



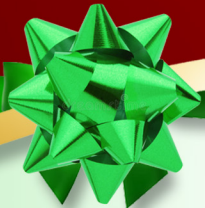
inside PNAA

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



2022
**PAMASKONG
HANDOG**

A PNAA & PNAAF VIRTUAL
CHRISTMAS CELEBRATION



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



EDITORIAL



Maligayang Pasko at Manigong Bagong Taon sa inyong lahat! I hope you will find time to celebrate this holiday season with your family and friends. After all, we worked hard throughout the year and deserved to enjoy this special holiday with our loved ones.

We are excited to bring you this month's newsletter because of the numerous Christmas messages and greetings we received from our chapters and committees. You will also read about the many activities and events happening throughout PNA. We also feature highlights from the very successful Pamaskong Handog, a joint PNA and PNAAF virtual Christmas celebration. We thank the celebrities, community, and nursing leaders for their support and the committee who planned and executed this successful event.

I apologize to PNA Tampa for omitting their three articles in the November newsletter. It was purely an oversight. We included these articles in this month's issue.

Let us always remember that Christmas is a time for giving, and as we reach out to family and friends, please keep our hearts open to those in need. The WE CARE mantra has inspired us to continue our selfless commitment to our community and our chosen profession. Let us continue to make a difference in others.

May this Christmas be full of love and hope for you. Merry Christmas and a Happy New Year!

Bob Gahol
Editor-in-Chief





inside PNAA

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

SEASON'S GREETINGS

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ABOUT INSIDE PNAA

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

Our Vision:

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

Our Goals:

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

For more information about
Philippine Nurses Association of America, Inc.

Visit our website: www.mypnaa.org

Social Media

Facebook: www.facebook.com/mypnaa

Instagram/Twitter: @mypnaa

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All articles reflect the opinion of the authors and are not held by the Philippine Nurses Association of America, Inc.

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President's Message



My warm greetings of a Merry Christmas and a Blessed and Prosperous New Year 2023 to all my beloved PNAA colleagues and their families. Christmas season is one of the best times in our lives to reflect and express the true meaning of the Fruit of the Spirit: Love, Joy, Peace, Kindness, Generosity, Faithfulness, Gentleness, and Self Control. It is my heartfelt gratitude to thank the 52 PNA of America chapters with almost 5, 000 members, 19 Standing Committee Chairpersons and three Ad Hoc Committee Chairpersons, 21 PNAA Past Presidents for making the PNAA a premier organization of Filipino-American nurses in the United States of America and the world.

A Blessed and Productive New Year 2023, full of significant PNAA Programs for the advancement of PNAA and its constituent members which include but not limited to: 1) "Camp Aruga" Leadership Boot Camp 2) "Kabalikat" Emotional-Well Being Program; 3) "Patnubay sa Pagtatagumpay" Mentoring Program (P3); Human Rights and Global Affairs Committees Education Series on International Nurses' Recruitment; 4) Task Force Future of Nursing 2020-2030: Health Equity and Diversity, Equity, and Inclusion; 5) Task Force on Climate Change and People's Health; 6) Partnership with Asian Pacific Islander American Health Forum (APIAHF); 7) Partnership with Alzheimer's Association; 8) Partnership with National Coalition of Ethic Nurse Associations (NCEMNA); 9) Partnership with Asian Health Coalition (AHC); and 10) Partnership with ALL IN as Tier I Collaborator. Remember ... The PNAA is an affiliate organization of the American Nurses Association (ANA) and a member of the Nursing Organizations Alliance (NOA).

The Future of Nursing 2020-2030: Charting A Path to Achieve Health Equity calls for the vital roles of nurses in promoting and achieving health equity for all. We all know that PNAA together with its 52 chapters across the country will work together to address the social determinants of health, in achieving health equity for all. Again, thank you very much for all that you do in promoting your health and well-being and the people in the communities you serve.

My sincere gratitude,

Gloria Lamela Beriones

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

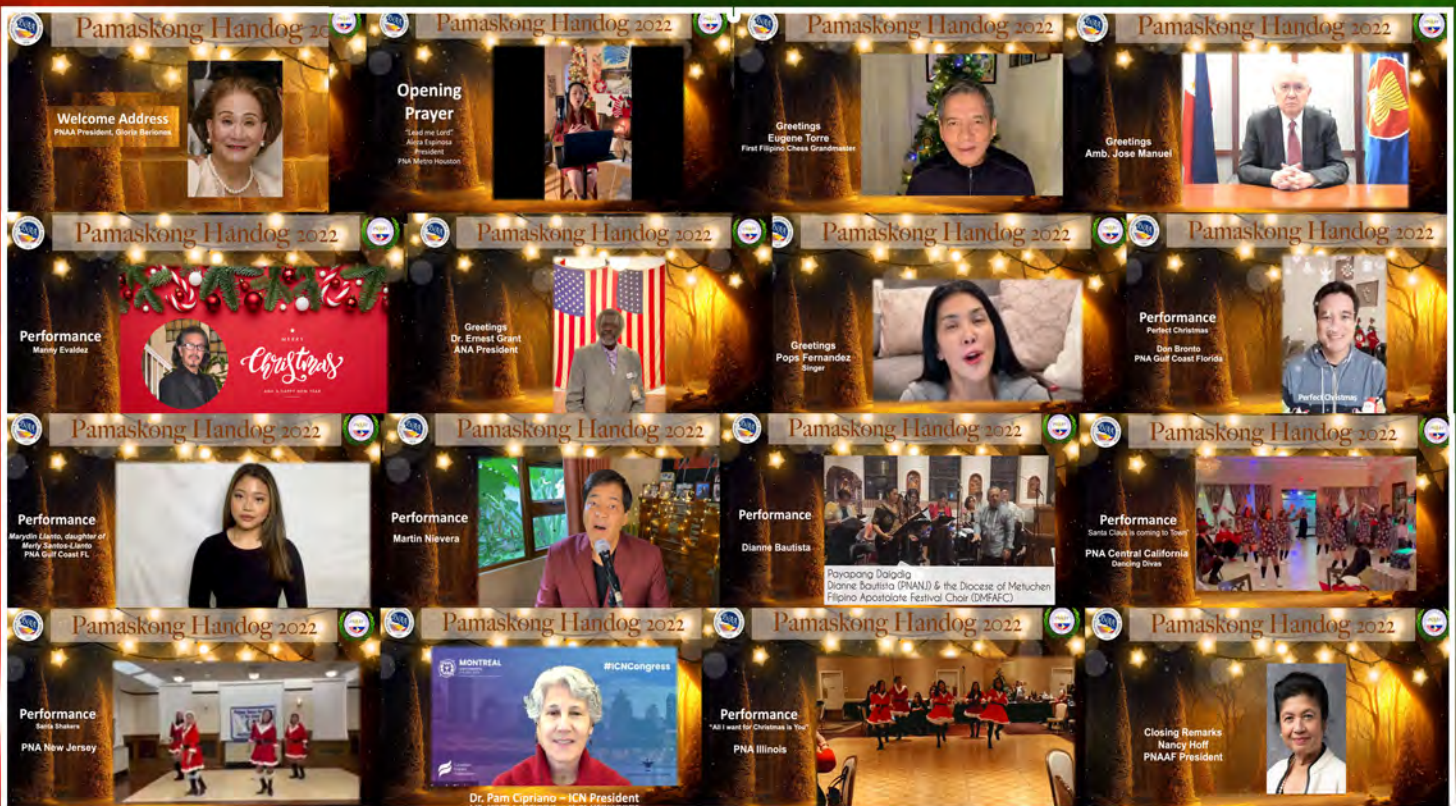


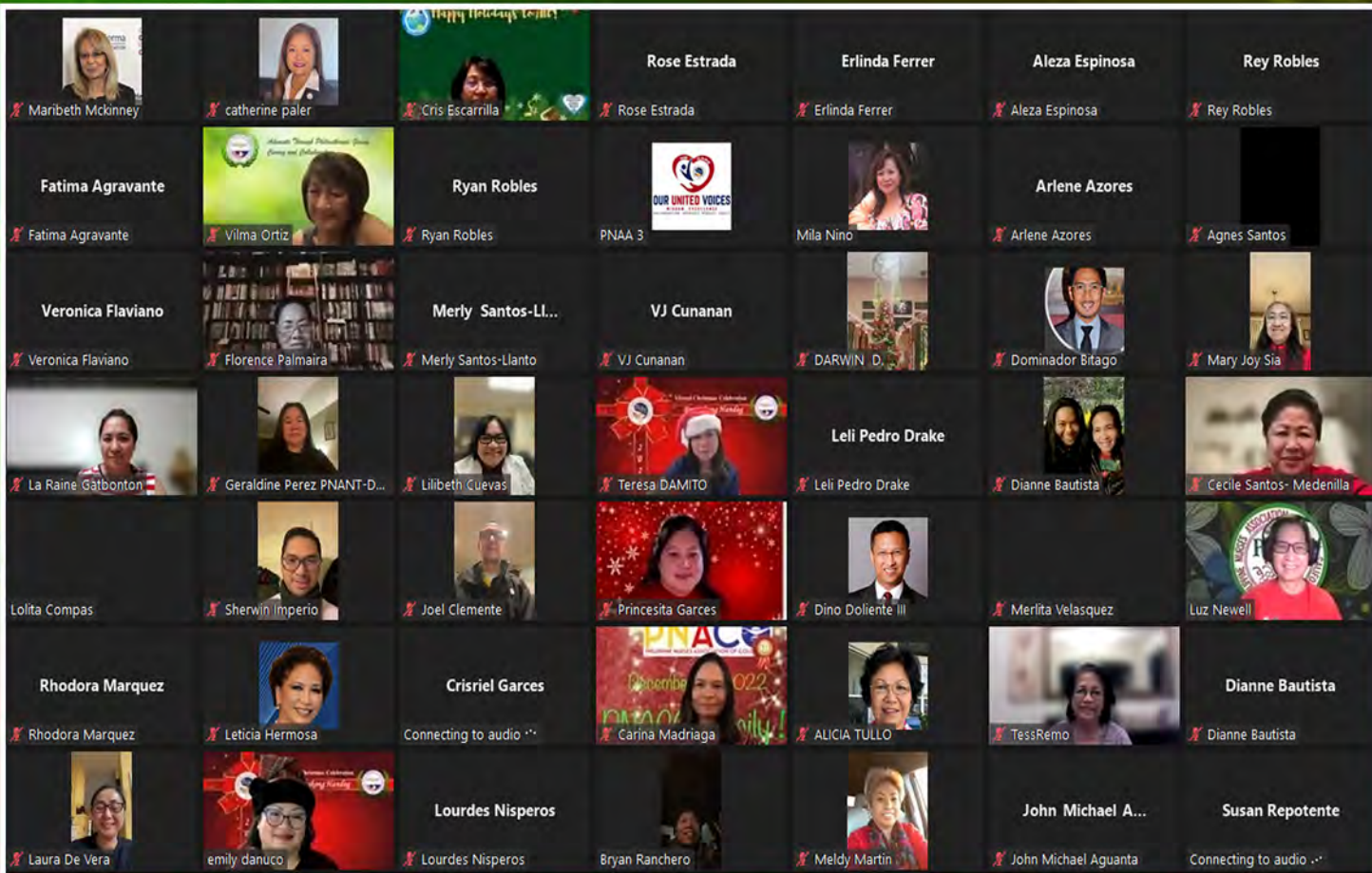
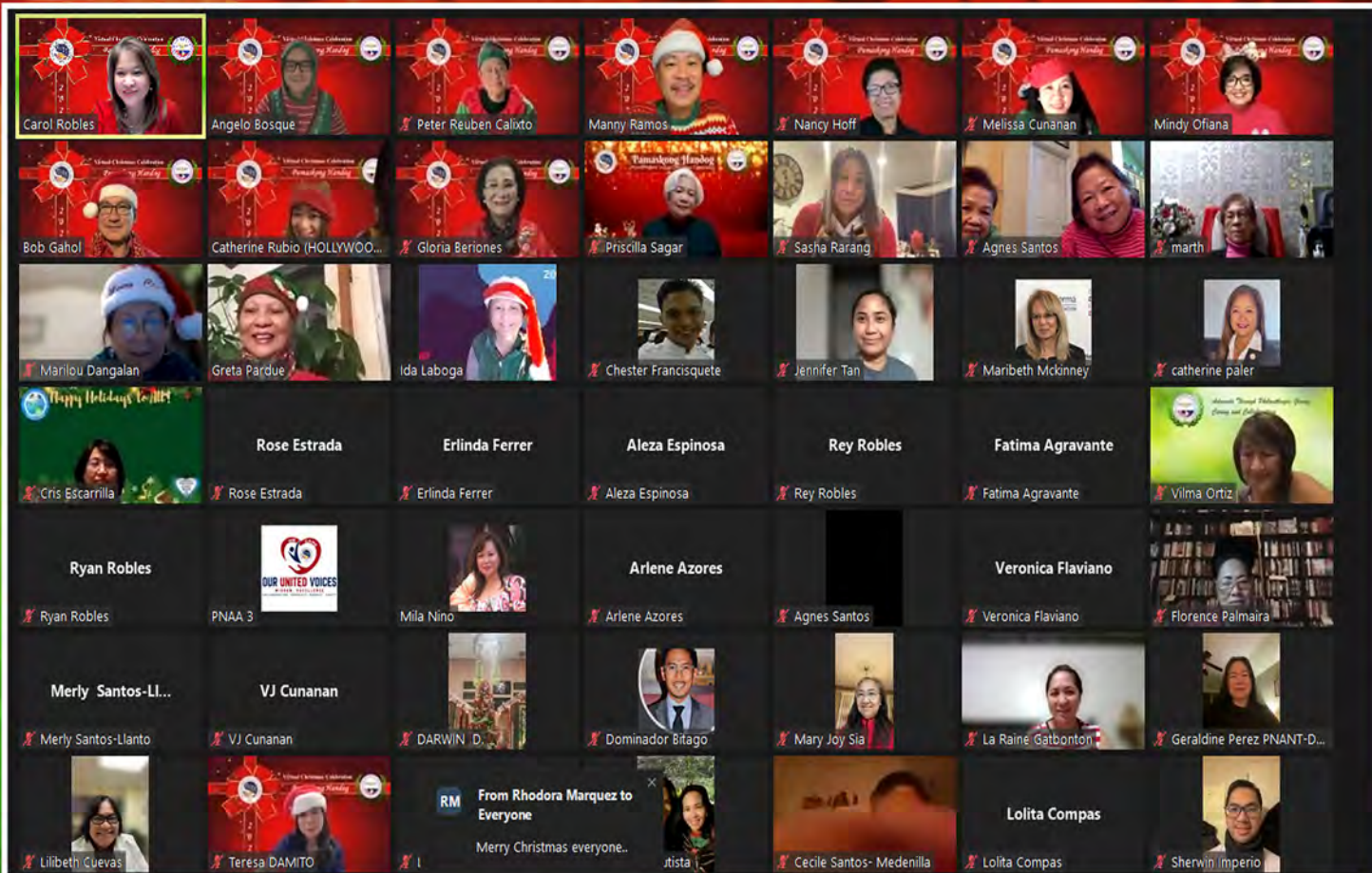
OUR UNITED VOICES
 WISDOM. EXCELLENCE
 COLLABORATION. ADVOCACY. RESPECT. EQUITY





A PNA & PNAAF Christmas Celebration | December 17, 2022







Season's Greetings

Wishing you a New Year filled with new hope, new joy, and new beginnings!

*from
Dr. Gloria Beriones &
PNAA Executive Board 2022-2024*



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





MERRY
Christmas
AND HAPPY NEW YEAR



May you and yours abound in blessings of joy, peace,
and love during this beautiful season
and throughout the coming year!

**WITH LOVE, FROM ALL OF US
ETHICS COMMITTEE
2022-2024**



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IT'S THE MOST **WONDERFUL** TIME OF THE YEAR

Have a Safe & Happy Holidays

From our Families to Yours



FROM:
PNA
WAYS & MEANS
Committee



Have a
Blessed
Christmas
and a
Prosperous
New Year!

| | | | | | |
|--|---|---|--|--|---|
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|  Myrena Ocasio, MSN, APRN |  Lorena Santos, MSN, FNP-BC, BC-ADM | <i>Holiday greetings from the PNAA Practice Committee</i> | | | |





MERRY CHRISTMAS

FROM THE COMMUNICATIONS & MARKETING COMMITTEE



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WR



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SCR



*Merry
Christmas*

From PNAA
Membership Committee





Merry Christmas

from

THE PNAA BUSINESS DEVELOPMENT OFFICE



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NANCY HOFF

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DR. GOLDA MANALILI

ARLITA PANG

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HAPPY Holidays

from



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Carol Robles

*Merry Christmas and a
Happy New Year*



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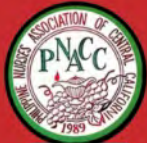


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Debbie Maquidato





Greetings from Philippine Nurses Association of Central California



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Yolly Maron
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Board of Director



PNACO
PHILIPPINE NURSES ASSOCIATION OF COLORADO

December 10, 2022

Merry Christmas from The PNACO Family!





To All Our PNAA Family,

Sending Everyone Tidings of Comfort
and Joy! Have Yourself a Merry Little
Christmas!

And remember "Make it the Most
Wonderful Time of the year!"





from the PNA of Greater St. Louis
*Warm and hopeful wishes to all
 on this festive and blessed season!
 Aspiring for His inheritance,
 Let Jesus fill our celebration!*



*Maligayang
 Pasko* 

Executive Board 2022-2024



"... to you is born this day
 in the city of David a **Savior**,
 who is the Messiah, the Lord."
 Luke 2:11 NRSV Catholic Edition



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Merry Christmas

From the members, officers
and Board of Directors of

The Philippine Nurses Association of Metropolitan DC, Inc.

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Marissa Usman

**Merry
Christmas
and
Happy
New Year**



From: **PNAMH
FOUNDATION, Inc.
(PNAMH AC & Members)**



May this holiday season fill your home with joy, your heart with love, and your life with laughter.

from

Philippine Nurses Association Metropolitan Houston



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WISHING YOU A

MERRY
Christmas
AND A VERY
Happy New Year



Philippine Nurses Association of New Jersey



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Merry **CHRISTMAS**
-PNANT-Dallas





*May the Christmas Season
brings more success to all
PNA Chapters and Members
PNASD wishes you all to have a safe Holiday
and a Happy New Year!*





Happy holidays to our PNAA colleagues, friends, and families. May the spirit of love, peace, understanding, and harmony surround us this season and throughout the coming years.

Philippine Nurses Association of Southern California
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We wish you all A Very Merry Christmas and Happy New Year 2023!

From

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PNA Tampa Officers and members are all praying that you all have a Christmas filled with miracles and memorable moments you'll cherish forever... Thank you PNAA/ PNAAF for always supporting our chapter and giving us an organization that we will always be proud of..



Merry CHRISTMAS



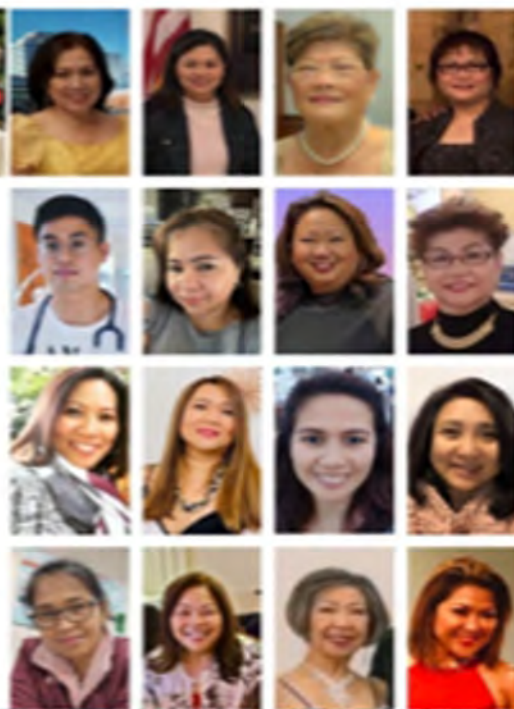
Virginia Chapter Leaders

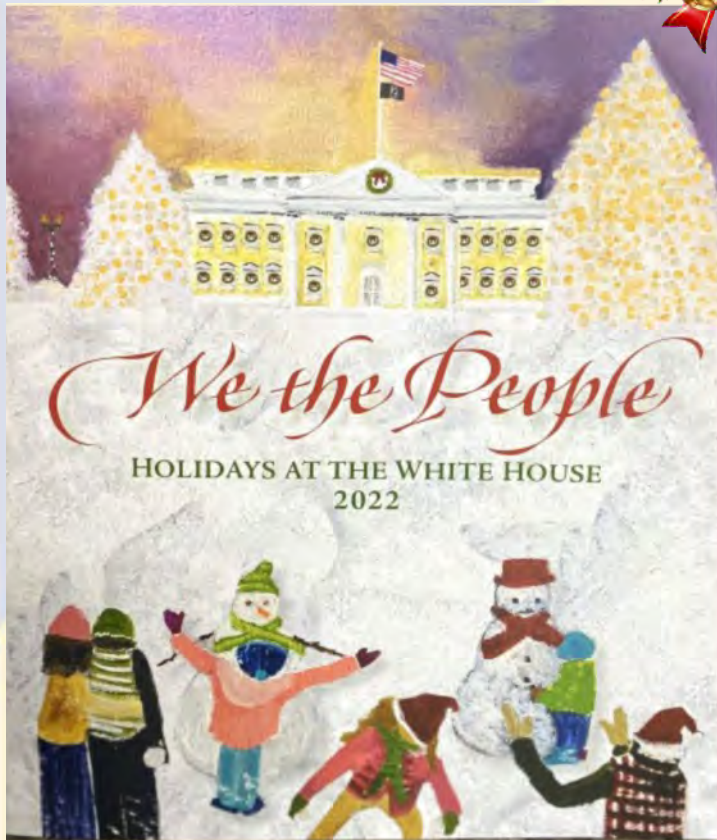
**CATHERINE
PALER**

PRESIDENT 2020-2022

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OF VIRGINIA, INC
ESTABLISHED IN 1978**

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Legislative: Perry Francisco & Wilfred Calderon
Historical & Archive: Levy Palar & Ben Capozas
Ethics & Human Rights: Teresa Gonzales & Levy Palar
Nominates: Hila Lasa & Bea Sison





White House Open House Bucket list checked

By Carol Robles, BSN, RN, DNS-CT, RAC-CT
President, PNA Metropolitan DC
Chair, PNA Communications & Marketing
Committee

Have you felt like you won the lottery? That's how I felt when I received an invitation to the White House Open House. A friend sent it to me, and I couldn't contain with excitement. I have wanted to see the White House with its grand Christmas decorations as I love decorating for Christmas too. Finally, it's my turn!

Every December, the White House is filled with holiday decorations: Christmas trees, wreaths, garlands, colorful lights, gingerbread houses, and more.

This year's theme is "We the People." The 2022 decorations include 25 wreaths, 77 Christmas trees, and over 83,000 lights.

Each visitor takes home an official White House Christmas Tour Booklet (download yours [here](#)) and a small Holidays at the White House box filled with chocolates.

Enjoy the tour!

<https://www.whitehouse.gov/holidays-2022/>









CORRECTIONAL NURSING CAREERS

\$80,508.00-\$131,988.00 DOQ



The Washington State Department of Corrections has eight (8) major correctional facilities throughout the state of Washington, as well as four (4) smaller correctional camps:

Airway Heights Corrections Center - Airway Heights, WA.

Washington Corrections Center - Shelton, WA.

Clallam Bay Corrections Center - Clallam Bay, WA.

Coyote Ridge Corrections Center - Coyote Ridge, WA.

Stafford Creek Corrections Center - Aberdeen, WA.

Monroe Correctional Complex - Monroe, WA.

Washington Corrections Center for Women - Gig Harbor, WA.

Nurses have the opportunity to make a positive impact while developing a long-term career with an organization that offers excellent benefits and professional development.

Our nurses deliver services which promote health, foster healing, and support coping and adjustment to various health conditions.

REQUIRED

QUALIFICATIONS:

- Graduation from an accredited school of professional nursing.
- The ability to obtain a valid Washington State license to practice as a Registered Nurse prior to employment.
- One year experience working as a Registered Nurse.
- Must be American Heart Association Basic Life Support (BLS) (Advanced Cardiac Life Support or other will not substitute for BLS)



START YOUR CAREER TODAY

NOTE: MUST HAVE INITIAL AND CONTINUOUS UNENCUMBERED/UNRESTRICTED LICENSURE AS A REGISTERED NURSE.



DOC Health Services Recruiter, Lindsey DeLong: (425) 760-4485 ★ ldelong@DOC1.WA.GOV





Propel Your Career to New Heights

Earn the most recognized credential in diabetes care and education

**Certification as a Certified
Diabetes Care and
Education Specialist
(CDCES) will:**



- Demonstrate your diabetes-specific skills and expertise
- Show your commitment to excellence
- Help you distinguish yourself among health professionals
- Enhance your career opportunities and marketability

NEW! Temporary changes to the professional practice requirement relating to DCE for initial CDCES certification have been made taking the challenge of the pandemic into account. **Learn more.**

www.cbdce.org

(P) 847.228.9795

Learn more!

www.cbdce.org





PNAA CAREER CENTER



National Institute
of Nursing Research

Department of Health and Human Services
National Institutes of Health National Institute
of Nursing Research - Deputy Director

JOIN OUR TEAM

For the complete position description, please visit:
<https://qrco.de/bdLvX5>





Editorial Fellowship Opportunity for 2023

Are you interested in learning more about scholarly publishing? The editors of the **Journal of Obstetric, Gynecologic & Neonatal Nursing and Nursing (JOGNN) & Nursing for Women's Health (NWH)**, both published by the Association of Women's Health, Obstetric, and Neonatal Nurses, are launching a joint editorial fellowship in 2023 to mentor early career scholars. The editors' goal is to assemble a diverse cohort of qualified applicants and to increase the representation of individuals from historically underrepresented groups in scholarly publishing. Applicants from these groups are strongly encouraged to apply. **Applications are due November 30, 2022.**

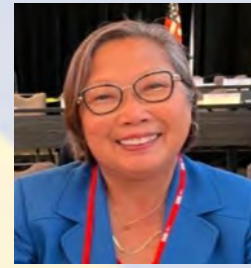
Learn more at: <https://qrco.de/bdQBby>





Ang Tambuli-the Rhythm of Nursing Life

By: Teresa Ignacio-Gonzalvo, RN,BSN,MPA
President elect-PNA Virginia (2020-2022)
Associate Editor and Columnist-Inside PNA



Throwback 1977 - Of Racism-Then and Now-2022

“One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender INSTEAD of the unique identities of each of us as complex human beings.” – Franklin Thomas

Bright-eyed and bushy-tailed, after a stopover at the San Francisco Airport, I was really excited to start the next chapter of my nursing career. Kansas City, here I come! My first time traveling to the United States, with my college BFF Lydia, armed with the prerequisite two suitcases, one filled with new white nurses' uniforms, white nursing shoes, and a cap while the other with regular clothes and two winter coats. Here we were, going through new employee orientation, learning not only about the hospital, clinical and healthcare-related materials but also about safety, banking, and being street-smart in our new life, adjusting to the weather, the environment, and the people we work with. In the 70s, in the Midwest, there were not many Filipinos in the area we worked and lived in. The Filipino association welcomed and embraced us, was very helpful with grocery shopping, acclimating to the social life and helped us adjust to homesickness and culinary experiences.



Filipino nurses recently arrived at the Center for Health Sciences. Expectations are great, the challenge is great and so is their self-

confidence. Far left and right are Darlene Setzer, RN and Linda Edwards, RN, In-Service Instructors.

Author is standing, third from the right.



I considered myself naïve when it came to adjusting to the different cultural and racial differences. Answering questions like, “Did we live on trees?”, “Do we have television in the Philippines?”, “Where did we learn to speak English?”, “Do Filipino women walk behind men?”, “Are there black people in the Philippines?” and many more. Yes, we spoke with an accent. It was a great thing that we were assigned buddies to help with our transition. Other employees took us under their wings. I quickly learned about racial differences, microaggressions, addressed matters in a professional manner and stayed focused on my goals. Growth opportunities were plentiful. As we moved through the various states, depending on my husband's PCS moves, racism manifested itself again. It was challenging then, with some tense moments and still happening now, though I'm older, much wiser and retired.

Fast forward to our current scenario, our daughter, Monica, who is a Child Psychologist by training, helping by being a substitute teacher in Wisconsin. From the mouths of babes, she was referred to as a chink and should go back to China! Really! Born in Warrensburg, Missouri and a proud daughter of a US Air Force officer, Monica took the high road and used this situation as a learning opportunity for the classes she continues to teach! It must be a game that some kids play to make the teacher quit!

As a mother, it deeply pains me to have this happen to my daughter now. Unfortunately, and sadly, if this happens to teachers, more so to students.

What skin color should Americans have?

Obviously, education begins at home. It does not help that some of our political leaders fan the racial fires- calling Covid 19 the Kung flu virus, welcoming anti-Semitism, and promoting white supremacy! Asian hate happens in all states. It happens in healthcare; it happens everywhere, then and now. This needs to stop!

We, nurses, continue to care for all patients, regardless of race, creed, or color. We all bleed one color- RED! Racism is real! What can we all do?

Light that candle in the dark!



It is better to light just one little candle,
Than to stumble in the dark!
Better far that you light just one little
candle,
All you need's a tiny spark!

If we'd all say a prayer that the world
would be free,
What a wonderful dawn of a new day
we'll see!
And, if everyone lit just one little candle,
What a bright world this would be!




Palakpakan corner

Congratulations to PNA Tampa Scholar, Rosalyn Vitug for Passing the Philippines Nursing Board Examination 2022!!

By Gealdina Irvine, BSN, RN



Rosalyn Vitug is the PNA Tampa Scholar from the Philippines since the year 2020. She is a graduate of the Universidad De Manila with a Bachelor's degree in Nursing and consistently passed all her courses with flying colors. To help finance part of her school expenses, she works as part-time model which became useful when she became the host of their seminar entitled 'Nursing as A Route to a Variety of Careers in the Future". She always believes that keeping her own self taken cared of, she is able to build her confidence to help others. Congratulations, Ronalyn!!!!

PNA Tampa is very proud of all your accomplishments!

Congratulations to Ophelia Empleo-Frazier

Session: Late Breaking:
Applying Reframing Aging in
Your Work V (5172)

**3. An Age-Friendly Course Adopting the
4M Geriatric Model in a Primary Care
Nurse Practitioner Program**

First Author:



**Ophelia Empleo-Frazier,
MSN, GNP-BC, BSN, RN-BC,
CDP**

Yale University School of
Nursing

Ophelia Empleo-Frazier was honored with the Ambassador's Cup by the Embassy of the Republic of the Philippines in recognition of her grassroots efforts to feed hundreds of families during the COVID-19 global pandemic, flood flash super typhoon Maring in her town of Sta. Maria, Ilocos Sur, and the Namamasko Noche-Buena initiatives by the Philippine Humanitarian Coalition in 2021.



Ophelia also recently made a podium presentation at the Gerontological Society of America 2022 conference in Indianapolis on the abstract "An Age-Friendly Course Adopting the 4M Geriatric Model in a Primary Care Nurse Practitioner Program. This new course was created to recenter the Primary Care Nurse Practitioner Specialty curriculum to be Age-Friendly.



Congratulations to Maria Cielo Borrinaga MSN, RN-BC, CNL, CCRN Member, PNA North Texas - Dallas



CIRCLE OF EXCELLENCE 2022



Maria Cielo Borrinaga
Circle of Excellence

Maria Cielo Borrinaga is a clinical nurse leader at the VA North Texas Health Care System in Dallas. She has been involved in projects to improve patient outcomes, such as falls, CAUTI, CLABSI and non-ventilator pneumonia. As membership director of AACN's Dallas Chapter for 12 years and ambassador for the national office, she has promoted the value of nursing certification and involvement in nursing organizations. In 2020, Borrinaga joined Challenge America's COVID-19 Maker Challenge, a national innovation competition to find solutions to the pressing problems brought by the pandemic. She joined two events and her team won both. She collaborated with VA critical care staff, engineers and end users from Cleveland Clinic. Her team created a prototype for a portable ventilator with all the features of a full-scale ventilator at a fraction of the cost. Borrinaga and her team won the National iEx Award for Innovation.

AMERICAN ASSOCIATION OF CRITICAL-CARE NURSES

Maria Cielo Borrinaga was one of the 16 recipients of the American Association of Critical Care Nurses Circle of Excellence Award last May 2022 at the National Teaching Institute (NTI). Additionally, she and her team joined Challenge America in 2020 and received the VHA iEx (Innovation Experience) award in Washington, DC, last October 2022 for creating a portable ventilator during the height of the COVID-19 pandemic. These recognitions show her resilience and grit to overcome obstacles through creativity and innovation.

Maria Cielo is a certified clinical nurse leader (CNL) at the Dallas VA Medical Center. She has been a nurse for 32 years in various areas, from being a bedside nurse to leadership, and is currently completing her Doctorate in Nursing Practice at the University of Texas Medical Branch in Galveston.

Maria Cielo firmly believes in lifelong learning. She has a passion for new ideas and self-expression and is very interested in being a part of a national-level committee.



Palakpakan corner

PNANT – Dallas nurse entrepreneur on the forefront

By Joel Clemente, MAN, RN

PNA North Texas – Dallas



The Philippine Nurses Association of North Texas (PNANT) Dallas chapter is pleased to announce that PNANT Dallas nurse businessman brought honor and pride to the Filipino-American community.

Eric Napule, BSN, RN, received the 2022 Businessman of the Year award in the 21st Annual Gawad Amerika (GA) awards night held last November 19, 2022, in Hollywood, California. He and his fellow GA awardees and honorees were also featured in the Los Angeles Newsweek, The Most Preferred Newspaper of Asian-American, November 2022 issue. With the said recognition, he ranked as one of the front liners in the entrepreneurship sector aside from his nursing profession. Congratulations, Eric. Our PNANT – Dallas chapter and our entire PNAA family are truly proud of you.



Spotlight on Ms. Marilou J. Dangalan, BSN, RN President, PNA Illinois

By Ryan Tejero

Columnist Writer, Chicago's Via Times

Columnist Writer, One Philippines Texas

Chair, Advisory Board US Pinoys for Good Governance - Michigan

Chair, UPAAA Communications/Publicity

*(This article was originally published by Ryan Tejero in Chicago Via Times, November 2022 Issue.
Permission granted to republished in insidePNA newsletter)*



One of the pioneers in nursing organizations in America is the Philippine Nurses Association of Illinois, Inc. (PNAI). Established in 1957 by group of nurses from the Nurse Exchange Visitors Program, PNAI was founded by Adel B. Campos, who became as its first President.

Now, 65 years old, PNAI is the oldest chapter among the 50 chapters across America. It is registered as a 501(c)3, voluntary, non-sectarian and non-profit organization that is open for membership to nurses of Filipino descent. PNAI mission is to uphold the positive image and welfare of the members, promote professional excellence, provide innovative leadership, and contribute to significant outcomes to health care and society.

PNAI President Marilou Dangalan is a retired nurse. She still puts her nursing practice doing nursing consultancy in a number of Home Health and Homecare agencies in Chicago and the suburbs. She joined PNAI in 2010 and received an Excellence Award in Nurse Entrepreneurship. She occupied several key positions within PNAI. Her term as President is for 2022-2024.

Marilou's work history includes 4 years at St Luke's Medical Center and 12 years in Saudi Arabia prior to migrating to the US in 1991. She graduated Diploma in Nursing at Central Luzon Doctors Hospital in Tarlac, Philippines, and completed BS in Nursing degree at St Luke's Trinity College in Quezon City, Philippines.

Mt. Sinai Medical Center was her first employer as a nurse in the US in 1991. From there, she moved to other workplaces that include Cook County Hospital, West Suburban Hospital, Loyola Medical Center, McNeal Hospital, and St Joseph Hospital in Joliet. In 2009, she switched her preference to become an entrepreneur in the field of Home Health Care. She operated and owned 2 home health agencies and held positions as Administrator and Director of Nursing in several home health agencies until her retirement.

Marilou is married to Ricardo Dangalan, also retired. They have two children: Ian Dangalan, married to Casey Uhler, and have 2 children - Dylan (11) and Mia (2), and Marie Grace, who works in Orthotics and Prosthetics industry. Marilou hails from Florida Blanca, Pampanga. She became active involved in the activities of the Circulo Capampangan in Chicago, and became the President during 2014. She is currently the Treasurer of Chicago Nurses for Diabetes Lions Club.



Marilou says "I am a retired nurse now but will always be nurse for the community. I have been busier now, and enjoy what volunteerism brings. Advocating for my fellow nurses and the community is what probably the meaning of why I am with this organization, PNAI. I would like to invite and ask our nurses to join us to give back to the community to share the blessings we have in meaningful ways as nurses."



*From PNA Tampa Executive Board,
Board of Directors and Members to our
PNAA Executive Board , Chapter Leaders and Members*

The Gratitude Gourd



It is the first day of November,
Thanksgiving is only weeks away;
So it is with our gratitude
that this special gourd comes your way.
God tells us to be thankful,
For all the blessings He bestows.
We wanted to start a special tradition;
and the Gratitude Gourd arose.
This gourd is being given,
For all you do and who you are.
You may think you're not so special.
But to us you're a shining star!

The Philippine Nurses Association

"...let your light shine before others, so that they may see your good works and
give glory to your Father who is in heaven." ~ Matthew 5:16

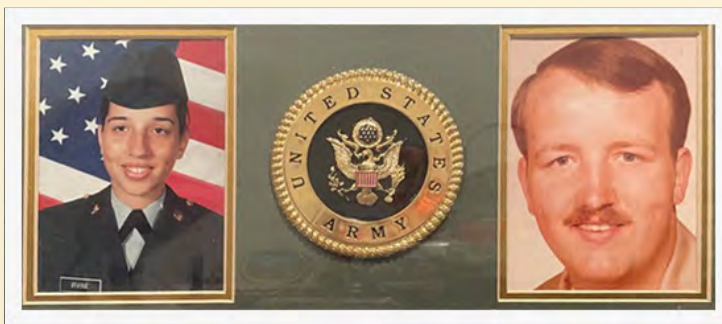


It's All in the Family and An Honor to Serve Our Country

By Gealdina Irvine, BSN, MSHSA, RN
Secretary, PNA Tampa

For this month of November, I would like to honor my husband, **Daniel Irvine** and my daughter, **Melissa Irvine-Leger** who are both veterans in the US Army.

I first met my husband, **Daniel E. Irvine**, in Indianapolis, Indiana while he was in the US Army as a Sergeant. He joined the military when he was just seventeen years old and he was allowed to join even before he turned eighteen. He was a proud American serving and protecting our country that he re-enlisted even before I met him. He wanted to follow his three brothers footsteps who also served in the US Army and felt very patriotic by enlisting in the US Army. He worked with a few Filipinos in his department and this is how I met him when his Filipino friend named Tony introduced us. Tony told him he had to meet me since I was one of the tall Filipina nurses he had seen in his life. Then Tony told me that I have to meet his friend Dan since he eats rice! Ha! Ha! This is truly his introductions for the two of us.. We dated for ten months and got married with three children and six grandchildren to date after forty-seven years of marriage. Dan was in charge of the Honor Guard traveling to four different states Illinois, Kentucky, Ohio and Indiana to give 21 gun salute, play Taps, and presented the folded American flag to the next of kin of the deceased veterans. He was assigned in Aschaffenburg, Germany in 1978-1979 and this is where my oldest daughter, Cheryl, was born. It was a good assignment since we were able to travel around Europe on his days off and during his vacation time. His next assignment was in the outskirts of Las Vegas, Nevada with the Department of Nuclear Defense. He loved this assignment besides living in Las Vegas because of the camaraderie of the personnel he was working with. Then when it is his turn to re-enlist again, he had to decide whether to get out of military or stay. He decided to get out since we already had two children and wanted to provide us with a more stable life instead of always moving when he was assigned to different army bases. Stable family life is very important to him. Army life gave him a sense of pride that he was able to serve his country and protect the people around him. The Department of Veterans Administration had been very good to him giving him the best care he needed when he was having multiple medical issues as he got older. As he always said, he is a proud US Veteran and never regretted joining the US Army!



My youngest daughter, **Melissa Irvine-Leger** is also a US Veteran who served in the US Army while she was still in college. Melissa had always been very independent and she thought she would join the US Army to help with her college expenses. She never told us in the beginning that she will enlist with the US Army since she did not want us to worry. She enlisted at the height of the Iraqi war. When she told us, my heart sank with worry. I told her we can afford to send her to college and she did not have to join the US army. But she was adamant to have it her way plus she said that she can use the educational benefits and other benefits like healthcare and housing offered for signing up especially she wanted to get her Master's Degree in Business Administration. She served for six years with an eighteen months assignment in Iraq. I was a worried mom during those months and only my prayers for her safety kept me from panicking. I avoided listening to the news during that time. She finished her tenure with the US army with her last assignment in South Korea. She finished her Master's degree in Business Administration and currently happily married. She continued to serve the veterans with PTSD through Rush-Presbyterian Hospital and organizing classes and events for these veterans.

I am a very proud wife and mom to know that my loved ones are proud Americans who will always protect their country and its people. It is God's will that our Melissa was born on November 11 knowing that one day she will celebrate the two important occasions in her life- her birthday and veterans day... Happy Veterans Day to all!!!



PNA Tampa Honors Win Jensen, Ssgt (Ret) & His Family

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

This November when we celebrate Veteran's Day, PNA Tampa honors Winfield (Win) Jensen, S.Sgt. (Ret) and his family. Win is married to PNA Tampa member, Karina Kara Allado Jensen, BSN, RN. Win served in the US Air Force from 2006 to 2017. He worked in the Security Forces as an Advanced Designated Marksman from 2006 to 2010. He was deployed to Iraq during Operation Iraqi Freedom, and Kuwait during Operation Enduring Freedom. In 2010, he cross-trained into Aerospace Medical Technician and became NCOIC and awarded NCO of the quarter. In 2017, he was officially medically retired. He is currently pursuing a degree in cyber security.

Win is the son-in-law of PNA Tampa Board Member Dalisay Allado. Win and Kara married in October 2010 (10-10-10) and are blessed with 4 daughters, ages ranging from 2 to 12 years old – Kamea, Kailani, Kaleena, and Kalia. Win and Kara are entrepreneurs. They are owners of K4Studio, a full service spa specializing in body contouring, wood therapy & advanced aesthetics located in Wesley Chapel, Florida. <https://k4studio.co/>



*Win Jensen and Family \$\$\$ Wesley Chapel, Florida
We THANK YOU for your Service!*



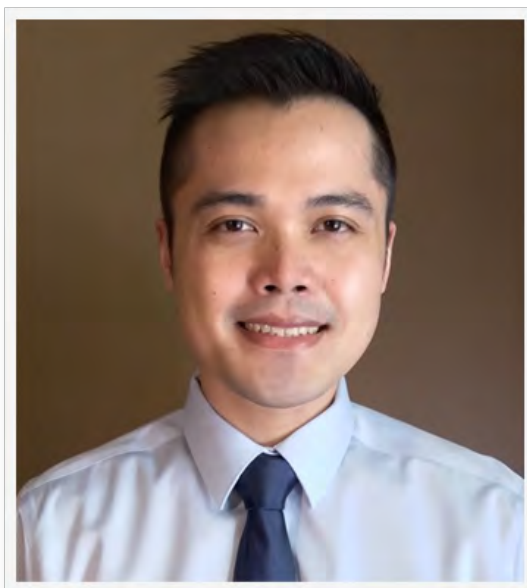
OUR UNITED VOICES
WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY



Where are the Scholars now?

By **Mary Dedeon O. Womer**
Co-Chair: Scholarship Committee
PNA Maryland, Eastern Region

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



Name: Job Marconi J. Mascardo, MBA, BSN, RN, CPHQ, NE-BC
Chapter: Member-at-Large
Current work: Care Manager, Nurse II

Tell us about your journey as a PNA scholarship awardee:

I see my PNA scholarship as God's blessing. With PNA's generosity, more blessings will come to them. The \$2,000 grant paid off my Master of Arts in Nursing Distance Learning tuition and school fees at Wesleyan University-Philippines.

A few years ago, I was already aware of the PNA scholarship through social media and their website www.mypnaa.org. However, I felt I couldn't fulfill the required qualifications, so I let it go. I kept it in my thoughts. Gaining RN experience, more confidence, and working in a new field, I inquired about my company's \$5,000 per year tuition scholarship. Unfortunately, they only grant it to participating schools in the US. Also, getting into student debt was strictly not an option. Almost lost of hope, while scrolling in my newsfeed, I did see a PNA scholarship open for new applicants and applied. About thirty days after, I was surprised to receive the congratulations!

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

For future scholars and members, consider these three when pursuing goals: Risk, reward, and trade-off. Take risks; nobody gets out alive in life. Delay gratification, then reap your rewards. We gain, and we lose. We lose, and we gain. Whatever paths are taken, be informed of the trade-off.



Advanced Practice Nurse Committee Column:

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

PNA SoCal VP

PNA Practice Committee Member

The number of nurses with doctoral degrees, either DNPs or PhDs, nearly doubled, from 3,065 to 6,090, from 2014 to 2018. Certain controversies in different states have surfaced over using "Dr" as a prefix in their titles. Is the distinction of the 'Dr' title too confusing for patients and the community? This will be the first of this series as, most likely, many opinions, debates, blogs, and suggestions may arise.

Nursing education has evolved; the first professional nursing doctorate began in the early 1900s; the Doctor of Nursing Science (DNSc) was first awarded in 1978. As advancements in healthcare progressed, the evolution of the nursing doctorate flowed into the Doctor of Nursing Practice (DNP) in 2001, mainly for advanced practice registered nurses.

There is a law in Texas:

"In using the title 'doctor' as a trade or professional asset or on any manner of professional identification, including a sign, pamphlet, stationery, or letterhead, or as a part of a signature, a person other than a person described by Section 104.003 shall designate the authority under which the title is used or the college or honorary degree that gives rise to the use of the title." (§104.004 of the Texas Occupations Code).

The statute allows a person to use the title "doctor," which includes nurse practitioners and nurse anesthetists, as a professional identification if the individual designates the authority or the college in which the degree is conferred. For example, if one earned the Doctorate in Nursing (Ph.D. or DNP from a specific university), this needs to be indicated in business cards, websites, advertising, and the like. The designated authority of one's doctorate is "DNP" or "Ph.D." Therefore, if one's business card reads: "Jane Smith, DNP, ARPN, FP-C," this is appropriate. This is applicable whether on a business card or a website.

According to Asfour et al. (2018), the advanced practice nurse must be extremely clear that one is not a physician but rather an advanced nurse practitioner with a doctorate, which will eventually avoid confusion and prevent an investigation by the Board of Nursing.

In short, according to the American Academy of Otolaryngology–Head and Neck Surgery's position statement, anyone using the title "Dr" in any form of advertising or other patient communication in connection with their practice must simultaneously use a clarifying title, initials, abbreviations or designation, or language that identifies the type of practice for which they are certified or licensed. In referencing the professional degree in printed media such as on business cards, in letterhead, and advertisements, healthcare professionals are advised to check applicable state and federal laws." For example, Jane Doe, MD, Jane Doe, Ph.D., or Jane Doe, DNP.

The word doctor is derived from the Latin verb "docere," meaning to teach or a scholar. Only by special arrangement do any of the preceding professionals teach. Only university professors with doctoral degrees usually teach at a university. Historically, the title doctor was invented in the Middle Ages to describe eminent scholars. These doctorates date back to the 1300s. Such people were accorded a lot of respect and prestige.



In California, the State of California Business and Professions Code §2054

2054. (a) 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 "M.D.," 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.

Laws cited include:

B & P Section 2054, "Misrepresentation as Physician" 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 "M.D.," 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 unsuspended certificate as a physician and surgeon under this chapter, is guilty of a misdemeanor.

B & P sec. 1700 prohibits unlawful business acts and practices and unfair or fraudulent business acts or practices. The thought process behind this is that the nurse practitioner misled the public by holding themselves as a doctor (physician) with the prefix "Dr." before their name. Luckily, the case did not become criminal, which could have involved incarceration. Fraud charges can be civil or criminal.

According to Melanie Balestra, J.D., N.P., the "Dr." is not a new problem for nurse practitioners. It does not matter if optometrists, naturopaths, physical therapists, psychologists, and other health care providers (with doctoral degrees) use the prefix "Dr." before their names. On the national level, Dr. Jill Biden is a psychologist and is allowed to use the prefix and be called "Dr."

One is accountable for clearly communicating verbally, in writing, in any social media or publications the designated title professional achieved to patients, the community, and the society at large community to avoid misrepresentation or undue confusion.

More debates will follow as clarifications on using the title "Dr" has to occur.

Resources:

Asfour AA, Winter JP. Whom should we really call a "doctor"? CMAJ. 2018 May 28;190(21):E660. doi: 10.1503/cmaj.69212. PMID: 29807940; PMCID: PMC5973890.

Melanie Balestra is a practicing lawyer and nurse practitioner in California





PNAA CAREER CENTER



Assistant Dean for Graduate Clinical
Education – DNP Program

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For the complete position description, please visit:

<https://uab.peopleadmin.com/postings/17339>





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UAB SCHOOL OF NURSING

Associate Dean for
Clinical and Global Partnerships

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UAB SCHOOL OF NURSING

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Competency Educator**

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For the complete position description, please visit:

<https://uab.peopleadmin.com/postings/17253>





PNA Chapter NEWS



By Chloe G. Harkins
PNA Alabama

Helping the Poorest of the Poor by Building Caring Communities



Gawad Kalinga, meaning to 'give care', is a Philippines-based movement that aims to end poverty by first restoring the dignity of the poor (GK-USA website). This seemingly lofty goal is indeed attainable starting from the grassroots. GK platforms focus on the multiple solutions to alleviate poverty and may begin with securing a home one family at a time. GK greatly relies on Filipinos in the US who believe in the vision and who unselfishly share their time, treasure and talent. One such group of Filipinos happens to be right here in Birmingham, AL and some are active members of PNAAL. Dolores Cook, RN has no official title in the GK organization but nonetheless is the main lead in Birmingham mobilizing others toward the goal of building houses for the underserved families. Dolores Cook invited several families in 2009 for an informational meeting and this became the impetus that started GK in Birmingham. After years of soliciting donations from family, friends, co-workers as well as fundraising like garage sales, a total of 24 duplex houses were built in Tugbok, Davao City for 24 deserving families who actively helped built their own house and others. In 2021, the community was completed and the privilege of naming it was given to the Birmingham group



who aptly chose “Sweet Home Alabama”. Lucita Castor-Ford, RN and Chloe Harkins, RN and Dolores Cook are PNAAL active members who were instrumental, along with several family and friends, in attaining this goal of building a community. GK counts on local leaders to ascertain that the community is self-sufficient by opening access to education, employment or livelihood opportunities. Due to the efforts of the GK Birmingham group, Sweet Home AL continues to thrive and now has a playground, multi-purpose building (where income generating skills and crafts are taught) and most recently, a library. A garage sale last October was organized to raise funds to add more books and computers for the library. The daunting task of putting a garage sale together was made easier by the additional help from friends like Mitchie and Lilly Castor, Indin Castor, Leonor Matheny among other. By the end of the day, there was over \$800 in the sale pot including monetary donations from people who came for the garage sale but were compelled to give after hearing the GK goal of helping the poorest of the poor in the Philippines.

To learn more about Gawad Kalinga and its internationally recognized platforms, please go to GK-USA.org.





PNA Chapter NEWS



By Rizza Valerio Elep, BSN, RN, PCCN
PNACC Secretary

SEPSIS UPDATES PNACC & CNSA 2nd Virtual Webinar



Sepsis, per SCCM (Society of Critical Care Medicine) redefined sepsis and septic shock as “life-threatening organ dysfunction due to a dysregulated host response to infection. Septic shock is defined as a subset of sepsis in which particularly profound circulatory, cellular and metabolic abnormalities substantially increase mortality.” It is the leading cause of death from infection thus it warrants current attention specially with COVID, RSV and flu season coming.

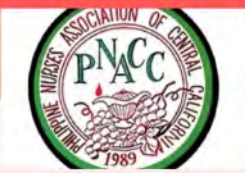
Sepsis Updates was given by Saint Agnes Sepsis Coordinator and PNACC Board of Director, Carolyn Perez. It was a well-attended second webinar with the Fresno State Nursing students and also from Saint Luke's College of Nursing in the Philippines. Virtual education is breaking boundaries as it can be accessed by students all over the world.

The webinar was a huge success as there was a total of 55 attendees that learned about Sepsis Updates and answered the BINGO questions to check on their knowledge of what they had learned. Lady Abangan and John Stevens hosted the event while Rizza Elep, PNACC Secretary, introduced PNACC and PNA to the students and what it means to the community. Lady Abangan, a PNACC member & scholarship recipient gave info on how to get PNACC scholarship.

Overall, SEPSIS UPDATES last November 14, 2022 at 6 pm was a huge success as knowledge means power. By learning more about Sepsis, the attendees will be able to apply what they learned through their daily lives and that's what matters in this life.



THE 33RD PNACC ANNIVERSARY



The PNACC welcomed its new Executive Board on November 19, 2022 as it celebrated its 33rd anniversary. This event was the most solemn and the most meaningful in all PNACC anniversaries and induction of officers, as no less than the President of the PNA, Dr. Gloria Lamela Beriones herself, personally graced the occasion and formally inducted the Executive Board into office. Truly a star-studded occasion that night was, for in attendance too, were PNA President Elect, Dr. Marlon Garzo and PNA Western Region Vice President, Mr. Bob Gahol.

Dr. Gloria Beriones warmly congratulated the new Executive Board and emboldened them to be steadfast in promoting and advancing the PNACC’s mission, vision, and goals. Inducted into office are the following:

- Merlina Martin-President
- Cecilia Utleg-President Elect
- Yolanda Maron-Vice President
- Rizza Elep-Secretary
- Cherry Alacar-Treasurer
- Maricon Esteban-Auditor
- Mila Nino-Immediate Past President
- The Board of Directors:
- Marina Hizon-Roque
- Carolyn Perez
- Cynthia Manimtim
- Athena Oliquiano
- Jennifer Martizano
- Sheila Guansing
- Eleanor Haight-Pucay and
- Lilia De Leon



The inspired momentum of zeal by the Executive Board and all PNACC members present that night, was even more fueled by the inspiring message of Dr. Marlon Garzo. He highlighted PNACC status of having the most number of members in the western region. He acknowledged the efforts of Yolanda Maron, membership and recruitment chair for this unprecedented achievement.

Yearly, the PNACC Dancing Divas’ performance is highly anticipated. Once again, they gave a spectacular show in their interpretation of Jota Moncadena. But the heart of the event danced more with joy when the time for Scholarship Awards came. 3 outstanding nursing students were granted the PNACC Scholarship. They are:

1. Kathryn Deanna Andres, second semester student at California State University, Fresno campus
2. Kei Kendra Paires, graduating in August 2023 at National University
3. Patricia Ariola-second semester student at California State University, Fresno campus

The 33rd PNACC anniversary was a huge success. It was made more remarkable by the acceptance of the mantle of responsibility to uphold the PNACC mission and vision by no other than the new President, Merlina Martin. In her words, she said, “Let us continue to enhance the outstanding reputation of the Filipino nurses around the globe starting in our own backyard”. Congratulations to the PNACC.

Laura De Vera, BSN, RN
Asst. Secretary, PNACC



PNAA Chapter NEWS



By Jimmy Igarta, Jr. BSN, RN-BC

Philippine Nurses Association of Colorado (PNACO) Induction Event

Mabuhay!!! Thank you for attending the Philippine Nurses Association of Colorado (PNACO) Induction of Officers and Executive Board Members. The event was held on the evening of November 12, 2022, at the DoubleTree by Hilton Denver, Colorado.

For those unable to attend the evening was a night to remember with the shenanigans of the Emcees: Jimmy Igarta, Jr., Marilyn Doster, and Janice Garcelazo with the assistance of Floor Director Maria Brenton, to keep the show on the road.

The special guests hailed from Philippine Nurses Association of America (PNA) President Dr. Gloria Beriones and Western Region Vice President Bob Gahol. We also were able to celebrate with Jay Lavigne (Chief Operating Officer of Mending Faces) and Donna Lavigne, Honorary Consul for Colorado.

Two years ago the Induction ceremony was held virtually and the PNACO team was able to pull through and continue to give back to the community. The PNACO Officers and Board members zestfully prepared a fun-filled program, while continuing to "SPARK JOY" and inspiration because "We Care." Our Induction event would have not gone without the assistance of our very generous sponsors and the welcoming of New Graduate Nurses who were able to attend: Jenna Pentz, Francis Billena, Alex Pallarca, and Patty Tabbilos.

Our National Anthems Lupang Hinirang and Star Spangled Banner were sung divinely by Miss Alex Pallarca a Graduate Nurse from the University of Colorado Anschutz Medical Campus College of Nursing with the honors distinction of Magna Cum Laude and currently working as a Pediatric Nurse at Presbyterian St. Luke.

What brought the event together, was an energetic dance number performed by the PNACO Officers past and present. Everyone enjoyed an entertaining performance by Filipino singer and winner of Camp Buehring 2020 Idol-Charles Cabello.

Mrs. Jisebelle (Jiji) Tizon PNACO President 2020-2022 through her exemplary leadership and Executive Board members were able to fundraise monies assisting those in need to victims of Typhon Rolly and Scholarships to members seeking to further their education. Together with the guidance of the PNA leadership, Jiji's term was challenging but successful with the gracious people who supported one another during the trying times.

After the induction ceremony of 2022-2024 Officers, Ms. Carina Madriagga incoming PNACO President shared her personal story of persevering against cancer and standing today with a purpose not only as a nurse, family, friend, and now a leader. With the help and support of the PNACO team and PNA leadership team, she will lead PNACO while embracing the new mantra of PNA President Dr. Gloria Beriones, "We Care. In unity, we care. W-wisdom, E-excellence, C-collaboration, A-Advocacy, R-respect, and E-equity." It is by way of advocacy & collaboration that PNACO will promote equity and excellence with support within the means for the health of the community.

Muli, Maraming, maraming salamat po! Thank you to everyone and the support from our sponsors, family, friends, and the support from PNA and PNACO leadership teams. Again, Mabuhay! Thank you for joining our event, because We Care.



PNA Chapter NEWS



By **Juvy Rico, BSN, RN**
PNAGA Secretary, 2022-2024

PNA Georgia's 2022 Fall Seminar

The Philippine Nurses Association of Georgia (PNAGA) held its annual fall seminar on November 5, 2022 at Piedmont Henry Hospital Education Center. The theme for this year's seminar was “Nurses Impact on Advocacy, Diversity and Clinical Practice.” We had a good number of attendees, young nurses and veterans in the profession alike. Breakfast was served prior to starting the lecture which was sponsored by Cell Saver Company.

Our first speaker was Dr. Arlene Dijamco, a young and bubbly physician and whose wealth of knowledge is undeniable. She talked about “Stress and Trauma: Understanding the Physiology and how to help”. Her subject is relevant for healthcare workers who face stress and trauma in our profession and even in our day to day lives. She posits that stress and trauma don't have to be a major event; even minor ones can destroy a person's emotional and mental stability depending on how they perceive them. Dr. Dijamco taught us ways on how we can manage them and be able to cope. One key to releasing emotional trauma is to connect with the body in some ways.

The second speaker was Ms. Laura Butts, the soft spoken CNO (chief nursing officer) of Piedmont Henry Hospital. Her topic was “The effect of Empowerment in Quality Patient Outcome”. She discussed the importance of giving nurses the autonomy and how it improves patient outcomes. It makes stronger and more confident nurses in delivering quality care to patients. Being in a leadership position, Ms. Butts acknowledged her role as a source of empowering her staff. Empowerment is the ability to get things done and includes a capacity to mobilize resources and to provide support, opportunity and information.

Mr. Brent Robinson was our third speaker. His topic was “Affecting Diversity and Meaningful Inclusion in Nursing and Patient Care”. A very spontaneous speaker, he encouraged participation among attendees. Diversity and Inclusion may have interconnected concepts but they are far from interchangeable. Diversity means having a variety of skills, abilities, genders, races, ethnicities and more in a workplace while inclusion is the creation of a safe and supportive environment for all. One participant compared diversity to a “salad bowl” where the different elements are mixed together but individual components are identifiable and appreciated. Just like these ingredients in a salad bowl, they have different classifications but they complement each other. What a very practical yet beautiful analogy. For me, that's the essence of diversity and inclusion.

Our last speaker but definitely not the least was our very own PNAGA president, Myrna Gacusan. It was a refresher to have her discussed about “Evidence Nursing Care in Patients with Community Acquired Pneumonia”. This medical condition is more common than we think and affects all ages. It causes more than a million hospitalizations and more than 50,000 deaths each year. This is one reason why pneumonia is a major public health concern. As healthcare workers, we must be knowledgeable about the pathology, treatment and prevention of Community Acquired Pneumonia so we that we can deliver efficient care to our patients with such condition. A timely education since the flu season is around the corner and this is one of the common and worst complications.



Being part of this seminar, I could say that it was indeed an educational and likewise fun event. Everybody gained not just the 3.0 CE hours but also new friends. Our American attendees got a taste of our Filipino cuisine which was delicious and flavorful. Almost everyone was winners of the raffle draws and the camaraderie of the seasoned nurses was awesome and it was great to meet new nurses who just came from the Philippines. The theme of the seminar was definitely achieved. PNAGA is one organization that truly advocates continuing education among peers in the profession.



Myrna Gacusan and Mary Ann Neely handing Certificate of Appreciation to Dr. Arlene Dijamco



Myrna Gacusan handing Certificate of Appreciation to Paula Butts



Myrna Gacusan and Aileen Alexander handing Certificate of Appreciation to Brent Robinson



PNA Chapter NEWS



December 3, 2022, Saturday **PNAGSL Christmas Party** at Hollywood Casino
Josie Veit, President, welcomed attendees — “Good evening, fellow members and distinguished guests. It is great to see all the families and friends of PNAGSL. The Filipino organizations with us: CFC, FAAMO and Lolas’ group — thank you for your unending support to PNA of Greater St. Louis.

“There is nothing like the hustle and bustle of the Christmas season. I love this time of the year as I’m sure so many of you do, too, regardless of how we celebrate. It’s a time to gather with family and close friends and share special moments, exchange gifts and reflect on the many blessings we all enjoy.

“One tradition I look forward is the annual PNAGSL’S Christmas party. This time we acknowledge the new members. May this evening serve as a lasting memory with our organization. Merry Christmas to all!”



Emcees: Evelyn O and Cynthia

JenJen, as usual, the selfie guru

Executive Board 2022-2024, from left: President Josie, Ces N, Joy, Evelyn, Alice, Annabelle, Yvonne, Lori, Agnes



Josie (extreme right) with Advisory Board (past presidents), from left: Jean, Cheri, Emy, Rosa, Jonel, JenJen, Evelyn S, Marjorie





Entertainment: (1) “All I Want for Christmas Is You” by EB members to the Zumba tempo. (2) “Made You Look” with Lorenzzi and mom Leah, Noreen, Ces A, Alyssa and mom Ces N,



Game: Annabelle’s BINGO version was a big hit; everyone’s a winner! The brand new “crispy” \$1.00 bill was handed to each winner by assistants Jean, Evelyn S and Jonel.



Annabelle thanked everyone’s participation in the BINGO game. “The adage: yesterday is history, tomorrow is a mystery, today is a gift, that’s why it’s called present. Do look to your left and to your right; reach out for one another’s hand — treasure this moment as each one of you is one another’s present. Merry Christmas! And let’s include Christ in our celebration!



PNA Chapter NEWS



Honoring The Veterans

Nov. 19, 2022, Saturday

Honoring the military veterans has been JenJen Hazelbaker's personal ministry every year for the past seven years.

We give profound appreciation to the men and women for their service to country. Because of their sacrifice, commitment and dedication, we all enjoy being safe; because of them, we continue to enjoy our freedom. Thank you, veterans!



Photo, left: JenJen: main organizer; she read to us the message from Congresswoman Ann Wagner.

Left: Military veterans honored, from left: David, Art, Gabriel, Josie, Cris, David, Ron



Left-right: Annabelle: Opening remarks; Deacon Del: Invocation; Ces: read message of Rosa Hughes, Acting Director Veterans Home; Celia: sung "God Bless America" and America, the Beautiful"; Arthur: talk on leadership; Marjorie: Closing remarks; Tessie: a loyal veterans supporter; June: always the designated photographer

Other veterans not with us were represented by families and were given the same well-valued honor for their service.



Special recognitions were given to Col. Cris Cosas (photo, left) and Master Sgt. Ron Elznik (photo, above). Their spouses each received a lovely white orchid plant.



October-November birthday celebrants were treated with quite a-ttempting cake!





PNA Chapter NEWS



By **Annabelle L. Cosas, BSN, RN**

PNAGSL Editor; Bylaws and Policies & Procedures Chair

Keeping Busy with PNA of Greater St. Louis



Marjorie Soriano Gamino had a grand celebration of her 60th birthday on October 29, 2022. Radisson Hotel in New Rochelle, New York hosted the big event on October 29, 2022. Families and friends attended the very memorable event to honor the impressively radiant brand-new sexagenarian!

EDUCATION SEMINAR November 17, 2022 — Dinner seminar at Maggiano's St. Louis. Dr. Maria Perez, PharmD, AAHVP of Otsuka Pharmaceutical Company presented the "Pathophysiology of Agitation Associated with Alzheimer's Dementia."

Dementia, the destruction of brain cells, presents cognitive impairments involving memory, language, reasoning, attention, perception or problem solving. Common types: Alzheimer's disease,



Lewy body dementia, frontotemporal dementia and (from stroke) vascular dementia.

Causes: structural abnormalities in the brain tissue with its accumulation of native proteins. Biological factors: plasma tau protein, amyloid plaques and environmental factors: repeated head trauma, drug/alcohol abuse, severe vitamin deficiencies; diseases such as Alzheimer's, Parkinson's, AIDS, syphilis, brain tumors and metabolic disorders.

In Alzheimer's disease and frontotemporal dementia, tau proteins become damaged and detach from the axons. Now moving freely inside the neuron, the abnormal tau proteins clump together to form neurofibrillary tangles. This dysfunctional tau is toxic to neurons and causes them to die.

The pathophysiology of dementia is not understood completely. A genetic basis has been established for both early and late onset of Alzheimer's disease. Alzheimer's is not inherited. *[Source: alz.org]*

Individuals with Alzheimer's disease may experience agitation, a common and distressing behavior to the individual, their family and the provider. Unless recognized early and effectively managed, agitation can lead to aggression and increased risk of injury to self and others. It is important to identify the source of agitation to arrive at a resolution. *[Source: Agitation Resource Library]*

The potential role of the norepinephrine, serotonin and dopamine (NSD) neurotransmitter systems: tau pathology and neurodegeneration in key prefrontal and subcortical brain regions may increase the risk of developing agitation in Alzheimer's dementia. Specifically, agitation in Alzheimer's dementia may reflect an imbalance between top-down executive control (i.e., hypoactivity in prefrontal regions) and bottom-up emotional drive (i.e., hyperactivity subcortical regions including the amygdala). Moreover, agitation in Alzheimer's dementia is associated with noradrenergic serotonergic and dopaminergic system dysfunction in brain circuits mediating the balance between executive control and emotional drive. *[Source: Dr. L. Brennan and Dr. M. Fisher, Otsuka Pharmaceutical Development and Commercialization, Inc. by Dr. Maria Perez]*





PNA Chapter NEWS



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

The Philippine Nurses Association of Gulf Coast Florida Induction Ceremony and Gala night 12/2/22



On 12/2/22, we were installed as PNAGF's Executive Board by PNAA President Dr. Gloria L. Beriones assisted by PNAA Pres. Elect Dr. Marlon Saria. The afternoon started at 4:00 pm when the members of the new Executive Board came to help out set up the venue. Each one got ready to do their assigned task for the night. Some were assigned in Registration, Certificates, Oath of office forms, Audio visuals, Decorations, wristlets for the PNAA guests, Dessert table, etc. Then the guests came in their lovely outfits for the women and dashing suits for the men.

Guests were welcomed by our usherettes and escorted them to their respective seats. Our PNAA guests also came. Hors d'oeuvres were served in the beginning and enjoyed by guests. The emcees for the night were Alma Asunción, Meden Madrinan and Dr. William Cua. The program started at 6:30 pm with the US National Anthem followed by the Philippines National Anthem by my niece, Merly's daughter, Miss Marydin Santos- Llanto. Meden Madrinan introduced the keynote speaker, Dr. Gloria Beriones. At first she recognized PNAGF's Past Presidents and then she had all the nurses in the room stand up and be proud of our professions. She spoke about her mantra which was Our United voice, we care which stands for wisdom, excellence-collaboration, advocacy, respect and equity.



The next speaker was to give an inspirational speech. And that was PNAA SCR VP Mr. Manny Ramos. After his speech, dinner was served. Our first entertainer was Marydin Llanto with a beautiful rendition of “ Moon River .” followed by the video clips of PNAGF's activities during the last 2 years by Merly S. Llanto. Outgoing President, Janella Puyot had Marydin read her outgoing speech . The reason why we're here tonight , the Induction of officers .Dr. Gloria Beriones read the significance of taking an oath of office. Then the newly elected officers were sworn in. The members of PNAA EB congratulated PNAGF's Executive Board.



We were surprised by one of our Board of Directors , Don Bronto, when he showed up from the concert of a popular movie star, Gabby Conception. Don was the front act in the concert. He sang 2 songs after the Induction Ceremony which made the guests happy and excited ! He serenaded the President and the newly sworn in members of the EB with his rendition of the song “ Magandang Dilag” . followed by PNAA Shine song.

Acceptance Speech by President Cecile Santos- Medenilla started by acknowledging PNAA leaders. She also asked the members to be engaged and empowered and take the opportunity to help accomplish PNAGF's missions and goals. Her mantra is simple. “ Get involved , make a difference! She thanked the co- founders of PNAGF, her family, and classmates in nursing school. She also acknowledged the presence of community leaders and PNA Tampa Bay. She recognized and thanked the Immediate Past President, Janella Puyot and her Executive Board for her exemplary leadership, for their service, commitment and dedication during the pandemic time. She thanked the donors, sponsors and supporters for unending support to PNAGF. She also mentioned and thanked leaders of the community , PNA Tampa Bay for their presence and support.

PNAGF Recognized the Shining Stars. There were six PNAGF members awarded the Certificate of Appreciation that night for their achievements and excellence in their fields of expertise, utilization of their talents to promote the positive image of a nurse and their dedication and commitment to the stable growth of PNAGF, all of which are the true spirit on which PNAGF mission was founded.

Another song was rendered by my lovely niece Marydin singing a Tagalog song “Araw Gabi.” Music played by DJ John. He led the guests dancing to the music. The evening ended with the dance number by PNAGF members to the music, “All I want for Christmas.” Raffle tickets were drawn before the evening ended. There were three winners but 2 were given back to PNAGF's treasury. Thank you Dr. Marlon Saria and Red Perea. Closing remarks was delivered by PNAGF President-Elect Teresita Rivera. A truly remarkable night to remember!

To our distinguished guests, Dr. Gloria Beriones, SCR VP Manny Ramos , PNAA Past President Pete Calixto , PNAA Secretary Theresa Damito and PN AA NCR VP Manelita” Bong” Dayon, our utmost gratitude for your support to PNAGF from the bottom of our hearts. Maraming Salamat po sa inyong lahat! Mabuhay ang PNAGF!



PNAA Chapter NEWS



By Divina Telan Robillard
PNA Hawaii

Christmas Caroling: A delightful service and tradition



The pandemic years certainly put a damper on a number of activities worth doing, especially those that encourage socializing and connecting with fellow human beings. Sighs of relief were exhaled all over the world when the pandemic's scourge was cut to a manageable level. Things are inching towards normal, including the revival of Christmas traditions that were severely verboten in the past two years. One of these is Christmas caroling.

On one cool but thankfully dry Friday night, a group of PNA Hawaii members, led by Major Ramon Sumibcay, and consisting of Virginia Baptista, Edel Matias, Lorna Imperial, and Helen Go, entertained residents of five care homes in the Salt Lake area with delightful and rousing renditions of old-time favorite Christmas carols. The PNAH carolers adorned themselves with festive headgear and twinkling necklaces. The residents, about 25 in all, and family members of the care home operators, sang along, swayed to the music, clapped with their hands and tapped their feet with the beat!



The repertoire, masterfully accompanied on the guitar by Ramon, consisted of old standards – Joy to the World, Jingle Bells, Silver Bells, and even an Ilocano Christmas ditty requested by residents: “Daytoy A Balay.” And yet, the few minutes of happy music momentarily suspended whatever heartaches and discontent that were in the householders' hearts and transformed the air with the magic of Christ's message of peace, joy, and hope! Care home operators, happy with the results of this joyful visit, shared their wealth by donating generously to help boost PNAH's ability to bring more service to other communities.



Another opportunity for PNAH to share music and the Christmas spirit arose last night during the Christmas party for the ALS Community here in Hawaii. The holiday party had been a tradition in the community for more than twenty years. But like everything else during the two years of the pandemic, the community had to do without. This situation was particularly sad because the holiday party was one of the few times the community got together and NOT talk about the disease at all. ALS effectively isolates persons with ALS (pALS) and their families from gatherings brought on by physical vulnerability, immobility, and difficulty of communication.



Although inviting Ramon to entertain and lead the Christmas caroling at the party was done at the 11th hour, his willingness to juggle his busy singing schedule to accommodate the community's request was thoroughly appreciated by all! He came with his wife, Dr. Lorna Imperial, and right away, both felt at home with the group that included service providers, pALS and families currently living with ALS, and individuals whose pALS has long been dead but still felt part of the community.

Ramon started the caroling portion with a very appropriate song, "Away in a Manager," to bring everyone's focus on the real reason for the season: the First Christmas. Everyone applauded his choice, particularly since the event was being held at a place for veneration of the Child Jesus, the Honolulu Central SDA Church on Nuuanu. The huge covered lanai provided a cozy venue protecting the frail among the attendees from the occasional blustery wind.

Having just arrived from the Philippines, Ramon followed with a nostalgic take on "I'll Be Home for Christmas." This song plucks at the heartstrings, "home" being different things to different people, although almost always describing comfort, contentment, love, and everything warm and fuzzy – something which many in the audience long for constantly in their condition.



After the two solo numbers, Ramon shared the mic with the audience by daring each table to sing one Christmas ditty that he accompanied with the guitar. The audience rose to his challenge with fun and spirited versions of Jingle Bells, Frosty the Snowman, and other jolly songs of the season and ending, appropriately, with "Mele Kalikimaka is the Thing to Say."

As was tradition, the Christmas Holiday Party hosted by the three non-profit service agencies involved with ALS (ALS Ohana, ALS Foundation of Hawaii, and ALSA-Golden West Chapter), did not have the dollars to give but Lorna and Ramon gladly participated in the buffet dinner. They even won a raffle prize each!

There are more Christmas caroling dates scheduled before the season ends. Here at PNAH, we are acutely aware that when the gift of music is shared in a season that is dedicated to giving and sharing, it is not only those who listen that receive the gift. Carolers, who bestow of their talent, time, and singing voices likewise accrue the blessings of continued camaraderie, a sense of purposeful sharing, and the blessing of seeing happiness reflected in the faces of their audience.

The world is a better place this Christmas. Sharing time and talent selflessly in a season where there is a great demand for them, shows a love for service and a sincere desire to uplift spirits. Let us all practice the Lord's message every Christmas, but wouldn't it be vastly more special if there were "Love, Peace, Hope, and Goodwill to all" every single day?



PNA Chapter NEWS



By Lea S. Agaton, BSN, BSBA, RN
PNA Illinois Board of Director

PNA Illinois participates in the Feed my Starving Children Program



PNAI's members and volunteers worked together packed meals for those who are hungry on November 19, 2022 at the Feed My Starving Children located in 740 Wiley Farm Court, Schaumburg, IL 60173.

Kids and adults of all ages hand-packed nutritious MannaPack® meals to assist in reversing and preventing undernutrition. Together, we produced more than we could as individuals bringing out unity, hope and vision through teamwork, friendship & discipleship.

Today Boxes Packed: 174 | Meals: 37,584
Kids Fed For A Year: 103 | Cost: \$9,020.16





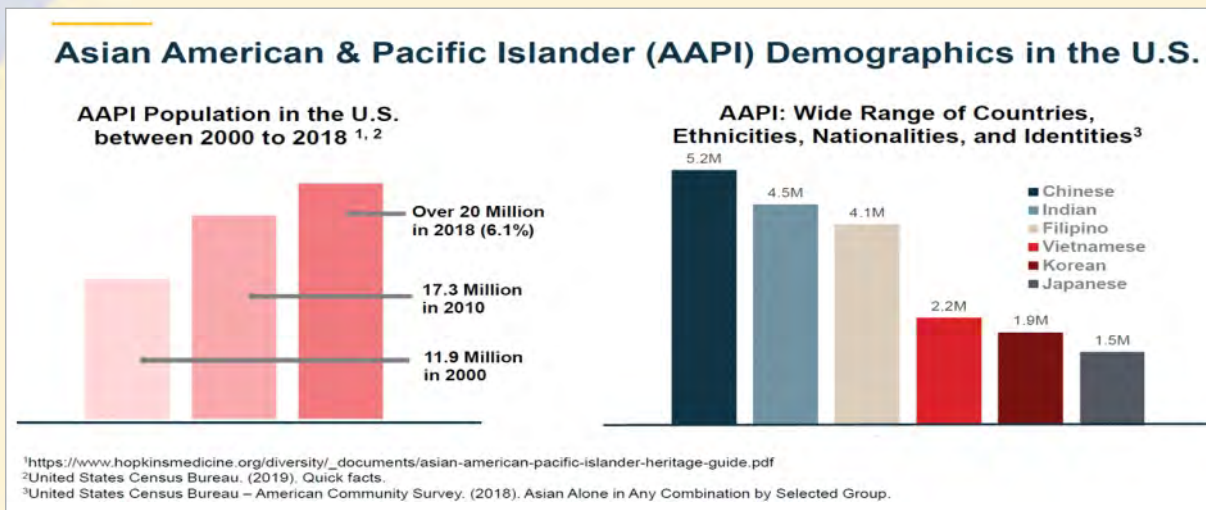


PNA Chapter NEWS



PNAMDC and its Legacy

In the spirit of Filipino heritage month, it is crucial that one explores the extent of the impact that Filipino Americans have brought into society. As it stands, the Filipino-Asian community continues to grow exponentially, with the latest 2019 statistics showing a stark increase, currently noted at 4.1 million. This fact alone begs us to delve into the breadth of the difference the Filipino Americans made to the betterment of society.



As immigrants, we are bound to experience hurdles and bouts of challenges that help shape us as nurses and individuals. Regardless of the frequently rocky path, the world continues to experience the unique contributions that several 'kababayans' have made to this nation, positively impacting society and the world as a whole. Such a pursuit remains a true calling to several Americans of Filipino descent, including the nurses from the Philippine Nurses Association of Metro DC (PNAMDC).

In our constant quest of remaining relevant, PNAMDC also endeavors opportunities that allow the chapter to give back to the community that has purposefully embraced its hardworking immigrants. The chapter, headed by President Carol Robles and President-elect Dr. Christine Pabico, seeks avenues to leverage the multitude of talents that the members possess and utilize them to afford an even more meaningful difference in the community it serves, strengthening the linkage to our ethnic origin's rich culture and legacy. With PNAMDC's dynamic leaders, the chapter has soared and has gained more visibility within the community, which inspired the chapter to do even more. Numerous initiatives have stemmed from PNAMDC's desire to leave the world a much better place by providing immediate assistance related to first aid stations, medical missions, COVID response initiatives, wellbeing events, and so forth; the latest being, which has garnered massive recognition, is the Heal the Healers Initiative. This particular program has provided comprehensive and culturally competent resources that foster the resilience and wellbeing of healthcare workers in light of the pandemic. PNAMDC's culturally sensitive resources are of utmost need as healthcare workers continue battling stress and burnout that have lingered for some time now. The intent is to narrow the wide gap in health disparity, dissolving mental health stigma and enhancing a health culture.

Another great legacy that PNAMDC has produced that is of noteworthy is Dr. Christine Pabico's line of work, which includes her passion and endearing presence in the nursing world. Her dynamic personality inspires several nurses globally, as widely witnessed at the ANCC National Magnet Conference® and Pathway to Excellence Conference® where more than 11,000 nurses were in attendance. In addition, she has brought so much joy and pride to the Filipino community through the work she does to advocate for nursing and assist healthcare organizations to create and sustain a positive practice environment. The marvelous work that PNAMDC endeavors, including Dr. Pabico's extensive work regarding health and workforce wellbeing, exemplify the depth of commitment that the chapter wholeheartedly embodies!



PNA Chapter NEWS



By **Cecilia R. Durante, MHA, MSN, BSN, RN, NE-BC**
Philippine Nurses Association Metropolitan DC

The Value of Mentorship



As a nurse leader, I continue to engage in activities that foster professional growth and development. Hence, I am pursuing a Doctorate in Nursing Practice. I find that it is typical for many of us to measure our ability to do things successfully based on education, years of experience, and the professional relationships built over time. Certainly, they are essential tools. Unknowingly, we are faced with different challenges each time we embark on something new, such as a new project, a new job, a new role, or a new educational endeavor. Unfortunately, our education and previous experience are sometimes not enough to deal with

them triumphantly. We need the constant guidance and wisdom of other people who are more experienced than us or are experts in certain subject matters.

A Realization

I started a new leadership role as an Assistant Chief Nurse. Therefore, I needed to learn about the organization's system, my roles, and responsibilities and adjust to the new work environment. Things became more challenging at work as I began to assume all responsibilities independently, with most tasks requiring critical decision-making and problem-solving. My challenges were compounded by my Doctor of Nursing Practice (DNP) project and immersion experience requirements. I had an overwhelming feeling of stress, anxiety, and confusion. I sought guidance and assistance from different people in my network: colleagues, former supervisors, professors, and friends. Each gave different advice, often good but conflicting with the others. It was rather confusing and chaotic. So, I pondered carefully and had an eye-opening realization of what I was missing, a "Mentor."

The Pursuit for the Right Mentor

I realized my need for a mentor, and I sought one. A mentor is someone with valuable experience and expertise in the nursing profession. An individual I can trust to provide me with thoughtful guidance, support, and advice. It is someone I can establish a long-term professional relationship with that could see me



through the path to my personal and professional development and advancements. I needed to find a mentor with qualities I could emulate or serve as a good role model. Contrary to other notions that mentees must share a similar specialization or career path as their mentors, I sought one that shares the same values and principles as I do. I looked for a mentor with whom I could connect, communicate effectively, and establish a relationship founded on trust, honesty, and mutual respect.

Finding a Mentor and the Benefits of Mentoring to me

As a Philippine Nurses Association Metropolitan DC (PNAMDC) member, I enjoy access privileges to its resources and support network. I was introduced to PNAAMDC's President-elect, who accepted me as a mentee. Not only did I find the right mentor within the organization, but I was also accepted as the very first post-graduate student to have the immersion experience and implement my DNP project. It is a milestone achievement for the organization as it expands its member benefits by opening its doors to nurses like me pursuing advanced education. The organization's mission, goals, and initiatives are well aligned with my DNP project and my professional career goals and objectives. Through the immersion experience, I will receive both precepting and mentoring to the fullest. The mentoring experience and DNP project implementation will provide an opportunity to fill in the gaps in the organization's program offerings, particularly the "Peer to Peer" support program. Finally, through this experience, I will be exposed to maximum learning opportunities from its leaders and members, improve my proficiency as a nurse leader, and achieve professional growth while answering the call to the mission of PNAAMDC.

Conclusion

I believe that nurses who may be novices or experienced to a certain degree could benefit significantly from mentoring. The nurturing and supportive experience in mentorship can strengthen the nurses through honest feedback and trustworthy advice. It facilitates increased self-confidence and allows for a continuous learning and teaching cycle that fosters strong leadership and professional growth and development. I also believe that both formal and informal mentorship should be something every nurse should take advantage of to achieve higher job satisfaction, reduced physical, mental, and emotional exhaustion, and increased nurse retention.





PNA Chapter NEWS



By MaJerlin Harbort, BSN, RNC-OB and
Lisa-Marie Cook, BSN, RNC-OB, C-EFM, ICCE

Why We Joined

Since 1960, more than 150,000 Filipino nurses have migrated to the United States. Amid a great nursing shortage, Henry Ford hired 500 nurses to staff hospitals. Even today, with the nursing shortage looming, Filipino nurses are meeting the challenge of filling staffing needs here in the U.S. In 2019, one out of every 20 nurses received training in the Philippines. Yet, for all those to come, Filipinos make up only 4% of the total registered nurses in the country. (Chachero, 2021)

From those newly arrived nurses to those born here with Filipino blood running through our veins, we join PNAMDC for various reasons. MaJerlin Harbort, Labor and Delivery nurse at the George Washington University Hospital (GWUH), recruited thirteen nurses to join PNAMDC. She reminds members to come to picnics, get-togethers, and meetings. While members have joined for one reason or another, the reminder that we are hard-working, dedicated, passionate nurses who impact this community are not lost on its members.



MaJerlin Harbort (wearing hat) with colleagues at the PNAMDC General Assembly & Picnic



Christopher Ruiz distributing ice cream at the PNAMDC General Assembly & Picnic

During this pandemic, facing nursing shortages in every hospital and every unit is a reality that we all face. The value of teamwork was found to be powerful. “Successful teamwork can make a huge workload of unmanageable tasks manageable.” If we are unable to find “positive teamwork” in the places we work in, then finding nursing support elsewhere becomes necessary. It is here, through PNAMDC, that we can connect with others and find the nursing support we so desperately seek. What could be better than spending time networking with other nurses from other clinical areas while socializing and eating lumpia in a park? There is value in teamwork. (Rosengarten, 2019.)

Christopher James Ruiz, George Washington University Hospital's Lead Clinical Coordinator in Surgery, expressed what many other members have found, that PNAMDC's ability to network with others is far-reaching and that we can do more for those in our community and in places that need our expertise than if we were alone.

“The reason why I joined PNAMDC is to build a professional network. I have learned that there are lots of Filipino-American nurses in the area, which can help me develop standards and best practices in the nursing profession. I also believe in their mission regarding professional excellence and social service to the community.

My goal is to attend and volunteer for various medical missions the organization is participating in and give back to the community. I also intend to collaborate with its members toward improving the nursing practice. I expect to meet people with the same passion for nursing as I have. I look forward to opportunities to grow along with other members of the profession.

Lastly, I expect to be more involved in uplifting the spirits of my co-Filipino nurses in the area.” We all agree with Christopher. Thank you, PNAMDC, for creating an organization where we can find positive strength, support, and teamwork and for reminding us of our commitment to service and our life's passion.

Continue to B.E. the LIGHT!

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PNA Chapter NEWS



By Alex Sardual MBA, BSN, RN, CNN, CVRN
PNAMH 2022-2024 PRO

PNAMH always on the go!



The heat of the well-known Texas summer was milder this year, but the zeal of PNA in our community outreach continued to be hot! PNA members were actively giving the Filipino community in Houston and neighboring city education on hypertension and stroke prevention during the 2022 Fiesta Ko Sa Texas event. This event was a collaboration among Filipino organizations spearheaded by the Philippine-American Chamber of Commerce. During the event, the members and officers of PNA, who operated the chapter booth, also successfully recruited new members.

Then PNA participated in the largest festival in Texas, the Filipino Street Festival. In this event, officers and members of the organization showcased our Filipino culture. Our booth was packed with displays of Filipiniana dresses and traditional costumes. The highlight of our presentation was the authentic-looking “sorbetes” cart, complete with all the colors and genuine Filipino art, which gave attendees another sense of the culture of Filipinos. PNA also successfully sent much-needed drinking water to Jackson, Mississippi, through our bottled water drive. The realization of this effort hinges on collaborating with other companies and mobilizing members to collect donations. This past month was indeed a great time for service by the PNA members!





PNA Chapter NEWS



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

PNAMH Moving Up



The month of October is Health Literacy Month and in keeping with the subject, PNAMH invited Robin Horn to present a continuing education topic entitled “Do Your Patients Understand Their Treatment Plan?” during our monthly meeting. This was such a wonderful and eye-opening talk that revealed many of the real-world shortcomings our patients encounter daily when dealing with healthcare workers.

We also collaborated with Michael DeBakey VA Hospital for their recruitment and resiliency week. PNAMH featured an informative booth showcasing our upcoming events that may be beneficial to members and non-members alike.

During this month we also partnered with the Filipino Cancer Network with their fundraiser picnic “Celebration of Life”. PNAMH had a booth that provided BP and blood glucose screening to the attendees of the event.

One of our more memorable events so far was the Fun Walk 2022. The Fun Walk is our annual fall fundraiser that promotes fun and fitness. We normally hold this event in Houston Memorial Park near the







PNA Chapter NEWS



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

PNA Miami Southeast Florida Updates

On November 11, 2022, PNAMSEF Executive Board and members honored all American veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. We thank them for their heroism and valor in protecting and keeping America safe.



The NANAY (National Alliance to Nurture the Aged and the Youth Inc.) held a Merienda feast last October 15, 2022. It was a fundraising event to promote the health and well-being of our elders. There was a lot of food and delicacies, and most of the food was baked or cooked by our nanays (mothers). The group's mission is to promote the health, welfare, and well-being of the elders, youth, and community. PNAMSEF provided health teaching on hypertension and cancer health screening last May 14, 2022. Dr. Joy Bruce, one of the Nanay founders, is a very active and dedicated leader who advocates for our elders. Thank you, Dr. Bruce, for your caring heart and leadership. NANAY celebrated its 28th anniversary on Nov 5, 2022.





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

VIRTUAL EDUCATIONAL SYMPOSIUM

Research*Innovation*Adaptation

October 29, 2022, Saturday, 9:00 am - 11:00 am

You're Invited to join us via Zoom to our 2nd Annual Virtual Educational Symposium!

Topics

- *Multiple Myeloma, Therapeutic Updates
Speaker: Dr. Joseph D. Tarriman, MBA, PhD, FAAN (Associate Dean Student Affairs, Rutgers University)
- *Post Pandemic Challenges in Nursing Education
Speaker: Dr. Ashley Rivera, PhD, RN, Jonas Scholar (Associate Professor, Florida State University)

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

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY

PHILIPPINE NURSES ASSOCIATION OF MIAMI
SOUTHEAST FLORIDA

**INDUCTION OF
EXECUTIVE
BOARD**

Join Us

DECEMBER 4, 2022 SUNDAY
4:30 PM - 8:30 PM

BIRDSIDE BANQUET HALL
12851 SW 42ND ST
MIAMI, FL 33175

BUS SPONSOR: *Contact*
PRECEK MOLAS PRECEK@AOL.COM
SEHNIE TALISAYON SATALISAYON@AOL.COM
LEAH ALEJANO LEA10CF14@YAHOO.COM

PNAMSEF newly elected Executive Board

President – Leah Alejano
 President-Elect- Mar Cristina Umbac
 Vice-President – Bernardina Hussein
 Secretary -Vivian Sibayan
 Assistant Secretary- April Planas
 Auditor- Bianka Andula
 Treasurer- Solfia Torre
 Assistant Treasurer - Naomi Adaza
 PRO-Myrna Macatangay
 Freda Arzadon

Board of Directors
 Vivian Lacandalo
 Sherry Persia
 Chona Pareja
 Emily Cerilo
 Rizalina Olegario

Congratulations

to our newly elected

PNAMSEF Executive Board



PNAA Chapter NEWS



By Teresita L. Remo BSN, RN, PCCN

President PNANT-Dallas 2020-2022

Bowling with a Heart



The PNANT- Dallas had their annual Bowling fest on November 5, 2022, at USA Bowl, Dallas Texas. The bowling fest was started in 2021 and has been successful in raising funds, garnering participation, and facilitating team bonding. Despite some individuals remaining in “partial” quarantine due to Covid-19, the event still resulted in overwhelming attendance by members' friends and family. Forty players packed the bowling lanes; all were not necessarily focused on winning but their main priority was just to have fun. The excitement mixed with friendly competitive zeal made the whole sport extra special. Although the main intention for the event is to raise funds, the profit margin is not ideal. The chapter, however, gains so much more in the invaluable concept of being with friends and family; the spontaneous bursts of jokes and laughter made the whole event meaningful for everyone.

The chapter awarded medals for the following: Highest Scoring Team, Highest Scoring Player, Highest PNANT Member Scorer, Member with Most guests, Player with the best Poise, and Best Cheering Team. All joking aside, the highest scoring player turned out to be a guest who was 70 years old. Surprising? Aside from the fun games, the players were able to enjoy free pizza and drinks- what more can you ask for? The three hours allotted for us were extended to four hours and everyone had a great time with smiles on their faces.

There are times when we need to relax and unwind at home, but it's also great to have some outdoor fun with company. I know that everyone is looking forward to the next bowling fest, and we hope to raise even more funds and garner more participation in the following year.



PNA Chapter **NEWS**



Ni Joel Clemente, MAN, RN
PNA North Texas – Dallas

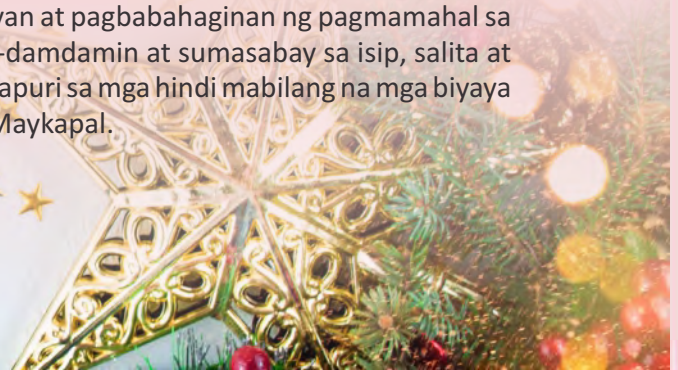
Pitak Pilipino/Pilipino Segment...

Ang Tunay Na Diwa Ng Pasko: Kahapon, Ngayon At Bukas

Habang papalapit ang panahon ng Atbiento, ang buong sangkatuhan ay labis inaasam-asam at ipinagdidiwang ang kaarawan ng ating Tagapagligtas at Dakilang Manunubos. Dahil dito, karamihan sa atin ay nagsasabit ng mga parol sa ating mga kabahayan, nagpapalamuti ng “Christmas Tree,” at sa mga department store, opisina at tindahan ay meron ding mga palamuti at ilaw na nagbibigay liwanag sa ating kapaligiran – nagpapahiwatig lamang na ang pinakamasayang buwan ay narito na. Ito rin ang panahon na kung saan ang ibang tao ay nagiging mapagbigay (generous) sa pag-abot ng tulong at pagpamalas ng kawang-gawa sa mga mahihirap at kapus-palad. Samantala, ang iba naman ay abalang bumibili at nagbibigay ng espesyal na christmas card at regalo sa kanilang mga lab wans at kaibigan, nagbabahaginan ng pagbati ng kapayapaan sa bawat isa. Hindi rin makakalimutan ang paghahanda at paghahain ng mga pagkain at “goodies” para sa Noche Buena at bisperas ng Bagong Taon selebrasyon. At para sa mga kabataan, hindi rin maiwawaglit ang paghingi ng aginaldo sa kanilang mga ninong at ninang, at ang pag-awit ng krismas songs na nakakadagdag ng kasiyahan.

Sa kabila ng mga pangyayaring ito na sumasailalim sa kabuwanan ng Pasko, marapat na tayong mga nilalang ay dapat mag-isip, magdasal at magnilay-nilay kung ano ba talaga ang tunay na diwa ng pagdating ng Nino Hesus sa ating buhay. Sa katunayan ang diwang iyon ay ang *pagbibigayan at pagbabahaginan ng pagmamahal sa bawat isa*. Ika nga, ang pagbabahaginan ng ating talino, galing at yaman para sa mga wala nito, ang panunumbalik at pagkakaibigan na dati ay magka-away, ang pagtuwid ng mga kamalian tungo sa mas maganda at masusing katamaan at pagiging totoo sa sarili, pamilya at ibang tao.

Kaya ang tunay na diwa ng Pasko ng kahapon, ngayon at bukas na ang pagbibigayan at pagbabahaginan ng pagmamahal sa bawat isa ay kailan man hindi nagbabago at nagmamaliw. Kumbaga, ito’y mas lalong nagiging makabuluhan, makahulugan at mabiyaya kung lagi-laging ginagawa natin ito, hindi lamang ngayon Pasko kundi araw-araw habang tayo’y nabubuhay. Tunay na ang ating pagbibigayan at pagbabahaginan ng pagmamahal sa ating kapwa ay nagmumula sa ating mga puso’t-damdamin at sumasabay sa isip, salita at gawa. Lahat bilang taos-pusong pasasalamat at papuri sa mga hindi mabilang na mga biyaya at pagpapala na natanggap natin mula sa Poong Maykapal.





The True Essence Of Christmas: Yesterday, Today and Tomorrow

*Translated from the essay
"Ang Tunay Na Diwa Ng Pasko: Kahapon, Ngayon At Bukas"*

By **Joel Clemente, MAN, RN**
PNA North Texas – Dallas

As the season of Advent approaches, the entire human populace celebrates the birthday of our Saviour and Redeemer. Donning stars in their homes, decorating Christmas trees and lighting offices and houses with confetti lights, to signify that the merriest month of the year is at hand. It is also at this time, when people become more generous by extending a helping hand to the poor and less-fortunate. While others give cards and presence, exchanging greetings of peace to one another. Meanwhile, the affluent ones are busy buying special gifts for their loved ones and friends, making lists, and the same time buying/preparing foods and goodies for the customary "Noche Buena aka Christmas Eve" and "New Year's Eve" celebrations. And to add to the festivities of the atmosphere, guys and gals sings Christmas songs, enjoys merrymaking and fun to their hearts' content.

Amidst these situations highlighting the Yuletide cheers, perhaps it is proper and fitting for us to take time to think, pray and reflect as to what it is really the true essence and message of the coming of our Lord Jesus Christ. Truly, its focal essence/message is the *giving and sharing of Love to one another*. Taking quality time to be kind to one and all, turning bad folks to good friends in the spirit of unity and reconciliation, sharing our skills, knowledge and wealth to those who have none.

Hence, the Christmas essence/message of yesterday, today and tomorrow that is again the giving and sharing of Love to one another does not change at all. Infact, it becomes more meaningful, truthful and richly blessed when we apply it to our daily lives; not only during this Yuletide season but also during the entire years of our existence. Indeed, our giving and sharing of Love to each and everyone emanates from our hearts and minds and goes in conjunction with our actions, words and deeds = all in thanksgiving and praise for all the countless blessings and graces God has bestowed upon us.





PNAA Chapter NEWS



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

Reflections of A PNANT Rising Star

“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” - Matthew 5:16



Ever since I joined the Philippine Nurses Association of North Texas (PNANT) Dallas Chapter last May 2022, series of activities made myself busy towards social consciousness for God and our beloved country.

Activities and events like the Meet and Greet, Blood Pressure Check-up for Stroke Awareness last June 12, 2022 Philippine Independence Day Celebration, Reo Brothers of Tacloban Concert August 14, 2022, Feed My Starving Children Annual Volunteer Day September 17, 2022, 19th PNAA SCR Conference October 14 to 16, 2022, Lone Star Palengke October 23, 2022, and the Bowling With A Heart Tournament dated November 5, 2022 = has inculcated in me the sense of both getting active and be involved in the association, and in giving back to the community. With



the already countless gifts that our Lord gave us such as our talents, skills, knowledge and the proper attitudes, I believed that spreading our wings to fly to the people we serve more and more strengthens our friendship, camaraderie, fellowship and bonding not only as an association but as brothers and sisters in Christ. Thus, uplifting our noble profession to greater heights.

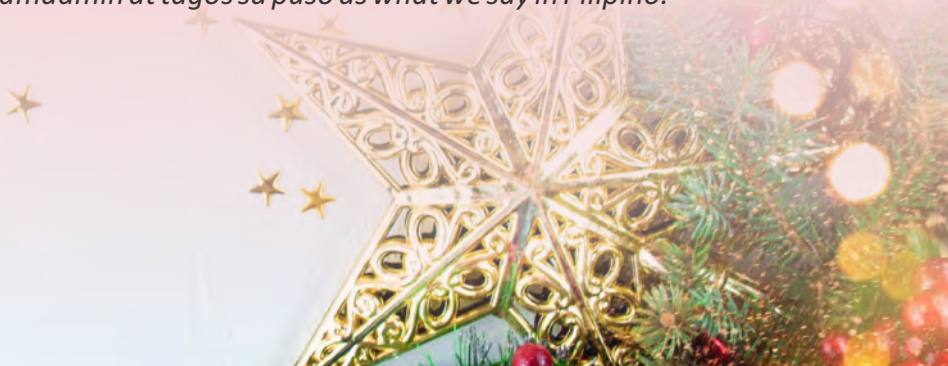
*So to speak that as a seven (7) months old member of our PNANT caravan, never in my wildest dream and imagination that I will be awarded the **Rising Star Certificate of Recognition** which took place last December 3, 2022 during our PNANT Christmas Party, General Assembly and Induction of 2022-2024 Executive Board Officers. Such recognition is a manifestation that when our Divine Providence showers His blessings and graces, our family are sun bathing because it continues to pour beyond our expectations. As such, me and my family are so*

grateful, blessed and thankful for the recognition which truly goes to say that we give justice to what we do for the individual, group, and community in general.

Our heartfelt gratitude goes to Ms. Greta Pardue (Founding President 2005), Ms. Melissa Cunanan (2022-2024 PNAA Executive Board Member), Ms. Tess Laboga-Remo (2020-2022 President), Ms. Geraldine Perez (2022-2024 President), and to our entire chapter's executive board past and present and members not specifically mentioned for their unwavering love, support and prayers.

Much more our thankfulness too to Dr. Riza Mauricio (2022-2024 PNAA Executive Board Member) for being our Guest Speaker. Infact, me and my wife May will never forget with what she said that "once you are a PNAA member regardless which chapter you belong, your seven (7) days becomes eight (8) because you spend sufficient time in making a difference in the lives of others."

In parting, the heartwarming and inspirational speeches of Ms. Pardue, Ms. Remo, Ms. Perez and Dr. Mauricio made me and my better-half teary-eyed. Ika nga, ang kanilang mga talumpati ay tunay nga makabagbag damdamin at tagos sa puso as what we say in Pilipino.





PNA Chapter NEWS



By Teresita L. Remo BSN, RN, PCCN
PNANT, President 2020-2022

One warm coat to a cold Christmas

During the annual bowling fundraising event held on November 5, 2022, at USA BOWL, Dallas, Texas, the PNANT-Dallas chapter also held an outreach community activity, "One Warm Coat" Drive on site. This was in collaboration with the Land's End organization to collect as many slightly used coats to be distributed to our less fortunate brothers and sisters during the cold winter month of December. The project flyers were posted on Facebook and group chat message two weeks before the final collection day. There was an overwhelming response from friends and members' families and we were able to collect forty slightly used coats. The coats were brought to the Land's End store and the manager was surprised to see us with a cart full of coats. She claimed that we were the only group who has brought that much and they appreciated us. We introduced ourselves and our PNANT-Dallas chapter which they haven't heard of before. It was a successful drive and we hope to make it an annual event.





PNA Chapter NEWS



By **Perly Aguinaldo, BSN, RN**
President PNASD 2022-2024

PNASD's Maiden Collaborations for November 2022 - Balik-Tulong Project

PNASD's Balik-Tulong Project was established on October 10, 2022 when one of our members was informed by the Material Management supervisor of the hospital where she works, that they are looking for non-profit organizations who would be willing to coordinate the donation of expired medical supplies that will otherwise be discarded. Some of the items are either close to expiration, on surplus, or ordered but not used because of compliance reasons.

Realizing that hospitals from the Philippines could benefit from it, we accepted the challenge. Named the project "Balik -Tulong". Similar to our Balik- Aklatan project wherein we send Nursing books and Journals to Nursing Schools in the Philippines twice a year.

Under the mentorship of Ms Cece Echon a committee was created, SOP was formulated to include supply procurement process, scheduling, funding, recipients, contacts, and manpower. New engaged member Maricel Oliver accepted to chair the committee. It was easy to recruit members because they like the mission. Merlyn Foronda who has strong connections with hospitals in the Philippines was tasked to establish contacts and list of recipients. One committee member who is good with Finance is tasked with the budget, and at the same time possibly solicit donors or maybe connect with corporate LBC for discounted shipping. Another member was willing to look into storage options. It is a work in progress with a great team working together. As of this writing, after our initial organizing "party" we have three Balik Bayan boxes ready to be shipped to Philippine General Hospital in Manila as our first recipient.





National Coastal Clean-Up Day



One of the initiatives close to my heart is to do something about a “Clean Environment”. The scope of this project is vast. Do we want to focus on beach clean-up, education, community gardening, sustainability, or composting? Dr. Nio Noveno expressed strong interest and support. He promptly wrote a proposal with short and long term plans.

September 17, 2022, was declared National Coastal Beach Clean-up day. We collaborated with the “I Love A Clean San Diego Organization”. Despite short notice Dr. Noveno was able to register 18 volunteers. Equipped with pick-up thongs and trash bags, we were assigned to a local community park close to the beach. What an awakening experience!! In just one hour and forty-five minutes, we collected a small truck full of garbage which otherwise would be washed into our ocean.

We had a Halo-halo social after our hard work, what a refreshing treat for everyone. Most of the volunteers agreed to become members of our Care for the Environment Task Force. We are in the process of exploring the focus and direction of our initiatives, more to follow.

San Diego Asian Film Festival Collaboration - Nurse Unseen

I was approached by the Director of Pacific Arts if PNASD would be willing to sponsor the documentary film NURSE UNSEEN, to be shown during the San Diego Asian Festival week.

I did not think twice, why not? This is a movie intended to recognize the Filipino Nurse, a movie that showcased our dedication and resiliency. It depicts our selfless caring attitude similar to superheroes who are willing to sacrifice our lives. It is this unwavering sense of duty to serve and our sense of obligation to our families back home. The movie also explains the disproportionate number of Filipino nurses who succumbed during this pandemic.

Being a sponsor came with many benefits besides the several advantages open to us; it was a great opportunity for PNASD to be visible with our community partners. Thank you to everyone who came to watch the movie and be “SEEN”. NURSE UNSEEN was a sold-out event in part to a great turnout by PNASD members, families and friends.

Congratulations to several PNAA leaders in the cast, your messages imparted a great impact to all nurses as well as showing that NURSES know how to have FUN too.

Dr. Mary Joy Dia commented - “CONGRATULATIONS To ALL of US.”



PNA Chapter NEWS



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

PNASD Professional Development Series – “A Toolbox of Core Competencies for Novice Nurses”

Novice nurses deal with leadership, competence, and technical ability challenges. Studies suggested that novice nurses are unprepared to assume leadership roles and care in highly complex settings. Long-anticipated nursing shortages are happening nationwide, in part from boomer retirements. These supply issues are expected to worsen because of an aging population that will require complex healthcare; thus, our young new grads may face the dilemma of leading teams without proper leadership training in their toolbox. Nurse educators must develop education and nursing practice strategies to cope with these challenges.

As they have yet to develop these skills, new graduates feel insecure and unprepared to face this reality. As a nursing organization, PNASD supports our recent graduates by providing educational opportunities for professional development. PNASD Education Committee developed a 2-part series that may benefit young and seasoned nurses.

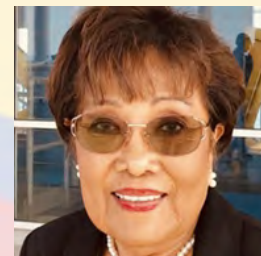
On September 24, 2022, the first module of the series was launched, discussing skills any nurse can keep in their toolbox of core competencies necessary to overcome the challenges in front of them.



Rose Cruz, MSN, RN

Communication – Rose presented the topic of communication. She is one of the Education Committee members. Rose reviewed the basic nuts & bolts of communication, strategies & channels of communication, and defined implicit & explicit bias, which is very important in today's environment. Most importantly, she reviewed group communication & dynamics, which apply to any organization. She ended with tips for new grads in new leadership positions.

Time Management & Prioritization – this topic may apply to Novice nurses and all nurses. Everyone experiences a feeling of "not enough time" at work and in everyday life. In this topic, Lourdes, another member of the Education committee team, provided insights on how to find a balance between all the things anyone may need and want to do and how to manage time effectively and efficiently to allow the right time for a suitable activity.



Lourdes Deperio, MSN, RN



LCDR Raben Talvo, RN, MBA

Problem-solving & critical thinking skills – as nurses, problem-solving is inherent in nursing. But how to utilize critical thinking skills to obtain the best possible outcome is vital. In this section of the series, LCDR Raben Talvo, also a member of the PNASD Education Committee, defined critical thinking as a framework for problem-solving in nursing.

The second series of Professional Development was completed on December 10, 2022 and provided more tools to our nurses' toolbox at work, at home, or in their nursing organizations. It is designed for nurses, novices, and non-novice to enhance



their core competencies successfully. PNASD engages young nurses and students with every opportunity. In this event, Erin Abille, BSN(c), a member of the Student Leadership Committee (SLC), moderated the seminar, and Tiffany Williams, also from SLC, facilitated the 5-minutes break.



Asher Apurillo
MSN, RN, CCRN &
Eugene Querido, BSN, RN

Team Building – is presented by a team of educators, Asher & Eugene, from the PNASD Education committee. With the current climate of understaffing, burnout, outsourcing, and other morale-defeating activities a nurse encounter daily, it is so much more important to utilize their knowledge in team building to work together and reduce stress and burnout. They explained the advantages, four types of team building, the process, implementation, and the 5-Cs of team building. These 5-Cs are cooperation, compromise, communication, confidence, and commitment.



Priscilla L. Sagar
EdD, RN, ACNS-BC,
CTN-A, FAAN

Mentorship – PNASD is very fortunate to have Dr. Sagar present this topic to help young students and nurses move their careers forward. It demonstrated the importance of having a mentor along the way in a structured format, not losing sight of a nurse's goal and mission, and understanding the difference between a mentor, preceptor, and coach. She provided the strategies for a successful mentoring partnership and common pitfalls to avoid. She also encouraged attendees to become mentors during these unprecedented times, to give back and pay it forward.



Cris Escarrilla,
MSN, BSN, RN

Conflict Resolution – it is indeed unprecedented times. Due to an unforeseen event, Cris, as Chair of the Education Committee, had to cover for the original speaker, thus presenting the topic of conflict resolution. There are many reasons for conflict and identifying negative behaviors and how to stand up to these behaviors helps avoid disputes in the workplace. Dealing with conflict gets easier in time utilizing the strategies discussed in this seminar, as well as being able to identify the different conflict management styles. Remembering a quote from Ambrose Bierce resonates well to avoid further conflict, "Speak when you are angry, and you will make the best speech you will ever regret."



Marlene Ruiz, MA,
BSN, RN

Developing Delegation Skills – as Cris' original topic to present, she reviewed the Nurse Practice Act, Scope of Practice, and the role of ANA & NCSBN in creating "Delegation in Nursing." Understanding a nurse's scope of practice and the five rights of delegation can provide a guideline for nurses to feel confident in delegating tasks and activities to their co-workers. There are many reasons why delegation is necessary, including fiscal constraints and nursing shortages, increased patient complexities, and the accountability for a positive patient outcome.

Emotional Intelligence (EI) – Marlene defined EI to attendees as the ability to understand & manage their own emotions and recognize the influence of the feelings around them. She referred to the historical perspective of "why" emotional intelligence was born. She also mentioned that free EI quizzes are available online to assist in becoming aware of own emotional intelligence.



Merlie Ramira,
DNP, FNP-C CEN

Academic Progression – lastly, Dr. Ramira presented Academic Progression from the National Academy of Medicine. She reviewed the future of nursing, past and present. The different roles of nursing education and the workforce on Academic Progression, and the various educational pathways. What an inspiring talk, especially for the young nurses who dream of becoming future providers as nurse practitioners, and educators who want to teach and help young individuals achieve their goals of becoming nurses in academia. Attendees also heard the recommendations to improve nursing education and the workforce. Data on nurse practitioners by race and ethnicity in 2018 shows 9.2% among



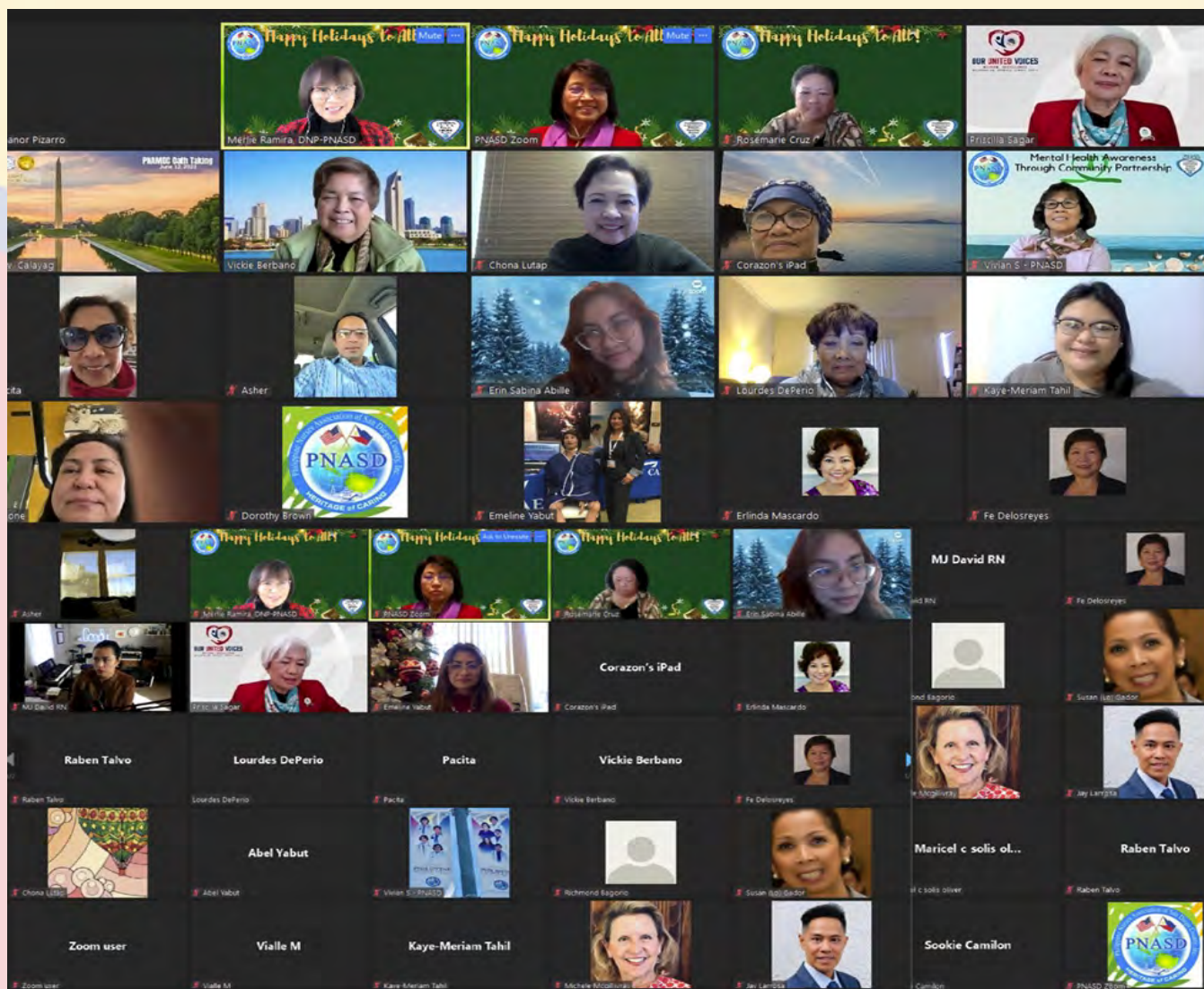
Hispanics, 7.7% among African Americans, and 3.5% among Asians, compared to 75.3% among whites. Although the percentage is up from 2008, there is still much work to engage diversity in higher education and the workforce.

The PNASD Education committee hopes that the above tools will help young and seasoned nurses navigate the ever-complex world of nursing. Provide insights into career advancements and utilize the strategies learned to improve work relationships and avoid burnout, thus better patient outcomes.



PNASD Education Planning Committee Members

Zoom attendees' screenshots





PNA Chapter NEWS



By Crisabel Tabeta Ramos, RN, BSHCM, CMCN
BOD Liaison, Community Health Outreach

PNASD receives Certificate of Appreciation from the House of the Philippines

PNASD continues collaborating with community partners to serve our fellowmen for a good cause. House of the Philippines presented a Certificate of Appreciation to PNASD because of the extraordinary efforts of volunteerism and act of kindness that the Community Health Outreach volunteers have shown. We at PNASD march on to serve and support humanely with agility, innovativeness, and respect for equality, culture, and all ages. MABUHAY!



December 10, 2022
BALBOA PARK, SAN DIEGO, CA





PNAA Chapter NEWS



By Dorianne Tillano BSN, NP-C, PMHNP-BC
Education Co-chair, Board Member

PNASC Fall Education Event



Philippine Nurses Association of Southern California (PNASC), in collaboration with the PNASC West Los Angeles subchapter, held a Fall Education Event on November 12, 2022. The theme was Mental and Neurological Health: Nurses as Health Advocates. This theme is relevant to nurses because of their contribution and challenges encountered during the height of the COVID 19 pandemic through present. Nurses were at the forefront of the pandemic and remained steadfast in service to others; often losing hindsight of their own mental health.

Dr. Melanie Tallakson, DNP, MPH, FNP-BC, opened the event as the first keynote speaker with the topic of "Alzheimer's Disease: Making the Memory Last". The attendees learned about the importance of research and clinical trials studying prevention of neurological diseases from occurring. The attendees participated in pre surveys and post surveys as part of the presentation. The attendees were included in a raffle drawing of two Target gift cards worth \$50 each! This presentation is one of the seven community presentations for UCI MIND Ahead AIM2 community presentations.

PANELISTS



• Danilo Bernal DNP, APRN, FNP-BC
Assistant Professor of Nursing at California State University Channel Islands
Assistant Professor of Nursing at Charles R. Drew University of Medicine and Science Nurse Practitioner at Redpath



• Mindy Ofiana MSN, RN
Adjunct Faculty, Charles Drew University of Medicine and Sciences
Chief Operating Officer at Victor Valley Global Medical Center



• Pag-asa Ponce, MSN, Ed
JC Staff Faculty- VN Rem2 Theory Instructor
Nurse Supervisor acute care-medical center
Student in the CSUN MEd, Ed program



• Sasha Rarong, PhD, MSN, CCM, RN
Dean of Nursing at Angeles College
Post Graduate Student of Psychiatric Mental Health NP at West Coast University



• Morgan Rodgers RN
Aya Healthcare Travel Nurse



• Sharon B. De Peralta, Ph.D., R.N.
Co-Chief of Mental Health Care Group
Chief Mental Health Nurse
The Saban VA Medical Center
Long Beach VA Healthcare System

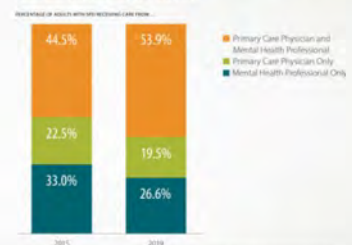


• Gwen Denise Tabaldo
Entry Level Masters Student Nurse at Charles R. Drew University of Medicine and Science

PANEL DISCUSSIONS REGARDING MENTAL HEALTH AND WELLNESS:

1. What are the biggest challenges of mental health and wellness in your area of work?
2. What kind of support is available for you, your teams, and your organization?
3. Tell us about current research, innovation, or evidence-driven practice or quality improvement work in your area of work
4. How can we best advocate for more support and resources?
5. Please share your advice to all those mentally and psychologically suffering during these chaotic times?

Mental Health Care in Past Year by Type of Provider, Adults with SPD, California, 2015 and 2019



THE WHERE ARE WE GOING TO GET THE CARE



STRATEGIC APPROACH TO INTEGRATING CARING SCIENCE INTO PRACTICE



The second keynote speaker was Dayna Gatmaitan, MSN, AGPCNP-BC, who presented “Neuroscience Nursing: Advocating for Patients with Neurological Disorders”. She discussed why nursing advocacy matters in the growing geriatric population with neurological symptoms and she went over a few case studies with the attendees. She valuable shared resources

Dr. Velma Yep, DNP, GNP-BC, PNASC VP, moderated the panel discussion topic of “Mental Health Issues Encountered by

Student Nurses or Professional Nurses During and After the COVID-19 Pandemic”. The seven panelists consisted of educators, practice leaders, staff nurses and a student.

Graduate student speaker, Dr Cynthia Jovanov, DNP, MBA, CNS, FNP/ACNP-BC, CCRN, RNFA, PMHNP(s), presented her journey as a student. Dr Jovanov shared the who, what, and why's related to mental health in the U.S. that showed there is a growing need for mental health providers. The data that showed more and more patients seek mental health care in primary care settings propelled her decision to become a psychiatric nurse practitioner.

The third and final speaker, Janette V. Moreno, DNP, NEA-BC, NPD-BC, presented “Leading the Way to a Resilient Workforce: A Self Discovery Journey of a Caritas Coach”. Dr Moreno is an engaging, dynamic, and energetic nurse leader who reminded the attendees that we all have our own journey and experiences as nurses. She shared the Caritas process such as integrating caring science into practice. Dr Moreno emphasized that we are enough and we are the healing environment.

The Education event was attended by over 60 attendees, 4 vendors, and PNASC Executive Board members, and Advisory Board members, and PNASC/PNASC West Los Angeles members. There were over 12 students in attendance sponsored by generous PNASC Executive Board and members. The event was successful! Attendees walked away with valuable information on how nurses can advocate for patients with mental or neurological disorders. More importantly, attendees were provided tools and knowledge to help with their own mental health. These reminders help us healthcare workers thrive mentally and physically so we can continue to advocate so we may continue to serve our patients.



PNA Chapter NEWS



By **Melanie Tallakson, DNP, MPH, FNP-C**

PNASC Member



PNASC and UCI MIND Partner to Promote Alzheimer's Disease Education and Research Participation

- Alzheimer's disease is a public health crisis, affecting over 6 million people in the US
- Among the top ten causes of death in the U.S., Alzheimer's disease is the only one that cannot be prevented, slowed, or cured
- More than 11 million people are providing unpaid care for a loved one with Alzheimer's disease, most often a family member.
- Caregiving comes at a significant cost to our healthcare system, estimated to reach \$355 billion in 2021 alone
- Currently, Alzheimer's is the 6th leading cause of death in our nation, with 1 in every 3 seniors dying with the disease

The PNASC and the Institute for Memory Impairments and Neurological Disorders Alzheimer's Disease Research Center (UCI MIND) have partnered to promote Alzheimer's disease community-based education and clinical trial recruitment. The project goals include stakeholder interviews, community outreach presentations and clinical trial recruitment efforts. The National Association of Hispanic Nurses and the Korean American Nurses Association are also participating in this innovative project. This project is funded by the National Institute of Health and the Eisai pharmaceutical company

- ✓ According to research, changes in the brains of people with Alzheimer's disease start as many as 20 years before they notice symptoms like memory problems
- ✓ The goal of the AHEAD study is to get ahead of Alzheimer's disease by delaying memory loss before noticeable signs of Alzheimer's disease begin by investigating the impact of reducing amyloid in the brain
- ✓ The study is groundbreaking because the study medication (Lecanemab) doses are tailored based on each participant's level of brain amyloid
- ✓ The study will look at how this drug may reduce amyloid and preventing cognitive decline in people who have amyloid detected in the brain but have normal memory performance on cognitive tests.

The AHEAD pays \$50 per required visit and test. It also can provide free transportation to and from visits if needed. There are more than 100 study sites across the

To qualify for the study:

1. **55-80 years old and not have been diagnosed with Alzheimer's disease or Mild Cognitive Impairment.**
2. **Selected based on the level of amyloid in their brains as determined by imaging tests conducted as part of the study.**
Interested in helping prevent Alzheimer's Disease and/or want more information about the AHEAD study? Contact Dr. Melanie Tallakson, mtallaks@uci.edu, (949) 824-6625

Clinical research projects focusing on Asian American and Pacific Islander (AAPI) participants funded by the National Institute of Health (NIH) was less than 1% (0.17%) of its total budget between 1992 and 2018. Of the 44,359 participants who were enrolled Alzheimer's disease and other dementias (ADRD) studies at Alzheimer's Disease Research Centers, only 2.6% were AAPI. There is a critical need to address this challenge affecting our Filipino community.



EDUCATION, RESEARCH, AND PRACTICE COMMITTEE TEAM

DR SASHA RARANG, CHAIR

DR EMMA CUENCA, ADVISOR

DORIANNE TILANO, EDUCATION CO-CHAIR; DR JANETTE MORENO AND BERNARD RICOMMINI

ANTONETTE NUNEZ, RESEARCH CO-CHAIR; DR EUNICE ATIENZA, DR MELANIE TALLAKSON AND DR GAIL JONES

DR VELMA YEP, PRACTICE CO-CHAIR; MARLON CARPIO

Among Asian Americans, researchers found that Filipinos had the highest rates of dementia.

Learn more about Alzheimer's disease and clinical trials.



Come join us!

Philippine Nurses Association of So. California in collaboration with UCI MIND Ahead Research

- ✓ Attend One of the Seven (7) Community Presentations
- ✓ Learn the Impact of Alzheimer's in the Filipino Community
- ✓ Learn the Importance of Clinical Trials
- ✓ Enjoy Food and Raffle Prizes

Website: mynnasc.org

Contacts: sasha.rarang@yahoo.com
antonette_nunez7@yahoo.com





Holiday Fun





PNA Chapter **NEWS**

HOLIDAY GREETINGS FROM PNA SOCIAL PRESIDENT

Maria Theresa Sagun, MSN, RN



“It's the most wonderful time of the year...it's the happiest season of all!”

I know that I echo most of PNASC EBs, ACs, and members, having the holiday season as our favorite season. We get to spend time with family and friends, and we continue traditions like Simbang Gabi and gift giving. It is also the time we express our gratitude to those who have in our lives.

Despite all the continued challenges we are all facing (still) with the pandemic, and the predicted “worst flu season since 2010,” we still find reasons to celebrate all the wonderful things we have experienced this year:

- We continue to have strong presence in the communities that we serve.
- We partnered and collaborated with numerous organizations and strengthened our relationships with them.
- We advocated and supported nursing education and research.
- We started the planning of our 2024 PNA convention.

I am humbled and blessed to lead this organization where I get to serve with the best and the brightest.

I am hopeful that 2023 gives us reasons to celebrate, and to hope that the coming year will just make us stronger and relevant as an organization.

It may be uncertain what we will have to face, one thing I am certain, there are no better people to face uncertainties with than with all of you.

Maligayang Pasko at Mapayapang Bagong Taon!



PNA SOCAL Christmas party and fundraiser to support dental health in the Philippines





PNA Chapter NEWS



By Cris Hermano, BSN, RN

PNA Tampa's Community Outreach Events - A Huge Success!

Metropolitan Ministries- Inspiring Hope in Tampa Bay

One of the goals and objectives of the Philippine Nurses Association of Tampa Bay (PNA Tampa) is to promote a positive image of nursing to the community by volunteering in any worthwhile community projects or events. One example is the Annual Philfest event which is organized by the Philippine Cultural Foundation, Inc. (PCFI) in Tampa to promote our Philippine culture and heritage which PNA Tampa strongly supports every year during the week before Easter. Another community service that PNA Tampa participates every year is at the Metropolitan Ministries. PNA Tampa members and their families volunteer every year during the month of November since they need more volunteers during this time in preparation for Thanksgiving meals for the homeless and poverty-stricken families. Metropolitan Ministries is a 501c organization in metropolitan Tampa area and has been leading the drive to fight poverty and homelessness.

Last November 2nd, PNA Tampa members (Cris Hermano, Adora Rilveria, Nannette Tupaz, Marites Calvelo) and their friends enthusiastically volunteered at Metropolitan Ministries. They were assigned at the kitchen area to help in the meal preparation. They cut onions and bell peppers, cleaned and mopped the floors and rinsed and loaded the baking trays in the dishwasher. The other volunteers were assigned at the thrift store and worked on a three hour shift from 2p-5pm. They sorted donated items of clothes, shoes, home decorations, kitchen utensils and even helped in moving furnitures and appliances. They also organized and tidied up the store shelves of children's clothings and toys. They arranged displayed adult clothes and pants according to their sizes to make it more accessible to the poverty stricken buyers.

It was a very rewarding experience for all the volunteers as hard as they worked that day to be able to give back to God's needy people. PNA-Tampa members are proud that with this annual community outreach service, they can show their own personal Thanksgiving for all of God's blessings. Happy Advent Season to all!!



PNA Tampa Advisor and Pres-Elect Marites Calvelo volunteered at Metropolitan Ministries

PNA Tampa members & friends volunteered at Metropolitan Ministries

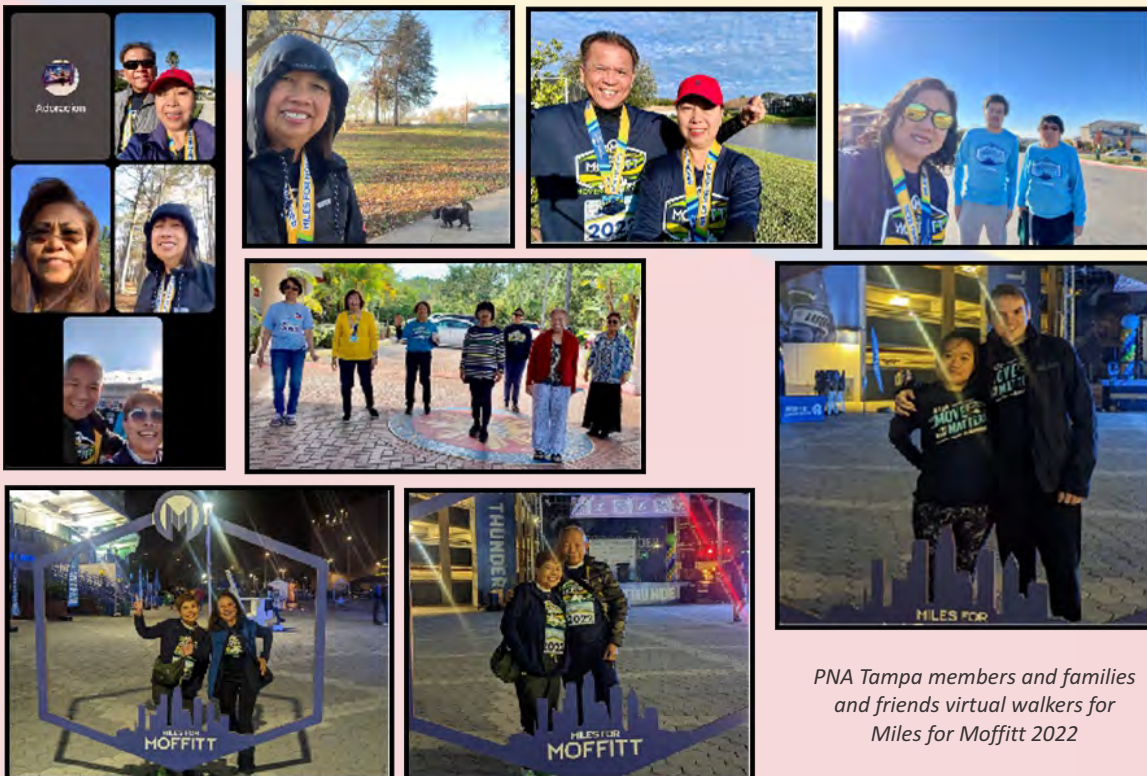


Miles Moffitt Walk 2022- “Let's Move for Love, Courage, and Finding Cures to Cancer”

By Maribel Soriano, BSN, RN

The Annual Miles for Moffitt is one of the community outreach event that PNA Tampa participates in every year. It was spearheaded by Jet Zabala, former member of PNA Tampa few years ago and formed the combined PNA Tampa and PNA Gulf Coast teams called Filipino Cancer Network of America-Tampa Bay. This year, the team leader was Maribel Soriano, PNA Tampa Vice-President and Past President. On November 19, 2022 , more than 7500 people came together and moved for love , courage and finding cures for cancer at the 17th annual Miles for Moffitt . Whether they were at the Amelie Arena or joined virtually they all came together as a community . The walk/run were divided into 4 groups. 10k, 5k, 3k, and 1 k. They started with Zumba sessions for 10k and 5 k runner/walker. The 10k runners/walkers started first and half an hour later the 5 k runners/walkers followed and then the 3k and 1 k walkers. The environment was filled with positive and hopeful people, some wearing shirts or holding poster size pictures of loved ones they lost to cancer. While walking the road at the beautiful Bayshore Boulevard, they have volunteers from different colleges and organizations who cheered the participants to continue on to finish the walk. There were plenty of of stations that give water for hydration. Once you reached the finish line there were lots of people cheering and a nice medal was given at the end. It was an early start for most of them and a far drive , but being there was all worth it because you can feel that what you are doing was for a good cause. Miles for Moffitt raised over 1.7 million dollars!! Moffitt PNA Tampa members who actively participated during the walk at Amelia Arena were Maribel and Ed Soriano and their daughter Kristina and hubby Eric and PNA Tampa President, Maria Bautista-Smith. PNA Tampa members who participated virtually were Geal Irvine with her dog Zoey, Nennette and Andy Apostol, Ana Resulta, Adora Rilveria, Emma Barrido, Jet Zabala and family, Ning Bonoan, Becky Jamo, Betty Covarrubias, Cris Hermano, Janella Puyot (PNAGF) and other friends from the PCFI Angklung group.

As Miles for Moffitt organizers quoted “We Move for What Matters,” this fundraising event was to find the cures for cancer and fund their research program at Moffitt Cancer Center.



PNA Tampa members and families and friends virtual walkers for Miles for Moffitt 2022



PNA Chapter NEWS



By Maria Bautista-Smith, APRN, FNP-C
President, PNA Tampa 2022-2024

PNA Tampa Held their General Assembly and Educational Program 2022

Theme: "Our United Voices: Our Hearts Speak"



*PNA Tampa attendees at the 2022 General Assembly and Educational Program
with SCR VP Manny Ramos, Speakers Rona Nuestro, Elizabeth Remo and Johanna Wellington*

One of the biggest events of the Philippine Nurses Association of Tampa Bay is the General Assembly held every November. The last 2 years we were limited to conduct our assembly virtually due to the Covid 19 Pandemic. Although the events were successful, it was in no comparison to the physical interactions and engagement held during the recent General Assembly in November 2022 @ Church of the Holy Spirit Parish Hall.

The Educational theme of our event was in unison with the mantra of the current President of the Philippine Nurses Association of America (PNA), Dr. Beriones, which is "Our United Voice: WE CARE". After a thorough collaboration and 3-month preparation the Executive Board and Board of Directors decided to combine the presentation with a personal experience, leadership perspective and a collaborative approach to deliver a "united voice".

The educational presentation was opened with the personal experience, a journey by a Registered Nurse sharing her a journey through an unexpected and sudden heart condition ending in a surgical intervention and cardiac rehabilitation. The title "The Heart Speaks: RN's (RoNa – is her name), Dual Voice: as a Nurse and as a Patient. The presentation not only gave us a clear perspective through her dual lens and repaired heart, but a renewed sense



of empathy as she educated as the appropriate approach to truly hear the voice of a patient experiencing heart surgery.

The second presentation was a professional and positional progression in roles that is well “spoken” – by an advance practitioner to switch in leadership role by managing a team of nursing clinicians. The great transition of speakers portrays the reality of the levels of confidence that constantly change and evolve. She demonstrated that even while obtaining a higher level of training, she recognized and willingly embraced that she is a novice in a new role. The audience heard her well as everyone related to such pendulous experience when it comes to starting new role assignment or responsibilities.

Lastly, the speaker concluded the presentation with the topic theme emphasizing the essence of shared voices in decision making that recognized the patient as the center of all clinical approaches. The impetus of the topic deals with listening to the patient's personal voice and ensuring their voice is heard, in as much as it is important that the patient hears the concerns of the clinicians responsible for their care. The success of any treatment plan or plan of action is only as valuable as the patient's active participation.

The personal experience of the RN going through an overwhelming and unexpected procedure is clearly described that a novice or experience nurse needs to recognize with appropriate empathetic knowledge and skills in a collaborative approach to optimize successful outcome. The event flowed well that both the organizers and the participants left with a sense of renewed purpose and heart for the nursing profession.

These are the following topics presented during the educational portion of the General Assembly:

1. “The Heart Speaks”: RoNa's Dual voice - a nurse, a patient
2. “The Heart Speaks”: Nurse Leader's dual voice – An APRN, A Manager
3. Shared Voices in Decision-Making: Collaborative Approach in Patient Care



Perlta Cangas gave new t-shirts to officers



Elizabeth Remo presenting her topic



PNA Chapter NEWS



By Eileen Dauz, BSN, RN, CGRN, CFER, CER

PNA Virginia General Assembly



PNAVA
General Assembly

December 10, 2022
10:00AM - 12:00PM

- General Membership Meeting
- Meet and Greet by the Executive Board, Chairpersons, and Circle of Presidents
- Presentation of PNAVA Mission and Vision
- Welcome New Members and Guests
- Introduction of the Incoming Executive Board of 2023-2024

The Founders Inn
5641 Indian River Rd, Virginia Beach, VA 23464

www.pnava.org | Admission : FREE

I am beaming with pride as I put pen to paper to provide my public relation officer's point of view about my chapter's successful first post-pandemic face-to-face general membership assembly that transpired today, December 10, 2022.

PNA Virginia (PNAVA) held this event at the picturesque Founder's Inn and Spa, a local Christmas landmark in the city of Virginia Beach. Almost half of PNAVA's membership attended this standing room only event.

Catherine Mangune Paler, the visionary president of PNAVA ended her first presidential term with a very strong state of the union report that summarized PNAVA's noteworthy accomplishments for the past year.

According to Paler, her board and member volunteers are the secret sauce to PNAVA's strength and successes.

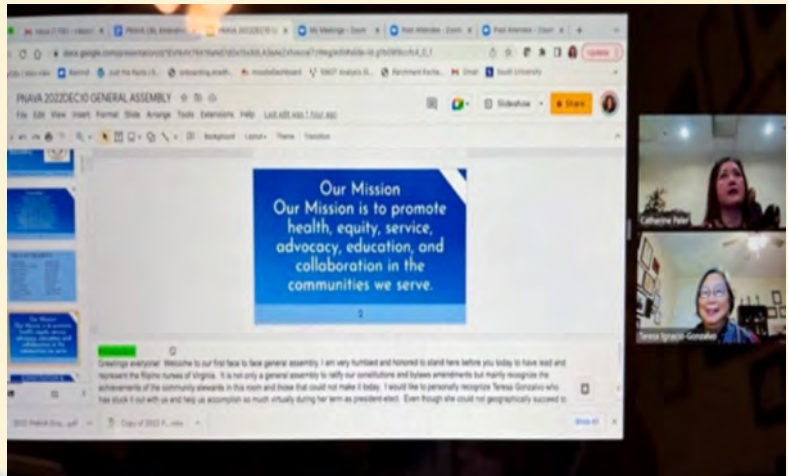


Staying true to its mission of promoting health, equity, service, advocacy, education, and collaboration in the communities they serve, PNAVA was a prime participant in nine community outreach events since January 2022. PNAVA held an all year round five member-focused wellness events, including the 2nd season of the six weeks long amazing race challenge.

The general membership ratified the ByLaws amendments after President-Elect Teresa Gonzalvo presented the changes.

Past president Perry Francisco served as a parliamentarian during this process.

NOMELEC Chair Hi-Lo Laxa presented the new PNAVA executive board for 2023-2025. This board will swear in at the upcoming PNAVA gala on January 7, 2023 at the Oceanfront Sheraton Virginia Beach.



During the meeting, Perry Francisco donated money to the PNAVA legacy fund in memory of Estelita DeLima, a longtime member of PNAVA and mother of past president Virilita DeLima.

The scholarships and awards committee co-chairs Perry Francisco and Aida Limcaoco presented PNAVA's two scholarships recipients for 2022.

On behalf of the PNAVA executive board, I want to extend my deepest gratitude to all our member and non-member supporters for your dedication and loyalty to our organization. "Nothing liberates our greatness like the desire to help, the desire to serve."



Julia Baylosis (Old Dominion University) and Camille Bautista (Walden University)



PNA Chapter NEWS



By Eileen Dauz, BSN, RN, CGRN, CFER, CER

PNAVA “Exploring Wellness” Community Health Fair



The adage “It takes a village” to serve our community was in full display during the Philippine Nurses Association of Virginia's biggest event of 2022. PNAVA, in partnership with Sentara Healthcare and a host of local community sponsors joined forces together to provide a well-orchestrated wellness event for the citizens of Virginia Beach, Norfolk, Chesapeake and other neighboring cities in the Hampton Roads area of coastal Virginia. The Philippine Cultural Center in Virginia Beach hosted this momentous occasion, their first big event post pandemic, on October 15, 2022.

For several months leading to this well-attended event, Catherine Paler, the trailblazing president of PNAVA have been in constant communication and collaboration with Sentara Healthcare, Virginia Department of Public Health, American Cancer Society, American Diabetes Association, Eastern Virginia Medical School, Old Dominion Society of Gastroenterology Nurses and Associates, Project Nana, HEDI, and other sponsoring organizations. The PNAVA community outreach committee, led by Mia Malasa and the PNAVA health and wellness committee, headed by Mary Grace Soriano were also deeply involved in the planning and coordination of this successful event from the get-go.

We offered COVID-19 booster and flu vaccinations, lipid profile testing and BP screening. We provided education on colorectal cancer screening, prostate screening, diabetes management, stroke prevention, senior services, plus more. To promote healthy cooking, our professional chef did a live cooking demonstration of a healthier (non-meat) version of sisig. Attendees and volunteers participated in the Zumba/ line dancing sessions led by a few of our PNAVA members. A professional DJ provided music. An extremely popular session was the free chair massage provided by one of our sponsoring partner. We had a kid's corner replete with kid-friendly activities. A few lucky attendees also went home with one of our amazing door prizes.



We are beyond grateful to our countless frontline volunteer nurses, physicians, PAs, NPs, nursing students, and medical students who shared valuable information through grassroots advocacy. A special shout-out to Joe Paler, Rex Soriano, the Masons of Owens Lodge #164, and our PNAVA junior volunteers for their hard work in setting-up and take-down of over 40 tables and with a swift clean up after the event. Our volunteer's gifts of time and talent in made this wellness event a resounding success.

PNAVA is already in the early stages of planning our next big community wellness initiative slated for the spring of 2023. We hope to leverage more culturally linguistic resources addressed during the recently concluded wellness fair. We will continue to focus on the topics that affect Filipino and Asian Americans the most. We will strongly promote cancer awareness; aging and resources; and managing the most common illness in our minority populations.





PNAА FRONTLINERS FACE COVID 19 AT HOME

Curated by M. Teresa Lapid Rodriguez
November 19 - December 30, 2022
PNAА and PNAА Foundation

Present

A video documentary of real human life stories of medical frontliners sharing gripping narratives of tragedy and courageous survival caused by the covid 19 disease that overcame their homes, families, and changed their ways of lives as they continue to serve their communities with resilience and conviction during the pandemic years of 2020 through 2022.

Angel de Guzman * Madelyn Yu * Susan Castor



Otorhynchocidium Cherry Fudge. Courtesy of the Duke Farms, Orchid Range, Hillsborough Twp., 08844. Photo credit to Anthony Louis Rodriguez, Photographer.

THE PNAА/PNAАF GALLERY is OPEN TO THE PUBLIC

Where: PNAА/PNAАF Legacy Headquarters
1346 How Lane, Suites 109, 110, North Brunswick, NJ 08902

Websites: <https://mypnaa.wildapricot.org/>
<https://www.mypnaafoundation.org/>

Gallery schedule : Th Fri Sat - 12 Noon to 6 PM
November 19 -Dec 30, 2022

Contacts:

PNAА - Victoria Pangilinan 1-732-331-5277

PNAАF- Dr. Rose Estrada 1-732-857-0247



This project is funded by the Philippine Nurses Association of America and Philippine Nurses Association of America Foundation.

Grant funding also has been provided by the Middlesex County Board of Chosen Freeholders through a grant award from Middlesex County Cultural and Arts Fund.



The Philippine Nurses
Association of Virginia
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"A Starry Night"

GALA NIGHT

44th Anniversary

and Awards

SATURDAY 7 JANUARY 2023 - 6PM

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TICKETS
\$65

Purchase your tickets via venmo
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or zelle (contact PNAVA Treasurer
Maria Alburo 757.470.9047)

DRESS CODE: GLITTER & GOLD
MUSIC BY DJ PAUL CALIMBAS



Sheraton Hotel Guest room
reserve by December 7, 2022
1-888-627-8231



Philippine Nurses Association of America Foundation



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



Photo credit: Joelaldor, CC BY-SA 4.0

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



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



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

January 21 – 22, 2023
Vigan, Ilocos Sur

REGISTRATION INFORMATION FOR U.S.-BASED ATTENDEES

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

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

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

SCHEDULE AND COSTS

Day 1 & 2 – Education Sessions and Evening Events \$300 (cost for US attendees)

Day 1 & Day 2 Evening Events for Family Members \$20/person (cost for US attendees)

Pre-Conference Activities: **TBD**

CANCELLATION & REFUND POLICY: Cancellation before December 31, 2022,
must be in writing/email to receive reimbursement
for a paid registration in full less \$75.00 for an administrative fee.

No refund after December 31, 2022

REGISTRATION INFORMATION FOR PHILIPPINE-BASED ATTENDEES

PLEASE EMAIL DIRECTLY: nursingeducationconference2023@gmail.com

HOTEL INFORMATION

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



21st PNAA WESTERN REGION CONFERENCE MAUI, HAWAII



OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY

Lokahi (United) WE CARE

HOSTED BY
**PNA MAUI,
HAWAII**

**APRIL 20-23,
2023**

Conference Details and
Registration will Follow

Kahului Airport (OGG)
Maui Beach Hotel





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

Airport Code is OGG (Kahului, Maui).



The rates and code as follow: Promo Code: PNA
Discount code is available for April 19-24, 2023.

Two double or one queen in each room (no rollaway)

Maximum guests up to 2 in the room.

If you have more than two people in one room,
please indicate only 2 guests per reservation.

The booking window opens now until January 15, 2023.

Rooms are based on availability.

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

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

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

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

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

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

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

Also, only go online to cancel the reservation.

Maui Beach Hotel www.mauibeachhotel.com.

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



44th PNA A NATIONAL CONVENTION

JULY 16-23, 2023



ABOARD ROYAL CARIBBEAN'S WONDER OF THE SEAS

OUR UNITED VOICES:

Anchoring Our Culture of
WE CARE

WISDOM . EXCELLENCE
COLLABORATION . ADVOCACY . RESPECT . EQUITY

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

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

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PUERTO COSTA MAYA . COZUMEL MEXICO



HOSTED BY THE PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA



PATNUBAY SA PAGTATAGUMPAY PROGRAM

Do you want to reap more success in your professional journey or be part of someone's success? Come join us, either as mentor or mentee to our Patnubay sa Pagtatagumpay Program (P3)

MENTORING ACROSS THE PHILIPPINE NURSES ASSOCIATION OF AMERICA AND BEYOND

The Launching of the Patnubay sa Pagtatagumpay Program

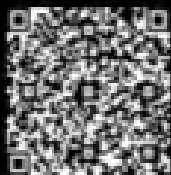
JANUARY 30, 2023 | 8:00PM-10:00PM EST

REGISTER



MENTOR

<https://www.surveymonkey.com/r/PNAAP3MentorApplication>



MENTEE

<https://www.surveymonkey.com/r/PNAAP3MenteeApplication>



WEBINAR

WEBINAR: <https://qrco.de/bdX5y2>

SPEAKERS



DR. PRISCILLA SAGAR

PNAA Executive Board Chair, P3 Program



DR. WARLY REMEGIO

PNAA Eastern Region VP Co-Chair P3 Program



Philippine Nurses Association of America, Inc. 1346
How Lane, Suites 109, 110 North Brunswick, NJ 08902
www.mypnaa.org

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Phoebe Cabotaje-Andes
Maria Redona-Couper
Emma Balquedra Nemivant
Filipinas Juan Lowery
Remedios Alvarez- Solarte
Beatriz Foronda Miranda
Carmen Toledo Galang
Ampy Agapay dela Paz
Lolita Burgos Compas
Peta-Reuben Calixto
Anunciacion Solomon-Lipat
Mila Capulong Velasquez
Rosario May Mayor
Leo-Felix M. Jurado
Reynaldo Rivera
Victoria Navarro
Leticia Hermosa
Dino Doliente III
Madelyn Yu
Mary Joy Garcia-Dia

December 5, 2022

Dear prospective mentors and mentees,

The Philippine Nurses Association of America (PNA) aims to uphold and foster the positive image and welfare and to promote professional excellence among its members. In line with this commitment, the PNAA Formal Nurse Mentoring Program Steering Committee will be launching its inaugural *Patnubay sa Pagtatagumpay Program (P3)* from January 30, 2023, to January 23, 2024.

The one-year P3 Program for Cohort 1 starts on January 30, 2023, at 8:00 to 10:00 PM EST with a webinar, *Mentoring Across the Philippine Nurses Association of America and Beyond*. Included in the program is discussion of the value of mentorship in moving careers forward and the goal, objectives, framework, timeline, and structure of P3. We will have breakout sessions for "ice breakers," getting to know one another, and time for questions and answers (Q&A).

It is our fervent hope that you will participate in this P3 program. The links below specify mentor and mentee eligibility criteria. If you are interested in becoming a mentor or a mentee, please use the links below for your application.

To apply as a mentor, click here:

<https://www.surveymonkey.com/r/PNAAP3MentorApplication>

To apply as a mentee, click here:

<https://www.surveymonkey.com/r/PNAAP3MenteeApplication>

Should you have questions, please do not hesitate to reach out to priscilla.sagar@msmc.edu or to warlyremegio@yahoo.com. Thank you in advance for your participation and engagement. We look forward to having you in the P3 program!

With our deep appreciation,

Gloria Lamela Briones, PhD, RN
President, PNAA
Adviser, PNAA *Patnubay sa Pagtatagumpay Program*

Priscilla L. Sagar, EdD, RN, ACNS-BC, CTN-A, FAAN
Board of Director, PNAA
Chair, PNAA *Patnubay sa Pagtatagumpay Program*

Warly Remegio, DNP, RN, NEA-BC, NP-BC, FNYAM
Vice President, PNAA Eastern Region
Co-Chair, PNAA *Patnubay sa Pagtatagumpay Program*

Happy Holidays 2022

