brew House and beer Garden and FOX Sports Midwest Live



PNA Chapter NEWS



By **Josie B. M. Veit**, BSN, RN; PNAGSL President 2022-2024
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

PNAGSL President's Lead

September 28, 2023, Thursday: PNAGSL Executive Board meeting — Josie Veit, President, had filed for the state sales tax exemption with the Missouri Secretary of State. Agnes Lewis, Treasurer, has a Venmo account for payment/donation accessibility (Venmo@alewiz71).

Agenda discussed in detail:

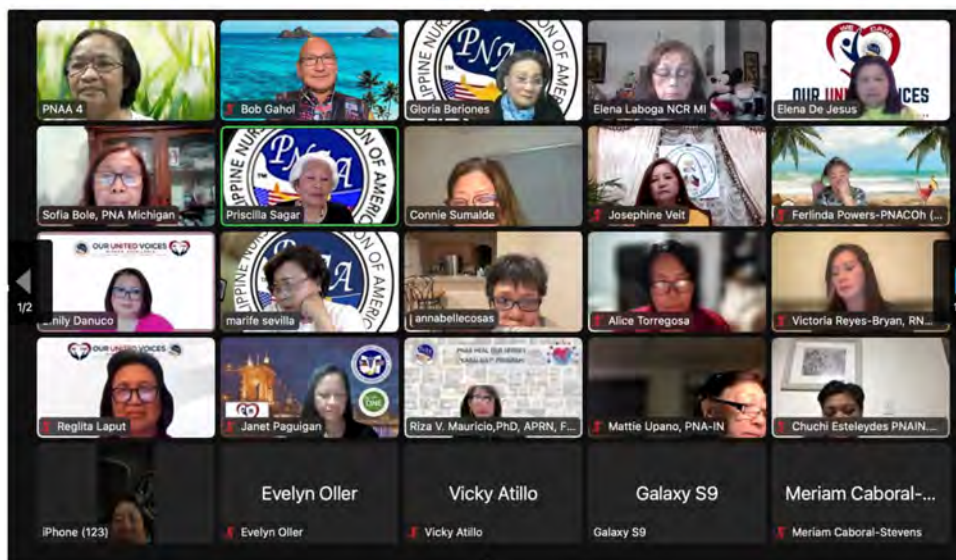
Fundraising: cookie-dough; 40% of sales go to PNAGSL
 General Assembly meeting: October 14/Saturday at James McDonnell Park; family activities after the meeting
 Education seminar: October 17/Tuesday at Pietro's — MONA credits "Access to Mental Health Care in Missouri"
 Christmas party: December 9/Saturday at Orlando's
 Community Outreach: (1) Feeding the Veterans in November
 (2) January 15, 16, 2024 Talibon (Bohol), Philippines



venmo

Webinar with PNA:

Aug 29 and Sep 26: Webinar series on X-linked Dystonia-Parkinsonism, attended by Annabelle Cosas
 October 2: movie "1521" (The Battle of Mactan, The Quest for Love and Freedom), producer Francis Lara Ho
 October 6: Webinar series on Alzheimer's, attended by Josie
 October 7: First: "Town Hall meeting" with Dr. Gloria Beriones and NCR VP Bong Dayon



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

PNA Gulf Coast Florida raised funds for the Community Outreach Programs

One of our mission is to be able to help our kababayans in times of need. Whether it's in the US or in our motherland. So we grab the opportunity when one of our officers suggested a fund raising event at their Clubhouse. We thought of selling items donated by members , plants, arts and crafts. But we finally decided to sell pancit, egg rolls, turon or banana fritters, baked goods like cookies, hopia, banana cream cheese cake. With the aroma of our food items, people including vendors came to our table curious of what we're selling. Some knew pancit and egg roll from their Filipino friends. So people sample our food and kept coming back for more. One of our members also donated plumeria plant. She brought 5-6 plants and they were all sold out. Our food items were almost sold out as well. We are grateful to our officers and members who participated in this event . For those who donated baked goods and other items to sell, thank you very much. It was a fun day with our members and at the same we accomplished our goal to raise money to augment our Community Outreach Committee funds.



By Cecile M. Santos- Medenilla

President- PNAGF 2022-2024

PNA Gulf Coast Florida attends Ang Kaliwat Bol-Anon sa Florida, Inc.

It was a night to remember for the Boholanos in Florida. Members of the Philippine Nurses Association of Gulf Coast Florida Executive Board and members attended the Kaliwat Bol-Anon sa Florida Induction of Officers for 2023-2025.

The newly inducted President is Edwin Latras, a member of PNAGF. His wife, Lisa Latras, is also a member of PNAGF. We are proud of them leading the Bohol Association of Florida. Edwin was re-elected for another term. Edwin and Lisa are active members of PNAGF. They joined us in Camp Aruga, a PNA initiative, last January.

The event was attended by over 200 guests in their beautiful Filipiniana attire. Entertainment by the Philippine Performing Arts dance group. The food was excellent, Lauriat style. PNAGF and Bohol Association have similar goals, community service, and scholarship, to name a few. Like other organizations, we support each other to accomplish our goals.





By Cielito Matias-Schwartz
PNAH President 2022-2024

PNA Hawaii Walking for Hope

The early morning sun broke through the horizon, casting a warm glow over the sea of pink-clad participants gathered for the annual breast cancer walk on Saturday, October 7th, 2023. This year, the Making Strides Against Breast Cancer Walk took place at the Patsy T. Mink Central Oahu Regional Park. It was a day of celebration and remembrance, as participants walked not just for the countless individuals affected by breast cancer, but to honor the incredible strength and resilience of those who have overcome this life-altering disease.

Breast cancer has knocked on all our friends and loved one's door at some point when we least expect it, turning our worlds upside down. Anyone going through it would never imagine that it would be their battle to face. But the day's event was a celebration of life, love, and hope. Participants walked to let others know that they are not alone in their battles, and there is a vast community ready to support and uplift them. Cheers and applause erupted as survivors crossed the finish line, each step a testimony of their bravery and a source of inspiration for everyone present. Let us all be reminded of the importance of events like these, for they serve as a reminder that we can make a positive change, no matter how daunting the challenge may seem.



PNAH friends and family all walking to support the cause!

The survivors, the supporters, and the fighters were united by one cause, one mission – to raise awareness and funds to combat breast cancer. It's thanks to organizations, namely The American Cancer Society who hosted this walk that countless lives, have been saved. Until the day when breast cancer is but a distant memory, let's continue to walk for hope, for strength, and for love, honoring those who have shown us the way.



Marianela Jacob, PNAH President-Elect 2022- 2024 is pretty in pink and wearing her "SURVIVOR" sash. What an inspiration!

Marianela and Daughter, Natalie Jacob, PNAH Secretary 2022-2024 proudly representing!



By Lea S. Agaton, BSN, BSBA, RN

The Filipino American National Historical Society of Chicago recognizes PNA Illinois



PNA Illinois President Marilou Dangalan and the rest of the PNAI Executive Board Members received the recognition of being an organization serving the community for 66 years from the Filipino American National Historical Society of Chicago (FANHSC). FANHSC has the mission to promote understanding, education, enlightenment, appreciation, and dissemination of the history and culture of Filipino Americans in the United States.



It was a great help to learn about history, and the night was also to give honor to Estrella Alamar, community collector and archivist of Filipino-American History, who passed away on October 23, 2022. There were a lot of talents who performed to grace the event. It was both a bittersweet and pleasant feeling of reminiscing the past. Watching the videos makes one appreciate our beloved country, the Philippines.



By **Earl A. Salavante, DNM, RN**
PNA Indiana

Embrace your Now

Every day when we wake up, there is always something that we look forward to whether personal or at the career level. There is always a move for us to make a new step, perhaps a leap for somebody, a motion that urge us so deep that we call it "Change"

As a transitioning nurse here in the US, it is a challenge to build your nest and adapt to the complexities of the current system. There are moments that you want your routine back but then reality will strike you and remind you of your promise to yourself as you move forward.

Part of my transition and things to do was to find an organization that I can join as a member. This is the time that I joined PNA-IN, a chapter of the Philippine Nurses Association of America whose mission is to promote Filipino American nurses' professional growth and provide health information and educational services to the community. A very welcoming organization that provided assistance to new nurses like me here in the USA. I was very lucky to have been introduced to the PNA-IN President and grateful for extending an invitation for me to join a conference on advancing health policy and advocacy organized by the Indiana University School of Nursing, excitement sparks in me that after a few months finally I can get to participate again in a leadership conference.



Author Dr. Earl A. Salavante and PNA-IN President Mattie Upano



*Sharron Crowder, PhD, RN, ATSF, FAAN,
igniting the audience with the Conference Overview*



*PNA-IN Delegates: E. Salavante, S. Gaviola, M. Upano
and G. Dela Llana*



PNA-IN Colleagues including Maria Reggie Alib, 2nd from right



IUSON Dean Robin Newhouse 3rd from left and Conference organizer Dr. Sharron Crowder 2nd from right



PNA-IN Delegates L-R: M. Upano, S. Gaviola, IUSON Dean R. Newhouse, E. Salavante & G. Dela Llana

The conference entitled “The Urgency of Now: Advancing Health Policy and Advocacy Through Education, Research, and Leadership” was organized by Dr. Sharron Crowder at the IU School of Nursing and held last September 15 2023 at the IU Campus Center. This was attended by esteemed faculty, leaders and advocates across the US. Among them were Dr. Lindsey Harris- Robert Wood Johnson Foundation Health Policy Fellow from Washington DC, Dr. Charles Mathias- Professor and Director for Impact and Innovation, University of



Panel of Speakers with IUSON Conference Organizer Dr. Sharron Crowder (7th from left)

Texas Health San Antonio, Dr. Joseph Sakran - Vice Chair of Clinical Operations, Johns Hopkins Hospital Baltimore, Dr. Krista Longtin - Assistant Dean of Faculty Affairs and Professional Development, Indiana University School of Medicine, Dr. Brenda Baker- Director of Policy, American Association of Colleges of Nursing Washington DC, Dr. Susan Hickman- Director Indiana University Center for Aging Research, Regenstrief Institute, and Ambre Marr-State Director, AARP Indiana. The event opened with a warm welcome from the Dean of the School of Nursing Dr. Robin Newhouse and ended with an Ignite Session led by Dr. Sharron Crowder.



Dr. Sharron Crowder with all the Speakers and PNA-IN delegates

PNA-Indiana President Matilde Upano with members of the organization attended the conference wherein she was a member of the IU School of Nursing (IUSON) Conference Planning committee and among the facilitators of the Leadership track We all attended which focused on Leading Health Policy and Bolstering Advocacy in Health Systems, Professional Organizations and on Boards where the PNA-IN President shared her experience and expertise, passion and fruit of labor of the organization in terms of advocacy and involvement in policies related to FENs RN licensure in Indiana. With everything that was shared by her, it was a proud moment to hear the advocacies of the PNA- IN, the strong voice to make change for the betterment of the stakeholders.

You can feel the energy in the room as each one shares experience in health policies and advocacies and how their respective organizations cultivate a sense of commitment and engagement among their stakeholders towards changes in legislation. I as well shared some of the current situations happening in the Philippines in terms of the pending Nursing Bill, the exodus of nurses and strategies employed during these times of disruptions. It was a fulfilling moment to share and learn from them and how they achieve momentous milestones in legislations because of unity and commitment

As we participated in the discussions, I felt a sense of connectivity, a feeling of awakening that led me to these realizations and takeaways as well, these are my **AHA! Moments**:

There is unity in diversity

Whatever culture, group, organization you may belong to, there is always a binding force that unifies for the common good- and that is the love of profession. Collected and united voices make the biggest impact in these changes in legislation.

Engagement is an ingredient of Collaboration

While collaboration is an element of successful partnerships and advocacy movements, engagement is a key ingredient that drives organizations and stakeholders towards passion and purpose. Engagement defines the intimate sound of participation towards active change.

Always go back to your Why's?

Advocacy is built with the person's passion..passion and passion. Unless we find within ourselves the meaning



PNA-IN President Mattie Upano, one of the facilitators



Nursing Colleagues from IUSON, University Hospital and Riley Hospital for Children at IU Health

of change, unless we truly understand what we want and what we rightfully believe in there can never be true advocacy. That is why we go back to our why's. Why are we doing these?

It is always a Choice from your Chances

While the urge to act on issues concerning the nursing profession is strong, there is always a choice. Advocacy is a choice and not imposed. Advocacy is a chance to make a difference, a chance to contribute to change and so we reflect on this as we revisit our choices in life. What will you contribute to change if you have the chance and the choice?



With Dr. Charles Mathias

“Now” is a statement

The urgency of change is dependent on what the system needs, what we need and what must be done. As I hear the advocacies of participants, it resonates a sound of call that cannot and must not be delayed. These emanates from experiences that call for equity and justice in the nursing profession in order to build positive practice environments in every workplace.

As the conference ended, everyone was ignited and challenged to the urgency of now. Some will continue what has been done in health advocacies, some have pledged to join the advocacies for change while some have reflected to consider what matters most now.

As I went back to my everyday life and routine, I brought with me these realizations that as I transition here in the US, with my dreams and aspirations I am part of the system. I will contribute to the Nursing Profession to the best of my ability.

Change happens when there is a force that binds us together, a force defined by unity and liberty, of justice and equity. We can all be an advocate for change, for a better tomorrow for our profession.

Embrace your “Now” and make a difference!



PNAMDC's 2023-2025 Executive Board Transition: Moments of Partnerships and a Demonstration of Robust Leadership to Serve the Surrounding Communities



MGM National Harbor August 19, 2023

I was fortunate to serve as the master of ceremony and witnessed the festivities of the 2023-2025 Philippine Nurses Association of Metropolitan DC (PNAMDC) Chapter Board of Directors Induction Gala from a "central" lens on August 19, 2023. The program was attended by international, national, regional, and local nursing leaders, community and civic leaders, and government officials. Although it was a "swan song" of immediate Past President Carol Robles and her Board of Directors, the induction gala was the celebration of Dr. Christine Pabico's Presidency, the overture of Mr. Elmer Amparo, serving as President-Elect, and the recognition of the incoming Board of Directors. Most importantly, the auspicious moment demonstrated the diversity of collaborators of the PNAMDC Chapter, a testament to the dynamic partnerships with various stakeholders that will continue to flourish under Dr. Pabico's leadership. The PNAMDC Chapter will continue to demonstrate impactful services to the community we are privileged to serve --- that's a given. However, the future of the PNAMDC Chapter is undoubtedly progressive because of the promising partnerships and expertise that Dr. Pabico and the 2023-2025 Executive Board will bring on the table.

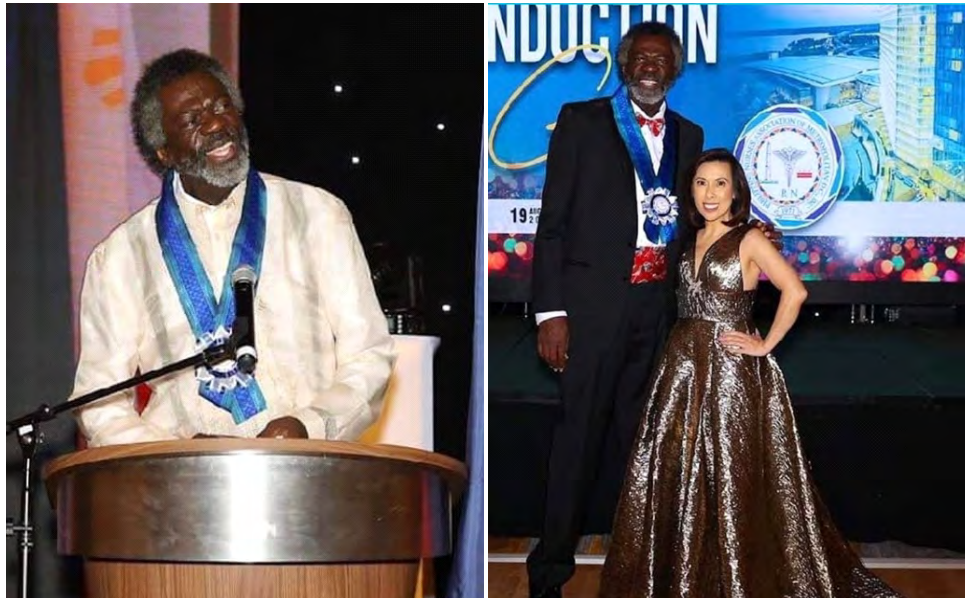


Dr. Franz Henryk Vergara with DAISY Co-Founders, Mark and Bonnie Barnes.

The induction gala was filled with inspiring speeches, dinner, networking, pageantry, and dancing. As DAISY Foundation Co- Founder Ms. Bonnie Barnes stated: "We were delighted to attend PNAMDC's annual gala and celebrate the induction of Christine Pabico as President and the new Board. As we expected it would be, the evening was wonderful! The program was thoughtfully designed, engaging, and uplifting. Seeing the work this chapter does, primarily as described in the beautiful program book, certainly brought to life why this chapter was so deserving of receiving the DAISY Team Award from PNA.

What they do to serve the Filipino community in the United States and the Philippines is impressive! Thank you so much, PNAMDC, for including us, sharing your outstanding work, and inspiring us with every speaker who came to the podium." As we move forward to the new era of leadership within the PNAMDC Chapter, we thank Ms. Carol Manilay-Robles and her Executive Board Members for elevating to new heights the levels of commitment and engagement to our stakeholders and community members. Above all, we are very excited about the potential monumental community impact of the PNAMDC Chapter under Dr. Pabico's leadership. To our members and collaborators, let's continue to lean in further and stay engaged --- for the love of nursing.

With much gratitude,
Franz Henryk Vergara, PhD, DNP, MAS, RN, CENP, ONC, CCM



*Dr. Ernest J. Grant, PhD, RN, FAAN
Interim Vice Dean – DEI
Duke University School of Nursing
Immediate Past President American Nurses Association 2019-2022*

I cannot tell you what an honor it was to attend the PNAMDC's annual gala and to celebrate Dr. Christine Pabico's induction as its next president. I have no doubt that Dr. Pabico and her board will continue the great work that President Robles and her board begun. I know that Dr. Pabico will challenge PNAMDC's members to continue to excel, to dream big and make a difference in nursing, health and healthcare. Having been deeply associated with PNA over the past four years of my presidency at ANA, I felt truly honored to be in the presence of such distinguished guests at the gala event. Over the past few years, PNA (and PNAMDC) has continued to make a mark on the nursing profession. From participation in the inaugural National Commission to Address Racism in Nursing, supporting newly arrived nurses, sponsoring scholarships, championing local community health events, to supporting events back in the Philippines, members of PNA are united in its mission to "uphold the positive image and welfare of its constituent members; promote professional excellence and contribute to significant outcomes to healthcare and

society.” They model this mission daily in everything they do! I look forward to my continued collaboration and association with PNA and PNAMDC. There are still a lot of challenges ahead, but together we can achieve success and make the way a little easier for those coming behind us.

All the Best!

Dr. Ernest J. Grant

It was an honor to be invited to attend the PNAMDC annual gala and award ceremony. The Maryland Organization of Nurse Leaders (MONL), Inc. is a proud professional organization partner of the PNAMDC, and we look forward to continued growth in our relationship as well as strategic alignment to improve health equity in our communities. The gala highlighted the significant contributions made by past and present PNAMDC board members, leading the improvement of health and well-being of the Filipino patient population and beyond for decades in the DMV area. Dr. Christine Pabico is a transformational Nurse Leader, and we look forward to the continual growth and impact that the PNAMDC will have as a professional organization under her Presidency. Congratulations to all on a highly successful event, thank you for allowing us to be a part of it.

Cody D. Legler, DNP, APRN, NP-BC, RN-BC, NEA-BC, CNL
System Vice President & Chief Nursing Officer
MedStar Health Perioperative Service Line



*President Christine Pabico with Cody Legler, MONL president and Medstar system executive.
“This is the ONLY time I can say I’m taller than Cody.
Thank you for supporting us!!!”*



The newly elected 2023-2025 PNAMDC Board of Directors with Philippine Nurses Association of America, Inc. leaders.

Left - Right: Dr. Warly Remegio (PNA Eastern Region Vice President), Arlyn Soriano (PNAMDC Board Member), Ma. Jerlin C. Harbort (PNAMDC PRO), Beth Kasta (PNAMDC PRO), Alicia Calayag-Deleon (PNAMDC Auditor), Maritess Tan (PNAMDC Treasurer), Maricon Dans (PNAMDC Secretary), Dr. Gloria Beriones (PNA President), Marlon Garzo Saria (PNA Pres-Elect), Elmer Amparo (PNAMDC Pres-Elect), Dr. Christine Garcia Pabico (PNAMDC President).

PNA Chapter NEWS



By Medical Mission Committee
Dr. Christine Pabico, Joy Arellano, Lourdes Careaga,
Aida Imperio, and Prima Colburn

PNAMDC to the heart of Mambajao

The Philippine Nurses Association of Metropolitan DC, Inc. (PNAMDC) is steadfast in its commitment to contribute to significant outcomes for healthcare and society, as stated in its mission statement. PNAMDC, through all its Medical -Surgical/Dental missions since 2001, has led and engaged its nurse members and non-medical personnel to serve as volunteers in charitable aid for the health and welfare of local communities and the underserved population in the Philippines.

PNAMDC, to date, has conducted 18 successful medical missions. Together with volunteers, in close collaboration and partnership with the local community host, PNAMDC has consistently delivered compassionate, free medical care to several thousands of disenfranchised and vulnerable people living in various rural areas in the Philippines.

From January 31 to February 2, 2024, PNAMDC will conduct its 19th Medical-Dental Mission in Camiguin, Philippines, to continue this journey of "Making A Difference" for the people that we have been privileged to serve.

PNAMDC has selected the municipality of Mambajao, the capital of Camiguin province (population 92,808), as the site to receive its 19th Medical-Dental Mission services for 2024.

There is an estimated 17.7% of families residing in Camiguin whose per capita income is not sufficient to meet basic foods and non-food needs. An approximate number of about 3,900 poor families are classified as living below the poverty threshold, estimated at P11,805 (equivalent to \$236), on average, for a family of five per month in the first quarter of 2021.

Goals:

- Engage Volunteers and other medical personnel in close collaboration and partnership with local (host) healthcare providers in the delivery of basic healthcare and dental services for people in dire need of medical attention.
- Provide culturally appropriate health education to the local community in the prevention of disease and promotion of practical, healthy lifestyle habits.

Top 10 Morbidity and Mortality Cases

Morbidity 2022

1. Acute respiratory illness/Upper respiratory tract infection
2. Wound (All forms)
3. Hypertension
4. Pneumonia
5. Urinary tract infection
6. Dental problems
7. Animal bites/fever
8. BAIAE (Bronchial Asthma in Acute exacerbation)
9. Bronchitis
10. Allergy (in all forms) and Acute Gastroenteritis with mild dehydration



Mortality 2022

1. Cardiac death/Arrest/Arrhythmia
2. Acute respiratory failure
3. Pneumonia
4. Cerebrovascular Disease
5. Chronic renal disease
6. Natural cause of death
7. Cancer in all forms/Diabetes mellitus/Chronic Vascular Hypertensive Disease
8. Septicemia
9. Congestive Heart Failure/ Coronary Artery Disease/ Myocardial infarction
10. Hypovolemic Shock/ Hepatic Encephalopathy



General Health Promotion



Address Chronic Health Conditions



Culturally Appropriate Health Teachings



Other services: Dental Services



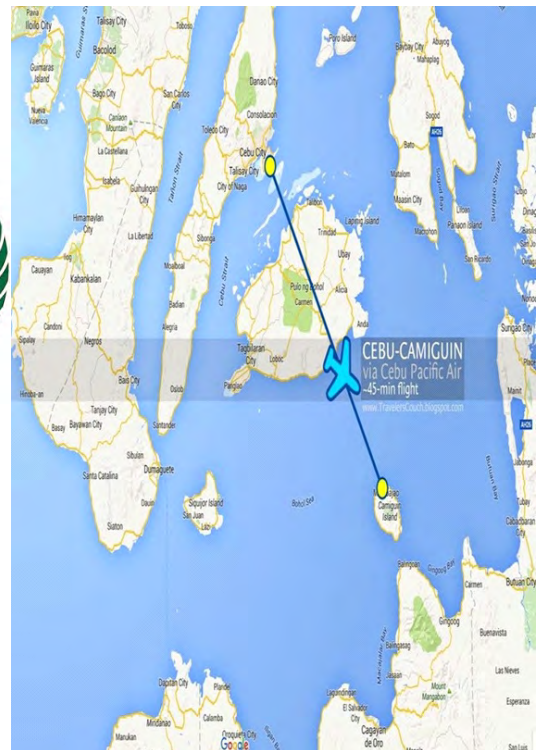


Feeding the Children



Camiguin General Hospital

How to get to Camiguin



“Not all of us can do great things. But we can do small things with great love” - Mother Teresa



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

PNAMH On the RISE

PNAMH continues to take strides in helping the community of Metro Houston through volunteerism. Recently, PNAMH collaborated with People Caring for the Community Incorporated (PCCI) and offered two educational lecture series for Health and Wellness last August and September. Presentations on Stroke awareness and basic emergency response were presented to the seniors and middle-aged adults by PNAMH community outreach co-chair Cynthia Desengano. Another health and wellness topic relevant to the older adult population, Colorectal cancer awareness, was presented by Josie Rejante, APRN, who is also the Ways and Means co-chair. The engagement and overwhelming responses from the attendees were very humbling. PNAMH was honored that we got invited to give the lecture to the Filipino-American and non-Filipino senior citizens.

Another collaboration PNAMH accomplished was the Annual Health and Community Resources Fair held at the Vietnamese Civic Center. There were more than 200 people who attended to avail themselves of the free services offered, including flu shots. Aside from health screening, PNAMH also served as first aid volunteers. PNAMH community outreach committee makes the volunteer event fun and memorable. The PCCI senior health fair was another volunteerism supported by PNAMH. Volunteers provided glucose screening, BP screening, and health education. It was indeed rewarding and memorable knowing that PNAMH is making a great impact in the metropolitan Houston area.

Health and Wellness: Stroke Awareness and Basic Emergency Response



Health Wellness: Understanding Colorectal Cancer



Annual Health and Community Resources Fair: Vietnamese Civic Center





Health Wellness: Understanding Colorectal Cancer





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

PNAMH Strategic Goals: Alignment and Pathway to Success



In a world where healthcare is constantly evolving, professional nursing organizations must adapt and set strategic goals that align with the broader objectives of their profession. The Philippine Nurses Association of Metro Houston (PNAMH), with its new leadership, conducted a strategic meeting last year that outlined its goals and objectives and incorporated a SOAR analysis to create a roadmap for the organization's future. The meeting was an essential milestone for the organization, showcasing a commitment to excellence and innovation. Recently, the strategic meeting goals were presented, and updated the executive board on the status of the organization and where it stands.

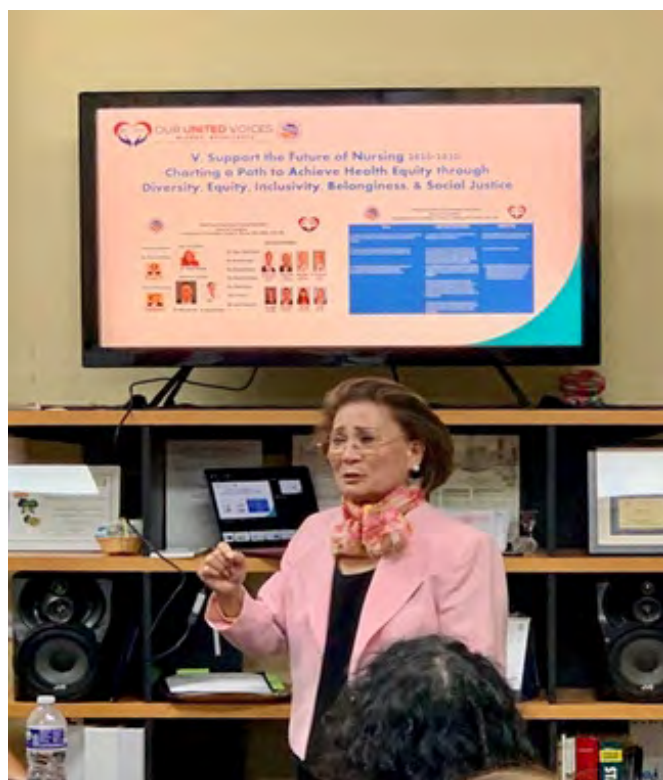
One of the highlights of the PNAAMH strategic meeting was the presence of the PNA President. Dr. Gloria Beriones delivered the PNAAMH strategic goals and updates. She highlighted the significance of PNAAMH goals in alignment with national goals and the broader nursing community. This underscored the alignment of PNAAMH's goals with the PNAAMH goals. It emphasized that the local chapter was not operating in isolation but as part of a larger, nationwide community of Filipino-American nurses. Dr. Gloria Beriones expressed support for PNAAMH's strategic initiatives, highlighting the importance of local chapters in furthering the objectives of PNAAMH as a whole. The synergy between local and national goals is vital for the collective advancement of Filipino-American nurses in the United States.

Before delving into the details of the strategic meeting, it is essential to understand the significance of a SOAR analysis that PNAMH utilized. It emphasizes a positive, forward-thinking approach to strategy development, which is particularly beneficial for organizations aiming to thrive and adapt in a rapidly changing environment.

The organization's strengths, such as its dedicated and passionate membership, financial stability, and the leadership team's commitment, were acknowledged. Opportunities were revisited, including the ever-evolving healthcare landscape, increased demand for nursing professionals, and the potential to expand community outreach. The aspirations of PNAMH were clear; we aimed to become a leading advocate for Filipino nurses in the Metro Houston area. We sought to empower the members through education, professional development, and networking opportunities.

PNAMH aspires to establish partnerships with local healthcare organizations and community groups to expand their influence and support the Filipino nursing community. Regarding results, PNAMH set measurable objectives, including increasing membership by a specific percentage, organizing a series of educational events through general membership meetings incorporating spring and fall seminars, and actively participating in community health initiatives. These results served as benchmarks for evaluating the success of the strategic plan. Reports from each committee were heard with goals attained and continued to progress.

Succession planning is a crucial aspect of any organization's strategy, ensuring continuity in leadership and the preservation of institutional knowledge. During the meeting, PNAMH leaders recognized the importance of grooming the next generation of leaders. PNAMH outlined a plan to mentor and develop emerging leaders within the organization, providing opportunities for professional growth. This commitment to succession planning ensures the organization's longevity and its mission's preservation.





PNA Chapter NEWS



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

PNAMSEF: WE CARE Chapter Updates

PNAMSEF held the HYBRID Educational Symposium last September 23, 2023, at West Coast University. There are 57 attendees, which include 11 chapter officers, 29 members, and 17 non-members.

Excellent presentation on “Building the Gap in Nursing Orientation” by our speaker Maria Zolaica Paragas, DNP, MSN-ED, RN, CCRN-K Surgical, ICU Educator. She mentioned that we must assess the needs and plan for successful orientation as educators. Determine the why, communicate, visibility, follow up, and give feedback to the orientee. Connect with managers or leaders to collaborate with the schedule, goals, and outcome measures. Tips on attitude: Having the right mindset can be the difference between a dedicated nurse who treats patients with compassion and an unhappy nurse who burns out quickly. Tips for the novices to understand how to prioritize time, think critically, document everything, and know how to take care of crashing patients and going to sepsis, know to talk with a physician and be able to advocate for the patient. Improve knowledge and confidence, perform safe practices, and give or hand off concise bedside reports.

The second speaker is Debbie McClean, APRN, RN, Transplant Department Nurse practitioner.

Her topic is all about the liver and kidney transplants. She discussed the importance and criteria of kidney transplants. The Solid Organ Transplant (SOT) process of transferring a donor's organ to a recipient occurs during end-stage organ disease. It includes kidney, liver, heart, lung, and pancreas transplantation. United Network for Organ Sharing (UNOS) is a non-profit organization that serves as the nation's transplant system. They manage the transplant waiting list and maintain the database. Provide education to the patients, family, and the public. She presented the criteria for donor selection, the process on the day of transplant, necessary tests before transplant, the goal of immunosuppression, complications, and treatment. It was a very informative presentation. Thank you to Elizabeth Cabrera Sacchetti, MBA/HRM Business Development Manager, who sponsors our breakfast and venue.



Philippine Nurses Association of Miami
and Southeast Florida, Inc.
(PNAMSEF, Inc.)



A bona fide local chapter of the Philippine Nurses Association of America

HYBRID EDUCATIONAL SYMPOSIUM

Building the Gap in Nursing Orientation for Nurses

September 23, 2023, Saturday, 9:00 am - 11:30 am

Program Agenda

Location: West Coast University (for those attending in person)
9250 NW 36th St. Doral Florida Fl. 33178

Zoom Meeting ID: 984 6559 9483 Passcode: Florida1

9:00 am- Welcome message-Leah Alejano, MSN, RN, PNAAMSEF President

9:05 am- Building the Gap in Nursing Orientation for Nurses

Speaker: Maria Zolaica Paragas, DNP, MSN-ED, RN CCRN-K (Introduction by Freda Arzadon, MSHA, RN- Educational Planner).

10:05 am- All About Liver and Kidney Transplants

Speaker: Debbie-Ann Mclean, APRN, RN (Introduction by Sehnie Talisayon, BSN, RN- Educational Planner)

11:05 am- Certificates of appreciation by Leah Alejano, PNAAMSEF President

11:10 am- Closing remarks by Priscilla Molas, BSN, RN, PNAAMSEF Past President

Hosted by West Coast University through Elizabeth Cabrera Sacchetti, MBA/HRM, University Business Development Manager
Moderator: Perlita C. Cerilo, PhD, MSHA, RN (Educational Committee, Chair)

(The Philippine Nurses Association of America Foundation is approved by the California Board of Registered Nursing CEP#14134)

Thank you to Dr. Perlita Cerilo and the PNAMSEF officers who helped organize the event and all the Executive Board and all the attendees. The officers presented the PNA theme of President Dr. Gloria Beriones. After the seminar, we held our PNAMSEF EB meeting.

“WE CARE – WISDOM, EXCELLENCE, COLLABORATION, ADVOCACY, RESPECT, EQUITY” to the attendees.



On October 6, 2023, the Doctors Hospital celebrated Filipino American Diversity. Our theme is BAYANIHAN. During the celebration, the ladies dressed up the Maria Clara and the men the Barong Tagalog. Our CEO and managers were excited to wear the Barong Tagalog, and some staff wore the alampay. One of the chefs, a Filipino, cooked tinolang manok, pansit, chicken/pork adobo. We also have cassava cake, polvoron, skyflakes, and candies and display them in my sari-sari store and give them away afterward. Everyone praised the poster's presentation, costumes, history, and culture of the Philippines.



On October 9, 2023, Freda Arzadon and I attended the first Annual Banana Cathcup Filipino Block Party hosted by Daren Mendoza, owner of Lutong Pinoy in Wynwood. The event featured in Deco Drive attracted many people to attend. They serve Filipino food, lechon, sisig, sapin sapin, and other delicacies and drinks. There is folk dancing such as tinikling and singkil presented by the youth. It was a successful event attended by many Filipinos and different nationalities. We had fun, especially feeling the camaraderie among the attendees.



We are proud ...We are Pinoy ...



By Mary Jane Estrada-Lyder, MSN, RN, ANP-BC
PNA-NE President-Elect

Philippine Nurses Association of New England 33rd Anniversary Gala and Nurse Excellence Awards



PNA-NE, Philippine Nurses Association of New England, held its 33rd Anniversary Gala and Nurse Excellence Awards Celebration on Saturday, October 7. The weeks of preparation by the Planning Committee paid off because the event was a smooth success with 100 guests walking into the Sheraton hotel ballroom dressed in their formal attire and Filipiniana outfits. With amethyst as the color for a 33rd anniversary, the room was appropriately decked out with all shades of lavender to deep purple, from the ladies' gowns, to the balloons and the centerpieces of fall hydrangeas and purple fairy string LED lights illuminating the tables. Friends, family, colleagues and kababayans attended this joyous occasion.

The celebration was emceed by Lozel S. Greenwood, BSN, RN, past president PNA-NE 2020-2022, and Ryan Victorino, MN, BSN, RN, PNA-NE Public Relations Officer. The program began with Flordeliza Ramel, Board member and then Ryan Victorino, proudly singing the US and Philippine National Anthems respectively, followed by Rosario "Chit" Abriam, BSN, RN PNA-NE Past President, 2004-2006 giving the Invocation. Our President, Ofelia Solem, MSN, RN, eloquently gave her Welcome Message and emphasized that "We Care," PNA-NE cares. She and current PNA President Gloria Beriones serendipitously created the same mantra and that theme was evident in all aspects of this celebration from ensuring that everyone in the room was recognized and appreciated.

Care was also taken when planning the entertainment during lunch. The Philippine Dance and Cultural Organization of Boston (PDCO) gave a wonderful performance as well as The President's daughter, Isabelle Solem, who gave a Superstar rendition of the Bee Gee's song, "How Deep is Your Love." PNA-NE's events and volunteer work were then highlighted in a very well-crafted video presentation of photos over this past year.

We were then graced by our Keynote speaker, our founding President, Attorney Leticia Hermosa, JD, PHD, MSN, RN, ESQ, who was introduced by her daughter and Executive Board Member, Margaret Hermosa Rice, MSN, ANP, WHNP, ONP. She spoke of the beginnings of PNA-NE and her journey with her initial officers throughout the years, of nurturing and fostering our youth to create a culture of strong leaders for the future, she also highlighted PNAA's accomplishments and initiatives this past year.

PNA-NE was not short of accomplishments as Lozel S. Greenwood, Chair of Awards Committee, 2022-2024, presented the 2023 PNA-NE Nurse Excellence Awards; and President Ofelia Solem presented Special Recognitions received by our outstanding members, including the top two iLDP project management plans. The Awards Committee commended the following nurses for their exemplary commitment and dedication in their respective areas, including 2 nurses who were awarded for their unwavering service to our community events. Each of these recipients received not only a certificate of Merit, but they were also given special a medal of recognition. The four members of the PNA-NE were awarded nursing excellence awards:

Excellence in Clinical Practice

- Julieta Canaday, BSN, RN

Excellence in Leadership / Management

- Rosario "Chit" Abriam, BSN, RN

Excellence in Community Service

- Nelia Francisco, MHA, BSN, RN

- Antonina Mendoza, BSN, RN

Special Thanks to the 2022-2024 PNA-NE Awards Committee Lozel S. Greenwood, BSN, RN, Awards Chairperson, Co-Chair-Ofelia Solem; Members - Mary Jane Estrada-Lyder, Ian Kirit, John Ian Lamasan, and Theresa Margate (Advisor)

The following is a list of nurses who were also recognized with the President's Special Recognition:

1. Arnold Tariga, PhD, MSN, MN, RN, CPHQ, CNE, NPD-BC - Member - 2023 iLDP graduate and Top Three (#1) exemplary project management plan
2. Ian Kirit, MSN, RN, CEN - PNANE EB Assistant Treasurer - 2023 iLDP graduate and Top Three (#2) exemplar project management plan
3. Susan Repotente, BSN, RN- PNANE Past President 2016-2018 - PNAA Nurse Excellence Nurse Informaticist 2023
4. Lozel Greenwood, BSN, RN - PNANE Past President - PNAA Scholarship for Masters degree 2023
5. Maria Eden Gianan, MSN, DNP - PNANE Past President - PNAA Nurse Speaker
6. Jennifer Aying, DNP, RN, APN - PNANE Past President -PNAAF Bayani ng Mundo 2023.
7. Jennifer Orbeso,MAN, DNP, RN - PNANE EB VP - recently inducted First Filipino AACN Fellow of Diversity and Inclusion 2023
8. Jasper Tolarba, DNP, RN, FACHE, FAAN- PNANE PRO - recently inducted in FAAN
9. Xandra Orogo, MSN, RN - PNANE EB Secretary - recently graduated with Adult Gerontology Acute Care Nurse Practitioner Program and is currently reviewing for her certification.
10. Sonia Laxamana Thompson, MSN, AGNP, RN- PNANE member - recently graduated with MSN/Adult Gerontology Nurse Practitioner and successfully passed the certification by the American Association of Nurse Practitioners

Our celebration continued with PNAA and PNA-NE Congratulatory Messages via video from PNAA President, Dr. Gloria Beriones, PNAA Past President 2020-2022, Dr. Mary Joy Garcia-Dia, Dr. Warly Remegio, PNAA, Eastern Region Vice President, 2020-2022 and Dr. Jennifer Aying, PNA-NE, Past President 1998-2000, 2020-2022.

Before the dancing began, I, Mary Jane Estrada-Lyder, PNA-NE, President-Elect, 2022-2024, was proud to give the closing remarks to this very special and very well-deserved celebration of PNA-NE and our amazing members. If you had been there, you would surely feel that PNA-NE truly cares!



KEYNOTE SPEAKER



Leticia Hermosa, JD, PhD, MSN, RN, Esq.
PNA-NE Founding President 1990-1996
PNAA President 2014-2016

2023 NURSE EXCELLENCE AWARDEES

COMMUNITY SERVICE



Antonina "Nancy" Mendoza, B.S.N, R.N.

COMMUNITY SERVICE



Nelia Francisco, M.H.A., R.N.

CLINICAL PRACTICE



Julieta Canaday, B.S.N, R.N.

LEADERSHIP/MANAGEMENT



Rosario "Chit" Abriam, B.S.N, R.N.



By Ofelia Solem

PNANE President 2022-2024

PNA New England Community Service: First Aid support for the 2nd Annual Filipino American Festival

The Philippine Nurses Association of New England President Ofelia Solem and members provided community service as first aid support to the 2nd Annual Filipino American Festival on October 8, 2023, in Cambridge, Massachusetts. The Harvard Square Philippine American Alliance hosted this event under the leadership of Mr. and Mrs. Uy in partnership with the Harvard Business Association. There were cultural shows, Filipino performing artists, live music, and Filipino food vendors.

The cultural shows included Philippine Dance and Culture Organization (PDCO), Iskwelahang Pilipino, Hoy Pinoy UMass Boston, NAFFAA Massachusetts Dance Troupe, Harvard Philippine Forum, BUFSA Boston University Filipino Student Association, and Tribu Cebuano, Cebu, Inc. The PDCO member and PNANE member Nelia Francisco led the dance "Kalapati" in their cultural presentation during the event. The Filipino performing artists included Jocelyn Enriquez, Rachel Anne Wolf, Rynn, Mark Bayani Teodosio, and DJ Luv. DJ Luv inspired the audience to dance by playing the most popular line-dancing music.

The event was full of fun, laughter, and aroma. The aroma is from the Filipino food vendors who cooked caldereta, lechon, sisig, eggroll, and pancit, to name a few. The honorable Consul General Mangalile and his lovely wife, wife of former Con Gen Cato and PNANJ Joji Jalandoni, visited our booth during the event. We also met Mr. Lardizabal, Tourism Director/Attache, who was at the booth next to us. The event



Hermana and Hermano were Dr. Dely Go and Mr. Ang Go of New Jersey. We were able to catch up later with the organizers, Satrick and Catherine Uy and Grethel Bolandrina. The PNANE members who participated in the community service were Nelia Francisco, Ross, and Beth Mangilog, John Lamasan, Ron and Lynie Anglo, Xandra Orogo, and Jonah Domingo. Family and friends also visited our booth to support us and the Filipino American Festival. Luckily no serious incident, with just two band-aids for minor cuts. Overall, this community service was fun, with lots of laughter and networking.





By Lozel S. Greenwood, BSN, RN
PNA-NE Past President 2020-2022

PNA-New England Community Service: Food Fest at the Philippine Consulate General of New York's visit to New England

The Philippine Nurses Association of New England (PNA-NE), along with other local Filipino Civic Organizations, volunteered two days of community service to the Philippine Consulate General of New York staff and Consul General Senen T. Mangalile at La Salette Shrine, Attleboro, MA. Over 400 Kababayans from the New England states were served to meet their passport, dual citizenship, and other legal documentation needs. A first-aid table with blood pressure screening was also provided.

On Saturday, September 9, 2023, PNA-NE held its most favorable Food Fest! President Ofelia Solem kindly hosted this event in her spacious backyard, where local members of the Filipino community came to support this fundraiser. Members of the PNA-NE Executive Board and Advisory Board prepared special Filipino dishes. Homemade Empanadas, Vigan Longganisa, Pansit, Bicol Laing, Brazo de Mercedes, and many delicious recipes were served. 20% of the proceeds will benefit the Philippine Medical Mission in Iloilo Province.





PNA Chapter NEWS



By **Alex Mayo**, BSN RN,
Member, PNASD Nurse Excellence Committee,
and PNASD KEWP Facilitator

A Reflection on my PNASD experience

I was honored when Madam President Perly Aguinaldo invited me to join her and the BOD Chair, Lipin Reyes, at the University of San Diego Graduate Student Nursing Association First Collaborative meeting. Having no other commitment for that day, I joined these two vibrant ladies, the first time I had attended a formal event representing PNASD and sharing a reflection of my experience.



Why Reflection? A perspective makes a sense of an experience about oneself and others; what is my takeaway from those two hours of experience? I choose the framework of Driscoll's "WHAT" Model on Reflection; "What? So What? Now, What?"

WHAT: The PNASD was invited to the First General Meeting of the Graduate Nursing Student Organization at the Hahn School of Nursing and Health Science, University of San Diego, on September 7, 2023.

The gathering aims to offer an opportunity for incoming students and students about to graduate to get involved in professional organizations, network, and build relationships and connections. Around 50 DNP, PhD, and MSN students and a few faculty members attended the event.

Esteemed leaders from the nursing community, Dr. Lorena Perez, President of the San Diego Hispanic Nurse Association, and Dr. Sharon Smith, President of the San Diego Black Nurses Association, attended. They discussed their organizations' activities, zeroing in on community participation during and after COVID-19. For her part, Perly spoke about the activities of PNASD. As one of the fifty-five engaged chapters of the Philippine Nurses Association of America (PNAA), she mentioned the scholarship awards, the nurse excellence, and many educational opportunities offered by PNAA and PNASD. We invited everyone to attend our Fall Webinar on October 28 and mentioned the recently concluded Mental Health Fair, the National Coastal Beach Clean-up, Breast Cancer, and Alzheimer's Awareness Walk. She emphasized the benefits and privileges of members not only with PNASD but also with PNAA, two for the price of one deal. She invited everyone to attend the 50th Anniversary of PNASD on June 22, 2024, and the Filipino Global Summit in the Philippines on January 25-26, 2024.

After the talk, USD provided the three professional nursing organizations with a table to discuss the organization more deeply. With the assistance of BOD chair Ms Lipin, we signed up six new members and distributed flyers on COVID-19, flu education, and Mental Health Advocacy.

I was fortunate to talk to two newly signed up members, one a faculty and one a current student. We talked about our experiences in the healthcare field and the very reason we are in nursing: WE CARE for others. I assume their joining is to SHARE their knowledge, their time, and their resources.

"So WHAT?" It was a good reminder of our mission, vision, goal, and core values of PNASD. I love the 2:1 benefit; my membership fee of \$75 entitles me to enjoy the privileged representation of a national organization, the PNAA, and all the benefits that come with it, like the Kabalikat Emotional Wellness Program. (KEWP) a Resiliency Program. As a behavioral health nurse, I volunteered to be one of the fascinators. I learned a lot listening to Dr. O'Grady for nine months, information I can apply personally and professionally.

I look forward to my leadership development experience at Camp Aruga, another PNAA benefit for us. I am one of the team members to "revive" the PNASD Student Leadership Council. Thank you, Madam President, for believing in me.

"Now, WHAT?" I am more inspired and motivated. If I continue my engagement with PNASD, I can inspire my daughter, a nursing student, to join a professional organization like PNASD. It was a worthwhile experience for me, a first but not the last. I believe and know that PNASD CARES.

GRADUATE NURSING STUDENT ASSOCIATION
 THURSDAY, SEPTEMBER 7 @ 12:00 PM at B1NR 211

GNSA PRESENTS:
 NATIONAL ASSOCIATION OF HISPANIC NURSES
 SAN DIEGO BLACK NURSES ASSOCIATION, INC.
 PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO COUNTY, INC.

Please join us for the first general meeting where we will hear from representatives of these three associations!

DR. LORENA PEREZ, PHD, RN, PHN
 PRESIDENT
 CHAIR (PLANS) COMMITTEE AND CO-CHAIR EDUCATION COMMITTEE

SHARON T. SMITH PH.D., RN, MPH, APRN, FNP-BC
 PRESIDENT SAN DIEGO BLACK NURSES ASSOCIATION

PERLY AGUIRAL DO BEN RN
 PNASD PRESIDENT
 CHAIR, PNASD COVID TASK FORCE

FOOD WILL BE PROVIDED. PLEASE RSVP FOR ATTENDANCE.





PNA Chapter NEWS



By **Emeline Yabut, MSN, RN, and Michelle Blas, RN**
Walk To End Alzheimer's Team Captains

PNASD's First Walk to End Alzheimer's

In 1989, the Alzheimer's Association launched the Memory Walk, now known as the Walk to End Alzheimer's. Every year, there are six hundred (six hundred) walks across the country. The Walk to End Alzheimer's is a nonprofit association that seeks to raise money for care and support available around the clock and advance research into methods of prevention, treatment, and, ideally, a cure. The most prevalent type of dementia is Alzheimer's, the seventh leading cause of mortality worldwide and one of the major causes of disability and dependency among older people globally.



The Philippine Nurses Association of San Diego (PNASD) members support the Walk to End Alzheimer's on Saturday, October 7, 2023, at NTC Park, Liberty Station, San Diego, CA. The participants gathered around the park, enjoying a warm morning supporting the walk. The walk serves as a conduit between those impacted by this ailment and local chapter initiatives. During the walk, participants hold a Promise Garden Flower of varying colors to symbolize their connection to the illness. A blue flower represents living with someone with Alzheimer's disease or another form of dementia. Purple represents those who have lost someone to the illness. In comparison, orange is for people who support the cause and the Association's vision of a world free of Alzheimer's and all other dementia—yellow stands for someone currently supporting or caring for a person with Alzheimer's disease.



The PNASD walk team captains, Emeline Yabut and Michelle Blas, raised \$1,450, way over their expected \$ 1,000 goals, and donated to the Alzheimer's Association, which will support increasing public awareness of Alzheimer's through education and research. There were twenty-three (23) walkers from the PNASD group, each receiving a complimentary "forget me not flower "with different colors that signify its meaning. Dementia flowers and Badges are symbols of Hope. The flowers also represent memory loss, one symptom of Alzheimer's disease. As the number eight leading cause of death in the US, our support and donations to the Alzheimer's Association can genuinely make an impact to end Alzheimer's disease.



Several organizations that supported the cause were also present, including donors and sponsors. Attendees supported the event's sponsors and went to all the booths to appraise the variety of resources available for the community. Thank you to PNASD members and supporters. A successful PNASD's first Alzheimer's Walk and more to come. See you again next year!

PNA Chapter NEWS



By **Linda Sparks, RN, BSN, MHA**
Chair, Making Strides Against Breast Cancer Walk

PNASD joins “The Movement, the Hope, and the Future”

On Sunday morning, October 15, 2023, Philippine Nurses Association of San Diego (PNASD) members, friends, and families gathered excitedly at Balboa Park, all geared up in Pretty Pink, ready for the annual Making Strides Against Breast Cancer walk. Why is PNASD a big supporter of this important event? Each of us has our own story that connects us to Breast Cancer. As nurses, we have cared for and supported many patients and their families going through this devastating disease. We have listened to many painful experiences of our friends. As a family, we have witnessed the suffering of the loss of a loved one. As I looked around, many women proudly wore their “I am a Survivor” pink sash of Hope and Enthusiasm. Their bright faces and high spirits made me so grateful to be with them and to walk 4.3 miles in the beautiful streets of San Diego. We were all there to raise awareness and inspire people to join, donate, and support this great cause to end Breast Cancer.



This year, Juven Ayudtud, LVN, joined me as PNASD 2023 Team Co-Captain, and together, we raised over 2,000 dollars and ranked #33 out of 335 teams. We gratefully doubled our goal with the generous help of our devoted members, friends, and families. It was indeed a touching experience to see thousands of people walking with the same goal. I was particularly moved by one of our previous PNASD Nurse Excellence



Awardees, a retiree and an entrepreneur, with her nurse daughter and other nurse friends walking with our team. She, too, has her own Breast Cancer success story to tell, and it was amazing to see her at the finish line. Completing our walk as a Team gave us a sense of fulfillment and an opportunity to honor and think about those we love who have been affected by Breast Cancer. Once again, PNASD proudly joined the Movement, the Hope, and the Future community by Making Strides Against Breast Cancer.





By **Perlita Cangas, MSN, RN**
Treasurer, PNA Tampa

PNA Tampa volunteers at the Metropolitan Ministries of Tampa Bay

Community partnership is one of the goals of The Philippine Nurses Association of Tampa Bay (PNA Tampa). One of them is community service with Metropolitan Ministries. PNA Tampa Advisor and Chairperson of Community Outreach Committee Cris Hermano coordinated this event with PNA Tampa members and their families and friends on October 7, 2023.

Metropolitan Ministries is a non-profit organization in the Tampa Bay Area that offers comprehensive services for at-risk and homeless families in underserved and impoverished communities. In the last year alone, they have served 4,062,622 meals to hungry neighbors, provided 56,944 nights of safe shelter for children and their parents, and helped 97,717 families through their family support centers. (Source: metromin.org)

As a nurse, we have this instinctive quality to care and to give our time and services to the less fortunate, especially those who seek assistance through the Metropolitan Ministry. It is PNA Tampa members' noble gift to this wonderful organization.

PNA Tampa members (Marites Calvelo, Perlita Cangas, Zeny Zoril, Adora Rilveria, Cris Hermano, Rona Nuestro) with their families and friends were assigned to the kitchen area. Our assigned tasks were slicing meats and packing cookies to get them ready for their dinner that day. Half of the group went to help at the thrift store sorting out clothes and other items. After two hours of volunteer work, we took a break with some refreshments offered by the Metropolitan Ministries. After the break, even though we were already tired, we went to the packing area for the boxes to be assembled for another two hours.

We gave our beautiful smiles throughout the day and made this volunteer work a lot of fun. It's not easy doing these volunteer work while standing on our feet throughout the day but we believe that giving of oneself to help the less unfortunate is good for our souls and at the same time improves our own well-being and helps build our social connections.

Helping this ministry is a worthwhile activity that we will cherish and continue in the years to come. Nurses are heroes wherever we go and will always show that WE CARE in line with PNAA President Gloria Beriones theme during her term.



PNA TAMPA IN ACTION AT METROPOLITAN MINISTRIES TAMPA BAY



By **Marites Calvelo**, BSN, RN
PNA Tampa President-Elect, 2022-2024

Stepping into Elegance: My First Experience at the Annual Sampaguita Ball 2023

As we entered the Bayanihan Arts & Events Center (<https://pcfitalpa.org/baec/>) in the heart of the Philippine Enrichment Complex in Tampa, Florida, I was amazed by the centerpiece in the lobby and told my friend to do a photoshoot as most of the attendees were in a queue to have theirs taken. After several pictures, we made our way to our PNA Tampa table, and the sheer luxury of the space struck me. The ceilings were adorned with ornate chandeliers, casting a warm glow over the room. There were more or less about 500 people in attendance. The tables were set with a towering centerpiece decorated with floral ornaments. The Sampaguita Ball is the Annual Black Tie Fundraising Event sponsored by the Philippine Cultural Foundation, Inc. (PCFI) (<https://pcfitalpa.org>). PNA Tampa supports it every year.

Looking around the room, I couldn't help but feel a sense of awe and wonder. The guests were dressed in their finest attire, with men in their Barongs, women in their Filipiniana gowns and some formal attires. As the program progressed, the dance floor was alive with movement as couples twirled and spun in perfect harmony in dancing the Rigodon de Honor.

But what truly made the evening special was the sense of fashion and culture as performers presented cultural dances such as Binasuan and Sayaw sa Bangko, which brought some memories back to the Philippines. It was a fantastic presentation and a connection to our culture.

As the night drew to a close, I felt grateful for the experience, the sadness that it was over, and a deep sense of inspiration. The Sampaguita Ball 2023 showed me the beauty and power of coming together for fashion and culture, and I knew it was a great experience. I am going to attend again next year.

In further reflecting upon this experience – about stepping into an evening of elegance and meeting new friends, both at the personal and professional realms, I cannot help but relate it to my experiences with the Philippine Nurses Association of Tampa Bay and the Philippine Nurses Association of America. I may have stepped into a state of elegance akin to the Met Gala on one evening during my first time to attend the Annual Sampaguita Ball; but with PNA Tampa and PNA, I have stepped into a state of professional elegance throughout my lifetime.



*(L) Picture: PNA Tampa attendees with Marites Calvelo, Emma Barrido, Cris and Ross Hermano
 (R) Picture: PNA Tampa Attendees with Adora Rilveria, Ning Bonoan*



PNA Tampa President Maria B. Smith and Advisor Cris Hermano



PNA Tampa President Elect Marites Calvelo and friend

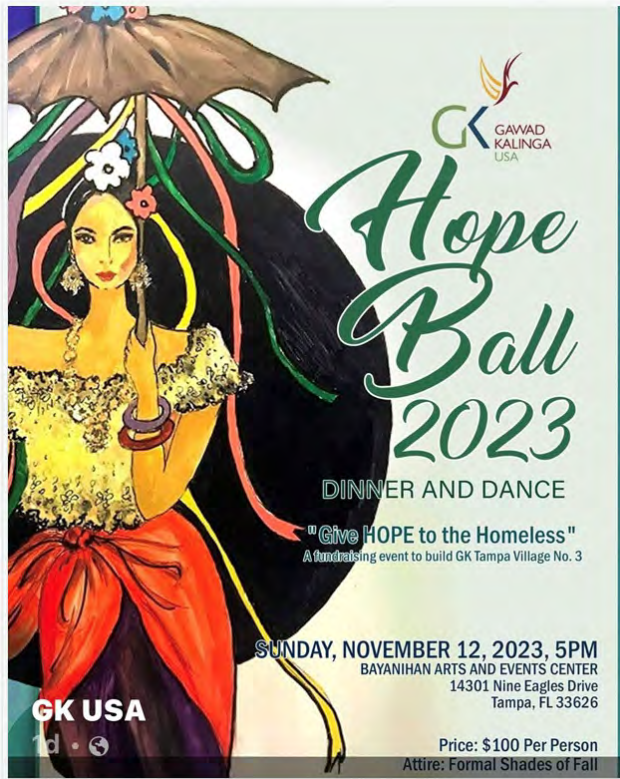


PNAGF Past President Janella Puyot and PNA Past President Betty Miranda



By **Gealdina Irvine, MSHSA, BSN, RN, PNA Tampa Secretary/ Past-President**
Emma Barrido, BSN, RN, PNA Tampa Board Member

PNA Tampa Supports Gawad Kalinga Tampa Bay



One of the missions of The Philippine Nurses Association of Tampa Bay (PNA Tampa) is community outreach and forging partnerships with local, national, and global community organizations. One of these global organizations is Gawad Kalinga (GK) USA, which builds homes for homeless families in the Philippines. PNA Tampa Board Member Emma Barrido has undertaken this worthy project for the Gawad Kalinga chapter in Tampa Bay. Emma had been supporting this organization for many years and even traveled to the Philippines to oversee some of the building of these homes for these poor families. GK Tampa has already finished building homes for Tampa Villages 1 and 2 in the Philippines and currently has plans on building GK Tampa Village 3. Other Filipino-American organizations in Tampa Bay have also joined in supporting this project, including PNA Tampa, and have given their full support for this worthy endeavor. PNA Tampa members participated in the GK Tampa Bay

fundraising raffle, which will be held on November 12th during the GK Hope Ball 2023 at the Bayanihan Arts and Events Center in Tampa Bay. It will be an evening of elegance and giving of oneself extending their hands to help the poor homeless families in the Philippines. Proceeds will be used to build Tampa GK Village 3 in Ormoc, Leyte, which will help fifty vulnerable families rebuild their lives and experience dignified living in a decent home. Emma has always said, "Sharing is the ultimate expression of Thanksgiving."

If interested in participating in the GK Hope Ball or raffle ticket fundraising on November 12th, please contact Emma Barrido at 727-271-3695 she hopes that we can all light up the lives of the most vulnerable with hope and love.



ALZHEIMER'S ASSOCIATION



WEBINAR SERIES



Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

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

Understanding Alzheimer's and Dementia



Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

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

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



Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

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

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



Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

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

Understanding and Responding to Dementia-Related Behaviors



REGISTER

<https://qrco.de/bdkUwH>



Scan to register



mypnaa.org



@mypnaa



@pnaa



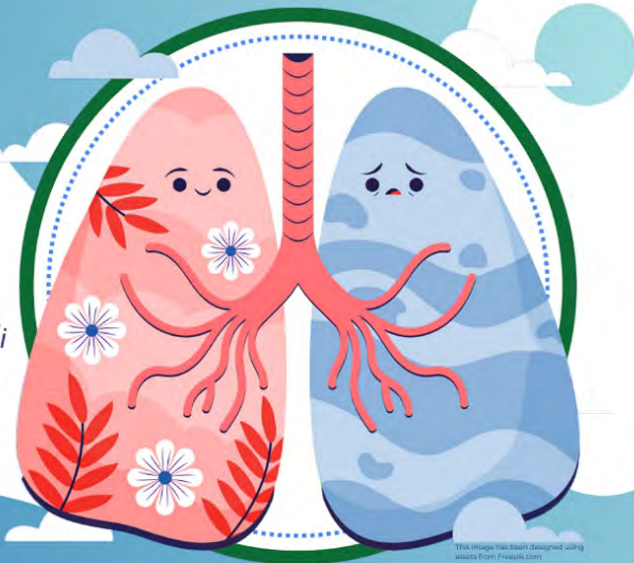
@mypnaaNurse

2023 Health Providers' Cancer Symposium

Breath of Life: Preventing Lung Cancer in the Pacific

Topics Include:

- Lung cancer across the Pacific
- Tobacco legislation in American Samoa
- E-cig and tobacco use in Guam and Hawai'i
- Betel nut cessation and usage
- Lung cancer screening



4 NOVEMBER (HAWAII) / 5 NOVEMBER (GUAM)

1:30pm - 4:30pm (HST)

9:30am - 12:30pm (ChST)

LOCATION:

John A. Burns School of Medicine - Room 315

TO REGISTER,

SCAN QR CODE:



SCAN ME

FOR MORE INFO CONTACT:

Hawai'i: (808) 441-8186 or mwillingham@cc.hawaii.edu

Guam: pipche.coc@triton.uog.edu

This symposium is sponsored by the Pacific Island Partnership for Cancer Health Equity of the University of Hawai'i Cancer Center and the University of Guam Cancer Research Center. It is supported by the NCI Center to Reduce Cancer Health Disparities Grant #U54CA143727 and #U54CA143728.

This **free** hybrid symposium includes both in-person and online options.





21st
**EASTERN REGIONAL
CONFERENCE**

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



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

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



Registration

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



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

Travel Information

Please access the links below:

<https://www.exploreasheville.com/philippine-nurses-association-of-america/?guid=be4acff6-faec-4aed-8e54-946ecd546515&preview=true>

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



Hotel Accommodation

Crowne Plaza Hotels and Resorts

1 Resort Drive, Asheville, NC 28806

<https://ashevillecp.com>



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

Group rate: **PNA**

Deadline to book using group rate: October 3, 2023

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

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

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

Complimentary self-parking is included.



Scan QR code or click link below for booking instructions

https://drive.google.com/file/d/1r9cNSZ17-OTnCuUD9GLJ8c_fImDfVlr/view



CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES

THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ANY NOTICE. IT ASSUMES NO RESPONSIBILITY FOR PERSONAL ARRANGING TO ATTEND ANY OF THE EVENTS THAT ARE REGISTERED. FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE. IT IS THE SOLE RESPONSIBILITY OF THE ATTENDEE.

21st PNA Eastern Regional Conference Planning Committee

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

Overall Co-Chairs:

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

Leo-Felix Jurado, PhD, RN, APN, NE-BC, CNE, FAAN (PNAE Executive Director)
Aster Vargas, BSN, RN (PNAE Treasurer)
Mary Dioise Ramos, PhD, RN (PNAE Education Committee Chair)
Arlita Pang, BSN, RN (PNAE Ways & Means Committee Chair)
Carol Robles, BSN, RN, DNS-CT, RAC-CT (PNAE Communication & Marketing Committee Chair)
Susan Repotente, BSN, RN (PNAE Website Committee Chair)
Carmina Bautista, MSN, NP, FNP-BC, BC-ADM (Business Development Chair)
Catherine Paler, MSN, RN, PCCN (ER COPRR)

PNA North Carolina Chapter

Faith Lamprea, BSN, RN, CNOR (President-Elect)
Reynaldo Cuenca, BSN, RN (Vice President)
Rafael Lorenzo Nuyles, BSN, RN (Secretary)
Bianca Vergel de Dios, BSN, RN (Asst. Secretary)
Jay Libutan, BSN, RN, CNOR (Treasurer)

Aileen Laczi, MSN, BSN, RN, CNOR (Asst. Treasurer/Membership Committee Chair/NOMELEC Chair)
Maria Albano, BSN, RN, CNOR (Auditor)

Jennifer Dizon, DNP, RN-BC (Education Committee Chair)
Grace Fabito, BSN, RN, CNOR (Education Committee Co-Chair)
Ethel Cuenca, BSN, RN, CAPA (Recognition & Scholarship Committee Chair)
Doris Benzara, BSN, RN (Recognition & Scholarship Committee Co-Chair)
Fe Praiswater, BSN, RN (Membership Committee Co-Chair)
Merly Pascual, BSN, RN (Community Service and Events Chair)
Helen Rivera, BSN, RN (Community Service and Events Co-Chair)
Amy Tizon, BSN, RN (Archives & Publications Committee Chair)
Rose Anne Jison, BSN, RN (Archives & Publications Committee Co-Chair)
Florenda Asinas, BSN, RN (NOMELEC Chair)



Registration Fees

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

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

Deadline for Early Registration: **September 4, 2023**

Late Registration: **September 5 - October 21, 2023**

Registration will close on **October 22, 2023**



CONFERENCE OVERVIEW

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

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

Contact Hours

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

Leadership Institute Objectives

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

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

Education Day Objectives

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

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

November 3, 2023

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

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

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

CELEBRATION SCHEDULE

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



21st

PNAa EASTERN REGIONAL CONFERENCE

OUR UNITED VOICES:

Bridging Gaps to Health Equity through Collaboration and Advocacy

November 3-5, 2023

LEADERSHIP INSTITUTE SPEAKERS



GLORIA BERIONES
PHD, RN, NEA-BC



ROSARIO ESTRADA
DNP, RN



MARY JOY GARCIA-DIA
DNP, RN, FAAN



MONALIZA GAW
DNP, MPA, RN, NEA-BC, FACHE, CPHQ



TERESITA MEDINA
DNP, MAS, RN, PMH-BC



CHRISTINE PABICO
PH.D., RN, NE-BC, FAAN



WARLY REMEGIO
DNP, RN, NEA-BC, NDP-BC, FNYAM



Asheville, NC



Registration: <https://mypnaa.wildapricot.org/events>



SCAN ME

November 3, 2023

Leadership Institute Program

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

CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES. THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) IS RESPONSIBLE TO REPORT TO MODERATOR CENTER FOR CONFLICT OF INTEREST. MODERATOR CENTER IS ASSUMING NO RESPONSIBILITY FOR PERSONAL INJURY AND/OR PROPERTY DAMAGES. ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.



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PNAa EASTERN REGIONAL CONFERENCE

OUR UNITED VOICES:
Bridging Gaps to Health Equity through Collaboration and Advocacy
November 3-5, 2023

EDUCATION DAY SPEAKERS



GLORIA BERIONES
PHD, RN, NEA-BC



DANILO C. BERNAL, DNP, APRN, PHN,
CEN, CCRN, CCHP, NP-C, FNP-BC



D. CHRIS BRAGG
PHD



PAMELA BALANCE EDWARDS
EDD, MSN, NP-D-RN, CNE, CENP



ERNEST GRANT
PHD, DSC (H), RN, FAAN



RIZA MAURICIO, PHD, APRN,
FCCM, CCRN, CPNP-PC/AC



SARAH LACKEY
DNP, RN, CMC



JHORDIN JAMES C. MONTEGRICO
PHD, RN, CMSRN



LESHONDA WALLACE
PHD, RN, FNP-BC, FAAN

 Asheville, NC



Registration: <https://mypnaa.wildapricot.org/events>



SCAN ME

November 4, 2023

Education Day Program

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

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

CONFLICT OF INTEREST DISCLOSURES

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NOTIFIES ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.

November 4, 2023

Education Day Program (continued)

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



CONFLICT OF INTEREST DISCLOSURES

*THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES.
THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) PRESERVES THE RIGHT TO MONITOR, CONTACT AND RECALL, WITHOUT ADVANCED NOTICE, ASSUMING RESPONSIBILITY FOR PERSONS WHOSE FINANCIAL INTERESTS
MAY BE IN CONFLICT WITH OUR RESEARCH ACTIVITIES. THIS POLICY DOES NOT INCLUDE PERSONAL TRAVEL, INQUIRY OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH PARTICIPANT.*



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

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

"HAYOP SA GALING"

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

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

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

CROWNE PLAZA HOTELS & RESORTS

1 RESORT DRIVE
ASHEVILLE, NC 28806

**DRESS CODE:
ANIMAL PRINT DISCO ATTIRE**

Memories will be made to last a lifetime at the

**21ST PNAA
EASTERN REGIONAL CONFERENCE**

Gala Night

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

"A Blue Tie Affair"

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

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

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

ATTIRE:

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

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

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

Image by rawpixel.com on Freepress

Eucharistic Celebration

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

Date: November 5, 2023 (Sunday)

Time: 9 AM

Location: Basilica of Saint Lawrence

Address: 97 Haywood St, Asheville, NC 28801

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



Image by vlkayatskina on Freepik
Image by Freepik



An Invitation from
The Philippine Nurses Association
of Tampa Bay Executive Board
2022-2024



The Philippine Nurses Association of Tampa Bay
Invites You To

The 2023 General Assembly and Educational Program

Saturday, November 11, 2023

10:00 am-4:00 pm

At

Concord Station Community Clubhouse
18636 Mentmore Blvd, Land O Lakes

**Theme: Our United Voices:
Health Promotion Through Collaboration**

Speakers

Maria Bautista-Smith, APRN, FNP-C

Self-Care: Nurses' Well-Being Now and
After Nursing Servitude

Elizabeth Remo, DNP, APRN, FNP-BC

The Mental Health of Our Elderly Population: A Closer Look

Liwliwa Villagomez, PhD, RN, CCRN-K

Healthy People 2030: Health Promotion in the Next Decade Using
Mental Health Core Objective as Exemplar

Register: <https://www.surveymonkey.com/r/SXTFGJ9>

3.0 Contact Hours provided pending approval

Free Event/ Donations accepted

Contact Person:

Marites Calvelo- (813) 482-4684

Lunch and Refreshments will be served



**PHILIPPINE NURSES ASSOCIATION
OF NORTHERN CALIFORNIA (PNANC) +
WARRIORS GAME + FILIPINO HERITAGE NIGHT**



SATURDAY, NOVEMBER 18, 2023
5:30 PM
1 WARRIORS WAY, SAN FRANCISCO, CA 94158

BENEFITS

- Discounted tickets
- Socialize with other nurses
- Complimentary Filipino Heritage Night T-Shirt
- Access to Warm up practice

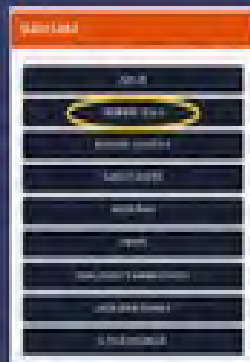
LINK TO BUY TICKET TO POST SOON
VISIT PNANC WEBSITE FOR UPDATES AND OTHER EVENTS
[HTTPS://WWW.PNANORTHCAL.ORG/EVENT-5392801](https://www.pnanorthcal.org/event-5392801)

EXCLUSIVE DEALS FOR PNAA MEMBERS



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- Visit the PNAA website, mypnaa.org.
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- It will prompt you to log in to your PNAA account. Reset your password if you forgot.
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*Hawaii Nursing
Advocates &
Mentors, Inc.*

22nd Anniversary

*Appreciation of
Volunteer Lecturers*

*Recognition of
New RNs & Reviewees*

*Filcom Center Ballroom, Waipahu
Attire - Semiformal*

November 18, 2023

Saturday, 530PM

Prepaid \$90 - Door \$95

Donations to HiNAMI 501c3 Appreciated

Contacts:

Bea 808.778.6291

Jun 808.277.7495

Bong 808.383.0135

PO Box 2034 Aiea 96701



PHILIPPINE NURSES ASSOCIATION NIGHTS

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

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

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

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

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

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

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:
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Invites you to the First

ANNUAL FUNDRAISING GALA

Save the Date

SATURDAY, DECEMBER 2, 2023

Double Tree by Hilton
2001 POINT WEST WAY,
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EARLY BIRD TICKET SALES UNTIL OCTOBER 31ST
GENERAL ADMISSION SALES UNTIL NOVEMBER 30TH



Philippine Nurses Association of New York, Inc.

Cordially Invites you to a

Christmas

MASQUERADE

BALL

December 16, 2023

6PM-11PM



Terrace on the Park

52-11 111th St

Queens, NY 11368

Dinner \$150

Attire: Formal

RSVP by: December 6, 2023

Register online

[https://www.pnanewyork.org/event-
details/pnany-christmas-masquerade-ball](https://www.pnanewyork.org/event-details/pnany-christmas-masquerade-ball)





Philippine Humanitarian Coalition

In Partnership With



Philippine Nurses Association Of Upstate New York

Invite You To A

Virtual Christmas Variety Show **NAMAMASKO PO! 2023**

Featuring Local and International
Filipino Guest Performers!

**SATURDAY, DEC 2: 8 PM EST, 7PM CST
4PM AKST, 5PM PST, 3PM HST
DEC 3: 9AM PHIL TIME**

WATCH SHOW LIVE:



PHC Facebook <http://bit.ly/3S8zSVA>



Namamasko Po Zoom <https://bit.ly/3tJron>



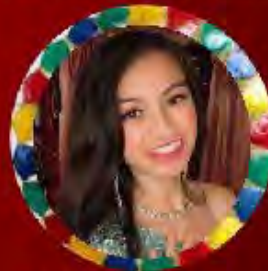
Allan Palacios Chan



Miguel C. Braganza II



Don Bronto



Amber Ortaliz Coronel



Natalie Grace Ortaliz Yanson

**A BENEFIT SHOW TULONG KABABAYAN
ACTION AGAINST HUNGER, DURING CALAMITIES AND REBUILDING
IN PARTNERSHIP WITH TANGING YAMAN FOUNDATION PHILIPPINES**

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Commission on Filipinos Overseas



Filipino Nurses' Global Summit V

and 14th International Nursing Conference



25-26 JANUARY 2024

Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo

WE CARE: Filipino Nurses
at the Forefront of Global Health



REGISTRATION AND SPECIAL HOTEL RATES INFO COMING SOON!



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Book your flights from the US to Philippines using these promo codes at flights.philippineairlines.com

Promo Codes: Economy Class
Premium Economy:

PNAAY

Business Class:

PNAAB

Fare Conditions:

Booking Period: until November 30, 2023

Travel Period: exUSA (SFO/LAX/JFK/HNL) to the Philippines: January 10-31, 2024

1. Seats are subject to availability. Seasonality and blackout date applies.
2. Promo codes are only applicable to the FARES, not applicable to fuel and taxes.
Note: Fuel Surcharge and taxes are subject to change with or without prior notice
3. Valid for Roundtrip fares valid for travel (SFO/LAX/JFK/HNL) to the Philippines.
4. Valid for transactions via PAL website and mobile app through promo code only.
5. Fare Brand conditions and attributes shall apply.
6. Baggage Allowance - Fare is inclusive of 7-kg handcarried baggage. Free Baggage Allowance applies.
7. Mileage accrual shall apply depending on the fare brand.
8. No other discounts shall apply.
9. Tickets issued online or outside of the Philippines does not include Philippine Travel Tax (PH tax).
PH tax shall be paid directly at the airport before departure. PH tax is applicable to Philippine passport holders, foreigners holding a Philippine resident visa, and foreign tourists or expatriates who have stayed in the Philippines for more than one year.
10. Other travel conditions apply.

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WE CARE
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BE OUR VOICE**



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www.mypnaa.org

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(+ local chapter fee)**

**Membership in PNA A and its 55 chapters includes over
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BENEFITS

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6. Product Discounts -Springer Books, etc.
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8. Community Outreach/Medical Missions
9. Stay Active with Annual 5K Marathon
10. Meaningful Mentorship P3 program

VALUE

- \$40
- \$1,000+
- \$2,500 ++
- \$500
- \$500+
- \$15
- \$1,000+
- PRICELESS
- PRICELESS
- PRICELESS

TO REGISTER/RENEW:
Go to www.mypnaa.org

Contact:
Emily Danuco
Membership Chair 2022-2024
pnaamembershipchair2022@gmail.com

Total Value of PNA A Membership

\$5,000++

