



inside PNAA

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

VETERANS DAY HONORING ALL WHO SERVED



OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY



Happy Thanksgiving

May your Thanksgiving day be
filled with love and happiness
from,
The inside PNAA Editorial Board



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EDITORIAL



November is one of my favorite times of the year. You probably ask why? Because this is the time, we celebrate two of the most appreciated holidays of the year, Veterans Day and Thanksgiving Day. This month, we give thanks for the many blessings we have in our lives, such as our freedom. Every November 11th, we set aside this day to thank our veterans for their sacrifices to keep our freedom. PNAA has several members and family members who selflessly served and are currently serving to ensure we enjoy living in a free country.

Every fourth Thursday of every November, we also celebrate Thanksgiving Day. It is a celebration where families and friends reunite and spend quality time together. This holiday is full of love, warmth, laughter, good food, and football. It is exciting because it is also the official beginning of the wonderful holiday season.

As your newsletter editor, I am very thankful for our hardworking editorial team. I truly appreciate their commitment to bringing you quality newsletters every month. I am also grateful for your support and selfless service to others.

This month's newsletter highlights these two critical holidays to thank our veterans and loved ones for their hard work, sacrifices, and dedication. We are featuring inspiring stories from our members of the challenges they faced in their lives. Through perseverance, they overcame these challenges. We are so glad to hear their stories. We are also showcasing thanksgiving messages from our chapters and committees. We appreciated them sharing what they were thankful for during this Thanksgiving holiday.

Our chapters are doing many great things for our members and communities, and they shared their activities and accomplishments in this month's newsletter. We hope that you enjoy reading their updates. They exemplify the true spirits of "Our United Voices, WE CARE."

Bob Gahol
Editor-in-Chief

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ABOUT INSIDE PNAAC

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

Our Vision:

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

Our Goals:

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

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President's Message



Happy Thanksgiving to all my fellow PNAA colleagues and their families across the country. I am grateful to the PNAA Executive Board, Committee Chairpersons, Chapter Presidents, Officers, and Members for all your contributions to the nursing profession, healthcare, health and well-being of people in the communities that you serve. It's with joy and gratitude that I share the wonderful and exciting news about the state of PNAA. Did you know that we have 52 chapters and almost 5,000 members and more wanting to become a part of PNAA? Please join me in welcoming PNA Lubbock, Texas, the newest, and number 52 chapter, of the PNAA, effective August 19, 2022. We welcome the founding president Catherine Albano, Mary Ann Bobadilla, president-elect, and PNA Lubbock officers and members to our PNAA family. In September 2022, PNAA became a member of the Nursing Organizations Alliance (NOA). The purpose of NOA is to connect elected and staff leaders of professional nursing organizations to inspire, collaborate, and provide a forum for information exchange and sharing of resources and best practices. It is a coalition of 64 nursing organizations that focuses and works collaboratively to address issues common to nursing.

On November 13-19, 2022, we celebrate and honor our esteemed nurse practitioners for their passion and clinical expertise in their field of nursing. This week's celebration brings attention to the important roles that the nurse practitioners contribute to the healthcare of people in communities they serve. The theme for this year... Nurse Practitioners: Rising to Meet the Needs of Patients. To all Nurse Practitioners, thank you and please know that we appreciate all of you.

Join me in congratulating Carina Madriagga, BSN, RN, CCRN-CSC, President and Executive Board of PNA Colorado 2022-2024. They were inducted into office at Doubletree by Hilton Denver, CO on November 12, 2022. Together with Retired Colonel Bob Gahol, Western Region, VP, we conducted a townhall meeting with the new executive board, Sunday, Nov 13. We shared and discussed the PNAA Strategic Priorities 2022-2024 and most of all got to know them well, including their goals for PNA Colorado.

We celebrated and honored all the Veterans for their service to our country and the world on November 11, 2022. PNAA has a cadre of Veterans who have served this country and the world to preserve peace and freedom. Let us continue to honor and value their courage, loyalty, and service to our country and the world. We thank all the Veterans for their service to mankind.

Sincerely,



Gloria Lamela Beriones, PhD, RN, NEA-BC
President 2022-2024
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Why I LOVE the VA

By Marina Roque

(2020-2022 PNACC Board Member)



Veterans Day is observed annually on November 11 in the United States to show gratitude to the men and women who have served in the armed forces of the United States. In the beginning, it was intended to be a holiday in the United States to honor those who had served and died in World War I. The 11th of November was "committed to the cause of global peace and to be hereafter honored and known as 'Armistice Day' in 1938, when legislation was approved to make this happen. The name "Armistice" was changed to "veterans" in the legislation that was enacted in 1954 as a result of the Korean War and World War II. November 11 was designated as a day to honor veterans of all wars who served their country in the United States of America on June 11, 1954. (USO staff, 2021)

It was in the spring of 2005 when I first started working at the Fresno Veterans Medical Center as a nurse. Because being a nurse gave me the opportunity to assist others while also expressing kindness and compassion, this compelled me to pursue a career in nursing. I was able to recognize our nation's veterans for their commitment to our country and the service they provided by providing medical care to those veterans who suffered from chronic conditions while working as a Filipino-American nurse for the Department of Veterans Affairs (VA).

In my role as a Transfer Coordinator in the Fresno VA medical Center, I am responsible for coordinating the transfer of our nation's veterans to and from different facilities. I make certain that the veterans are transferred in a manner that is secure, appropriate, and well-organized. This ensures that the veterans receive seamless continuity of care while also receiving my undivided attention to their satisfaction and sense of well-being. Working with and providing care for veterans requires a compassionate disposition as well as great communication skills. Promoting causes that are beneficial to veterans is an excellent approach to demonstrate concern for them through one's actions, so winning their admiration and earning their trust. In addition to that, it provided me with the opportunity to give something back to the heroic people that live in this country.

“to care for him who shall have borne the battle and for his widow, and his orphan” - A. Lincoln

Reference

USO staff. (2021) Why Is Veterans Day on November 11th? What to Know About the History of This Federal Holiday · United Service Organizations (uso.org)



Salute to one of America's finest leaders: Reginaldo F. Cagampan, MSN, RN, CPNP-PC, Commander, Nurse Corps, United States Navy



Commander Reginaldo F. Cagampan earned his bachelor's degree in Nursing at the University of Guam. He was commissioned in the United States Navy as a Nurse Corps officer in 2002. After completing Officer Indoctrination School, he was stationed at Naval Medical Center San Diego (NMCS), where he served as a staff nurse in a Neonatal Intensive Care Unit (NICU) and pediatric in-patient ward. In 2006, he was deployed to Iraq with the Marine Logistic Group, Surgical Company, supporting Operation Iraqi Freedom. He served as an En-route Care nurse and medically evacuated wounded troops from the field of injury to a higher echelon of care in collaboration with the Army's Black Hawk and Marine Corps Air Squadron.

Following his deployment, he returned to Naval Medical Center San Diego and spearheaded the Neonatal Intensive Care Unit preparation for the Joint Commission Survey. In 2007, he transferred to Naval Hospital Guam and worked in a Mother-Infant-Unit and the Nursery. While in Guam, he was actively involved in community services and served as a Clinical Instructor for the Maternal-Child and Pediatric Nursing at the University of Guam School of Nursing. CDR Cagampan received the Navy Nurse Corps Excellence Award in 2009.

He returned to NMCS in 2010 and served as a Division Officer and Clinical Educator in the NICU. He was a certified Green Belt Lean Six Sigma and spearheaded the command initiative in decreasing Central Line-Associated Bloodstream Infection. In 2013, CDR Cagampan was selected for Duty Under Instruction (DUINS) for the Pediatric Nurse Practitioner (PNP) Master's degree program at the University of San Diego.



Following DUINS, he was assigned to U S Naval Hospital Yokosuka, Japan as a certified Pediatric Nurse Practitioner. He served as a Department Head in a Pediatrics Primary Care Medical Home Port. While in Japan, he also served as the command's Associate Public Health Emergency Officer, Vice Chairman for the Infection Control Committee, Director for the Neonatal Resuscitation Program, and an Executive Board Member for the Patient Safety Program.

After completing his overseas tour in 2018, he returned to NMCS and led the General Pediatrics Clinics as a Division Officer. In March 2020, he was deployed with the USNS MERCY for the Defense Support of Civil Authority's response to the COVID-19 outbreak in Los Angeles, CA. CDR Cagampan is the Department Head at the Navy Medicine Readiness Training Unit in Eastlake.

CDR Cagampan's personal awards include Three Navy and Marine Corps Commendation Medals, one Navy and Marine Corps Achievement Medal, two Humanitarian Service Medals, National Defense Service Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Global War on Terrorism Expeditionary Medal, Overseas Service Medal, and Armed Forces Service Medal. He also earned a Fleet Marine Force (FMF) Warfare devise.

CDR Cagampan is actively involved in serving the local community through health promotion and disease prevention. He is a Public Relations Officer for the Philippine Nurses Association of San Diego, Inc. and a member of the Filipino American Retirees of Southern California and the San Diego Roaring Lions Club.



Freedom Is Not Free!

By Annabelle L. Cosas, BSN, RN

PNAGSL Editor; Chair: Bylaws and Policy & Procedure

VETERANS DAY occurs on November 11 every year in the U.S. in honor of the "11th hour of the 11th day of the 11th month" of 1918 that signaled the end of the World War I, known as armistice Day."

Our servicemen are geared with courage and patriotism and are in the frontline in harm's way to keep country and countrymen safe and secure. Many have given the ultimate sacrifice; tragedies befall loved ones. Definitely, *"freedom is not free!"*



Col. Crisale C. Cosas (ret. U.S. Army), M.D., F.A.A.F.P., F.S.
As cadet in the Golden Corps, pre-med

The military had always intrigued Cris. Aside from his father being in the U.S. Army, while in medical school, he joined the university Golden Corps of Cadets. It is the university ROTC (Reserve Officer's Training Corps) Unit, a component of the Philippines' NSTP (National Service Training Program). It aims to provide military education and training to mobilize college students for national preparedness. Cris claims the experience helped him in his military career in the U.S.

He started in 1973 in Fort Bragg, North Carolina. Cris was a General Medical Officer initially then got into the Family Practice residency program in 1977. In 1980, he was assigned as Commander of Robinson Barracks Clinic of the 574th Medical Detachment in Stuttgart, Germany.

The change of military assignment was every three years (during that time): Fort Belvoir, Virginia; White Sands Missile Range, New Mexico; Fort Riley, Kansas. 1986, Cris was promoted to "full bird" Colonel; 1990, he finished Flight Surgeon School at Fort Rucker, Alabama. His last assignment was in St. Louis, Missouri at ARPERCEN (Army Personnel Center) as Command Surgeon. Operation Desert Storm in 1991 happened (Iraq's invasion of Kuwait); the Command Surgeon's office contributed in part to the many Reserves activated. In Desert Storm, though short-lived, the U.S. still suffered casualties. Troops put in action are in harm's way for the duty they are called for. Freedom is not free!

In 1993, Cris retired after 20 years in the army. 1993-2008: civilian practice at Gateway Regional Medical Center, Granite City, Illinois. Ready to hang his stethoscope in 2008, it was at this same time he received the "U.S. Army retiree call-back." There was the need of HRC (Human Resource Command) in the Command Surgeon's office. They eventually moved from St. Louis to Fort Knox, Kentucky. It was in support of the "Operation Enduring Freedom" which was established by the U.S. as "Global War on Terrorism" after 9/11 (2001). The focus was on al-Qaeda and the Taliban in Afghanistan. More than 2,000 American lives were claimed with the conflict. A crushing tragedy to any family, one life sacrificed on to wage terrorist attack! Our own friends' grief was inconsolable. Freedom is not free!

The Command Surgeon's office execute expert review to maintain medical readiness and to promote overall health and fitness of soldiers. After 3 1/2 years as "recall", Cris ended his military service in April 2012 — his "second" retirement from the army. He served for a total of 23 1/2 years.



Gas-mask training (Germany)



Service to country was Cris's passion. He distinguished himself with exceptional meritorious service and outstanding achievement in the military. Honors, awards, decorations received: Legion of Merit; Meritorious Service Award; Army Commendation Medal with One Oak Leaf Cluster; National Defense Service Medal; Humanitarian

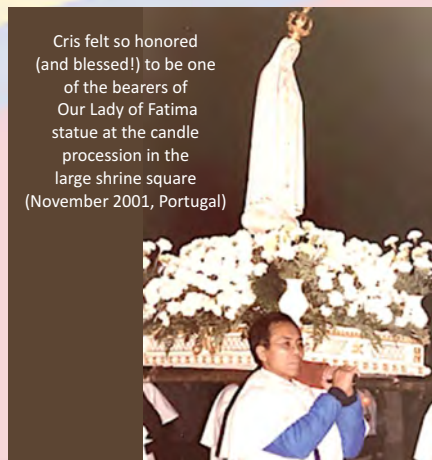
Service Medal; Army Service Ribbon; Overseas Service Ribbon; Flight Surgeon Badge. Professional: Fellow, American Board of Family Practice; Diplomate, American Board of Family Practice. Medical licenses: Virginia, Illinois.

Cris and his wife, Annabelle, are active supporters of several religious con-gregations, particularly, the "Pink Sisters" (Holy Spirit Adoration Sisters) and the Missionary Oblates of Mary Immaculate. With the Oblates, they did their own medical mission work which demanded climbing three kilometers the mountains of Kulaman, Maguindanao by foot. It was a big challenge going to the interior to tend to the Manobo tribe, God's forsaken poorest of the poor. Cris and Annabelle claim this to be the highlight of their professional practice!

Going up and down the mountains, it also proved that Cris was in the best of shape. He asserted it's the rigid training in the army as they were required to pass the Physical Fitness test two times a year (consisting of two-minute push-ups, two-minute sit-ups and a timed two-mile run). Cris always attained a perfect score of 300 points!

Retirement made them travel to different places but are now, generally, "staying put" as weakness and slowness of Parkinson's creep up on Cris. He also had stopped being an "extraordinary (Eucharistic) minister" as his fingers have decreased grip strength. But, again, because "physically fit" in the military had been deeply ingrained in him, in spite of the many activity limits, he frequents the gym to continue his exercises and maintain muscle integrity. Seven grandchildren also fill "Lolo" and "Lola's" time — may be in person, by faceTime or by zoom.

2020 and 2021 spelled "the pandemic" — our freedom, in all aspects, was taken away from us. After the lockdown and restrictions lifted, the vaccine, by human nature, mankind could not wait to be "free" again. Whether it be the virus, mass shootings, invading a country — all these cost lives. We are a grateful nation as we find shield to protect us — the vaccine against virus; the police against shootings; the military against war. In all these, whatever the battle may be, the loss of life could be the adverse consequence. A true affirmation, "freedom is not free."



Cris felt so honored (and blessed!!) to be one of the bearers of Our Lady of Fatima statue at the candle procession in the large shrine square (November 2001, Portugal)



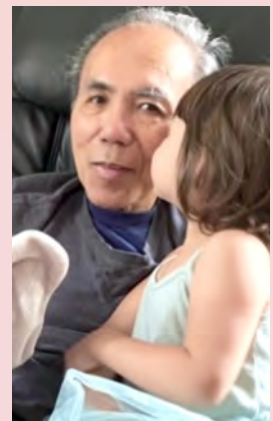
Deep-sea fishing (San Francisco area); the boat tilted, even the captain got alarmed! — Cris caught a 50 lb. salmon!!



Family Medicine 5K-run at AAFP (American Academy of Family Physicians) convention.



With halo-halo



Getting some sweet loving from apo



Fil-Am Airmen participate in the Global Medic Exercise

By Major Marlon Garzo-Saria



*Top row (left to right): Capt Villafuerte, TSgt Bergado, Capt Agorilla, CMSgt Ibarrientos, and Capt Dofredo.
Bottom row: (left to right): 1LT Daquioag, SrA Cagasca, SrA Del Rosario, SrA Krebs, and Maj Saria.*

Airmen of Philippine heritage participated in the Global Medic exercise Patriot Warrior in Wisconsin in August 2022. Patriot Warrior is an Air Force Reserve training exercise designed to enhance wartime skills in a deployment-style environment and evaluate the ability of units to deploy mobility airlift and agile combat support capabilities in support of joint theater operations. These airmen from the 452d Aeromedical Staging Squadron (ASTS) joined up with several hundred other Reserve Citizen Airmen and 10,000 U.S. Army Soldiers from various U.S. installations to train with joint partners in airlift, mobility support, and aeromedical evacuation or air evacuation. During the exercise, members of 452d ASTS stood up fully operational 50- and 10-bed medical facilities and simulated patient movement on military aircraft.



Honoring Vietnam War Veterans: My Honor flight journey

By **Dorothy Martirez Brown, RN**
PNASD Corresponding Secretary

Honor Flight San Diego (HFSD) is a non-profit branch of the nationwide Honor Flight Network, which consists of over 130 independent "hubs" across America. HFSD escorts veterans to Washington, D.C., to visit their memorials using funds donated by individuals, foundations, associations, business owners, and corporations who wish to recognize our veterans' contributions and thank them for their service and sacrifice to the United States and its citizens.

The top priority of the trips is to the most senior veterans, currently World War II and Korea War veterans, and to veterans with terminal illnesses. Starting in September 2022, HFSD started taking Vietnam War Veterans and has selected the Navy HA(L)-3 Seawolves to go first.

On November 4-6, 2022, HFSD honored 95 local Vietnam Veterans with an "Award Flight." They are Veterans who earned the Purple Heart Medal or higher personal awards for actions in service. Together with volunteers, they traveled to Washington, DC, to visit and reflect on the Memorials dedicated to their service and sacrifice.

My husband Bob and I were privileged to travel to Washington DC as Guardians of the Vietnam War Veterans. We have been associated with HFSD since 2017, when my Father-in-law was a recipient of the Honor Flight Trip. Since then, we have been involved with fundraising campaigns to augment the flight cost and other incurred expenses for the project.

Guardians play a significant role in ensuring every veteran has a safe and memorable experience. The Guardians are Veterans' "hands, eyes & ears." The duties include physically assisting the veterans at the airport, during the flight, at the hotel, and at the memorials. Guardians also remind the Veterans to take medications, ensure that they are appropriately dressed for the weather, stay hydrated throughout the weekend, and ensure they are where they need to be at the allotted times (airport, dinners, bus, etc.).



Veteran Wesley Breedlove had all smiles when he boarded a well-decorated American Airlines for his Honor Flight to Washington, DC.

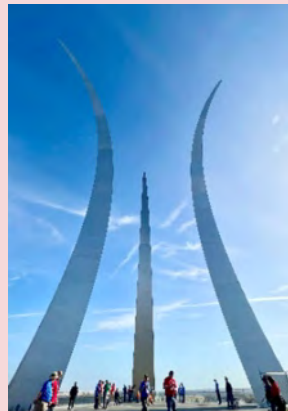
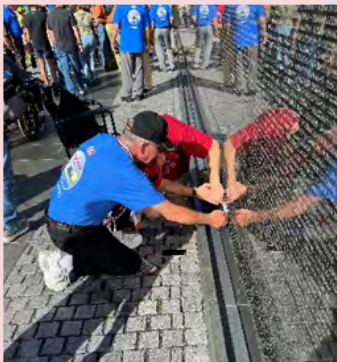
From L-R: Veterans Wesley, Kirk and Ken, me, and my husband, Bob. They were paired with us as their Guardians.



Honor Flight San Diego Staff, Veterans, Volunteers, and Guardians at World War II Memorial



Arlington National Cemetery: Changing of the Guards at the Tombs of Unknown



Vietnam War Memorial

U.S. Air Force Memorial



Baltimore Firemen Honored Veterans on Our Flight Back to San Diego



Almost 2,000 People (Family, Friends, Strangers, and PNASD members) gathered at San Diego Airport and surprised the 95 Veterans with a Welcome Home they never received. It was a moment filled with tears and emotions.



Pacita Barangan, Lorna Herce, and Vivian Sanderlin



PNASD Members at Honor Flight Homecoming
PNASD CDR Reggie Cagampan, together with two veterans, Vickie L., Arelene Cagampan, Dorothy Brown, and Pacita Barangan



Honor, Thank, and Treasure our Veterans!

By 1LT Melkarth John Raqueno, MSN/Ed, RN
PNAH Assistant Secretary



In 1938, Armistice Day, now known as Veterans Day, was established as a federal holiday to HONOR and pay tribute to all Veterans who sacrificed and contributed so much to the preservation of our grateful nation. On the 11th hour of the 11th day of the 11th month, not only do we celebrate the Veterans of war but also the Veterans of all military services. We THANK all service men and women, both past and present, for everything they have sacrificed for our freedom. We would like to formally and sincerely express our appreciation for their selfless service and contributions to our country. We owe a great debt of gratitude to the brave men and women in uniform who have served in times of war and times of peace since the founding of our nation.

How can we TREASURE our veterans? In what ways can we show and appreciate the veterans for the sacrifices that they have made? Philippine Nurses Association of Hawaii (PNAH) was among the 83 groups that participated in the 76th Wahiawa Lions Veterans Parade on November 11, 2022. Wahiawa Lions Club hosted a fantastic event, and this year's theme was "We Treasure Our Veterans." On the 1.5 miles parade, each group shared their ALOHA, smiled, and waved at the cheering crowds and to the judges with their "Mahalo Veterans" signs. There were Trophy winners awarded for the Best in Military Unit, JROTC School, Boy/Girl Scout, Co-Ed Scout, Marching Band, Community Organization, Lions Club, and Mahalo Sign. The winners were judged on 2 criteria: Appearance and Aloha Spirit. The event was indeed a special and memorable tribute to our treasured veterans. For the past years before the COVID-19 pandemic surge, PNAH stalled a First Aid booth for the event. PNAH members will participate again next year in the 77th Wahiawa Lions Veterans Parade.



Twenty-One Years of Service - a Tribute to Major Jaime Alvarez Gonzalvo, (USAF, Retired)

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

Veterans' Day is observed annually on November 11. A federal holiday, it honors people who have served in the United States armed forces, on the anniversary of the end of World War I. This story is in honor of my husband of 43 years, as he served his country for 21 of those years, finally retiring in 1997. Of overnight alerts at far away missile silos, early morning trainer rides, plugging in the car battery to prevent freezing while going out on alert, completing his Business Management degree at Park College then his MBA at University of North Dakota, inspections, explaining to his squadron commander why his wife was speeding on base (there was a tornado warning), commissary recalls for diapers and formula due to impending snowstorms, whole baggage, TMO, SAC,AFSC,BAQs, BAS, SOS, AIS, PRP,TDYs and PCS-priceless memories!



For the Gonzalvo Family, living the military life meant learning the Air Force jargon, supporting Jaime through all the PCS moves, hails and farewells, celebrating holidays when he is home, making friends with families living on base, learning the streets every 3 years or so, and abiding by all the base rules and regulations wherever we were. Shopping at the base commissary and exchange has become our way of life. I always carried my military ID with me.

For me, meeting Jaime in Kansas City, Missouri was the start of our Air Force adventure. We got married over a year later, at St. John's Catholic Church, then moved to a trailer court in Knobnoster, Missouri, as he was assigned to Whiteman Air Force Base. It was an unforgettable experience! We were on the waiting list for base housing, as he was an A1C (Airman First Class). Quickly learning that everything evolves around his Social Security number, which I memorized, getting an ID, making medical appointments, getting refills on prescriptions, filling out documents, among others. We were his dependents.

As a newlywed, one gets resilient and flexible instantaneously, especially surviving the winter months, working wherever you can find a job you like, making friends, finding the laundromat, navigating through the base as well as the new town. Thereafter, we finally got on base housing at Barksdale Lane. Fast forward through all our seven Permanent Change of Station (PCS) moves, his graduation from Officers' Training School, Squadron Officers' School, Monica and Jasmine's births, plus many more milestones, professional pride, frustrations, tears and learning opportunities.

From Missouri, as a 2nd Lieutenant, we moved to California for his training in Missile Operations. Then onward to North Dakota for four years where the state bird was the mosquito. It was back to Vandenberg AFB, California for three years, Fort Worth, Texas for a year, Seattle, Washington for three years, then Wright-Patterson Air Force Base in Dayton, Ohio, till Jaime's retirement in December, 1997. There were some mini moves for each station till we got our actual

home. We usually first stay at Temporary Lodging Facilities (TLF) until housing is available. Then our household goods are scheduled for delivery. I applaud Jaime for his discipline, rigor and perseverance as we moved from place to place. We got good at decluttering stuff. He must be ready to report for duty within days of arrival. Patience and sacrifice, trials and tribulations, family adjustments, damaged household goods, excitement and fears were all a roller coaster of emotions and events. His sense of humor keeps him going. Never a dull moment!

In retrospect, the military way of life made us stronger. I agree that it also builds character! Family was our priority, finding a home, researching the best Catholic schools, with some diversity, getting my RN license via reciprocity and finding a job. I did not know what to expect and still had a Plan A and a Plan B. We learned how to shovel tons of snow, drive on very icy roads, balance work, family and school schedules, make friends quickly, set up carpools, survive independently and be aware of resources to avail of. I also managed to graduate from Golden Gate University, California, with my master's in public administration. Jaime has been equally supportive of my nursing career.



I will be forever grateful to my parents, Professor Monico and Araceli Ignacio, for traveling from the Philippines to provide care for our daughters, help me out when Jaime was on a long TDY (Temporary Duty Assignment). We have many fond memories, major milestones and planned fun vacations as we moved from



various states. Enroute to the bases we were assigned to, we went to Disneyland, Yosemite National Park, Yellowstone Park, Grand Canyon, Petrified Forest, Disney World, Sea World, Balboa Park, Santa Barbara, Mount Rushmore, Salt Lake City, Jasmine Hill, Wisconsin Dells and more. We spent one Christmas eve at Tucumcari, New Mexico, with hot dogs from 7-11 as our Noche Buena. We stopped at motels with pools so the kids could swim after a long day of driving during our moves. We slowly traversed the mountains in Montana with my car hitched to our Jeep. Yikes!

So blessed that we are now situated in our "forever" home in Indiana. After all this, it is still all about family, two daughters and sons in law, four grandchildren and two grand dogs. We are so very proud of our daughters, Monica Therese Deluhery (PsyD) and Jasmine Diane Gonzalvo (PharmD) for their love, compassion, resilience, advocacy, perseverance and successes. It truly takes a village!

Happy Veterans Day to all those who have served our country and their families. It is indeed the "Land of the free, because of the brave." God bless America!





In Celebration of Veterans Day... A Tribute To Eking

By Joel Clemente, MAN, RN
PNANT-Dallas

Our father, Enrique Peralejo-Clemente, fondly known called “Eking” was born on July 13, 1929 in Tondo, Manila. He was the second child among ten children of our grandparents, Lolo Fernando Clemente and Lola Lemerina Peralejo Clemente.

During the Philippine-Japanese War (1942-1945), Lolo Fernando, Tito Luis, and my father sought to escape the wrath of the Imperial Japanese Army (IJA) and hid in the mountainous region of Gapan, Neuva Ecija.

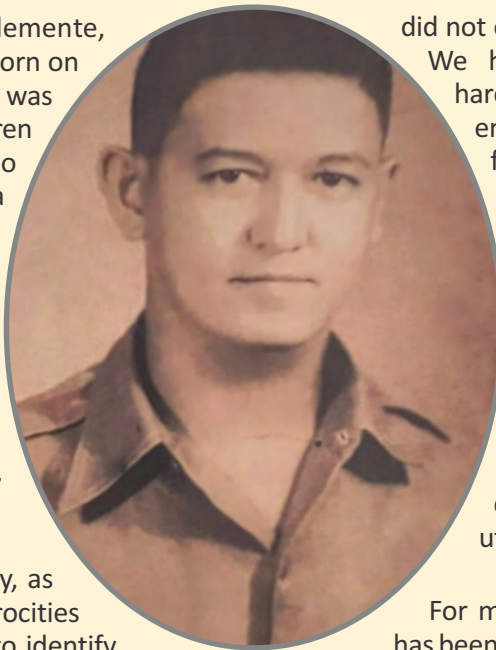
The IJA was known for its brutality, as they engaged in numerous atrocities against civilians. They attempted to identify any Filipinos with connections to American soldiers. The IJA recruited and trained them to become spies, treated them as slaves, or killed them right away.

Filipino women were places as “comfort women.” Thankfully, Lola Lemerina, Tita Loly, and the rest of the Peralejo and Clemente women never encountered these abuses from the IJA.

My father continued his studies after the 2nd World War. He joined the Philippine Air Force (PAF) in 1955 and was stationed in our home city of Zamboanga, where he met and courted a captivating mestiza, Grace Agustin Jones, our mother.

My parents got married on July 2nd, 1955 at the Immaculate Conception cathedral. Together, they raised eleven children; Rainier, Helen Grace, Enrique Jr, Mary Jacqueline, Rommel, Alexander, Rameses, Jennifer, Lilian Lourdes, Joel (yours truly) and Amapola.

Having served in the PAF for twenty seven years, he retired in November 1977. As a civilian with a large family, he was faced with many new challenges that he



did not encounter while in the Air Force (AF). We have witnessed his struggles and hardships as he attempted to make both ends meet and provide us with a better future. From being a respected officer in the AF, he willingly embraced jobs like being a jeepney driver and a supervisor of a security agency.

At the age of 56, my father returned to his Maker on October 16, 1985 due to aplastic anemia, which left my mother alone to raise their eleven children. Even during his dying moments, our welfare was his utmost concern.

For more than 37 years, our Daddy Eking has been physically gone from our midst yet his impression continue to linger in our hearts and minds.

We thank him for all the wonderful memories we shared together as one happy family. A family that has prayed together and stayed together, despite the difficulties and trials we have experienced in the past.

Thank you for being the best husband to Mommy Grace, and for being the best father to us – your 11 children.

Thank you for being our hero. As a soldier, you fought for our freedom for our peace and sovereignty and served our native land unconditionally. You are also a nurse in your own right having served in PAF as a medic treating your fellow soldiers, and in our family through your tender loving care.

Most of all, thank you for being a man for others by your word and deeds – touching other peoples’ lives. You are worthy of devotion and we will always pale in comparison.

We love you and miss you so much.



PNA Greater Saint Louis's Outreach to Military Veterans

By Annabelle L. Cosas, BSN, RN

PNAGSL Editor; Chair: Bylaws and Policy & Procedure
and JenJen Hazelbaker, BSN, RN

PNAGSL Advisory; President 2014-2016; Chair: Social/Mission & Charities

The **Missouri Veterans Homes** provide long term skilled nursing care in compliance with 157 Federal Department of Veterans Affairs regulations.
St. Louis Veterans Home — 10600 Lewis and Clark Blvd. St. Louis, MO 63136

HISTORY: The “St. Louis Veterans’ Home Committee” was formed in 1983 with goals: (1) the need of a state operated veterans home in St. Louis and (2) to serve as its Assistance League. Governor Ashcroft acknowledged the need of a home for aging Missouri veterans. 1991 groundbreaking; 1993 accepted its first resident and has been serving those who served ever since. With the support of many individuals, groups and organizations, the committee has been able to improve the livelihood of **the men and women who brought us the freedom we enjoy everyday.**

The STL Veterans Home Assistance League replaced STL Veterans’ Home Committee and carries out the outstanding service the former committee provided. It is a 501 (C) (3) non-profit organization established for the enrichment and betterment of the lives of the veterans residing in the St. Louis Veterans Home.



The Veterans Homes in St. Louis located at Lewis & Clark Blvd. There are seven Veterans Homes in Missouri. Each of the seven employs a licensed nursing home administrator, has registered nurses on duty 24 hours per day and provides physician care; physical, speech, occupational and recreational therapy; medications; cosmetology; maintenance, environmental and social services, and dietary specialists.



Our congratulations as St Louis Veterans Home celebrates its 29 years of existence in 2022!

Outreach to the men and women of the U.S. MILITARY — JenJen Hazelbaker was the PNAGSL President in 2014-2016. She stated, “I felt the need to give back to the U.S. military by doing a simple gesture of appreciation. I have utmost respect, love, admiration and gratitude to all our servicemen and women who have dedicated their lives to our country for us to stay safe and free.”

For the outreach, JenJen organized (1) a visit to the Veterans Home and (2) a military ball to commemorate Veterans Day organized by the STL Fil-Am Military Support Group which consists of military and family members and friends of those who served. The military ball is celebrated in November and held at Orlando Gardens, Maryland Heights. [continued next page]



Rosa Hughes, Acting Director of Recreation at the Veterans Home, was quite gracious of our



Several staff joined us (briefly before shift change) and we were more than delighted to share with them our Filipino



Assembly line of grapes, egg rolls, sandwiches, pansit, cookies



Josie shown passing around assorted cookies to the residents



Sonny is a 94 y.o. vet; we enjoyed his never-ending stories! [N.B.: Residents have signed photo release]



Col. (ret. U.S. Army) Cris is a staunch supporter of the PNAGSL outreach

Remembering the true meaning of Veterans Day — we salute the men and women for their service and sacrifice. Our freedom has been guaranteed to us for years because of the brave men and women defending our freedom and independence that we may live our lives void of fear and pursue our happiness as we desire. For their bravery and sacrifice to family and to nation, we thank you!

During JenJen's term, the volunteer work at Veterans Home was originally scheduled in February (14th, Valentine's day), in November (Veterans day) and in December (Christmas season). The next PNAGSL presidents, though, reduced the visits to once a year and, during Marjorie Gamino (immediate past president)'s term, it didn't happen for two years because of the pandemic lockdown.

This year, PNAGSL resumed its outreach activity to the veterans. Our nurse-volunteers bring different Filipino food delights and assorted fruits and desserts. Soda and water are provided by the staff.

After the "happy hour" of the residents and, while they are still in the Recreation Hall, this is the time we serve them food. Several of the veterans are in wheelchairs or in self-powered wheelchairs. A few could approach the buffet table but we generally prepare a plateful of food and bring it to them. There may be some family visiting at that time and we let them share the treats. Our Filipino cuisine is well savored by both residents and visitors, also by the staff.

This outreach is very fulfilling. Bringing food to the veterans, we show our heartfelt gratitude — the least we can do for the profound service they had given! For their sacrifice, we thank the military for defending freedom! Indeed, ***the freedom we enjoy every day!***



From left: JenJen, Annabelle, Jean, Josie and Joy — we volunteered our time and reached out to our veterans the very "simplest" way we knew we could to show our gratitude.



We were on our way out when we met two adorable Great Pyrenees (mix) in their tutus! Lon had "Frankie Georgia Pearl" while Cher, "Bessie Lou." Their stable temperaments and calm demeanor make them ideal therapy dogs and are "regulars"



VETERANS DAY — honoring those who served for their selfless duty to protect/defend our country, our freedom! God bless our men and women! Our ***heartfelt thanks*** for their service!

Correction to "A Loving Tribute to Lily" Vol. 10 Issue 8 "insidePNA" October 2022 — to perpetuate Lily Cayabyab's Divine Mercy chapel legacy in her hometown (in Pangasinan) through donations, kindly send to Leslie Cayabyab Lariago — 8001 E. Del Plomo Dr., Scottsdale, AZ 85258. Thank you!



Thank You For Your Service

By Perry Francisco
PNA Virginia



We celebrate and thank all our veterans and their families this Veteran's Day and Month. They are the backbone of our DEMOCRACY that we enjoy, yet sometimes we take it for granted.

For our gratitude, I want to recognize the military service of my husband, Rey M. Francisco, MD. He served in the US Navy for eight and half years as a Medical Officer. First, he served at the US Navy Little Creek Dispensary Clinic in Virginia Beach, VA, as a General Medical Officer taking care of the active duty & retired servicemen and their families. Then, he served at the Naval Regional Medical Center in Bethesda, Maryland, as an Ophthalmologist in Training. The change in the assignment was a great move, going from a dispensary clinic to a Medical Training Center focused on a Specialty in Ophthalmology. This was a professional advancement; only very few were afforded. Our family adjusted to the move and supported his career move. The US Navy truly takes care of its service men's families too. The Bethesda assignment exposed us to the amenities of the Maryland-Washington, DC area. While Rey's work was hectic,

we got the opportunity to visit all the tourist spots in Washington, DC, and Maryland. As a spouse, I was able to join the other spouses for a tour of the White House during the Christmas Holiday Celebration. What an experience!

Moving for a change of assignments is always a challenge that one does not get accustomed to when you are part of the military service, but you accept and adjust. The upside of this is being exposed to geographical changes, getting to know more friends, and learning the lay of the land. As a nurse, I got to work at different locations and learned more skills due to the nursing assignment I got. The challenge was great, and the reward greater. Our family became part of greater communities.

Rey's last assignment was at the Portsmouth Regional Medical Center in Portsmouth, Virginia. His assignment was as a Staff Ophthalmologist. The proximity of this assignment to Virginia Beach, VA, gave us a choice to live in the resort city of Virginia Beach. He served at Portsmouth for a few years. This was his last assignment, having served eight and a half years of his medical profession.

We decided to make Virginia Beach our home to establish roots for our two growing children and for the stability of their school. So, we're still here at home in Virginia Beach, where Rey established his Private Practice in Ophthalmology and still served many of the military families that he has served before. After 30 years of actively serving and participating in community activities, he retired and still has a very strong connection to many of the military branches based in Hampton Roads.

We salute our MILITARY servicemen and families!



Service to Country: a Family Tradition and Legacy

By **Roseminda Santee, DNP, MA, NEA-BC, CNE, ANEF**
Former Major, US Army Nurse Corps

The tradition of serving our native and adopted country runs deep and long for many families. This is the story of veterans in our family.



My father, the veteran

My father, 1LT Gaudencio Nuega Sr. came to Sulu from Talibon, Bohol, Philippines. He married Elizabeth Sindayen, the granddaughter of the local Muslim chief on the island of Tapul, Sulu. My father, who fought with American forces against the Japanese Imperial army, remained as the Commanding Officer of that small island reachable only by a small-motorized boat or a manually navigated native boat or “kumpit”. My maternal grandmother, a Muslim, was from the fierce Moro tribe of Tapul, Sulu. Tapul Island had a primary school that educated the children of the military assigned to the island and the island's native inhabitants. Everyone respected my Christian father, an infantry officer and a medic. He and his soldiers provided a safe environment for the inhabitants from Japanese stragglers who may not have known that the war had ended and from unfriendly island inhabitants. My father showed us how to use weapons safely to protect others and ourselves. My father retired from the Philippine Army and raised us with my mother, then an elementary school teacher, to love our country and provide service to our fellowmen in any way we can.

My father's daughter, the veteran

I was born on the small island of Jolo, Sulu, in the province of Mindanao after the Americans liberated the Philippines from the Japanese occupation at the end of World War II. I was educated in Sulu and Zamboanga by American missionaries of the Oblates of Mary Immaculate of South Dakota, USA. They instilled in us the love of education, reading, and the ability to be resourceful and innovative since resources were scarce on the islands. I completed my Nursing education in Zamboanga City, a graduate of a rigorous nursing program that combined the general education courses from the elite Ateneo de Zamboanga, a Jesuit institution, and the early hands-on clinical experiences at the regional hospital. The patient environment at the hospital and my public health experiences were a constant challenge because of tribal conflicts among the region's inhabitants. I learned how to adapt and set priorities as a nursing student. After graduating from the nursing diploma program, I ventured into the big city of Manila and continued my Bachelor of Nursing at Concordia College in Manila. I became a nurse educator at a very early age.



In July 1967, I came to New Jersey as an Exchange Visitor Nurse (EVN) and worked at the premier Maternity Hospital in the state, Margaret Hague Maternity Hospital. Initially, we were to land at Newark airport, but on the precise date of our arrival, a riot was happening, and we were diverted to Kennedy Airport in New York City. My fellow nurses and I adapted to our new environment. I remained in Jersey City for 17 years as a staff nurse and nurse educator.

I married **Raymond J. Santee**, a wonderful man and a great father to our two children. Ray was a veteran of the Korean Conflict with the rank of Corporal in the United States Army. At the age of 21, he and his friends from the Italian



neighborhood in Jersey City, NJ, joined the US Army in the Infantry Division when the United States, under the leadership of General McArthur, rallied to support South Korea from aggression by the North Korean and Chinese governments. Ray was honorably discharged from the US Army in 1954. We raised our children, Veronica, and Mark, while I continued my education and career as a nurse. I became involved in my Filipino community and was a founding member of the Philippine Nurses Association of New Jersey in 1967. Two years later, we founded the Philippine Nurses Association of America.

In 1988, the Sisters of Charity of St. Vincent de Paul hired me to establish a new Skilled Nursing Facility in downtown New York City, and I became its first Director of Nursing. The New York Foundling Hospital was a new facility that provided care to medically and developmentally challenged children and adolescents. In 1989, I joined the US Army Nurse Corps Reserve to train and staff mobile medical units for deployment to the brewing Gulf War. In 1990, Operation Desert Storm's air and ground operations needed medical support, and our Combat Support Hospitals rallied. I remained with my Reserve Unit for 13 years and separated from service because of family needs. My husband died in 2006 and was buried with full military honors arranged by our local VFW.

In 2001, while still Director of the Children's Hospital, I supported other hospitals in downtown New York City to take care of victims of the 9/11 attacks. My staff and I back fielded St. Vincent's Medical Center by accepting triaged patients who can be cared for safely in our medical facility. During September 11, 2001, the terrorist attack of the New York World Trade Center, I remained in New York City for three days without any contact with my family in New Jersey. In 2002, I decided to return to work in New Jersey and joined the Trinitas School of Nursing. Currently, I am the Dean of Trinitas School of Nursing/RWJBarnabas Health in Elizabeth, NJ.

My daughter, the veteran

My daughter, Dr. Veronica Santee, married to Dr. David Ferraro Jr. (another Army veteran), graduated from New York University's undergraduate program and medical school. The Health Professions Scholarship Program of the US Army sponsored her medical education at NYU. While learning about medicine, she also participated in the US Army. In the summers, she attended annual military training. At graduation, the Army commissioned her as a Captain. She did her medical residency in one of the best residency programs in the US, the Madigan Army Medical Center in Tacoma, Washington. She had her first child, Travis Williams, in that hospital. Her first assignment was in Ft. Polk, Louisiana, an active Army training post. During Desert Storm, she remained among a few doctors on post; the Army deployed the other physicians to Saudi Arabia. She attained veteran status when she completed her active service and is now part of a private practice group providing primary care in Western Pennsylvania.



My grandson, active duty and future veteran

1LT Travis Ray Williams, 24, is an Engineering graduate of the University of Louisiana in Lafayette. Travis joined the college ROTC in his second year of college. His Army branch of choice is Field Artillery.

His mother is Dr. Veronica Santee, a veteran; his father is retired First SGT James Adam Williams. However, his home base is Fort Hood, Texas; 1LT Travis Williams and his unit are in Poland for a peace-keeping assignment in that part of the world.

It is with pride that he serves his country. Travis is getting married in January of 2023 to a nurse who comes from another military family. The tradition continues....



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<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>



If Not Now, When? (Maybe on Thanksgiving Dinner!)

By Agrifina Catapusan, ANP- BC, ACHPN
PNA Greater Kansas City



As a nurse, I think our primary duty is to alleviate suffering in this time and space continuum - called life. I have had the privilege of serving many elderly patients in my career in the long-term care population. It helped to open a world of musing and wondering, with all the advances in technology and science, why are we still guessing what would be helpful to our person in the last chapter of their lives?

Filipinos love food, gathering around foods, more foods, Ziplocs and yes, take homes. It is ingrained in our culture, brings us closer to our family, and connects us with others in a genuinely different way. I hope this will light a spark to encourage all of you that it is important to start "The Conversation." (No, it is not about having the "protected sex" or asking your 58-year-old niece when she is getting married convo) but the discussion about Advance Directive. Below are reasons why having the conversation over dinner is the best time for a family to talk about issues that impact everyone's life and that you can freely let them know how blessed, thankful, and love being in this moment.

Another huge part of our culture is "pamahiin." For Gen Z and young millennials: "pamahiin" are "superstitions" – they usually sound ridiculous and totally cannot be explained by facts or science. Elderly Filipinos keep one or two that they stick to (make it their mantra?) and share with others. Some nurses – not just Filipinos, believe that the mention of the word "quiet or easy day" in the unit will jinx ("to foredoom to failure") the whole shift and will likely turn into a very busy, if not chaotic, shift.

Talking about death and illness is taboo since it is a belief that NOT mentioning or talking about it - is equivalent to preventing bad luck from happening. Even though we all know that death is not something we attract, it is an inevitable part of life, part of the journey that we should all be prepared the similar way we prepare to welcome a new addition to our family, be it by birth, marriage, or by friendship. We should have a good plan to address a good death instead of leaving it to chance and being lost in the end.

The conversation about advance directives is essential to have with our family and loved ones. (Advance Directives per Oxford Dictionary ~ a written statement of a person's wishes regarding medical treatment, often including a living, will ensure those wishes are carried out should the person be unable to communicate them to a doctor.) It is simply a conversation letting the family know "what matters to you the most if time is short." Nothing formal, there is no agenda, you're not in a hurry nor pressured to come up with a decision or answer, just a casual discussion over the perfectly roasted turkey or savory sweet, glazed ham. No other place you would want this conversation to happen.

It is better than talking about politics – we know so well how that conversation can go down that rabbit hole—so, tempting to talk about the results of Midterm Elections here in the USA or The SONA (State of the Nation Address) of the President of the Republic of the Philippines. There are no winners here.

Everybody is present! Siblings from different states are here - (And hopefully not yet drunk!). There is a term "Daughter from California" syndrome - a phrase used in the medical profession that describes a situation in which a long-lost relative arrives at the hospital where a dying elderly relative is being treated and insists that the medical team pursue aggressive measures to prolong the patient's life. – Surely, we have that one person in our family who cries, "do everything, we will win this, and the dreaded phrase, "don't be such a negative!"

This is the best time to let them know that – this is not a battle. It is all about a person's wishes and important life priorities. If your person says, “if she can no longer eat another Lumpia for the rest of their life – take it in your heart – that eating is part of their quality of life, and by all means, they will not be agreeable with a feeding tube to prolong a miserable life (– on a different note feeding tube doesn't prolong life for an elderly person with dementia, but this is for a different topic.)

It is not about the inheritance or the burial plan. Some people said to me, “We do not need to talk about it because I do not have money or assets to give away when I die” others would say – they do not have to worry about it as they've already purchased the cemetery plot for the body. Setting the conversation and letting them know it is more important than that – It is all about their wishes when they become very sick, and their body can no longer sustain the quality of life, or when they cannot speak their mind because the illness has taken their capacity to think or talk.

“Where do you draw the line between treatment burden and the hope for a little more time.” It is very hard to talk when the (health) crisis is already in front of us, already staring at us. The festive ambiance and the smell of good food is so relaxing to have the chill attitude talking about your person's preferences for their care.

It is NOT a conversation of “who is the favorite in the family.” Yes, we all love them equally (wink, wink), which gives you another reason why it is important to let your person speak of what they want for their care. By communicating a crystal-clear plan of care or preferences, members of the family do not have to guess what should be done. All they need to do to speak about the person's wishes: there will be no doubts, pressure, regrets, or questioning one another if they are doing the right thing for the person but merely carrying out their wishes.

Remember, it is not a one-and-done thing – health changes and our hopes and priorities. You can always change your care plan based on your priorities and the things that are important to you.

Nowadays, some documents are available that you can complete. Make sure you communicate your wishes to your doctors, caregivers, or Emergency Medical Services (EMS). I would suggest not providing nine pages of your living will in the event of calling the EMS. They cannot go through that, and if ever there's a chance that they will read it anyway, it will not be carried out because it is too late and it is not a doctor's order they need to follow. Please check out your state-specific forms about converting your wishes and patient care preferences to a physician's order that will be honored by all healthcare providers that you will encounter.

Below is more information about the forms and websites that can help you break down the conversations and put them in writing.

POA or Power of Attorney for Healthcare (Agent/Healthcare Proxy/Surrogate) This form will designate the person who will speak for you or carry out healthcare decisions and wishes. It is very helpful that you trust this person and that this person knows what your preferences are for your care. It would be helpful if they did not need to guess what you want. So, talk.

<https://theconversationproject.org>

This is a website with FREE conversation guides to encourage and help everyone talk about their wishes for care so that those wishes can be understood and respected.

<https://www.fivewishes.org>

Five Wishes is the first living will (also called an advance directive) that discusses your personal, emotional, and spiritual needs and medical wishes. It lets you choose the person you want to make the healthcare decisions if you cannot make them yourself. Five Wishes is a legal document in all states but eight. Alabama, Indiana, Kansas, New Hampshire, Ohio, Oregon, Texas, and Utah require official documentation. Once you start filling out your own Five Wishes document, you'll have many important decisions to make.

I genuinely believe that we are blessed with the ability to fill moments with endless meaning that even fear and death can't take away. I wish everyone to be safe and have a good time with their family and friends to celebrate a Happy Thanksgiving. I hope the information I shared will at least help you start an important conversation with your loved ones. If not now, when? Maybe Christmas Dinner? I do not want to mention the C- word (COVID), but the post-global pandemic brought us a world of different uncertainties; why put off something so important?

Many Thanks. Please feel free to reach out for comments, suggestions, or questions through email, text, or phone calls.

Sincerely, Agrifina Catapusan ANP- BC, ACHPN

mcatapusan@yahoo.com

816-405-9203

Promoting Diversity, Health Equity, and Inclusion: The Philippine Nurses Association of America and its Local Chapter's Focus in Southern California for 2023 and beyond - Promoting and Advancing the Health Care for Transgender Adult Filipino Individuals – Part 1

By Sasha Alexis Rarang, PhD, MSNEd, CCM, RN



The United States is facing a battle, a battle that involves improving its healthcare's future by embracing issues concerning diversity, health equity, and inclusion. According to the National Academies of Sciences, Engineering, and Medicine; National Academy of Medicine; Committee on the Future of Nursing 2020–2030 (2021), a nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. With this statement, it is very clear that nurses are at the forefront of this battle.

The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. The Philippine Nurses Association of America (PNAA) and its local chapter the

Philippine Nurses Association of Southern California, Inc. (Inc.) through its Education, Research and Practice Committee recognized the importance of this agenda. As the two organizations start forging what is out there that requires the attention of many Filipino American nurses, a healthcare issue that is present but not given enough attention, and commonly found among the underserved members of its society is the issue of non-inclusion. The Filipino community's health is known for issues such as cardiovascular diseases and cancer as the leading causes of illness and death among Filipino Americans. However, an issue that is present within its own community, but was not given much attention because just like any issues in healthcare, great barriers are present. This healthcare issue is the non-inclusive healthcare and delaying the need for medical care because of fear of discrimination among Filipino American transgender individuals.

This is what to some of us members of the PNAA and PNASC recognized as a growing concern, a concern that can have an impact into our society if not advocated upon and given the opportunity to be discussed. This issue among us and requires healthcare advocacy, education, and other worthwhile initiatives to ensure Health People 2030 and beyond.

According to the University of California, Williams Institute (2022), over 1.6 million adults (ages 18 and older) and youth (ages 13 to 17) identify as transgender in the United States, or 0.6% of those ages 13 and older. Among U.S. adults, 0.5% (about 1.3 million adults) identify themselves as transgender. Of the 1.3 million adults who identify themselves as transgender, 38.5% (515,200) are transgender women, 35.9% (480,000) are transgender men, and 25.6% (341,800) reported they are gender nonconforming. Interestingly, the racial/ethnic distribution of youth and adults who identify as transgender appears generally similar to the

U.S. population. UCLA Williams Institute reported that there are about 77, 300 individuals considering themselves as transgender individuals and are belonging to the Asian/Pacific Islander groups as of June 2022. Unfortunately, the specific number of Filipino Americans recognizing themselves as transgender individuals remains undocumented. Such situation can be considered part of non-inclusion issue in healthcare and a glaring health inequity issue due to the fact that there are viable numbers of Filipino Americans belonging to the transgender community, but are not specified and are not documented in major surveys made in the past. This means that, the existence of this group of individuals do not possess any data. Thus, as stated in the GLADD Media Reference Guide (2022), it is difficult to estimate the number of transgender people in the United States, as most surveys are not constructed in a way that can accurately capture that information.

Looking at the existing data for the Filipino American community, 53% of the Filipino Americans are foreign-born and 63% of these individuals have naturalized as citizens (The Filipino American Community, n.d.). According to the 2010 Census, the total population of Filipino Americans numbers 3.4 – 4.5 million, about 1.1% of the total population of the United States. This figure also includes multi-racial Filipinos. Furthermore, the Filipino Americans are the second largest Asian Pacific Islanders (API) subgroup, accounting for 17% of the total API population in the U.S. and 21% of California's API population. The states with the largest Filipino American presence include: California, Hawaii, Illinois, Texas, Washington, New Jersey, New York, Nevada, Florida, and Virginia. In addition, there are estimated 280,000+ Filipino Americans are undocumented (The Filipino American Community).

The data above is significant enough to consider the need to investigate at the healthcare related issues of the Filipino Americans including any existing barriers that can prevent them from having a good quality of life. However, in contrast to what is seen mostly among Filipino Americas as professionals including most able Filipino American nurses, Nasol et al. (2020), stated that LGBTQQIA+ community members are impacted by poor self-esteem, mental health issues, and exclusion from the larger Filipinx community. According to a study in 2015, Filipino-American adolescent girls have the highest rates of suicidal ideation amongst Asian American females (National Alliance on Mental Illness, 2011; David, 2010). Additionally, Filipino Americans seek mental health services at the lowest rate of any other Asian American group. These rates are heightened among LGBTQQIA+ Filipinx due to poor media representation, stigma, and lack of education around gender, sexuality, and mental health in the Filipinx community. In general, the transgender individuals frequently experience exclusion and discrimination in healthcare settings. Yet, they may need to seek medical attention in pursuit of gender-affirming hormones and surgical procedure(s). In addition, these group of individuals also have needs for other physical or mental health conditions. In recent years there has been a growing amount of research documenting barriers to reliable healthcare for this population and a lack of transgender competence among health and mental health providers. Studies have quantitatively assessed the relationship between delaying healthcare because of fear of discrimination, non-inclusive healthcare, and mental or physical health in this population (Nasol et al.).

The transgender individuals and population group are members of our society, whose lives has been filled with ongoing discrimination, stigma, and violence. Along with this social dilemmas, other concerns involve social, political, and economic factors including barrier to health care access due to the aforementioned reasons. Likewise, many do not have decent jobs and income. According to Mahowald, Medina, and Brady (2021), research demonstrates that, compared with the general population, transgender people suffer from more chronic health conditions and experience higher rates of health problems related to HIV/AIDS, substance use, mental illness, and sexual and physical violence, as well as higher prevalence and earlier onset of disabilities that can also lead to health issues.

Recently, few members of the Philippine Nurses Association of America (PNAA) Executive Board gathered via virtual meeting to consider creating a task force to address issues related to diversity, health equity, and inclusion. This is part of the call to action by PNAA in response to The Future of Nursing 2020-2030: Charting a

Path to Achieve Health Equity initiative. Members present in the meeting include Dr. Gloria Beriones, PNAAs President, Dr. Sasha Rarang, PNAAs Board of Director, and Dr. Mila Sprouse, SCR COPRR. Not in attendance was Dr. Marlon Saria, PNAAs President-Elect. The plan of the PNAAs Executive Board is to create a task force among PNAAs Executive Board and members of the organization to serve as the group that will facilitate the development of goal-oriented charter and objectives for PNAAs DEI initiatives, create new opportunities and voluntary opportunities, continued communication among stakeholders, and to encourage local chapters involvement and empowerment. This particular work is currently ongoing, and updates will be disseminated as they occur.

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The Next Generation NCLEX

By **Marichu S. Gan, DNP, MAN, RN, CRRN**

Associate Professor of Nursing

1st-semester Professor

Retention Coordinator

PASO Faculty Advisor

AHS - Nursing Department

Los Angeles Valley College

So much buzz is going on in undergraduate nursing education during the pandemic. I can share two only, or I will not have enough space. I will start with NGN. Is this the new NCLEX? Yes, it is called next generation NCLEX and not new generation NCLEX. It does not matter that much, but for educators, if you say it wrong, we feel a cringe in our bones. The Next Generation NCLEX (NGN) will commence in April 2023. The NGN will measure entry-level nurses' clinical judgment and decision-making in two ways: case studies and stand-alone questions. NGN results from evidence-based research of the NCSBN Clinical Judgment Measurement Model (NCJMM). Layer 3 of NCJMM is a guide to select an instruction model to teach the nursing process because these cognitive processes are used to measure and evaluate an NCLEX candidate. Layer 3 consists of the following: recognize cues, analyze cues, prioritize hypotheses, generate solutions, take actions, and evaluate outcomes (NCSBN, 2022). Some of the changes that will be in NGN are the number of items. Regardless of the minimum and the maximum number of items, there will be three case studies with six questions for each case study, and the rest of the items will be stand-alone questions. Additionally, when needed, normal laboratory values will be provided as part of the data presented in the item. NCSBN has ongoing alpha and beta testing to get ready for April 2023. Moreover, we educators have been attending multiple webinars and conferences and coordinating with our book representatives to better prepare our students. Currently, our online resources include NGN practice testing and simulation.

Before the pandemic, a group called the Regional Nursing Curriculum Consortium (RNCC) was created. Members are leaders and faculty of Community College Associate Degree Nursing (AND) in the Los Angeles region. I am a member of this group, and we have met consistently, almost monthly, for the last few years. We have three main groups, curriculum, national accreditation, and general education. The objective of this group is to develop a universal ADN curriculum integrated with a Bachelor of Science in Nursing so that ADN and BSN will be completed concurrently by the students (HWI, 2019). Why is this necessary? This is in response to the recommendation of the Institute of Medicine (IOM), now called the National Academy of Medicine, when the future of nursing was released in 2010 – to increase baccalaureate degree graduates. Why community college, in particular? Universities and colleges produce entry-level nurses from private and public institutions. Community colleges, in particular, are an option because of their affordable cost.

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The Joy of Living with Formidable Friends (My COVID Buddies) (A COVID Experience)

By Manelita Dayon, RN, BSN
PNAAC NCR Vice-President



It has been my lifetime dream to be a nurse. I have been one for almost half a century. That sounds ancient for others to know, especially to the millennial nurses. If given another half a century, I would still want to be a nurse. Retirement is taboo, someone has to push me out of the door. This has been my commitment to nursing until the day I experienced the “tell-tale” symptoms of COVID-19. My doctor confirmed the diagnosis. I had COVID, I was frightened and afraid this was the end of my nursing career. I was in denial, but the only way to fight fear was to face it. My brain went into overdrive of bad memories of patients on ventilators the astronaut-looking people going in and out of the rooms and death. It did not matter where I caught this horrible virus; what was important was my survival. I refused to succumb to the terrifying emotion of doom. Luckily, they said, I had “mild” COVID symptoms, easy for them to say.

I did imprison myself to a room with a bathroom, thank God, there is one in my house, and planned my daily activities within the four corners of the room. My friends did a “kabalikat” effort, put some of their finances together, and paid a caterer, yes, a caterer, to deliver food to my doorstep. I thanked my COVID buddies for the delicious meals. I really am not into cooking at all. To fill all my days in prison, I decided to write a diary. Armed with a bottle of Acetaminophen, a baby thermometer (it works for adults, too), a pulse oximeter, alcohol (not the one I can drink), and my cell phone, I closed my prison door.

Day 1- I refused to stay in bed with a 103.2-degree Fahrenheit fever. I took a couple of antipyretics and started folding laundry, and thought of a beautiful way to organize the closet. Took a nap, and the day ended.

Day 2- Pulse Ox reading 91. Took several deep breaths and went up to 93, still compatible with life. Temperature 100.4, popped in two more antipyretics and took a shower, and scrubbed out 3 days' worth of odor and oily hair. Found a coloring book, the adult version, under my bed and colored one and a half pages, got bored, so I did my own facial spa following YouTube instructions. Lunch was delicious, adobong sitaw (sautéed string beans with pork in soy sauce). Read a Janet Evanovich novel and fell asleep.

Day 3- Temperature back to 101. Coughing and having a headache. I didn't want to check my oxygenation level and get scared, so I took a hot shower and hoped the mist would clear something. I told myself,

“Today, I will write a love letter or maybe a love poem,” but the aching brain refused to compose anything, not even the first word to any sentence. The inspiration died a natural death, and the brain went into a deep sleep.

Day 4- Brave enough to pull the pulse oximeter from under the pillow. Reading 92, deep breaths, and just using the back of my hand to check my temperature; were not alarming. Called my husband, and yes, I neglected to ask how my husband was surviving, Taco Bell and MacDonalDs are just around the corner, so I thought everything was fine. The call was to ask him to buy me cough syrup, the “expensive one.” Then I did my pretend exercises around the prison room.

Day 5- Foot spa day. No interest in checking any vital signs. I felt better except for the cough and the benign headache. Lunch was pancit (noodles) and egg rolls with Leche flan. I felt like a princess.

Day 6- A call from work checking up on me was nice. So I gave an exaggeration of my symptoms; the cough did stay, and life was still bearable with boredom. This was the time when one didn't feel well enough to do anything and was sick enough to just stay in bed. The lazy day ended just listening to 'Top of the World' by the Carpenters and “Dahil Sa Iyo” by the Lettermen via Spotify.

Day 7- Pedicure Day. I painted my toes assorted colors and just stared at them while in bed. Vital signs stable. I didn't want to use any of my medical equipment. I was breathing except for a lingering cough, and I trusted the back of my hands to tell me if I had a fever or not. Lunch was sinigang na pompano (fish) and cassava cake for dessert.

Day 8- Zumba day. I looked for a real Zumba attire and found a leggings and a crop top that I discovered did not fit me anymore, so I had to settle with an oversized XL T-shirt (I always thought it was oversized, but it fitted me like a glove). This gave me the inspiration to give my all to Zumba in Latin music.

Day 9- Tidy up the room when I accidentally pulled a couple of albums from underneath the bed. My family photos from back home in Davao. This day became a “crying day.” Both my parents passed, and looking at their pictures with all seven of us siblings together, gave me a nostalgic moment, the green and yellow house and the Al Capone-looking 1950 Chevy Bel Air car parked in front of it. We gathered so proudly of the 10-year-old car that my father had just purchased. I slept with the albums next to me.

Day 10- Asymptomatic except for the stubborn cough. I wore my N95 mask and journeyed back to employee health to get a clearance to go back to work, and to the reality of life, bills to pay, mortgage, and an alarm clock set again to burst at 5:04 AM.

Life goes on even if it throws lemon on you; make lemonade out of it. I read it somewhere. Thanks to my angels, COVID buddies, and the almighty God, I am alive and still a nurse. However, even with an active brain, the body is slowing down. No more ICUs and running to codes or assisting in a bedside chest tube placement; I am happy taking care of children twice a week, reviewing unit paperwork and schedules, and enjoying life still behind the mask. This year, I am celebrating Thanksgiving with my family and the friends who were my “kabalikat” during my COVID ordeal and, most of all, with Him who taught me patience, love, and appreciation of little things in life.



The many things I am thankful for

By Lea S. Agaton, BSN, BSBA, RN



Being a nurse has led me to achieve several life goals that have made me proud of and grateful for my accomplishments. One of my primary goals was to afford to get my daughter through four years of college. She is now working full-time. I could also thoroughly care for my parents whenever they needed medical help. With the experience and education I received to get my BSBA and BSN, I could climb up to higher positions in the workforce to assist with the organization's management. Lastly, as a nurse, I am able to proudly serve the community regularly, which I have always ultimately wanted to make a part of my career. My biggest achievements are not excellence or awards but the fulfillment and joy in my heart in giving unconditional care and service to those in need.





Thankful for so many things

By Janice Garcelazo
PNA Colorado Vice President



Thanksgiving Celebration

First, I am grateful for my life. Both the good and the bad. I am thankful for my good health and sense of safety. If I was not healthy or safe, I would not be able to enjoy this beautiful life. I am grateful, for I am surrounded by the people that matter to me the most. I am thankful for the profession that I have and the security that it has offered me. Life is good. So naturally, I hope to bring the best out of not only myself but of my fellow members as well; as a symbol of gratitude and respect to everyone in our PNA family.

Honoring those who serve

Every day that goes by, we reciprocate our gratitude to those who serve. Men or women, past or present, in the service of our country. I thank the United States for imposing military enforcement to ensure our freedom and safety. I thank our veterans for their unselfish acts of servitude. Thank you for your determination to risk your lives and sacrifice for all of us. Your bravery is a true testament to benevolence, loyalty, and love for the people of this country. Happy Veterans Day!



Thanksgiving Message

By **Mila Nino, BSN, RN**

PNA Central California President 2020-2022



As I come to the end of my term as President of PNA Central California, I feel there is much to be thankful for. It was a wonderful, fulfilling two years of my life. I had mixed emotions initially when inducted via Zoom at the height of the COVID-19 pandemic, it wasn't a typical in-person event, but I was happy and thankful that some of my family and friends from all over the US, including the Philippines, were able to witness the event. This would not have been possible if it had been in person.

Despite all the restrictions during my term due to the pandemic, my EB and I kept up with the challenges. Our theme was "In gratitude, we give back ...". Leading the PNACC's COVID-19 Taskforce, our most significant accomplishments were supporting and lifting the morale of our nurses and other frontliners with the theme "Nurses helping nurses and other frontliners." We distributed goodie bags with

masks, face shields, sanitizers, snack bars, and other care essentials to hospitals and nursing homes in Fresno and its vicinity. We also donated goods to Marjaree Mason Center, Pinedale Elementary School including other nursing homes during the holiday season.

Fundraising was challenging, but we got through it. We were able to manage a virtual 5K Fun Run and Zumbathon at the Park that generated enough funds to support our activities and projects. During the recent earthquake in the Philippines last October 25, 2022, PNACC raised funds from generous people in the amount of over \$2,000 to help victims of the 6.4 magnitude earthquake in Abra, which was heavily hit. We are so thankful for those who donated; bless their hearts. The saying "It's better to give than to receive" is perfect for this act of generosity. Recently, PNACC's Halloween event, "Meet and Greet, Trick or Treat and Zumba," was a success. Most members came in Halloween costumes, and everyone had fun.

Community Service is consistent, every 1st Friday and Saturday of the month at Holy Ground Family Fellowship of America – HGFFA, packing and distributing food to the community. We also volunteer at Poverello House and California Food Bank. We collaborated with other Fil-Am organizations with BP screenings and education.

Our Education Committee conducted two webinars with CE's entitled "Stories of People's Achievements, Resilience and Kindness" and "COVID-19 Continuum". We also collaborated with the California Nursing Student Association of Fresno State and presented a webinar entitled "Sepsis and Updated Treatments. Many nursing students attended this event. A follow-up presentation about Sepsis will be on November 14, 2022. PNACC also supported the CNSA on their fundraising event, "Boba Fresh Fundraiser in which 20% of all sales go towards their graduation ceremony

After having to forgo our celebrations in 2020, we were blessed to safely have in-person celebrations as COVID-19 slowed celebrating Nurses Week, Excellence Awards, and Scholarship Awards for 2021 and 2022. In



memory of our colleagues and those we lost due to COVID, we pray for their eternal repose, and may they Rest in Peace.

Another significant achievement of PNACC is consistently having the highest membership (178) in the Western Region and placing in the top 3 in membership nationally. Thanks to our Membership Committee, Yolanda Maron, for her efforts in spearheading the campaign. I am also proud to say that since 2019, 7 PNACC EB members have graduated or completed the iLDP-Leadership Program provided by PNAA.

Last but not least, the highlight of PNACC as an organization produced winners of the prestigious award by the Central San Joaquin Valley Nursing Leadership Coalition – CSJVNLNLC. In 2021, PNACC nominated Luz Newell for the RN of the Year in the Education category and became the winner. This year competing against equally outstanding nurses in Central San Joaquin Valley, PNACC took home 3 out of 5 RN of the Year titles. Yolanda Maron (Membership Chair) received the RN of the Year in the Clinical category, Rizza Elep (Secretary) received the award in Nursing Education, and yours truly Mila Nino (President) received RN of the Year in the Leadership category. Laura de Vera (Asst. Secretary) and Cecilia Utleg (Treasurer) were also recognized as runners-up in the Innovation category.

We are delighted and blessed to recognize our hard work. This doesn't stop our mission; we will continue to lead and make PNACC/PNAA proud.

Thanksgiving

Happy Thanksgiving PNAA!

From the Philippine Nurses Association of Greater Kansas City (PNAGKC)



Our chapter is thankful for you!

Thanksgiving

**To Our PNAA Family,
Happy Thanksgiving!**



**Sending you all good wishes, good
health and good times with family
and friends!**

Thanksgiving



From the PNA of Greater St. Louis

Numerous blessings ensue.
We give thanks for every gift, every talent,
each one bestowed on us
by our Lord's generosity.

Let us be together in thanking Him —
for everyone's safety/good health,
for every breath we take,
for every challenge that comes our way.



In this celebration of Thanksgiving —
appreciating our family, friends,
our organization,
our circle of brothers and sisters!

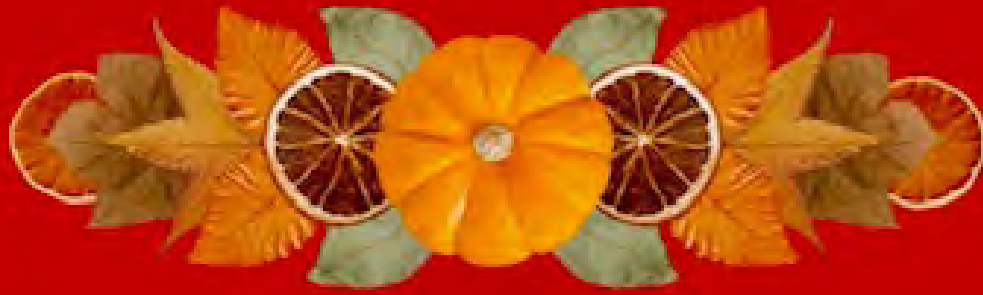


For your bounty, Lord, we give thanks!

Let us appreciate one another.
Embrace those who enrich our lives.
Extend a helping hand to the less fortunate.

QUOTE

In heartfelt thanksgiving for love and kindness!



Wishing you all a
Blessed Thanksgiving,
full of love and peace
in your hearts!

Greetings from PNA
Gulf Coast Florida



THANKFUL FOR US

Thanksgiving



HAPPY

Thanks
giving

Wishing you and your loved ones an abundance of blessings throughout the holiday season.

~Philippine Nurses Association of Hawaii (PNAH)



WISHING OUR
PNAMDC & PNA FAMILIES A

HAPPY THANKSGIVING DAY

MAY SIMPLE ABUNDANCE FILL
YOUR CUP WITH
GRATITUDE.

Thanksgiving

TO THE *amazing* **PNAA MEMBERS**

Wishing you the gift of faith
and the blessing of hope this
thanksgiving day!

Happy Thanksgiving!

FROM THE *Bold and Unstoppable*
PNA NORTH HOUSTON



To Our PNA Family

“Gather and Give Thanks”

Happy Thanksgiving!

PNA San Diego



Thanksgiving



"I am grateful for my own family, the source of my love, joy, and inspiration. In addition, I am thankful for my PNANY & PNAA family, who help build my tenacity and refill my cup of resilience. Their love, presence, and outpouring of support continuously reignite my passion and purpose and rekindles my clear intentions anchored with the Above Almighty".

Dr. Warly Remegio,
Eastern Region Vice President
(2022-24)





Happy Thanksgiving

FROM THE COMMUNICATIONS & MARKETING COMMITTEE



Dr. Dino Doliente
Adviser
WR

Carol Robles
Chair
ER

Dr. Dan Loyinaria
Co-Chair
NCR

REGIONAL REPRESENTATIVES



Marissa Usman
ER

Angelo Bosque
SCR

Jacque Dardeen
WR

Daphny Peneza
SCR

Thanksgiving

PNAA Practice Committee Members Gratitude Journal

Creating a gratitude journal helps create a positive effect on the personal well-being. The members of the PNAA Practice Committee and the Kabalikat Wellness Team are sharing messages of gratitude for Thanksgiving and to celebrate the National Nurse Practitioner Week (November 13-19).

We join the nation in recognizing the contributions of more than 300,000 nurse practitioners who make a difference in their clinical, academic, and public health practice. We celebrate our fellow PNAA Practice Committee NP members for their volunteerism, passion for life-long learning, and advocacy. Together we continue to elevate our profession across the nation and the world. May we never waiver, and may we prevail.

Happy National NP Week!

HAPPY THANKSGIVING!

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Dr. Rebecca Graboso

"Life is like a box of chocolate, you never know what you are going to get. This year, we have been blessed to receive the most 'delicious chocolate', a sublime gift of life - our grandbaby Pia. I am blessed and thankful for what GOD has given me in my life, my family and friends - including YOU, my PNAA family" - Dr. Riza Mauricio



Dr. Riza Mauricio's grandbaby

"After 35 years of working in many different areas and roles in nursing, I am finally retiring by the end of this year from the job I love so much. My cup is full and my heart is overflowing with gratitude for God's love and overwhelming support from family, friends and PNAA." - Dr. Rebecca Graboso



Lourdes Moldre

"Although this year I have been busier than ever (professionally and personally), I am thankful for the chance to create lasting impacts at UCSF (M2 Wellness Program) and "Women of UCSF Health") and in my Filipino communities (PNANC + PNAA) Very grateful to have a supportive husband and 3 healthy kids who are able to appreciate the work + joy that I need to pursue as a leader" - Lourdes Moldre



Joanne with Dr. Loreta Ford, co-founder of Nurse Practitioner profession

"I am grateful to spend my granddaughter's first thanksgiving with the family." - Kathy Yago



Kathy Yago with grandbaby

"Thankful for the blessings of family, friends, and colleagues. I am grateful to be in a profession that allows me to continuously learn, grow, and share it as a blessing to others." - Dr. Joanne Dalusung-Cruz



Dr. Tess Medina

"Thanksgiving is a time of reflection and being open to share our blessings. The past few years has been tough with the pandemic, but God gave us each other to hold onto, let's celebrate life, be generous and kind to each other. I am grateful that we can now be with family and friends to share meal and have fun." - Dr. Tess Medina



Dr. Jethy Aying

There are so many that we are so thankful for especially this Thanksgiving 2022. I for one, I am so Blessed that my surgery went well, and Thankful for my family, relatives, and true friends who surrounded me with their prayers, love, hugs, and kisses. This Thanksgiving I pray for all of you good health, and please accept my pay back of love, hugs, and kisses. In addition, I am proud to be a Nurse Practitioner and to all my colleagues. "Happy Nurse Practitioner Week". Thank you for your service." - Dr. Jethy Aying



Dr. Velma Yelp

"Thanksgiving will always be the same for me, being thankful for all my blessings & grateful for all my trials and tribulations. Life is a wave - it goes down - then it'll go up, I accept." - Dr. Velma Yelp



Dr. Anecita Fadoi

"I am thankful for all the blessings which are more than I could ask for - for family, friends, colleagues, challenges and opportunities I encountered along the way. Above all, I am thankful for the blessings of good health that allows me to be able to help and care for others. Happy Thanksgiving to all of you and yours! It's a blessing to be part of this community of PNAA colleagues and friends." - Dr. Anecita Fadoi



Dr. Sherwin Imperio

"I am thankful for experiencing life to the fullest, for my family, and friends. I am thankful to our organization (PNAA/PNANJ) for giving us an opportunity to serve our community and grow as a professional." - Dr. Elissa Green



Dr. Elissa Green

"I am thankful for good health, so I can continue to support and help others to make a difference. Thank you for the times I can spend with family and friends full of love and joy. I am also grateful for all the life experiences that make me a better and more resilient person." - Dr. Merlie Ramira



Dr. Merlie Ramira



Dr. Nena Bonuel

"It is still a wonderful world. Be Grateful. May God give your heart and your home with LOVE, PEACE, and JOY!!!!" - Dr. Nena Bonuel

"Thank you to my family for being a blessing in my life. To my wife Amy, and my kids, Matthew and Michelle - you guys are my Whys in this world. I am grateful for my PNAA family for being there for the greater good of the PA-Am nurses, especially over the last couple of years with the COVID-19 pandemic. #mentalhealth #Resilience #gratitude #Blessed" - Dr. Sherwin Imperio



This Photo by Unknown Author is licensed under CC BY

"I am grateful for my own family, the source of my love, joy, and inspiration. In addition, I am thankful for my PNANJ & PNAA family, who help build my tenacity and refill my cup of resilience. Their love, presence, and outpouring of support continuously reignite my passion and purpose and rekindles my clear intentions anchored with the Above Almighty." - Dr. Wally Ramonogil

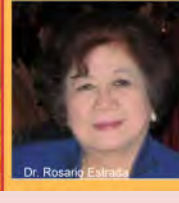


Dr. Wally Ramonogil Family

"Today and every day, I'm grateful for the blessing of Life, Health and the Love and support of family and friends. I thank God for the opportunity to have met rare people who have touched my life and inspired me to become the person that I am today." - Daphne Viray



Daphne Viray



Dr. Rosario Estrada

"I am immensely grateful for the love and support of my family and my PNAA/PNANJ colleagues and friends. My heartiest appreciation of our frontline heroes for their service, compassion, commitment, courage and dedication during the COVID-19 Pandemic. Thank you for being the light of hope and 'savior' of our community and to the world. May God bless you always!" - Dr. Rosario Estrada



Emily Danuco

"I am grateful for another year of good health and love of friends and family including my extended PNAA family. The memories we created and the bond we have will be forever etched in my heart and mind. I have laughed and cried with you in happiness and sad times too. Happy Holidays from my family to yours." - Emily Danuco

Happy Thanksgiving

*May all the good things in life be yours,
not only at Thanksgiving but all
throughout the coming years as well.*

PNAAC Ways & Means Committee



THANKFUL
GRATEFUL
BLESSED





Ang Tambuli-the Rhythm of Nursing Life

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



Did you know?

On Medicare and Medicare Advantage Plans

Our television and social media pages are inundated with ads for Medicare Advantage plans. It is the open season for signing up! Enrollment ends on December 7. Compare the benefits between traditional Medicare and Medicare Advantage Plans. Are there co pays? Is vision, dental and hearing benefits provided? Are Over the Counter (OTC) benefits available? If so, how much? Are Wellness and Preventive Care Rewards given such as gift cards for exercising, getting a mammogram, annual wellness visit, colorectal cancer screening, bone density test, foot exam, Flu shot, comprehensive eye exam and many more? As nurses, we can serve as a resource for our families and communities we serve. Check out these plans.

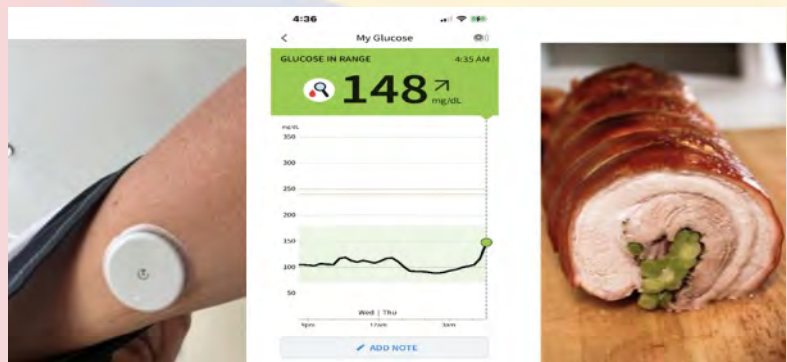
November is National Diabetes Month

This month, we recognize that there are more than 37 million Americans living with Diabetes. Over 10 percent of Americans have Type 1, Type 2 or gestational diabetes and millions more remain at risk of developing this chronic illness. It is the seventh leading cause of death in the United States.

It is the number one cause of kidney failure, lower limb amputations and adult-onset blindness. In the last twenty years, the number of adults diagnosed with diabetes has more than tripled as the American population has aged and become more overweight. Medical costs, lost wages for people with diabetes totals \$245 billion yearly.

While there is no cure for diabetes, a proper diet, exercise, medications as needed, family support and education can contribute to a healthy and happy lifestyle. Adherence to making healthy choices and the need for reducing the risk of Type 2 diabetes is critical. We also focus on the physical, emotional and social effects as well as the financial and damaging consequences.

Before a person is diagnosed with diabetes, he or she might have prediabetes. This means that a person's sugar level is higher than normal, but not high enough to be diagnosed with Type 2 diabetes. People with prediabetes are at increased risk to develop Type 2 diabetes and other serious health conditions such as heart disease and stroke. Some people may not even be aware that they have prediabetes. Checking blood sugar on a regular basis is helpful. The earlier it is diagnosed, the likelihood of reversing it can occur. Lifestyle changes such as increased physical activity, to include walking, ballroom dancing, line dancing, gardening, playing tennis or pickleball, Zumba, Yoga and Silver Sneakers are some examples of fun and social activities in which we can participate. Continuous glucose monitoring devices (CGM) are now available with your physician's prescription. These are easy to use with timely glucose results immediately available on a smartphone app.



Filipino-American adults have a higher risk of developing Type 2 diabetes than other white or Asian adults despite their low body weight per the Centers for Disease Control. First generation immigrants were less likely to report Type 2 diabetes. Rates of overweight and obesity increased across generations and were the strongest predictor of Type 2 diabetes incidence. Rapid urbanization, genetic predisposition, aging population, fatty foods, with increasing sedentary lifestyles are contributing factors to its increasing prevalence. So, do you know your numbers? Blood glucose? A1C? Cholesterol? BMI? We can do this!



Palakpakan corner

Congratulations to Ms. Aster Vargas for her recognition as the DAISY Nurse Leader Award Honoree for Q3 2022, and Mr. Nash Vargas, as the September 2022 BEE Award Honoree

Our Daisies Are in Full Bloom!

&

Our BEEs are Being Exceptional Everyday!

Join me in congratulating our
3Q2022 DAISY Nurse Leader Award Honoree
Aster Vargas, RN ICU Clinical Nurse Coordinator
&
September 2022 BEE Award Honoree
Nash Vargas, RT



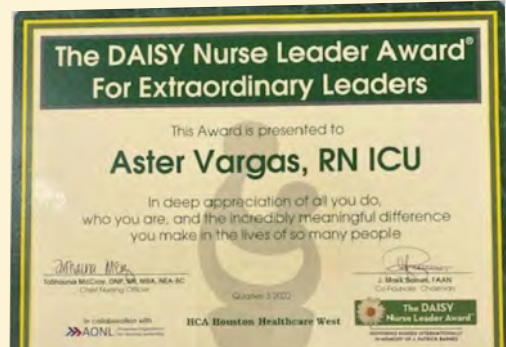



Aster Vargas' Nomination

To put into words the kindness and compassion Aster showed me cannot express enough about how safe and cared for she made me feel. It was definitely one of the "you had to be there" moments to understand. This was my 3rd major surgery at your hospital. I have encountered many nurses with of course many personalities. Some nice, some not so nice, but none before ever like Aster. Let me try to explain. I believe we encounter everyone we meet not by chance, but God has a purpose for every encounter. Sometimes we don't realize the "why" until later and perhaps sometimes we never remember, but I will always remember Aster. I had already been here a night (the night of my surgery), and while I don't say the night nurse was "mean", I will say she was just here to do her job or so that's how she made me feel. However, the next morning when Aster walked in my room and began to speak to me I immediately felt a sense of security and peace. Her kindness and sweet disposition overwhelmed me and brought tears to my eyes. I know from everything was going to be ok. She took time to talk to me and listen. I know she had work to do and had other patients, but she made me feel like I was her only one. She never seemed rushed or bothered while taking care of me. She even took time to come visit me the next day even though I wasn't her patient. In a world where so much "bad things" are happening and nurses are "burned out" from working so hard and so much, I realized my "why" encounter with Aster. God put Aster in my path to remind me good does exist and nurses who do their job because it was their "calling" in their heart will continue to be a blessing to those patients who are scared, lonely, or just want to know someone cares. People are quick to report the "bad" experiences but I wanted to be sure to report the GREAT experience I had because of Aster Vargas.

Nash Vargas' Nomination

I can't find words to express how loving and kind Nash has been with everyone, especially with our patient Ms. Debbie. Nash made her farewell so special. He came in on his off day with flowers and balloons for her. Her spirit lit up the entire ICU department. As I am writing this nomination, I can't help but get tearful. It was very touching and such a special moment. Nash is one of a kind. I love him dearly. He's very caring and nurturing. The world needs more people like Nash. Thank you, Nash, for everything you have done. The whole entire unit is lucky to have you. Keep being GREAT! For an employee to come in on his day off to show his care to a patient is phenomenal. It goes beyond words to describe the great work this particular RT does in the ICU. He is a great asset to the company. He provides care that is exceptional and will go above and beyond. The patients in the ICU are well taken care of. He is more than deserving of this award.



Q3 2022 DAISY Nurse Leader-Aster Vargas

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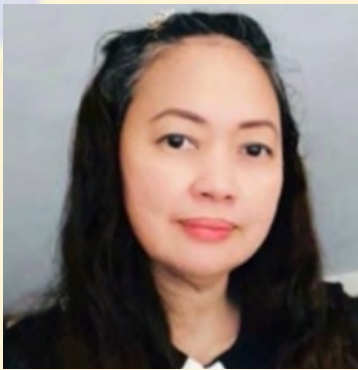
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Palakpakan corner

Congratulations! Dr. Marichu Gan was voted one of the best professors in 2022 at Los Angeles Valley College (LAVC) by Tau Alpha Epsilon.



Marichu Savilla Gan, DNP, MAN, RN, CRRN, was recently nominated and voted one of the best professors in 2022 at Los Angeles Valley College (LAVC) by Tau Alpha Epsilon – LAVC's longest-running Honors Society. She is an experienced professor, teaching in the Philippines for 12 years (two years at Our Lady of Lourdes College Foundation and ten years at Centro Escolar University) before migrating to the United States of America. Currently she is now in her eighth year teaching at LAVC. When she came to the USA in 2005, she restarted as a new graduate nurse. She worked in Kaiser Permanente, Daniel Freeman, Cedars Sinai, and Southern California Hospital as a bedside nurse and eventually found her way back into teaching. Aside from teaching, Dr. Gan is actively involved in her non-teaching roles in LAVC, such as curriculum chair of the nursing department,

technology support to her peers, maintaining the department's learning management system (LAVC Nursing Program Canvas), hiring committee member, and as a retention coordinator to assist students in completing the program. She is also an active member of the Regional Nursing Curriculum Consortium of Los Angeles, developing a universal Associate Degree in Nursing (ADN) program across community colleges in Los Angeles County. For five years, she was also part of the PASO (Promoting Awareness of STEM Opportunities) program at LAVC as a faculty advisor. As a faculty advisor, she met with STEM students and offered guidance toward their career goals in nursing, medicine, and allied health careers. Dr. Gan is a lifetime member of the Philippine Nurses Association in the Philippines and became a member of PNASC in 2018. Dr. Gan is serving her second term as a board member of PNASC. (submitted by Marie Navarro MSN RN CCRN, President, PNASC West Los Angeles Subchapter)

Ms. Solfia Torre, BSN, RN, PNAMSEF Treasurer, and a Dialysis nurse in Nicklaus Children's Hospital, is the recipient of the highest award "The Jackie Gonzalez Legacy Award. Congratulations, Solfia!



Advanced Practice Nurse Committee Column:

By **Velma Dumag Yep, DNP, GNP-BC**
PNA SoCal VP 2022-2024

November marks the start of the holidays and Thanksgiving! And no better way to begin this column than to thank the Practice Committee headed by Dr. Riza V. Mauricio, who inspired me to jump-start this Practice Column. I also acknowledge the committee co-chair Dr. Jenny Aying, Secretary: Ellen Arigorat, and Advisor: Dr. Rey R. Rivera. I would also like to commend my fellow APNs from the Eastern region: Carmina Bautista, Elissa Green, Ophelia Frazier, Heintje Calara, Ellen Arigorat, Rose Estrada, Sue Repotente, and Aubrey Agcon.

Dr. Dan Lovinaria, Czarina Castillo, and Kino Anuddin of the Northern region.

Jean Uy, Gemma Rio, Nena Bonuel, Joanne Dalusung, Myra Ubas, Anecita Fadol, Notch Brydges, from the South-Central region. And of course, from my western region: Cherina Tinio- Sherwin Imperio, Merlie Ramira, Danilo Bernal, and Meldy Martin.

Advance Practice Nurses (APNs) have a significant role in Advocacy. We can provide the best care for our patients and can impact how lawmakers define the role and authority of NPs. This column will continue to provide insight into legislative concerns impacting our profession and add to the collective voice as we promote the vital role that APNs practice.

Recent Progress on Behavioral Health Legislation

The increase in gun violence and deaths, exacerbates stress and trauma for those already at the most significant risk. These compounds to the behavioral health crisis. The two mass shootings in May of 2022 (Buffalo, New York, and Uvalde, Texas) triggered the passage of the first gun safety bill in more than 30 years. The Bipartisan Safer Communities Act, signed into law by President Biden on June 25, 2022, also included a set of behavioral health reforms, including:

- a) A \$240 million in appropriations for programs that increase awareness of mental health issues among school-aged youth and connect them to needed services.
- b) Expanding the Certified Community Behavioral Health Clinical (CCBHC) model aims to provide comprehensive behavioral health and substance use services.
- c) Pediatric mental health grants authorize \$31 million annually in fiscal years 2023 through 2027.
- d) The Centers for Medicare and Medicaid Services will guide states on how to increase access to behavioral health services under Medicaid and the Children's Health Insurance Program (CHIP).

On a lighter note, November 13-19, 2022, is National Nurse Practitioners' Week. Please show pride in your practice and what you do because what we do matters! Let's celebrate us, nurse practitioners; use # NPWeek to showcase yourselves and what you do.

In addition. The American Association of Nurse Practitioners® (AANP) is making a house call at NBC's Today Show Plaza during National Nurse Practitioner Week, which will be held November 13-19, 2022. On Tuesday, November 15, at 6:15 a.m. ET, Nps, and NP students will descend on the plaza in white coats holding signs that honor all NPs and patients. Be part of the celebration!

A blessed and peaceful Thanksgiving to all!

Reference:

<https://www.commonwealthfund.org/blog/2022/what-congress-doing-advance-behavioral-health-reform>

APRNs - The Continually Expanding Roles and Responsibility

By Sasha Rarang, PhD, MSN, CCM, RN



Advanced Practice Registered Nursing Roles and Practice

An Advanced Practice Registered Nurse (APRN) is a professional nurse whose roles and practice involves performing advanced nursing interventions that impact clinical healthcare outcomes. According to Hamric and Tracy (2019), the APRN practice requires graduate education and preparation along with the specification of central criteria and core competencies for practice. The education required of an APRN is a minimum of a graduate level at master's degree. The acquisition of this level of education makes the APRN to have an expert knowledge base, complex decision-making skills, and clinical competencies. The credentialing to practice as APRN is based on this context.

The Four Advanced Practice Registered Nurse Role Types.

The four APRN roles and types include nurse practitioners, clinical nurse specialists, nurse anesthetists, and nurse midwives. These different roles and types for APRNs all play a pivotal role in the future of health care where APRNs often serve as a primary care provider and are at the forefront of providing preventive care services (American Nurses Association, 2022). The following are the four APRN roles: a) Nurse Practitioners; these are the APRNs that provide primary, acute, and specialty health care across the lifespan through assessment, diagnosis, and treatment of illnesses and injuries, b) Certified Nurse-Midwives; these are the APRNs that provide primary, gynecological, and reproductive health care, c) Clinical Nurse Specialists; these are the APRNs that diagnose, treat, and provide an ongoing management of patients and provide support to nurses in caring for patients. Clinical Nurse Specialists also help drive practice changes throughout an organization and ensure the use of best practices and evidence-based care to achieve the best possible patient outcomes (American Nurses Association), and lastly, d) Certified Registered Nurse Anesthetists; these APRNs provide a full range of anesthesia and pain management services. Overall, the roles and practices of APRNs also include direct and indirect patient management through referrals of healthcare concerns for individuals, families, and diverse populations to other members of the healthcare team.

The Historical Development of the Nurse Practitioner APRN role.

The creation of the nurse practitioner APRN role was initiated by the necessity of serving the healthcare needs of underserved members of the society. According to Berg (2020), the nurses in the 1960s wanted a means to meet the needs of society at that time. These revolutionary ideas were conceived and accepted by many but also frowned upon by few. However, this opportunity created an opportunity and expanded the role of nurses toward advanced practice. Seizing that moment became a reality when Dr. Loretta Ford and Dr. Henry Silver in Colorado initiated the first Nurse Practitioner role in 1965 and believed that the social and political climate of the time created opportunities for change. The newly created nurse practitioner role was about people, caring for them, and making very sophisticated clinical decisions that would help people live healthier lives through the lenses of caring nurses.

According to the University of Southern California Suzanne-Dworak Peck School of Social Work (2022), immediately after the role was created, nurse practitioner educational programs began to emerge and in the late 1960s to the 1970s. After that, the nurse practitioner educational programs continued to expand and by the early 1980s, there were more than 15,000 nurse practitioners in the nation and more than 200 nurse practitioner programs available. In addition, with an estimated twenty-four thousand (24,000) nurse practitioners in the United States by 1985 the American Association of Nurse Practitioners (AANP) was established. This is in response to the needs of the growing profession just 28 years after the nurse practitioner role was created. Currently, ninety eight percent (98 %) of nurse practitioner programs were at the master's or post-master's level. Today, 50 years ago since the role of APRN Nurse practitioner role was created, the number and influences of nurse practitioners has steadily continued to increase and spread across the United States.

The General Responsibilities of The Four APRN Role Types.

What is an advanced practice registered nurse? According to the American Nurses Association (2020), an APRN can

provide much of the same patient care as a physician. However, there are many APRN roles and types. Overall APRN responsibilities include diagnosis, treatment plans, research, and education (Burnell, 2022). Depending on the specialization, an advanced practice nurse may treat patients in all life stages, from newborns to elderly adults. Specifically, APRNs in general diagnose and create a treatment plan for patients. These practices also include ordering diagnostic tests, prescribing medications, and attending to follow-up visits.

In addition, each specialization such as the NPs, CNMs, CRNAs, and CMSs all have varying job duties. However, the APRN's job description and responsibilities also include technical and soft skills. These *technical skills* include education and certifications which include equipment and tools used for diagnosis and treatment. Consequently, *soft skills* include clear communication, critical thinking, and decision-making (Burnell, 2020). The role and responsibilities of advanced practice nurses can vary based on their certification. There are several types of advanced practice nurses:

- Pediatric Nurse Practitioner (PNP)
- Neonatal Nurse Practitioner (NNP)
- Emergency Nurse Practitioner (ENP)
- Family Nurse Practitioner (FNP)
- Psychiatric-Mental Health Nurse Practitioner (PMHNP)
- Adult-Gerontology Nurse Practitioner (AGNP)

One of the reasons APRN's roles are attractive is the independence most APRNs have in caring for their patients. Many NPs can diagnose and treat patients without the observation of a physician, though this can vary by specialty and state.

One of the reasons APRN's roles are attractive is the independence most APRNs have in caring for their patients. Many NPs can diagnose and treat patients without the observation of a physician, though this can vary by specialty and state.

The other APRNs and their responsibilities include:

Certified Nurse-Midwives (CNM)

Certified nurse-midwives improve the quality and access to women's healthcare during pregnancy by educating women on family planning and nutrition and providing healthcare and support throughout all stages of pregnancy. Advanced nurse practitioner roles and responsibilities include checkups, prenatal care, and providing support during labor and delivery (Burnell, 2020)

Clinical Nurse Specialist (CNS)

Clinical Nurse Specialists (CNS) pursue an advanced nursing program, typically a doctoral degree or master's, and they must become an APRN by passing the required exams. CNSs have a versatile skill set ranging from treating patients to process improvements. Like many APRN roles, they diagnose and treat patients. Additionally, clinical nurse specialists often use training, consultation, and analysis skills. It isn't uncommon for a CNS to provide indirect care by contributing to research and improving cost reduction and patient satisfaction in treatment and hospital stays (Burnell, 2020).

Certified Registered Nurse Anesthetists (CNRA)

Certified Registered Nurse Anesthetists are one of the many advanced nursing specialties. CNRAs are one of the primary anesthesia providers within the United States, particularly in rural areas. Certified Registered Nurse Anesthetists specialize in giving anesthesia to patients in a trauma condition or going into surgery. In this role, they create and advise on an anesthesia plan for each patient (Burnell, 2020).

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COLLABORATION. ADVOCACY. RESPECT. EQUITY



Where are the Scholars now?

By **Sherwin Imperio, DNP, APRN, PMHNP-BC, RN-BC, PHN**

Scholarship Committee Member 2022-2024

Practice Committee Member 2020-2024

Keeping Emotional Wellness Program 2020-2024

iLDP Faculty 2022

PNA California Orange County – Immediate Past President (2020-2022)

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



Name : Merlie Ramira, DNP, APRN, FNP-C, CEN
Chapter : PNA San Diego
Current work : Emergency Nurse Practitioner – Sharp Chula Vista Medical Center; Professor, MSN-FNP Online Program-United States University

Tell us about your journey as a PNA scholarship awardee.

The trajectory of my career path changed since I received the PNA Scholarship award in 2010. I completed my Doctorate in Nursing Practice at the University of San Diego. I became a Professor/Director of the MSN-FNP Program at United States University and during my directorship, USU received its initial CCNE accreditation for the FNP program and received \$312,000 Song-Brown grant for telehealth program. I authored a peer-reviewed article titled Foreign-Educated Physicians Transitioning to NP Role in the US, published in the Journal of Cultural Diversity. As an Emergency Nurse practitioner, I successfully implemented the use of NPs/PAs at SCVMC ED. I published another peer-reviewed article in Pediatric Nursing journal titled Pediatric Pain Management in ED: An Evidence-Based Practice and Book reviewer on Pharmacotherapeutics for Advanced Practice Nurses. Currently a member of the COVID-19 Vaccination Clinical Advisory for the County of San Diego. I became PNASD President and PNAA RVP WR.

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

Apply for a scholarship to a local chapter first, then to national and other organizations. Be engaged with your chapter, PNA, and your community. Applying for a scholarship can be stressful and competitive; however, there are significant benefits, such as financial support, enhancing your resume/curriculum vitae, and expanding networks.

PNA Chapter NEWS



By Chloe G Harkins, BSN, RN

PNA Alabama's In-Person General Assembly and Pre-Thanksgiving Lunch: A Success

The PNAAL General Assembly was held last October 22, 2022, in the Nightingale Room of the UAB School of Nursing (UABSON). This highly anticipated in-person event finally broke the dearth of face-to-face meetings that had gone too long but nevertheless necessary. It had been a year ago, almost to the day, when the Executive Board was inducted in a well-attended virtual event. PNAAL maintained momentum after the induction, with several activities throughout the year (see related articles). The General Assembly was aptly combined with a Pre-Thanksgiving potluck lunch.

PNAAL President Dr. Sigrid Ladores delivered the welcome remarks that set the tone for the day – gratitude for the efforts and dedication extended by all PNAAL supporters (members and nonmembers alike) and hope for what would come to fruition based on common goals. The pre-taped messages from Dr. Maria Shirey (Dean, UABSON) and Dr. Gloria Beriones (President, PNAAL) reiterated their support and accolades for



a “fairly young” organization with commendable accomplishments. Jun Bitago (President-elect, PNAAL) presented a brief year-in-review report, where he enumerated the growth PNAAL underwent. The Organization touched on various aspects of Nursing (CEU offerings, collaborations with UABSON, Vaccine initiatives) and beyond the clinical walls (volunteering at the food bank, 5K Run, supporting visiting Filipino athletes, collaboration with FAAGB).

The PNAAL Executive Boards Chairs presented updates on the various committee goals and accomplishments: Dr. Karimi Johnson (Vice-President), Chloe Harkins (Treasurer), Mica Gregorio (Secretary), Gabriel Sapalaran (Education and Scholarship), and Eden Yutiamco (Membership and Community Outreach). All echo the need to invite new members, and each one focuses on the benefits a very active organization such as PNAAL offers.

During Dr. Sigrid's welcome remark, she gave a heartfelt rendition of the song “For Good” from the Broadway show “Wicked.” The song spoke of how a person can be changed for good because of another person. The camaraderie shared by a group of people with a common denominator of being nurses was genuinely evident at this General Assembly. In a true Filipino style, the food was abundantly shared, as was warm friendship among all.



Breaking bread and networking.



Jun Bitago, PNAAL President-elect, delivering the Year in Review Report



PNA Corpus Christi Turns Three and Celebrates Autumn Splendor

Haziel Camota

The month of October was remarkable for PNA Corpus Christi Texas. It was three years ago when PNA-CCTX was issued the certificate of formation by the Texas Office of Secretary of State. In celebration of this anniversary, the PNA Corpus Christi Executive Board, its members and guests, sponsors, and benefactors got together in a formal gala dubbed the “Autumn Splendor.”

Sans scrubs, smock jackets and stethoscopes, it was a well-attended event of around 150 beautiful and dapper nurses and their guests in celebration of their hard work in the past three years. Fun, camaraderie, and networking was the theme of the night. After a sumptuous dinner, the party-goers and their guests were treated to a night of music and dancing. What a way to celebrate their 3rd year anniversary and our very own nurses! Congratulations, PNA-CCTX!



PNA Chapter NEWS



By Janet Paguigan, MSN-Ed, RN, CNE
President, PNA Cincinnati-Northern Kentucky

The Star of the Night!



The BLINK parade is the biggest outdoor light festival in the country! In this special event, the Philippine Nurses Association of America Cincinnati and Northern Kentucky Chapter (PNA Cin-NKy) collaborated with the Filipino Association of Southeast Ohio (FASO) to represent the Filipino culture during the opening day of the BLINK parade in Cincinnati. The theme for this year was “Together: A Constellation of Shared Cultures and Unique Identities,” featuring the historic premiere of the very first Asiatic presentation of many cultures from the East, as well as the incredible diversity and creativity in the region.

Reminiscent of our childhood back in the Philippines, PNA Cin-NKy chapter officers and members came together to create handmade “parol” (lanterns). One of the memories that I will always treasure with my family is sharing with them a known Filipino Christmas tradition to put together homestyle paper, and bamboo lanterns lit from the inside -- a simple but delicate process. I'm happy to have found an opportunity from this event to find time to teach my kids about our Filipino culture.

Our chapter -- together with the local Filipino organizations, families, and friends -- proudly marched with our hand-made lanterns decorated with lights, followed by our “Capiz Parol: The Star of the Night,” a physical testimony to the culturally significant seashell lanterns used for one of the biggest Filipino Christmas festivals in San Fernando, Pampanga. With over 80 different local artists, organizations, and students that participated in the festivity, the BLINK illuminated parade was a wonderful way to celebrate the unique cultural traditions of the different heritage in the community. It was an amazing night to remember, and we look forward to taking part again in the years to come.



PNA Chapter NEWS



By **Mary Anne Neely BSN, RN-BC**
PNA Georgia, President-Elect

PNAGA @ the Sari-Sari Store

Filipino American History Month (FAHM) is celebrated in the United States during the month of October to commemorate the arrival of the first Filipinos who landed in Morro Bay, California on October 18, 1587. The first recognized annual celebration was in October 1992. Here in Georgia, Governor Brian Kemp also proclaimed October 2022 as Filipino American History Month. As part of the month-long celebration, the Philippine American Chamber of Commerce in Georgia organized the first Sari-Sari Market on October 15, 2022. Vendors from Filipino small businesses from Atlanta and surrounding areas set up booths on the grounds of Mountain Park United Methodist Church in Stone Mountain, Georgia and created an atmosphere reminiscent of the traditional sari-sari stores in the Philippines.

As part of the Philippine Nurses Association of Georgia's community outreach program, we participated in this event. We offered blood pressure screening and provided education and educational materials to those who visited the booth. Manned by members Lorna Buntichai, Ria Rowell, Beth Villanueva, Ed Villanueva, and Mary Ann Neely, only 23 people had their blood pressure checked. Many more people came but declined to have their blood pressure checked as they just had eaten so much food prior to stopping by the booth. However, they did receive education on healthy aging, managing trouble with sleeping, prevention and managing high blood pressure, immunizations and other general health topics and concerns.

PNAGA continues to serve the community in events such as this.



PNA Chapter NEWS



By Maria Rowell, RN, MSN
PNA GA, PRO

Halloween Party at the Farm



Demeter, the goddess of Greek Agriculture, was one of the first characters who greeted me at Mayflor's Farm on October 5th as the Philippine Nurses Association of Georgia (PNAGA) celebrated the first Halloween Party after the COVID-19 pandemic. Mayflor Chokshi, as Demeter, had one of the great ideas of what costume to wear at the farm. With me were two gorgeous witches with beautiful outfits: Lorna Buntichai and Carmencita Santiago. As we set up the pavilion with Halloween decorations, PNAGA President Myrna

Gacusan, and her husband Rudy tested the sound system. The air was filled with anticipation and excitement as to what type of costume everyone will wear!

There were young and adult witches, scarecrow, a cowgirl, a lady in her 80s costume, Elvira, someone with the devil's horns, a baseball player, matching husband and wife pockets- filled with candies outfits, a butterfly (that's me), a cow, Wonder Woman, and a ladybug. The kids also wore costumes. The event started with the hayride that everyone enjoyed. As we toured the farm during the hayride, everyone was excited to see the live chickens, horses, huge banana trees, and other assorted plants.

Lunch was served when the first hayride came back from touring the farm. Elizabeth Villanueva, the first president of PNAGA, said grace before enjoying the scrumptious meal. Delicious Filipino food was served during lunch as spooky songs were played. Lunch was followed by different parlor games hosted by Myrna. The parlor games were the mummy wrapping contest, the newspaper dance contest, and the charade to name a few. Everyone had a blast during the parlor games! The winners of each game received gifts from PNAGA. Also, every person with a costume qualified for the best costume contest. The winner of the adult category was the ladybug. The kids' best costume contest had three winners: a witch, a young girl with an eye mask, and a pirate.

Filipino parties are always with karaoke and dancing. I thought I heard an angelic voice as Myrna's daughter sang. Mayflor rendered a song with her soothing voice, and I tried finishing Mariah Carey's song Hero but realized that I needed a ton of practice! Aside from Michael Jackson's Thriller song and Ray Parker's Ghostbusters, different line-dancing songs were played as the pavilion filled up with dancers. Imelda Basada Young acted as the lead of every line dancing song as PNAGA members, families, and friends followed her suave dance moves.

This year's PNAGA's Halloween Party at Maylor's Farm was celebrated by the growing number of members of the organization plus their families and friends. As Filipino nurses and Filipino-American nurses, we will continue to remember to come together to enjoy each other's company as we move forward after the recent healthcare crisis brought on by the COVID-19 pandemic. Resiliency is a trait that always makes us stand out because we are Pinoys!

PNAA Chapter NEWS



By Carmencita Santiago, BSN, RN
PNA Georgia, PRO

Reflections: 19th PNAA SCR Convention



The tony Moody Garden resort at Galveston, Texas, was ideal for the 19th SCR convention. It is a premier educational/ leisure facility and tourist destination in the Southwest. The educational gathering was a three-day full of activities for everyone to engage in. Our flight took us off from Atlanta to Houston and then Uber for the final travel to Moody Garden resort.

PNA Texas Golden Triangle had a welcome dinner at Salsas Mexican Restaurant located at Seawall Boulevard,

where you can appreciate a breathtaking gulf view. We had ample time for socializing with lots of hugs, kisses, and handshakes as we reconnected with everyone.

Friday was the leadership session, followed by networking night in the evening. I call this the fun night, where each chapter shows off its hidden talents and shines for a short time. The night's theme was "Put on your boots, y'all; SCR has talents." Various presentations and impersonations entertained us. PNA GA delivered a "kiss me, kiss me dance presentation and was awarded "the most creative ranger performer." Not to brag, but we looked good in our fully coordinated vintage attire, feeling like chic fashionistas. We even got our audience and the judge's full attention with some mimicking our moves.

Saturday was a full day of learning, followed by the final gala night celebration. The theme of the night was "Celebrating cultural diversity." I can only say that PNAA knows how to impart knowledge and have a good time. The people behind the scenes of the convention were recognized under the leadership of Manny Ramos, the current SCR VP, and Lorelie Miranda, the current PNATGT president. PNA Georgia is honored and proud to have our very own Dr. Mary Dioise Ramos as the current PNAA educational chair. She indeed delivered an excellent educational program for the conference.

To PNA Golden Texas Triangle, thank you for hosting a memorable, informative, and entertaining seminar. It keeps getting better than the last, and the bar keeps increasing. We had a meaningful and fantastic experience and looking forward to attending more future PNAA conventions.



By Annabelle L. Cosas, BSN, RN
PNAGSL Editor, Bylaws / Policy & Procedure Chair

Various PNAGSL Activities as Josie Veit Starts Her Reign

September 10, 2022, Saturday: Food Outreach

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St. Louis Area Foodbank
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Bridgeton, MO 63044
Phone: 314-292-6262
Fax: 314-292-6266

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For every \$1, we can provide 4 meals!

Reported by Josephine Deatherage, BSN, RN; PNAGSL Assistant Secretary 2022-2024

Because of Covid, it was the first time PNAGSL was doing this outreach again. We packaged fresh fruits and vegetables from the Foodbank. Every Tuesday, the Foodbank loads the food boxes into a semi-truck and delivers them to several food pantries throughout St Louis County and the city. As volunteers, we are grateful to help in any way as there are still many who haven't recovered from the pandemic. "Food is love" — to me food symbolizes people congregating together as a family, a unit, togetherness. When we share food, we feel grateful and happy; food brings people together, a sign of acceptance and love. It left quite a financial burden on families. They sometimes have to balance food over medications. This is so unfortunate.



Photo below, right, seated from left: Doy Campos, Rose Angeles, Alina Trick (a Foodbank manager/supervisor, Mona Tabeta. Standing from left: Noreen Tan, Judy Ferrer, Cheri Nie-vera, Jonel Ma-minta, Valerie (NP, friend) and Joy Deatherage



October 15, 2022, Saturday: "Meet and Greet" New Members; General Assembly Meeting



← **New members, from left: Jenni Doriman, Henzel Ople, Molly Jan Concepcion (Jumawan), Iromar ("Ay-ro") Monterola, Sharon Labastida, Imelda ("Bingbing") Ives, Regina ("Ginger") Deguma**



→ **Executive Board, from left: Josie, Irma, Alice, Agnes, Ces N, Evelyn O, Annabelle**

↓ **Advisory Board, from left: Marjorie, Josie (current President), JenJen, Jean, Jonel**



General Assembly Meeting held on October 15, 2022 at Saxony Estates Clubhouse, Ballwin, Missouri



Zoom meeting with EB was on Oct. 12, three days before the General Assembly. This was to finalize details of the day. President Josie also lined-up the annual Budget with the calendar-of-events accordingly. General Assembly day came with Josie and officers spiffing up the place by 9 a.m.

It was a successful Membership Drive with Alice Torregosa leading the recruitment of new nurses. At “Meet and Greet”, every new member received a bag of assorted gifts (see photo). Lunch/finger foods were served. General Assembly meeting started right after. Agenda as scheduled. Josie asked to observe a moment of silence for our beloved deceased, Lily Cayabyab, a co-founder of PNAGSL. Thereafter, Annabelle pre-sented the revision to Bylaws; assembly unanimously approved; Bylaws ratified.

The administrator of the official PNAGSL FaceBook is Doy Campos; Alice was added as another admin access. PNA is encouraging each chapter to have their own website. Ay-ro (new member) is our possible “IT.” For now, FaceBook messenger official” is PNAGSL means of communication among members.

October birthday celebrants were honored with that lusciously rich chocolate cake likewise heavily covered with chocolate frosting! (Were we counting calories? How about the diabetics??!!) “Happy birthday” rendered for Agnes Lewis and Marjorie Gamino. Our immediate past President Marjorie is celebrating a BIG milestone as she steps to the new period as a “sexagenarian”!

“Getting-to-know-you” — each new member had the chance to speak about themselves — one way to break the ice. Their enthusiasm was apparent. “New blood”, surely a good mix with seasoned members and officers! We are more than thrilled to have them join our professional organization! The best of all wishes!!



WELCOME to our NEW MEMBERS!!

RNs —

- (1) **HENZEL SALADA OPLE** (from Liceo de Cagayan Univ. 2007); BJC (Barnes Jewish Hospital and St. Louis Children’s Hospital) — Float Nurse
- (2) **IROMAR MONTEROLA** (from Cebu Normal Univ., BSN 2007); Reliant Care Management — Facility Nurse Advisor [Spouse: AZYL CLAIRE SIGAT, RN]
- (3) **THESS BUENAVENTURA** (from St. Charles Community College 2007); NIA (Nat’l Imaging Associates) Magellan Healthcare — Initial Clinical Review RN
- (4) **IMELDA DEL ROSARIO IVES** (from Brokenshire College, Davao City, BSN 1997; Ateneo De Davao Univ., BSC Accounting Major 1986) — Caring Professionals Home HealthCare; Fresenius Medical Care Center — Dialysis RN
- (5) **MOLLY JAN CONCEPCION (JUMAWAN)** (from Dumaguete; Silliman Univ. BSN 1990); DePaul Hospital / (from Kindred, Cape Girardeau) — RN
- (6) **JENNIFER DORIMAN** (from Univ. of Visayas, College of Nursing, Cebu); SSM Health and Cardiovascular, St. Joseph

- Health Center, St. Charles — Adult Nurse Practitioner
- (7) **JOSH DURANO** [from Univ. of St. Missouri Louis (UMSL BSN 2015); Barnes Jewish Hospital in St. Peters — Surgical Unit CSN
- (8) **MEGAN DURANO** (from UMSL BSN 2016); Barnes Jewish Hospital in St. Peters — Medical-Surgical Unit RN

ALLIED —

- (1) **SHARON LABASTIDA** — (from Cape Girardeau, MO RT 2021); Mercy St. Louis — RT
- (2) **REGINA DEGUMA** (from San Juan De Dios College of PT, Bachelor’s Degree in PT 2001); Select Medical — ICU PT; Credentialed Clinical Instructor; CPR Instructor [Spouse: FRANCIS DEGUMA, RN]
- (3) **ANNABELLE VOHSEN** (from St. Charles Community College 2012); Phoenix HomeCare Hospice — LPN

October 22, 2022, Saturday: "Wellness"



Let's Zumba!

Hosted by: PNAGSL
Saturday, October 22 from 8:30 AM to 11:30 AM CT
Dielmann Recreation Center - 11400 Olde Cabin Road
Creve Coeur, Missouri 63141



Our "Wellness / Fitness" activity — 15 were listed per online registration. Ces Nalagan, PNAGSL PRO, was the zestful main organizer with the sprightly Anna as the Zumba instructor. And... tah-rahhh — many more showed up at the venue!! 9:05 en punto, the music played and we swayed with Anna leading each move and turn. Moderate impact along with Latin and vibrant modern songs, my, our younger nurses rolled their hips and twerked 'em booties! One hour of workout, whew! we did sweat it all out and nurses, still full of energy, kept their smiles and poses for photo shoots.

Different flavors of coffee, bagels/cream cheese from Panera with grapes and banana — yes, calories lost were quickly, doubly replenished! And... we look forward to our next Wellness date!

PNAA Chapter NEWS



By Divina Telan Robillard

Making Strides Against Breast Cancer: The Morning We Started with Hope

Honolulu, HI, October 22, 2022. This was going to be the first time PNAH would be joining American Cancer Society's "Making Strides Against Breast Cancer," the ritual of hope that is staged every October to celebrate Breast Cancer survivors and thrivers. We weren't expecting a big crowd from PNAH particularly since another more popular event was going on at the same time at the Hilton, honoring the new officers of Hawaii Nurses Association, led by Executive Director Dr. Nancy Atmospera-Walch which offered 4-CE credits. The day started in a kind of gloomy, overcast pall as my small group of four drove out over the Pali, anticipating the same weather conditions on the other side. Thankfully, at the bottom of the Pali, the sun was gamely forcing its way out of the gray clouds.



Joe Jacob said it was still dark clocking in first before 6 am, when the program started with a Jazzercise warm-up. We got there on time for the walk to begin at 7 but wanted to wait for Tina Fernandez and Emilyn Ramones who were on their way. Tick, tock, tick, tock. Our small crowd getting antsy, we decided to start moving out and following the bulk of the participants who were already out of sight.

It was a pleasant morning start to the walk, not too cold, not too warm. Joe outpaced my family by far, so he would double back to join us, and then moved out again! We were happy to go at the pace our furbaby, Tofu, set for us which was going through an undetermined path, going around puddles and stopping to sniff here and there.

At the turn outside the gate, we spied Community Outreach Committee chair Tessie Oculito being driven into the park by her son. She called out to us to say, she would wait at the finish line, so we waved her along.

It didn't take long for us to sashay our way to halfway the mile the walk was set out to be. We met the bulk of the attendees who started out on time, on their way back. Grabbing a cup of water each, we turned around then, calling



it pau for our five-member “Fil-Am Nurses Kami!” team. Six, if counting our spirited Jack-Chi, who spent a considerable amount of time sniffing his way along the sidewalk and emitting low growls at canines like himself!

We were about to turn into the park when on our left, we caught Emilyn and Tina, in mid-stride and mid-guffaw. Happy that we found each other, they turned around with us. In a few steps, we met Tessie and son, waiting for us just before the tall balloon FINISH line. We all walked through it, amidst the cheers of those in the sidelines. Each of us also received a pink balloon-twist hat symbolizing our having “finished” our walk, in tribute to those who have gone/are going through the challenges of breast Cancer.

All in all, despite our late entry into the fundraising event, we surpassed our goal of \$500, thanks to determined donors led by ED Dr. Nancy Walch, PNAH President Cielito Matias-Schwartz, and President-elect Marianela Jacob. Our total donation was \$705.50: not bad for first-timers!

At the end of the day, we all said we were doing this again next year, in honor of those in PNAA/PNAH whose lives were touched by Breast Cancer.

And the day that we started with hope, we ended in IHop(e), thanks to a hearty post-walk treat by CO Chair, Tessie Oculito!!!



PNA Chapter **NEWS**



By Lea S. Agaton

PNA Illinois recognized for its Outstanding Community Service



PNAI received an award as an organization that displayed outstanding service to the community in Greater Chicago over the years during the celebration of Filipino-American History Month from the Philippine American Cultural Foundation and the Filipino American Historical Society of Chicago on October 23, 2022, at Avalon Banquets (Elk Grove Village, Illinois). The PNAI dancers performed the dance called Subli. Other dance groups rendered other folk dances. This award was featured on television ABC 7 Chicago News.



PNA Chapter NEWS



Mass in Celebration of the Feast of Saint Lorenzo Ruiz Cathedral of St. Matthew the Apostle

A mass in Commemoration of the Feast of San Lorenzo Ruiz, at the Cathedral of St. Matthew the Apostle in Washington, DC. was celebrated on September 24 by Bishop Mario Dorsonville, Auxiliary Bishop for the Archdiocese of Washington. PNAMDC officers in attendance were Carol Robles, Lourdes Careaga, Prima Colburn and Joy Arellano. Consul General Iric Cruz Arribas was in attendance representing the Embassy of the Philippines.

The event was sponsored and organized by the archdiocesan Office of Cultural Diversity and Outreach in collaboration with the DC Filipino Catholic Community under its chaplain Fr. Patrick Agustin, Parochial Vicar of St. Martin of Tours Catholic Church in Gaithersburg, MD.

**Commemoration
of the Feast of
San Lorenzo Ruiz**

**Saturday
September 24, 2022**

**Procession and
Rosary Prayer
4:30 p.m. ET**

**Mass Celebration
5:30 p.m. ET**

**Principal Celebrant and Homilist
The Most Rev. Mario E. Dorsonville
Auxiliary Bishop of Washington**

**Cathedral of
Saint Matthew the Apostle
1725 Rhode Island Ave NW
Washington, D.C. 20036**

For ASL interpretation, contact
deafcatholic@adw.org
two weeks in advance

"Even if I had a thousand lives, I will still offer them to Him"

Organized by the Office of Cultural Diversity and Outreach in collaboration with the DC Filipino Catholic Community.
For more information, contact us at 301.853.5335 or culturaldiversity@adw.org



PNA Chapter NEWS



By Carol Robles, BSN, RN, DNS-CT, RAC-CT
President, PNA Metropolitan DC

Filipino Community Meets with President Ferdinand Romualdez Marcos Jr.



President Ferdinand "Bongbong" Marcos Jr., on September 18, met with the Filipino community at New Jersey Performing Arts Center in New Jersey, USA. It was the first event in President Marcos' 6-day working visit to the US. Over 1,200 US-based Filipinos traveled to New Jersey; some came as far as California and Canada.

President Marcos acknowledged overseas Filipino workers for their sacrifices and contribution to economic recovery. He thanked Filipinos in the US as their remittances account for 40% of the more than \$3.4 billion total remittances. He also thanked the frontliners (doctors, nurses) for their heroism, especially during the COVID-19 pandemic, when they shone with their valuable contribution. President Marcos encouraged the audience to join hands in promoting tourism, invest in the Philippines, and visit the Philippines to show the beauty of the country.

The Philippine Nurses Association of America leaders and its chapter leaders from PNA New England, PNA Metropolitan DC, PNA New Jersey, PNA New York, and PNA Pennsylvania attended the event.

A group of Filipinos, mostly young adults staged a rally outside the New Jersey Performing Arts Center, citing the human rights violations committed during the Martial Law years should not be forgotten. They were also yelling and shaming the attendees.

The highlight of the president's trip was his participation on September 20 in the 77th United Nations General Assembly (UNGA). President Marcos was the first Southeast Asian leader to deliver a speech during the general debates at the UNGA.



PNA Chapter NEWS



By **Carol Robles, BSN, RN, DNS-CT, RAC-CT**
President, PNA Metropolitan DC

Filipino Community Q & A with Philippine Senator Imee Marcos

The Filipino community in Washington, DC, met with Senator Imee Marcos at the Philippine Embassy on September 25, 2022. In the nurses' group, the open discussion tackled how the Senator can assist in ensuring that nursing graduates from the Philippines continue to be the preferred migrant nurses in the world. Also discussed sub-standard schools and the test cheating scandal that occurred years ago.



PNAMDC delegation with Ambassador Romualdez and Senator Imee Marcos



Carol Robles, PNAMDC president



Senator Imee Marcos



Amb. Jose Manuel Romualdez

PNA Chapter NEWS



By Carol Robles, BSN, RN, DNS-CT, RAC-CT
President, PNA Metropolitan DC

Nurse's Seat “Reserved” at the Table



At last, my continued and tireless effort to make PNAMDC SPARK and to Be the LIGHT in every branch of society finally got recognized at the National Level, not to mention – The White House! I feel so humbled and honored to be invited and represent the Filipino nurses in the White House and WHIAANHPI roundtable discussion with Filipino American community leaders and the Biden-Harris Administration appointees in recognition of Filipino American History Month. I got a Nurse's seat “Reserved” at the table.

I was ecstatic to be given the opportunity to ask a question, as there was not enough time for everyone to speak. My question dealt with mental health resources which is not just timely but important. According to a National Institutes of Health study, Filipinos have general reluctance and an unfavorable attitude towards formally seeking help despite high rates of psychological distress. Our community prefers seeking help from close family and friends, but not from professionals. Barriers cited include financial constraints, lack of health insurance, language difficulty, and experience of discrimination. There are self and social stigmas attached to mental disorders, concern for loss of face, and a sense of shame. I asked how we can work together with the White House to break this stigma within the community and support our community members who need assistance.



FROM THE DESK OF

ERIKA L. MORITSUGU

Deputy Assistant to the President and White House Asian American, Native Hawaiian, and Pacific Islander Senior Liaison



Filipino American community leaders gather at the White House for a roundtable discussion with Biden-Harris Administration officials on Oct. 12, 2022. Photo courtesy of the White House.

It is comforting to hear that the Biden-Harris administration placed mental health on a high priority. The administration is investing in having more providers and community-based responses. One example is the 988 Suicide and Crisis Lifeline. The Biden-Harris administration budgeted \$127 billion to address mental health in the next ten years.

It is an uplifting fact that the current administration is putting emphasis on emotional hygiene. As a society, this action is long overdue and is more relevant now than ever. With the ever-increasing violence and mass shootings which has now become a “norm” in today’s American culture, the need is dire. This is a MUST, and the TIME is NOW!

Participants came from all over the United States and honored the rich contributions of Filipino Americans throughout our nation's history, and community leaders and Administration officials discussed ways to increase stakeholder engagement and opportunities.



Minorities as we are, it is a cardinal stance to participate in any way we can in public forums to bring to light concerns, issues, agendas, and propositions that will have a consequential impact on the fundamentals of our being as individuals and as a society of men. It is through representation that we make OUR COLLECTIVE VOICE be HEARD: WE CARE.

Hence, having a “seat at the table” is not only an exciting and honorable experience for me, but it has added meaning to my role as an advocate for change. It is more than just seeing my name on a special WH paper with the emblem etched on it – which makes it worthy of preserving it for life. Just being there is simply momentous, let alone being able to speak on behalf of all Asians concerning mental health.

Having a “seat at the table” means we are relevant, we are important, and we have a voice... we will use OUR UNITED VOICES to BE the LIGHT, to leave a SPARK, and make a difference because WE CARE.



Source: Group photos from Highlights, a monthly briefing from the [White House Initiative on Asian Americans, Native Hawaiians, and Pacific Islanders](#).

PNAA Chapter NEWS



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

PNAMSEF SPARKS: Veterans Day/Thanksgiving Day

November 11, 2022 is Veterans Day. PNAMSEF Executive Board and members would like to honor all American veterans for dead and alive their patriotism, love of country, and willingness to serve and sacrifice for the common good. We would like to thank them for their heroism and valor to protect and keep America safe.



NANAY (National Alliance to Nurture the Aged and the Youth Inc.) hold a Merienda feast last October 15, 2022. It is a fundraising event to create program to promote health and well-being of our elders. There are lot of food and delicacies and most of the food was baked or cooked of our Nanay. Their 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 founder is a very active and dedicated to advocate for our elders. Thank for your caring heart and leadership. NANAY will celebrate on Nov 5, 2022 its 28th anniversary. Let' support them and have fun.



PNAMSEF had the 2ND Virtual Education Symposium last October 29, 2022. It was organized by DR. Perlita Cerilo and Dr. Penny Pattalitan will provide 2 CEU. The speakers are Dr. Ashley Rivera PhD, RN, Jonas Scholar, Associate professor FSU discussed the Post Pandemic Challenges in Nursing Education. She discussed about new nurse's clinical experience, Interpersonal relationship and organization involvement. Students are longing for interpersonal relationship because during COVID-19 they are in zoom meeting and they feel alone and isolated. Because of this they

don't want to participate in any committees, they just want to take points and not be involved. They don't have hand on experience with patients. They are given tool kit to practice at home and to report their return demonstration. Their patient is a teddy bear. She said the students has 2 lesson of active lab (8 weeks) practice before they get their RN license. The adjunct faculty themselves has no much skills because there are many practice change and different technology during the pandemic, they just become facilitator. Even as facilitators they faced with skills challenge, money matters (who pays the most) clinical practice change and no classroom experience. The students are not up to date with email because they use chat, texting etc. They loss communication, they don't talk to each other instead they spend time in their cell phone.

How does the leader bridge the learning gap. They have to provide respect, trust and stable environment. They make them join the residency program, provide skills development, program finding balance, address salary and flexibility in work schedule, join Shared Governance to meet people they work with. To provide certification training and work as a team.

The second speaker is Dr. Joseh Tarriman MBA, PhD, FAAN (Associate Dean Student Affairs, Rutgers University. He discussed Multiple Myeloma, Therapeutic Updates. Myeloma is the cancer of the plasma cells. The patient has to go to different test and one of the criteria to be diagnose is the CRAB criteria which include calcium elevation, renal dysfunction, anemia, bone lesions. Multiple myeloma is the disease of the adult. Diagnostic workup is to do bone marrow biopsy. It is prevalent in the Black and White American population But Black achieves better outcomes when they receive equal therapy. He said the prevalence in Asian patient is low.

Nurse's role is crucial to patient with multiple myeloma. The have to build trust, respect and educate patient and caregiver on disease and treatment. Advocate for patients and ensure equal access to centers of excellent treatment. Avoid stereotyping, generalization most of all show respect for cultural diversity The speakers are excellent. We learned a lot.

After the education symposium we had the 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. Let's practice



PNAMSEF will commemorate its 5th Biennial Induction of the New Executive Board 2022-2024 on December 4, 2022 from 4:30p to 8:30pm in Birdside Banquet Hall. Miami, Florida. Please support our event by sending your ad in our souvenir program. Thank you.



PNAA Chapter NEWS



By Jusil Rice, MSN, MBA, APRN, ANP-BC
PNANEF President 2022-2024

Philippine Nurses Association of Northeast Florida (PNANEF) Fall Activities and the 10th Biennial Induction and Award Ceremonies



On October 22, 2022, the Philippine Nurses Association of Northeast Florida (PNANEF) celebrated its 10th Biennial Induction and Award Ceremonies. The event garnered 180 guests comprising of nurses from several area hospitals and healthcare institutions, leaders of local Filipino civic organizations, new nurses from the Philippines, families, and friends. Aloft Jacksonville provided a venue and delicious food. Students from Stanton high school performed the Tinikling dance, and students from local elementary schools graced the dance floor with the Pandango sa Ilaw. In addition, guests listened to the enchanting voices of Filipino nurses' musicians from Jacksonville who serenaded the new EB officers.

Dr. Beriones recorded and delivered an inspirational speech to all EB officers of 2022-2024. The PNANEF Mantra, **Our United Voices: RACE for Success (Respect, Advocacy, Collaboration, Equity)**, was highlighted that night. Finally, the most-awaited South Central Region (SCR) Vice President Manny Ramos inducted the new executive board for 2022-2024. All officers pledged to perform their duties and to uphold the mission of PNANEF: To uphold the positive image and welfare of its members, promote professional excellence, and contribute to significant outcomes for healthcare and society.

Dr. Beriones recorded and delivered an inspirational speech to all EB officers of 2022-2024. The PNANEF Mantra, **Our**





Advancing the Mantra of Our United Voices: Race for Success, PNANEF collaborates with other PNA chapters and local civic organizations. A few PNA EB officers attended the SCR Regional Conference in Galveston Texas on October 14-16, 2022, bringing home an award for Advocacy. They also participated in the talent show performing an electrifying dance to the sound of Footloose. Going down to local Florida, many PNANEF members represented the association in various events.





Philippine Nurses Association of Northeast Florida, Inc. is a non-profit, 501(c)3 professional nursing organization

VOLUNTEER HEALTH CLINIC
 IS A COMMUNITY OUTREACH PROGRAM OF PNANEF, SERVING THE UNDERSERVED WITH BASIC MEDICAL SERVICES FREE OF CHARGE. THE CLINIC REFERS TO WE CARE JACKSONVILLE FOR SPECIALTY SERVICES.

2022-2023 CLINIC SCHEDULE

EVERY 1ST SATURDAY OF THE MONTH 9 AM - 2 PM

NOVEMBER 5	AUGUST 5
DECEMBER 3	SEPTEMBER 4 (CLOSED/HOLIDAY)
JANUARY 7	OCTOBER 7
FEBRUARY 4	NOVEMBER 4
MARCH 4	DECEMBER 4
APRIL 1	
MAY 6	
JUNE 3	
JULY 1 (CLOSED/HOLIDAY)	

CLINIC LOCATION (LOCATED ON THE 1ST FLOOR)
 12788 MERITAGE BLVD (W. OF I-95) SUITE 200
 JACKSONVILLE, FL 32246

FOR SCHEDULING, CONTACT: ROSAL BUELA (and others)
 PHONE: 904-885-0848
 CLINIC COORDINATOR: DR. LUCYBETH COPPIN (PHN) - 12788MERITAGE.COM
 MEDICAL DIRECTOR: DR. SUZETTE WELLS



Advocating for the poor and those who have no access to health care, Equity. PNANEF strives to open doors to local communities needing basic healthcare services but cannot afford to see a provider. The volunteer clinic is open the first Saturday of the month except on holidays. The clinic was open on November 5th after skipping the October schedule due to hurricane Ian. To promote health and wellness in the community,

PNANEF members also volunteer to provide First Aids and screenings to various organizations. New nurses from the Philippines started to volunteer as well. PNANEF advocates for their professional growth and transition to US work as nurses.

MERRY CHRISTMAS

What: Frosty Christmas Party
 When: December 10, 2022
 Time: 3:00 pm-9:00 pm
 When: Tamaya Hall
 12788 Meritage Blvd
 Jacksonville, FL 32246


Ticket \$10 per adult
 First Come First Serve until gone
 For questions, contact #1: Glenda @ 904-294-0136
 Contact #2 Jusil @ 904-885-9816
 You may bring a dish to share if so desire.

Event Coordinators:
 Romy & Lorna
 Angie D.
 Victor V.
 Jerlyn & Tonette

Before the year ends, family and friends aspire to gather and share the goodness of the Lord; nonetheless, He is the Ultimate who makes all things possible. PNANEF has a planned Christmas Party on the 10th of December and of course, invites you to attend.



Finally, respect belongs to those who sacrifice so many things to keep the United States and the world safe, the Veterans, salute you. PNANEF auxiliary members are mostly Veterans. One of them is Commander Eduardo Callao, USN (Retired), MBA, a decorated US Navy Veteran, and the husband of past president Vella Callao. He was in the service for 33 years and received various military, service, and achievement medals.

 **Proud Navy Veteran**

PNA Chapter NEWS



By Jasper Tolarba

PNA-NE holds 32nd Anniversary and Induction Ceremonies of New Officers

Boston, MA – The Philippine Nurses Association of New England, Inc. (PNA-NE) celebrated its 32nd Anniversary and also conducted the induction of the new Executive Board Officers for 2022-2024 last October 1, 2022, held at Lombardo's Event Center, Randolph, MA.



The Founding President of PNA-NE, Leticia Hermosa, Ph.D., JD, RN, welcomed nearly 100 members and guests who came from different parts of New England and the US. PNA Eastern Regional Vice President Warly Remegio, DNP, RN, also gave an inspirational message to convey well wishes to the Chapter and the new officers.

PNA President Gloria Beriones, Ph.D., RN served as the honorable guest speaker for the occasion. *“I believe that we all have a significant impact in all that we do. Through our Wisdom and Excellence, the power of Collaboration, Advocacy, Respect, and Equity, we will be able to achieve fairness, equal access, and better healthcare for all. Let us remember the acronym WE CARE,”* said Beriones.

Dr. Beriones also facilitated the swearing-in of the 2022-2024 PNA-NE Executive Board Officers composed of:

Ofelia Solem, MSN, RN, CIC, CCM	– President
Mary Jane Estrada-Lyder, MSN, RN, ANP-BC	– President-Elect
Jennifer Orbeso, DNP, MAN, RN	– Vice-President
Xandra Orogo, BSN, RN	– Secretary
Feblyn Condino, LPN	– Secretary
Antonina Mendoza, BSN, RN	– Treasurer
Ian Kirit, MSN, RN, CEN	– Assistant Treasurer
Jonah Domingo, BSN, RN	– Auditor
Jasper Tolarba, DNP, RN, FACHE, FAAN	– Public Relations Officer
Ryan Victorino, MN, BSN, RN	– Public Relations Officer
Julieta Canaday, BSN, RN	– Board Member
Margarita Hermosa Rice, MSN, RN, ANP-BC, WHNP-BC	– Board Member
Ramon Taguiam, MSN, RN, CNOR	– Board Member
Flordeliza Ramel, BSN, RN	– Board Member
Joh Ian Lamasan, MAN, BSN, RN	– Board Member

Jennifer Aying, DNP, RN, and Ross Mangilog, RN served as Masters of Ceremonies, Liza Paradela, MSN, RN led the Invocation, and Francel Solar, MSN, RN raised the celebratory toast. PNA-NE Past President and current National Secretary, Susan Repotente, BSN, RN was instrumental in the making of the PowerPoint presentation used in the event. The new Executive Board was presented with their commendable achievements by Past PNA-NE 2018-2020 President and Past Eastern Region VP, Victoria Pike, MS/MSN, RN-BC, CPHQ.

“I would like to express my sincere gratitude to all Officers and supporters of the PNA-NE Executive Board 2020-2022 for serving unselfishly during the past two years and for a job well done,” said Lozel Solar Greenwood, BSN, BA, RN who was PNA-NE's immediate past president for 2020-2022. Jennifer Orbeso, DNP, RN gave the Closing Remarks capping off a successful transition of leadership and the 32nd PNA-NE Anniversary celebration.

PNAA Chapter NEWS



By **Meriam Canares MSRS, BSN, RN, CCRN**
PNANJ-PNANJF Scholarship Chair 2022-2024
PNANJF Board of Trustees since 2018
PNAA Legislative Committee Member 2022-2024
PNANJ Somerset Subchapter Past President (2004-2006)

“How do they keep this positive energy going among the Members?”



After attending the PNANJ 46th Nursing Scholarship, Nursing Excellence, Legacy and Humanitarian Awards at Pines Manor on October 29, 2022, Dr. Gloria Beriones wrote a letter to the PNANJ President, Dr. Tess Medina. In her letter, she mentioned that she was so inspired by seeing “the joy and pride of fellow nurses in the ballroom”; entertained by the “cultural dances and songs performed by various subchapters” and experienced excitement upon seeing “the excitement of members from each subchapter for the awards they received.” She also mentioned that she was so happy to experience the joy and positive energy in the ballroom that she kept asking fellow leaders, “how do they keep this positive energy going among the members?”

It was indeed an appropriate description of what was happening in the ballroom, further validated by the same reflective and thoughtful comments made by Consul General Elmer Cato, other Legacy and Humanitarian Awardees, Chief Nursing Officers, and hospital administrators from different hospitals who were in attendance.

To hear these uplifting, inspirational, and positive comments made me proud to be a member of the Philippine Nurses Association of New Jersey and even prouder to be a member of the most vibrant, most dynamic Somerset Subchapter with the:

- | | |
|---|--|
| 1. Highest Number of Honorees Award | - Somerset Subchapter |
| 2. Empowerment Award | - Dianne Bautista, Somerset SC President
(Enhanced Cybersecurity Services (ECS) Technologies) |
| 3. Nurse Informaticist of the Year Award | - Dianne Bautista, Somerset SC President (ECS) |
| 4. Clinical Nurse of the Year in Acute Care Award | - Aquilina Liezl Tabora (St. Peter's Hospital) |
| 5. Clinical Nurse Post-Acute Care Runner-Up Award | - Jo Ann Daquiz (Princeton Medical Center) |
| 6. Doctorate Degree Scholarship Awardee | - Arlene Azores (RWJUH Somerset) |

PNANJ Somerset Subchapter has always been actively involved with PNANJ and PNAA, representing the subchapter in different leadership positions, chairmanship, and membership in various committees, and attending and volunteering in activities during PNAA international, regional, and national conventions.

At the subchapter level, the past and current presidents have strategies to involve the members in providing successful educational offerings, fund-raising efforts, community services, and, most importantly, by giving their members proper acknowledgment of their actions through special recognitions, awards, and scholarship grants. These are mainly attributed to their excellent and innovative ideas, camaraderie, collaborative efforts, and, most importantly, respect for each other. *This is how they keep this positive energy among the members.*

How do they keep the energy going? Elena Holguin, a subchapter leader, responded to this and mentioned - "In casual conversation, we seek each other's opinions and ideas, such as how did you start your advanced education or where did you go to complete your master's degree? These are team energy

we create, encouraging other members to pursue educational advancement. This was validated with four (4) members achieving/completing their graduate studies in 2022. We are #Somersstrong because of the bond we created. We echo our members' strengths, recognize them, and pen their accomplishments and dedication to the organization. That is how we support each other and keep the energy going."

As the subchapter grows and the subchapter leaders get more energized and more involved, it is apparent more than ever that this subchapter can be more active, more creative, and more innovative, which means a strong presence and more contributions and support to PNANJ's and PNAAs mission and vision of promoting the healthcare and well-being not only for the people of Somerset County, the state of New Jersey but also to the whole Fil-Am communities in the US and the Philippines.

Congratulations
46th Annual PNANJ Scholarship & Awards
PNANJ Somerset County Subchapter Honorees

 Aquilina Liezi Tabora Clinical Nurse	 Clara Bautista Community Service	 Dianne Bautista Nurse Informaticists	 Divina Pangilinan Community Service	 Elena Holguin Nurse Leader
 Emmylou Arcosa Innovative Nurse	 Eunice Abogado Clinical Nurse	 Jerome Bautista Research Nurse	 Jo Ann Daquiz Clinical Nurse	 Karen Nunn Clinical Nurse, Nurse Educator
 Khaila Tan Rookie Nurse	 Lerma Rubia Innovative Nurse	 Ma. Milba Macatangay Clinical Nurse	 Mariella De Borja Clinical Nurse	 Megan Chan Nurse Educator
 Melanie Delfin Clinical Nurse	 Meriam Canares Nurse Leader	 Rosalynne Javier Community Service	 Vicki Aludino Community Service	<p>YOU MAKE US PROUD</p> <p>Congratulations to the 22 PNANJ Somerset Nominees in 2022! We are PNANISOMER STRONG We are always at your S.E.R.V.I.C.E!</p>
 Ma. Arlene Azores DNP Scholarship	 Maria Demalo APN	 Ray Cabalan Entrepreneur	 Iris Binuya Community Service	
<p>PNANJ Somerset County Nominees PNANJSOMERSET@GMAIL.COM PNANJSomerset.ORG</p>				

PNAA Chapter NEWS



By Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC

PNANJ Somerset serves over 150 people at the Indian Health Camp of New Jersey



Raritan residents, Jerome Bautista, Dianne Bautista, Jennifer Lyle A. Villafior, Erwin Johann L. Tabucanon from the Philippine Nurses Association of New Jersey (PNANJ) Somerset County Subchapter provided health screenings to more than 150 individuals where majority are uninsured South Asians at the Indian Health Camp of New Jersey (IHCNJ) event in Shree Swaminarayan Temple in Secaucus, NJ.

PNANJ Somerset County Subchapter is dedicated to upholding the image of Filipino American nurses throughout Somerset County and throughout the state. This organization hosts multiple community outreach to improve the health of the community. If you would like to volunteer with PNANJ, email pnanjsomerset@gmail.com.

Indian Health Camp of New Jersey (IHCNJ) is a 501c3 organization established in 1998 that provides health screening for early detection and disease prevention. Some of the services provided are blood tests, EKG, physical and dental screenings, eye exams, mental health screenings, female exams, physical therapy, various types of cancer screenings, and flu vaccines.



PNA Chapter NEWS

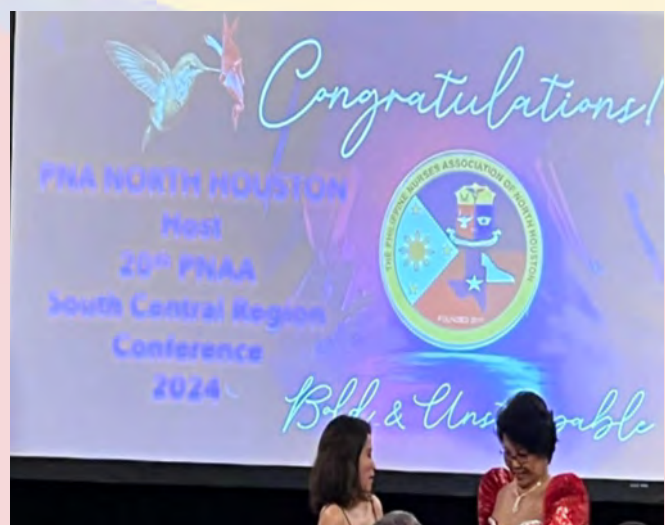


By Jingle Alcazaren

Bold and Unstoppable continues



The 19th PNA South Central Region Conference was truly a momentous event for everyone in attendance, which culminated with a big bang for PNA North Houston as our Bold and Unstoppable representatives, led by our president Dr. Mila Sprouse brought home for us a special SCR excellence WE Care Award for our exceptional work during the Nursing Excellence and Scholarship and Induction gala. Further, our amazing work from the gala ultimately resulted in winning the bid for the SCR 20th Conference 2024. What a great honor this is for our association. It was undoubtedly a fruitful and meaningful event for PNA North Houston! Congratulations again to all PNA North Houston for strong work and for relentlessly living up to our mantra: **“Bold and Unstoppable.”**



PNA Chapter NEWS



By **Ludy Deleon RN, BSN, CV-RN**
Education Chair

Certain things catch your eye

Our 3rd Educational Event at Buca di Beppo on Thursday, October 27, 2022, was unusually noteworthy. Our President of PNA North Houston, Dr. Mila Sprouse, started our event with a reflection from a Native American proverb, *“Certain things catch your eye, but pursue only those that capture the heart,”* which characterized our whole evening!! Being Breast Cancer Awareness month, it was just fitting to have our expert speaker, Ms. Cherry Sloan- Medrano BSN, RN CCM-BC, OCN founder of Filipino Cancer Network of Metropolitan Houston, present outstanding evidence-based on cancer treatments and modalities and expert advice on “Breaking the Silence of Cancer for a 1.0 contact hour.” Grateful for the support of Scott Kirsh of Fresenius Medical Supply, who brought a physician speaker on the use of CCRT. Something that was eye-catching Co-Chair of Education Honey Magto-Nettle just elevated the attendees' traditional educational folders to an artistic pamphlet. One thing that captured the heart of everyone during our general assembly meeting. At the end was the announcement of the upcoming plan for PNA North Houston's

**BREAKING THE SILENCE
OF CANCER!**

Date: Thursday October 27, 2022
Time: 6:45-7:45
Venue: Buca di Beppo Italian Restaurant
19075 I-45, Shenandoah, TX 77385

Speaker: Cherry Sloan-Medrano, BSN, RN, CCM-BC, OCN
Retired Case Manager of Houston, Texas

This program awards 1.00 contact hour.
In order to obtain full credit, one must attend the entire program, complete the post test and evaluation.
Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation, P0613
The planners and speakers have declared no relevant financial relationships with ineligible companies (previously stated as conflict of interest)
This presentation has no commercial support and is not a joint provider activity.

medical and humanitarian mission in the Philippines on September 16, 202. The announcement was presented by Outreach Chairman Jan Lim & Chairman of Scholarship Charina Sarmiento's idea of ABUYOG LEYTE MEDICAL MISSION. More to come! How do we continue to pursue things that capture our hearts? **Be Bold & Unstoppable** in attending our educational events & general assemblies, and be informed!



PNA Chapter NEWS



By **Jingle Alcazaren MSN, APRN, AGPCNP-C, CAPA**
Public Relations Officer

NORTHWEST HOUSTON SEVENTH-DAY ADVENTIST FAMILY LIFE CENTER
7126 Spring Cypress Rd. Spring, TX 77379

October
30
2022

FREE COMMUNITY HEALTH FAIR

This is a FREE community event, designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources.

10:00 AM to 4:00 PM
HEALTH SCREENINGS AND CONSULTATIONS

- Breath Capacity
- Cholesterol Screening
- Oral Cancer Screening
- Stroke Screening
- Medical Consultation
- Lifestyle Counseling
- Blood Sugar Screening
- Diabetes Risk Assessment
- Blood Pressure
- Body Mass Analysis
- Physical Fitness
- Massage
- Women's & Men's Health
- CPR & Others

Info: Nida Dizon | 713-305-2621 | dizon.na@gmail.com
PR: Eric Smite | 678-675-4332 | Eric.Smith@txsda.org

PNA North Houston's fall health fair expo

October went by so fast, but we made sure it ended with a worthwhile community service at the Health Fair Expo led by our awesome outreach committee and the rest of our amazing Executive Boards. The health expo held on October 30, 2022, at the North Houston Seventh Day Adventist, was a FREE Community event that provided education to the public on ways to prevent and manage diseases such as breast cancer, stroke, diabetes, cholesterol, etc., practice healthy lifestyles, and connect to appropriate resources. Thank you to our **Bold and Unstoppable** team for all that you do to serve our community! Great work, PNA North Houston, as always!



PNA Chapter NEWS



By **Jingle Alcazaren MSN, APRN, AGPCNP-C, CAPA**
Public Relations Officer

PNA North Houston first aid volunteers

Last October 22, 2022, we witnessed an incredible team of First Aid volunteers at the Filipino Young Professionals (FYP) Filipino Street Festival 2022. The enthusiasm, energy, dedication, commitment, sense of volunteerism, and camaraderie, mixed with fun and adventure all fused together, created a great team of professionals who were willing and able to serve the community. This experience provided an enormous sense of purpose and fulfillment, which was clear on that day.

Moreover, while the presence of the PNA North Houston in the biggest Filipino festival in the south helped deliver care to those in need of medical attention, it created new friendships and networking and allowed for more new members to join our association. A huge thank you to the FYP for the opportunity to serve our community and for allowing us to share with others what our organization is all about, what we offer and how we make a positive impact on our society. Thank you to our amazing volunteers who took the time away from their busy schedules to answer the call of service. Special thanks once again to our decoration committee led by outreach committee chairperson Jan Lim for the beautiful first aid booth. PNA North Houston once again was **Bold and Unstoppable!** Mabuhay!



PNAA Chapter NEWS



By **Jingle Alcazaren MSN, APRN, AGPCNP-C, CAPA**
Public Relations Officer



HOSA partnership

“We cannot always build the future for our youth, but we can build our youth for the future.”

- Franklin Roosevelt

PNA North Houston is proud to be a partner of HOSA-Future Health Professionals. Last October 22nd, our president, Dr. Mila Sprouse, delivered an inspirational talk at the HOSA Area 5 Leadership Conference, attended by almost 500 brilliant young minds from multiple independent school districts (Brownwood, Aledo, Abilene, Lometa, Midway, Connally, Gainesville, Castleberry, Copperas, Joshua, Belton), whose career track is to become healthcare professionals.

“One of our goals is to build a strong alliance between the PNA North Houston and HOSA! This is rooted in the 2020-2030 Report on the Future of Nursing: Charting a Path to Achieve Health Equity, a consensus study from the National Academy of Medicine that explores practical strategies for the nursing profession.” - Dr. Mila Sprouse

Such an honor for our association to be in partnership with this “global student-led organization, whose aim is to promote career opportunities in the health industry and to enhance the delivery of quality health care to all people.” Thank you, HOSA, for the opportunity. We look forward to continuing our **Bold and Unstoppable** strong partnership with you in future events!

PNAA Chapter NEWS



By Joel Clemente, MAN, RN, PNANT-Dallas,
Tess Laboga-Remo, BSN, RN, PCCN President, PNANT-Dallas
& Geraldine Perez, BSN, RN, RNC-NIC President-Elect, PNANT-Dallas

PNANT-Dallas At The 19th PNAA SCR Conference

The Philippine Nurses Association of North Texas (PNANT) Dallas chapter attended the 19th PNAA South Central Region (SCR) Conference from October 14 to 16, 2022 held at Moody Gardens Spa, Hotel & Convention Center in Galveston, TX. The 3 day event convened the 19 chapters within the SCR region after two years of hiatus due to the COVID-19 pandemic.

Delegates during the conference were Ms. Tess Laboga-Remo (President), Ms. Geraldine Perez (President-Elect), Ms. Greta Pardue (Founding President), Ms. Melissa Cunanan (PNAA Board of Director), her hubby Mr. VJ Cunanan, Mr. Eric Napule, Ms. Mona Gaw, Mr. Jong Clemente, and his wife Ms. May Cabuenas-Clemente.



The conference showed the best of the best of the PNANT-Dallas chapter as it brought home the bacon, winning three awards namely two trophies for Twinkling Star (2nd place, Talent Show), and WE CARE, and a Certificate for SCR Collaboration. The awards was made possible because of the time, effort, hardwork, commitment and dedication of both the officers and members to make PNANT one of PNAA's Shining Star chapters.

In parting, at the end of the said 3 day conference the PNANT-Dallas delegates were happy and blessed – knowing what they did is best for the PNAA in general. They worked hard through their God-given talents, skills and knowledge in giving back to the community as men and women for others.



PNAA Chapter NEWS



By Joel Clemente, MAN, RN PNANT-Dallas
& Tess Laboga-Remo, BSN, RN, PCCN President, PNANT-Dallas

Lone Star Palengke



The PNANT-Dallas chapter headed by its President Ms. Tess Laboga-Remo and Ms. Geraldine Perez (President-Elect) conducted a Stroke Awareness, Blood Pressure (BP) check-up and Membership Drive at the Lone Star Palengke Festival in Plano, TX last October 23, 2022. The individuals who had their BP check was also given information about the signs and symptoms of Stroke. Part of which a new member signed up instantly at the booth, and the five RNs will do the membership online. The said RNs were invited to the incoming Bowling Fundraising and Annual Christmas Party/Induction of Executive Board members of the PNANT-Dallas chapter,

and they were even surprised to know that there is such an association here in North Texas. Noel Beboso, a PNANT-Dallas member showed to the Filipino-American community his expertise in the Tinikling dance with 2022 Miss Texas Averie Bishop.

A big thank you goes to CJ Villarama, Alma Cruz, Joy & Joan Sia, Noel Beboso, Cielo & her husband, Gladys Paredes and Jong Clemente for completing the recipe. Thus making the activity a successful one.

Meanwhile, Ms. Greta Pardue (Founding President) and Ms. Alicia Decker (Founding Member) also of Filipino Leaders Coalition of North Texas (FILCON) raised fundraising sale in the said festival by selling various authentic Philippine products – from Barongs to Ternos, Bayong bags and purses Knick Knacks and T-shirts, etc.

In turn, Ms. Decker (FILCON President) as well as Ms. Pardue (FILCON Vice President) extended their sincere gratitude for those who supported in their first ever fundraising project.

PNAA Chapter NEWS



By **Geraldine A. Perez BSN, RNC-NIC**
President-Elect, PNANT Dallas

PNANT Dallas showcases the Energy and Vibrancy of Philippine Culture



Gary V ReENERGIZED

North Texas was the place to be last October when “Mr. Pure Energy” Gary Valenciano performed for the packed audience at Texas Hall in Arlington. As part of his US Tour “Gary V ReEnergized”, Mr. Valenciano sang many of his greatest hits like “Hataw Na”, “Look in Her Eyes”, as well as inspirational songs like “Shout for Joy”, as well as dazzled the crowd with his dancing prowess and musical artistry by playing the keyboards, bongos, timbales and zendrum.

The concert also highlighted local talents from Texas, among them were fellow PNANT Dallas member Kayla Chapman and Rodolfo Templa Jr.





Gary V was also joined on stage by his daughter Kiana Valenciano and Yeng Constantino. Kiana, who recently won the 2022 PMPC StarAwards for Music Female R&B Artist of the Year, sang a couple of her songs including the newly released “Heartbeat on Me” as well as performed “Sana Maulit Muli” with her doting father.



Philippine Dream Academy champion and Rock Star Princess Yeng Constantino sang her hits “Ikaw” and “Hawak Kamay”. Gary V and Yeng sang “Babalik Ka Rin” in recognition of all the Filipinos working and living overseas.



Our chapter the Philippine Nurses Association of North Texas was among the Community Partners for the concert. This event was brought to Texas by Relion Entertainment headed by Remel and Cecille Victoriano (our PNANT Dallas Secretary).



The crowd cheered when Gary V was thanking the sponsors and learning that PNANT Dallas was one of them he said “Philippine Nurses Association of North Texas...oh you guys are here, I feel so safe!”

This was the second time Gary Valenciano had a concert in North Texas and based on the very warm Texas welcome he received and we hope he will be back!

BSWH McKinney Diversity, Equity and Inclusion Fair

Last October 19, 2022 Baylor Scott and White Medical Center – McKinney through the efforts of the McKinney Unity Council celebrated its annual Diversity, Equity and Inclusion Fair. It was a well-attended event with various booths showcasing the beauty of each country, culture and generation. There were various booths featuring the United States, American India, Asia, Europe, Latin America, African Culture



Being that October is Filipino-American Heritage Month, Filipino representatives from various units in the hospital came out with an impressive display of Philippine Culture. Event goes also had a chance to sample Adobo, Pancit, Spanish Bread as well as other Philippine snacks and delicacies.



The event started with a Parade of Nations throughout the whole hospital. We got to visit other units and encourage them to visit the auditorium where the DEI Fair was being held.





There was also a talent show and among the performances was a multicultural dance to the tune of Ed Sheeran's "Shape of You" with dancers performing Philippine Singkil as well as dancers representing India and Portugal.

It was an honor to represent the Neonatal Intensive Care Unit as a member of the McKinney Unity Council, but I proudly represented the Philippine Nurses Association of North Texas Dallas and I got a chance to interact with some of our fellow Filipino-American Nurses and talk about the organization and our chapter activities.

(Photo credits to Geraldine and Earl Perez, RELION Entertainment, and BSWH McKinney Chaplain Roy)



PNA Chapter NEWS



By Lourdes Moldre, MSN, RN, ACNP-BC
PNANC President-Elect

PNANC partners with Kaiser South to celebrate the Filipino-American History Month event

October 4, 2022 - Kicking off Filipino-American History Month, the PNA Northern California leaders presented at Kaiser South SF's "History, Contributions, and Legacy of Filipino Nurses in the US" with PNANC President Igor Mocorro, DNP, MPH, APRN, PHN, FNP-BC, and President-Elect Lourdes Moldre, MSN, BSN, RN, ACNP-BC, and Kaiser Filipino nurse leaders Evangeline Rico and Juanita Jularbal-Walton. This event was virtual, with 110+ attendees. We discussed the historical relevance of nurses migrating to the US, assimilation, current and future state of nursing shortage.



KPSSF Equity, Inclusion & Diversity (EID) presents

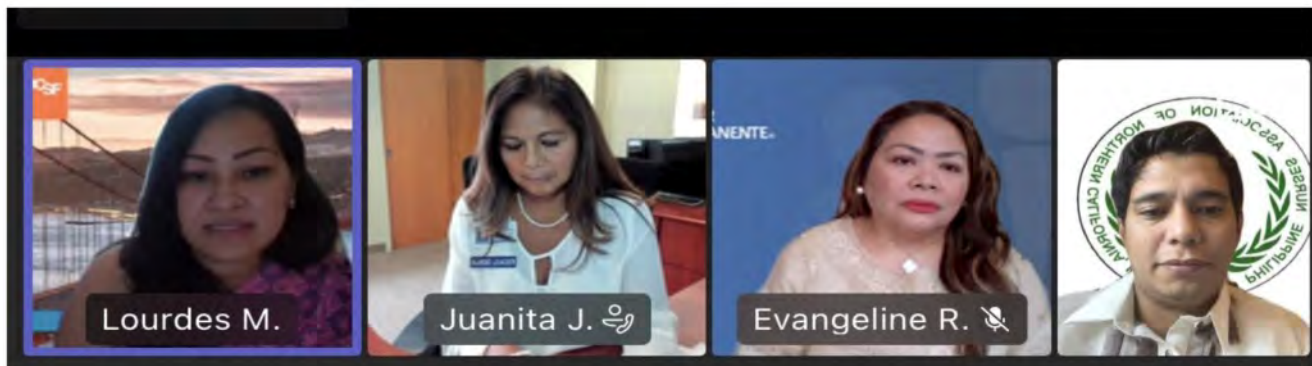
History, Contributions and Legacy of Filipino Nurses in the US

Evangeline "Vangie" Rico - Nurse Manager KP-SSF ICU

Igor Mocorro - President of Philippine Nursing Association of Northern CA

Juanita Jularbal-Walton, Interim COO/CNE KP-SSF

Lourdes Moldre - Nurse Executive of UCSF Health, Co-Chair of Women of UCSF Health, President-Elect of Philippine Nursing Association of Northern CA



Contribution and Legacy of Filipino Nurses in the US

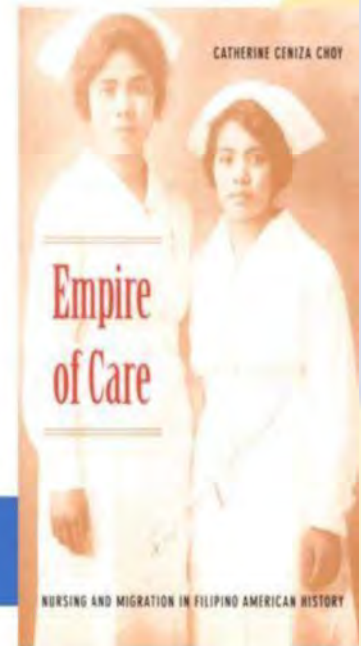
First Filipinos landed in Morro Bay California aboard "Luzones Indios" on October 18, 1587

2009: the House of 111th Congress introduced a House Resolution 155 to officially recognize October as month for Filipinos.

Thereafter, The Senate and Congress passed the resolution in officially recognizing October as Filipino American History Month.

Immigrant nurses play an integral part in our country's healthcare systems, especially highlighted the past 2 ½ years as Filipino nurses continue to fight Covid-19 on the frontlines.

Documented in Catherine Ceniza Choy's (UC Berkeley Professor of Ethnic Studies) "Empire of Care" discussing nursing and migration in Filipino American History.



Past and Current Filipino Nurse Leaders

Cesaria Tan

- First Filipino Nurse who had Master's Degree in the US

Patrocinio Montellano

- Left for the US in 1920 and came back to become supervisor for the Philippine Chapter of American Red Cross.

Estrella Manio

- Director of Nursing Education at UCSF in 1980's; only Filipino to receive Chancellor's Award for Public Service

May Parsons

- UK Filipino nurse to administer Covid-19 vaccine

Wilhemina Manzano

- Sr. VP/CNE/COO/Chief Quality Officer for New York Presbyterian Hospital (#7 Honor Roll)

Marlon Garzo Saria

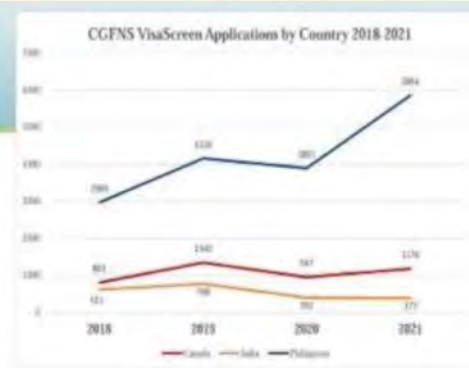
- Director of Nursing Professional Practice Advanced Practice Providers for Providence Saint John's Health Center, Author and Pres-Elect for PNAA.



Pictures:
[Beyond Western Expectations: Filipino Nurse Leaders Anastacia Girón-Trojes and Julia Villaluz Sotelo, 1910-1950 \(nursingworld.org\)](#)
[When the Reporter Asks You Why There Are So Many Filipino Nurses in the U.S. – Asian American Writers' Workshop \(aaww.org\)](#)
[How the Philippines Created a Global Network of Nurses \(theculturetrip.com\)](#)

US in Worsening Nursing Shortage

- 1 million additional nurses needed by 2030
- Faculty shortage
- Burnout and retirement
- Nursing shortages GLOBAL phenomenon – ‘brain drain vs. individual rights’
- COVID-19: a wake-up call → CALL to ACTION:
 - 115,000 health care deaths worldwide (May 2021)
 - Nurses leaving the bedside, mass trauma
 - Suppliers of nurses: need to maintain sustainable workforce
 - Migration, travel restrictions, and exemptions for nurses



Shaffer FA, Bakhshi M, Cook K, Alvarez TD. International Nurse Recruitment Beyond the COVID-19 Pandemic: Considerations for the Nursing Workforce Leader. *Nurse Lead*. 2022 Apr;20(2):161-167. doi: 10.1016/j.nml.2021.12.001. Epub 2022 Feb 17. PMID: 35194412; PMCID: PMC8650103.

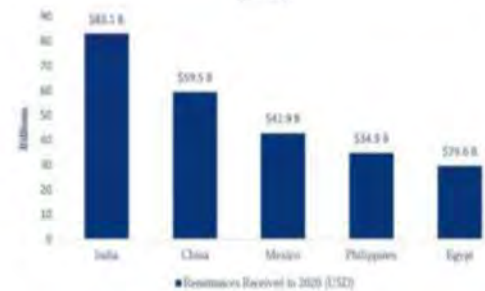


What Can We do? A CALL to ACT !!!

- How can we make up the 1 million needs of nurses by 2030?
- How can we support our Filipino nurses in the United States?
- How can we support our nurses back in the Philippines?
 - Retention vs Acquisition
 - Diversity and Adaptation/Assimilation Programs
 - Mentorship & Education
 - Policy Advocacy
 - Educational Exchange Opportunities
 - TALK – BE HEARD → WALK the TALK!
 - Join us at PNA Northern California



Top 5 Remittance-Receiving Countries in 2020 (USD)



Speaker Bio Igor Mocerro

Igor Mocerro is a Director of Nursing, a Family Nurse Practitioner, and a Nursing Instructor. He is a leader, and an advocate of many causes. He is the DON of The Heritage on the Marina, a 5-star CMS-rated skilled nursing and rehabilitation facility with Assisted and Independent Living in San Francisco. Prior to this, he worked with the San Francisco Department of Public Health as a Nursing Director and a Nurse Manager at Laguna Honda Hospital and Rehabilitation Center from 2020-2022, and a Charge Nurse of the Community Health Program for the Youth (CHPY) of SFDPH from 2016-2018. Igor is also a Nurse Practitioner working with the Genesis Infinity Medical Group, providing preventative health and medical care to adult and geriatric patients in the Bay Area through mobile clinic and in a home health care setting. Igor is also a faculty member of the Northern California Nursing Academy in their Vocational Nursing Program.

Igor is the current President of the Philippine Nurses Association of Northern California (PNANC). He graduated from the Doctor of Nursing Practice (DNP) program of the University of San Francisco in 2020 and was a 2018-2020 Jonas Nurse Leader Scholar. He is an immigrant here in the United States, but first came to California in 2008 as an international student of San Francisco State University, where he received his Master of Public Health (MPH) degree in 2010. He completed Bachelor of Science in Nursing (BSN) Cum Laude from Far Eastern University (FEU) Institute of Nursing in Manila, Philippines in 2007.

He has experiences working not only in the local and national levels in the Philippines and the United States, but also in the global arena. At young age, he participated in various initiatives on health and development as a member, officer, or consultant of the Youth Coalition, Youth Voices Count, Y-Alliance of Filipino Advocates, HIV Young Leaders Fund, MSMGF, IAS, IAC and ICAAP Youth Forces, PAFPI, the Manila Health Department, and other organizations connected with various United Nations agencies (UNICEF, UNFPA, UNDP, UNAIDS, and WHO) and international programs.

Speaker Bio Lourdes Moldre

Lourdes Moldre is a Nurse Executive Patient Care Director at UCSF Health Mount Zion Hospital in San Francisco. She has over 19 years of healthcare experience as a front-line registered nurse, an acute care nurse practitioner and finally in her role as a nurse leader. In her current role, Lourdes oversees 24/7 inpatient hospital operations, which include acute care and perioperative settings.

Most recently, she was recognized as one of 2022 honoree for 40 under 40 given by San Francisco Business Times, given to young leaders across the region. Lourdes also received the Healthcare Hero Award last year, awarded by the California State Senator Richard Pan, for her ongoing work with focused Covid-19 education within the Filipino communities. One of her initiatives include grant-funded Mount Zion Nursing Wellness Program that provide on-site and off-site wellness support to improve burnout and nurse retention. Lourdes is also the co-chair for Women of UCSF Health and President-Elect for Philippine Nurses Association of Northern California and an advisor for both PNA Napa/Solano and our newly launched PNA California Capital City chapter.

Lourdes Moldre is a female Filipino immigrant, a working mother of 3 biracial children, and a resilient exec nurse leader wanting to improve healthcare equity and access to the underrepresented and be the voice for Filipino nurses.

Speaker Bio Vangie Rico

Evangeline Vangie" Rico is the Nurse Manager for the Intensive Care Unit. She has over 20 years of nursing experience, 13 of which are in leadership and executive roles in the Acute and Ambulatory Care setting from San Francisco Veterans Affairs. She is an advocate for learning and education and has created 2 BSN and 1 NP Residency Program, created 35 full scholarships for nursing staff, created 39 affiliation agreements and collaborated with UCSF and Samuel Merritt educational programs in preparation for Magnet Journey. She is also a member of the San Francisco Nursing School Advisory Board Committee and the Bay Area Emergency Department Advisory Board Committee. She also served as President of the San Francisco Veterans Affairs Filipino-American Workers Association.

She has been with Kaiser Permanente SSF for two years and instrumental in the ICU Covid Surge Planning and has been awarded the Nurse Leader Daisy Award 2022. She is an active member of the KP SSF Equity, Inclusion and Diversity Council and Co-Lead of Specialty Care Committee. With her leadership ICU shows great improvement in meeting quality outcomes, exceptional care experience results, result-driven metrics and culture change with staff engagement. She is a servant-leader and will always be an advocate for inclusion, diversity and social justice.

PNA Chapter NEWS



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

PNASD presents Fall Virtual Webinar, Theme: "Hospital Nursing and Beyond."

PNASD Education Committee presented the Fall Virtual Webinar on Saturday, October 22, 2022, with a theme of "Hospital Nursing and Beyond." The virtual seminar described that the future of nursing depends on the roles of the nurse and educational undertakings to adapt to the rapid transformation in the healthcare industry. The online seminar explores trends in the profession, nursing shortage, travel nursing, the aging population, advanced technology, and hospital nursing to specialized care. The nursing leaders expect these new trend patterns to change practices in managing and delivering care and understanding laws affecting nursing practice and professional roles. Ms. Perly Aguinaldo, PNASD President, welcomed the speakers and attendees.



Dr. Gabriella Magalong-Maldonado spoke on The Future of Nursing (FON) Report, 2020-2030: Charting a Path to Achieve Health Equity. She briefly described the National Academy of Medicine (NAM) Future of Nursing Report recommendations and discussed how the FON report impacts the nursing trajectory. At the end of her presentation, she asked attendees to reflect on one suggestion to develop to enhance their nursing practice. She also discussed the Future of Nursing Report's recommendations that will provide a culture of health to all and achieve health equity. Such recommendations include Social Determinants of Health, the Nursing Workforce, Nurses' Role in Expanding Health Access, Nurses' Role in Improving Health Equity, Paying for Health Equity, Nurse Education, Disaster Preparedness and Public Health, Leading Change, and Nurses' Health and Professional Well-being.



Travel Nursing
Elmerissa Sheets, BSN
Director Talent
Acquisition Sharp
Health Care



**Telehealth &
Technology**
Razel Milo, PhD, DNP,
MSN, FNP-C, RN
Associate Professor
USD Hahn School of
Nursing



Nurse Navigator
"Jay" Jose Abel
Larossa, MSN, PHN,
RN-BC, ACM-RN
Project Manager -
Scripps Health



**Specialty Nursing
& Increased
Migration**
Sally Kimpel, MN,
RNC-NIC, CNS,
CPN, CPHON

She mentioned the Social Determinant and Social Needs, including Upstream, Midstream, and Downstream, with their strategies and tactics as they impact the individual and the community.

Four panelists discussed the Trends in Nursing: Travel Nursing, Telehealth and Technology, Nurse Navigator, Specialty Nursing, and Increased migration.

Elmerissa Valdez Sheets stated that during the COVID-19 pandemic, travel nursing exploded and became the dominant tool to deal with the surges, especially in states with mandated ratios, on how the bill crisis rates increased up to \$300/hr, which is financially unsustainable for the hospital for a long-term solution. She discussed the benefits of travel nursing, such as filling in for immediate needs and allowing nurses to stay engaged in the nursing workforce. She stated that Travel nursing causes a budgetary impact, and staff RNs perceive a Travel nurse as making significantly more than them, which is inconsistent in clinical practice. Dr. Razel Milo talked about Current Trends in Telehealth, the beginning of Telehealth, accessibility of Telehealth related to the advancement of mobile and electronic technologies. In 2020, the usage of telehealth services increased by 38% due to the COVID pandemic and changes in health policy. Dr. Milo explained key terms such as Digital Health, eHealth, mHealth, Telemedicine, and Telehealth. She also mentioned Telehealth's advantages, such as its use by specialists in an outpatient or inpatient setting and Palliative Care and Home Health. She also presented some issues and barriers of Telehealth, such as security, privacy, HIPAA, device availability and setup, device functionality, physical setup, and workflow and device usage.

Jay Larrosa described the roles of nurse navigators in a hospital setting, the similarities between a nurse navigator and a nurse case manager, and the recall pathways in becoming either. For the similarities, both roles provide individualized assistance, advocating, educating, care coordinators, case monitoring/patient assessment, and community engagement. The differences included conceptualization, care setting, patient population, chronic vs. acute, and service setting. Jay also showed a video about the roles of a navigator from the start when the diagnosis is confirmed, helping the patients make appointments, explaining the disease, and expected treatments and interventions. The navigator looks at the whole patient and implements the best practices to benefit the patient.

Sally Valentine Kimpel presented nursing migration from general to specialty. She discussed the nursing workforce regarding generations and characteristics, the primary practice settings for nurses, common nursing specialties, and the transition of nurses, including new graduates to specialty positions. For the practice settings, she mentioned that the hospital has 55%, ambulatory 10%, home health 5%, nursing home/long-term care 4%, school health 3%, and school of nursing 3%. On primary practice specialties, acute

care/critical care 13%, medical-surgical 9%, perioperative 7%, emergency/trauma 6%, and geriatric/gerontology 5%. Sally presented ways for new graduates to succeed, such as applying for the residency program, attending specialty didactic classes on communication, critical thinking, organizing, and prioritizing, deleting, and supervising, use of preceptors and mentors, and the benefit of feedback and coaching.



Topic: Nursing Legality

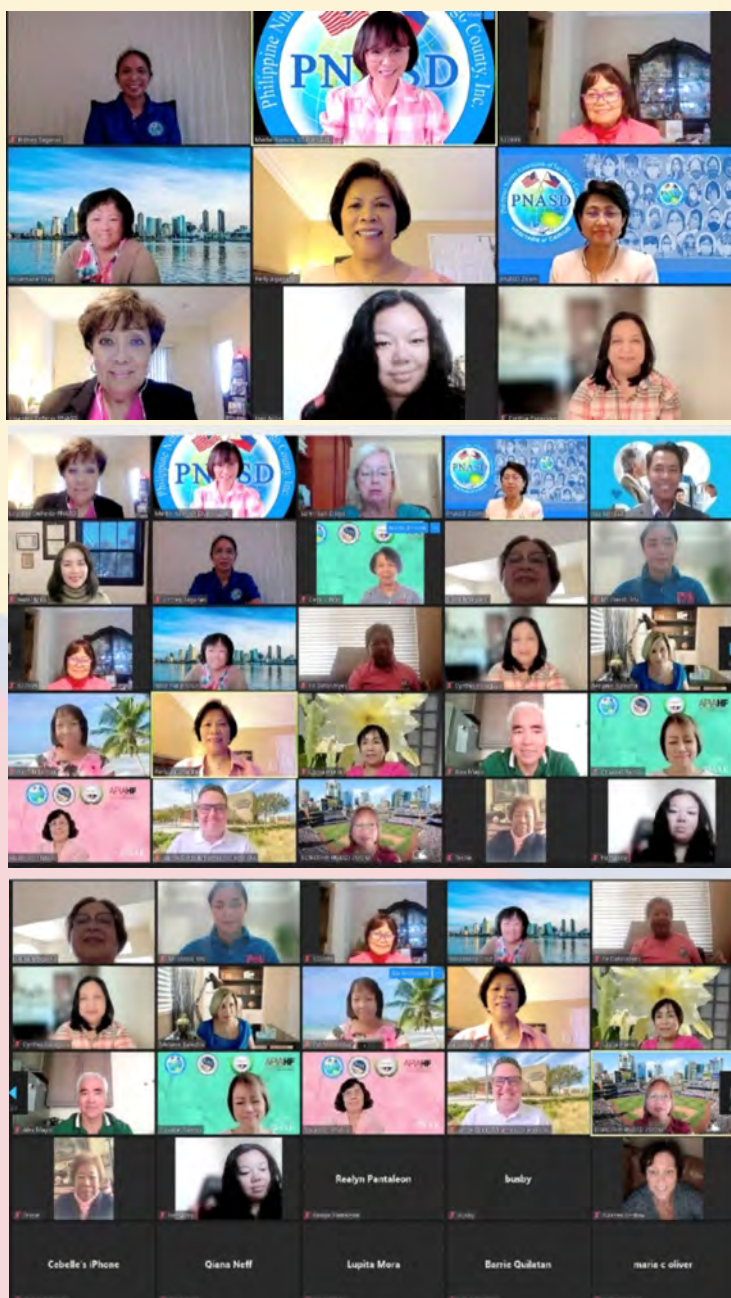
Melanie L. Balestra, NP, ESQ

Law Offices of Melanie L. Balestra



Atty. Melanie Balestra, a pediatric nurse practitioner, presented nursing liability, RaDonda Vaught's story, the three disciplinary issues affecting your nursing license, and the three risk management strategies to protect your license. For the potential legal actions for nurses, she mentioned malpractice actions (Owe duty, Breach duty, Injury caused by breach, Damages), disciplinary actions (unprofessional conduct, negligence (gross), and criminal acts. Atty Balestra discussed what determines the scope of practice, including the Board of Nursing, education, clinical training, credentialing, individual experience, and certification. She mentioned RaDonda's case, and the errors made, such as giving the wrong medication, missing documentation, the patient dying, no personal medical practice insurance, no team approach, the hospital lying in its report, no accurate assessment of the situation, and the influence of technology in the electronic health record.

Listening to great speakers, excellent learning opportunities, and earning free continuing education are just a few benefits of being a member of PNASD. Thank you to our speakers and attendees for your support and engagement. Kudos to PNASD Education committee, chaired by Cris Escarrilla, a job well done!



PNAA Chapter NEWS



By **Crisabel Ramos, RN**
PNASD BOD

PNASD on the Move at the “So Sarap” Festival

The Philippine Nurses Association San Diego (PNASD) volunteers managed the First Aid Booth for the "So Sarap" or "So Delicious" Festival at the Waterfront Park, San Diego, in collaboration with the Council of Philippine American Organizations (COPAO). The words "So Sarap" is a Filipino Festival presented by PASACAT that highlights Philippine History, Filipino arts and culture, folk dances, and authentic foods like Lechon, adobo, pancit, halo-halo, and ube ice cream, to name a few. There was a Filipino Village featuring Bahay Kubo, jeepney, tricycle, barong Tagalog, Filipiniana gowns, jewelry pieces, and other merchandise. A diverse group attended the event commemorating Filipino American History Month. Light rain never deterred about 6,000 people that joined the fun celebration!



1. Mayor of San Diego, Todd Gloria

2. A big crowd of diversified group

3. BP Screening at the PNASD Booth



4. PNASD volunteers in the morning

5. PNASD Volunteers in the mid-shift

6. A New PNASD member volunteered w/ Officers



With Linda Sparks daughters

PNASD evening shift with the Security Guards RN's Luz, Crisabel, and Vivian



PNASD Volunteers in the early evening

PNASD w/ The Filipino Press and PASACAT Director

The event was held on 15 Oct 2022 from 10 AM until 9 PM. PNASD volunteers provided blood pressure screening and 1:1 health teaching as needed. They had three shifts for the whole event, with a total of eleven registered nurses (RNs), two (2) nursing students, three (3) hospital corpsmen, and nine (9) RNs showed interest in joining PNASD. There was no mishap reported during the event. Thank you, PNASD and friends for volunteering.

PNA Chapter NEWS



By Marie Navarro MSN, RN, CCRN

Meet & Greet @ the Philippine Consulate September 28, 2022 Executive Board 2022-2024



Philippine Nurses Association of Southern California &
PNASC West LA Subchapter
Executive Board (2022-2024)



September 28, 2022
Meet & Greet



L-R

Marie Navarro, Catherine Rubio, Consul Alnee,
Consul General Hon. Edgar Badajos, Sasha Rarang,
Maria Sagun & Mindy Ofiana.

The PNASC & West LA Subchapter Executive Board 2022-2024 had meet and greet @ the Philippine Consulate with Honorable Consul General Edgar Badajos, & Consul Alnee. The organization held Blood Pressure and Health Screening to our kababayans every last Friday of the month since June 2022-October 2022. We discussed other collaborations like the Covid-19 booster vaccinations to the consulate staff. We are planning to conduct CPR class also to give back to the consulate. Since PNASC is involved in the Alzheimers Research project with the UCI mind, we are including the staff to join the said research project. Both parties were grateful for the partnership.



SEPTEMBER 30, 2022 @ THE PHILIPPINE
CONSULATE
HEALTH SCREENING & COVID 19-BOOSTER
VACCINATION

Collaboration with Pharmacy986

Covid-19 Booster vaccination in Collaboration with Pharmacy 986 and BP/Health Screening @ the consulate on September 30, 2022. We vaccinated total of 35 clients. 13 pfizer v-bivalent, 21 modern bivalent & 1 pfizer 5y/o-11y/o booster.

PNA Chapter NEWS



By Catherine Rubio, MSN, PHN, RN

Participation and community engagement (ADOBO COOK-OFF EVENT)



On October 29, 2022, PNASC and PNASC West LA volunteers were together with Filipino community for the Filipino Migrant Center (FMC) Adobo Cook-Off event. What is FMC? It is a 501(c)(3) non-profit organization founded in 2010 to address the needs of Filipinos in the South Bay Cities of Southern California that has expanded throughout the region. Our collaboration with FMC has brought volunteer opportunities for our members. When Diane Roque (PNASC West LA President Elect) learned about looking for a cook to compete, she invited PNASC West LA member Meshylle Ferrido and Jay Ferrido (spouse) to represent our organization. The answer was YES instantly. I presented the Adobo Cook -Off invitation of FMC for sponsorship

at our EB meeting and the motion to participate and compete was approved by our Executive Board. All funds raised will go towards FMC's Workers Organizing and Bayanihan Health program.

This was the FIRST cooking competition in the history of PNASC and West LA Subchapter and the FIRST nursing organization as participant for FMC as well. Just Like the famous quote of Melissa De La Cruz "But there is a first time for everything". It was a family -friendly indoor and outdoor gathering at KUBO in Long Beach and an event filled with young members, adults, and elderly supporters of the FMC Fil-Am community. This special event participation brought forth PNASC's celebration of the Filipino American History Month. Adobo may not be the official national dish but the most popular dish of the Philippines. Fil-Am communities across the nation loves cooking and sharing adobo in gatherings. After the introduction of all contenders, one question was asked. Who knows what adobo means? A response from the millennial group was from Wikipedia -refers adobo "as a common cooking process indigenous to the Philippines. When Spanish first explored the Philippines in the late 16th century, they encountered a cooking process that involved stewing with vinegar". Its name comes from the Spanish word "adobar" meaning marinade sauce (wearechefs.com). There is a great variety in the way adobo (chicken or pork) is prepared in different Philippine regions. At the Adobo-cook off, there were twelve competitors showing off their classic, unique, fusion, vegan takes on adobo. Tasting twelve versatile adobo cooking brought back memories of my hometown fiesta celebration. I felt the camaraderie of FMC and PNASC team. Everyone was just happy together. Positive energy and caring gestures from start to end. Sherwin Roque (Spouse of Diane Roque) contributed to the fusion recipe of Chef Jay. Their TANDEM was exceptional. It was DELISH like Adobo where have you been? We were cheering for Team PNASC. Categories were Judges' Choice, Peoples' Choice. Most Creative, and Vegetarian or Vegan.

And the Judges' Choice was awarded to Philippine Nurses Association of Southern California and PNASC West LA Subchapter.



Members' experience (ADOBO COOK-OFF EVENT)



Chef Jay and Sherwin
CONGRATULATIONS! You Make Us Proud.



Meshylle Ferido FNP-BC, RN
PNASC West LA Member

I've been a proud member of PNASC West LA Subchapter for 2 years now but last Saturday was the first time I attended a community event with the association. I was inspired to see our Filipino Migrant people helping and empowering each other. The Filipino Migrant Community especially the youth inspired me to do better 🙌



Katie Joaquin
Board Chair, Filipino Migrant Center

PNASC and its West LA Subchapter showed up in force - with all out flavor and people power. Their presence was felt and they were a crowd favorite. Thank you so much, Cathy, for getting PNA involved. We loved having you all. Hope you had fun!



L-R Marlon Carpio, Cathy Rubio, Eric Trillo, Sherwin Roque, Diane Roque, Grace De Leon, Meshylle Ferido.
IT WAS A GOOD DAY TOGETHER FOR A CAUSE



DIANE ROQUE, MSN, APRN, FNP-BC
PNASC West LA Subchapter
President Elect (2022-2024)

It was truly an amazing & fun experience to attend the Filipino migrant center's Adobo cook-off. Seeing the Filipino community come together to celebrate our heritage is priceless. I am thankful to be a part of the PNASC WLA Subchapter & participate in all the community collaborations. Seeing the Filipinos empower each other is refreshing as we were once stereotyped as having a "crab mentality".



Living abroad doesn't make me less of a Filipino! This is why I'll join the cooking contest, representing PNASC (Philippine Nurses Association of Southern California) make the best Filipino dish, adobo 🍲



PNA Chapter NEWS



Philippine Nurses Association of Southern California and its WLA subchapter demonstrated our united voices as we partner with non-nursing organizations at “Bayani” Day, 1 voice 1 million strong Los Angeles' Frontliners tribute event.




Philippine Nurses Association of Southern California

Among Asian Americans, researchers found that Filipinos had the highest rates of Alzheimer's Disease. Learn more about Alzheimer's Disease and clinical trials.

UCI #RB #1221 | New | Approved: 07-01-2022

UCI MIND
INSTITUTE OF MEMORY IMPAIRMENTS
OF NEUROSCIENCE, GENETICS AND PSYCHIATRY

Philippine Nurses Association of So. California is 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: mypnasc.org
 Contacts: asha.danong@yahoo.com
antonette_nurses@yahoo.com

Let the Filipino voices be HEARD in Research- PNASC and WLA Subchapter are in collaboration with UCI MIND Ahead clinical research for prevention of Alzheimer's disease. In this collaboration, PNASC and WLA Subchapter are in process of accomplishing 3 AIMS: AIM1 is to identify twenty (20) Filipino nurses in the community to participate in an hour long interview with the Lead Researcher, Dr Melanie Tallakson, DNP, FNP-C and member of PNASC. AIM2 is to facilitate at least seven (7) community presentations to spread knowledge of the importance of research in general to the Filipino community, how Alzheimer's is affecting Filipinos, as well as serve as potential recruitment for research participants. AIM3 is to recruit candidates for the study of Filipinos 55 – 80 years old along with other specific criteria to be included in the clinical trial.

PNA Chapter NEWS



By Antonette Nunez, MSN, AMB-BC, CJCP, RN - PNASC Recording Secy,
Research co-chair, Newsletter Editor

Dr. Gail Jones, DNP, PHN, RN-BC – PNASC Auditor

Dr. Velma Yep, DNP, MSN, GNP-BC – PNA Asst Editor, PNASC Vice President

PNASC Collaboration with University of California, Irvine (UCI) MIND

Philippine Nurses Association of Southern California (PNASC) is excited to be collaborating with UCI MIND Ahead clinical research. The clinical research is regarding Alzheimer's and its prevention. PNASC's Education, Research, and Practice (ERP) Committee is leading this collaboration. We are tasked with three (3) AIMS to be completed by February 2023:

AIM1 – Identify 20 key stakeholders (i.e., active and retired nurses, community nurse leaders) who are willing to participate in interview sessions.



AIM2 – Organize and coordinate at least 7 community presentations (i.e. CEU offerings, webinar, ZOOM, Facebook Live, YouTube, in-person) to nurses, organizational members, community networks, and other targeted community outreach activities.

AIM3 – Prepare/collect pre-post metrics at each community presentation from attendees. Facilitate scheduling of AHEAD 3/45 screens by attendees when possible.

PNASC's ERP team **successfully completed** AIM1! 20 key informants have been interviewed, providing UCI MIND researchers valuable data from the unique perspectives of the Filipinos and Filipino Americans nurses.

Steps to achieve success in selecting 20 interviewees:

1. Discussed as EB team the selection process – breakdown as follows
 - 10 EB members and ACs
 - 5 PNASC members
 - 5 non PNASC members
 - Must be nurses, active or retired
2. Created Survey Monkey questionnaire, to solicit interest, sent via email to PNASC members
3. Communicated to EB and members via email blasts to encourage participation and soliciting members' and non-members' participation
4. Created tracker for participants' names and contact information
5. Coordinated and scheduled dates/times of interviews, including rescheduling
6. Identified back up interviewees for cases where there are scheduling conflicts



Outcome:

1. 13 EB members, 3 ACs, 2 PNASC members, and 2 non-members.
2. Process utilized in selecting interviewees to ensure inclusion and

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

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antonette_nunez7@yahoo.com

UCI MIND
INSTITUTE for MEMORY IMPAIRMENTS
and NEUROLOGICAL DISORDERS



PNA Chapter NEWS



By **Andrew San Diego – MSN, BSN, PHN, RN, PNASC Member**
Kaiser Permanente (KP) Department Administrator and
SCPMG Ambulatory Academic Liaison

Nursing Students' Clinical Rotations: COVID 19 Happened...Now What?



Nursing students continue to be our future especially now that the Baby boomers are retiring and/or many nurses are transitioning to a different line of work due to the COVID 19 pandemic. At Kaiser Permanente Panorama City Medical Center, pre-pandemic, nursing students performed their clinical rotations in various hospital departments: like med surg, telemetry, post-partum, pediatrics, L&D and ED. When Covid 19 pandemic happened, hospitals like ours closed its doors to nursing students. Let's learn how KP Panorama City dealt with this challenge from Andrew San Diego.

Andrew: Faced with nursing students scheduled to perform their clinical orientation, we had an opportunity to be innovative. With the support of KP leadership, a plan was created to bring students into our ambulatory clinics where RN/LVN students could continue to perform their clinical rotations instead of not having any at all.

PNASC: Wow, tell us more.

Andrew: Traditional clinical rotations for nursing schools are focused on acute care hospital stays. Therefore, students in ambulatory clinic settings presented an opportunity to show that prevention and post-acute follow-up of diseases are just as important. We were able to place students, RN/LVN, in interventional radiology, urgent care, adult primary care, pediatrics, gastroenterology, urology, and many more specialty clinics.

PNASC: What was the feedback from the nursing students?

Andrew: By transitioning students into the ambulatory space, many students saw opportunities outside of the hospital setting. This experience also drew interest in ambulatory care careers the student nurses have not considered prior. They were engaged with staff and managers asking how to get into a specific field.

PNASC: What other outside the box thinking were you able to do with the students?

Andrew: Hhhmmm. Oh yeah, another innovative thinking that happened was that we also had the students help us with our Annual Skills Fair! This was a great way to introduce students to the entire staff and provided them with teaching experience that reinforced the skills they learned in their school's simulation and skills classes. The students helped set up the classrooms and sit in some of the sessions to learn more about the new IV pumps we were teaching the staff to use.

PNASC: For sure the students benefitted when they otherwise would not have in person clinical experiences. Thank you, Andrew for your time and sharing with us.



DOES ALZHEIMER'S DISEASE RUN IN YOUR FAMILY?

Join a **CLINICAL TRIAL** aimed at slowing down the earliest changes in the brain associated with Alzheimer's disease.

The AHEAD Study is recruiting individuals as young as 55 and tests whether an investigational treatment may help prevent Alzheimer's.

YOU MAY BE ELIGIBLE IF YOU:

- ✓ Are a healthy adult between the ages of 55 and 80.
- ✓ Have not been diagnosed with Alzheimer's disease.

Scan with your
smartphone camera



Visit AHEADStudy.org/Alz or call 1-800-AHEAD-70 (1-800-243-2370) for more information.

Help us get AHEAD of Alzheimer's disease

PNA Chapter NEWS



By Gail Jones, DNP, RN-BC, CPHIMS, PHN

PNASC Movie Night Fundraiser



The Philippine Nurses Association of Southern California's (PNASC) Ways and Means Committee held a movie night fundraiser on October 15, 2022. With Filipino American History Month being celebrated annually in October, this is a time to honor our history, pursuits, accomplishments, and legacy of Filipinos in the United States. It only seemed fitting to support an independent film produced and directed by Filipino Americans.

Lumpia with a Vengeance, produced by Patricio Ginelsa, is an action comedy that takes place in Fogtown, a Filipino-American community in Northern California. A lumpia-wielding superhero, Lumpia Man, aka Kuya, teams up with high school student, Rachel, to prevent a crime syndicate from selling drugs masked as food, from destroying Fogtown, and from ruining a long-awaited dream wedding. Based on a comic book, the film stars former UFC fighter Mark Munoz, April Labson, Darion Basco, and Danny Trejo (Machete, From Dusk Till Dawn).

The movie night fundraiser proved to be a success with participants from PNASC's members, family, and friends who came to support at the Regal Sherman Oaks Galleria Theatre as well as donations from PNASC's Executive Board members. A total of \$425 was raised and will go towards scholarship funds. An added bonus was one of the actors was in attendance, Earl Baylon, who played George/G-Dog in the film.

With the resounding crunch heard throughout the film, Lumpia with a Vengeance effectively whetted the audience's appetite for lumpia that some of us went straight to a Filipino restaurant after the movie to appease our taste buds. It was a fun night indeed!



PNAA Chapter NEWS



By **Vernita Goodlett MHA PHN BSN AMB-BC NE-BC, PNASC Member**
Kaiser Permanente Panorama City, Director of Ambulatory Clinical Practice

The Life of Ambulatory Care Nurses



Contrary to what most healthcare personnel perceive, ambulatory care nursing is much busier than you may think. Registered Nurses have important roles in patient care departments such as the Emergency Room, Gastroenterology, Outpatient Surgery, Hematology/Oncology, Infusion, Wound, and Urgent Care. Most recently, there is a rising need for RNs to head nurse led clinics in Adult Primary Care and in telehealth. The skills learned in the acute care setting are vital to safe patient outcomes in the Ambulatory Clinics. There is also an opportunity for nursing programs to add ambulatory nursing to the curriculum as it is a growing field. Many board certifications are available

In an article [Perspectives of Nurses Toward Telehealth Efficacy and Quality of Health Care: Pilot Study \(Perspectives of Nurses Toward Telehealth Efficacy and Quality of Health Care: Pilot Study - PMC \(nih.gov\)\)](#), One of the evolving roles of nurses as they take on new responsibilities of providing nursing service in home settings is the use of information technology (IT). Telehealth nursing focuses on patients' long-term wellness, self-management, and health [1]. According to the American Telemedicine Association, this IT solution provides nursing care across a distance, empowering the care providers with the ability to monitor, educate, follow-up, collect data, and provide multidisciplinary care including remote interventions, pain management, and family support in an innovative fashion [7]. It has been reported that agencies using telehealth have an average patient-to-nurse ratio of 15:1, as compared with non-telehealth agencies having a ratio of 11:1 [7]. Therefore, telehealth nursing can make a tremendous difference in providing patient care, particularly in rural or underserved areas in states such as Nebraska, where there is generally a shortage of nurses and health care services, as well as resources can be limited [3].



It is an amazing experience for nurses to maximize their scope of practice by providing patient care in nurse led clinics. RNs can perform prenatal screenings, diabetic teaching and monofilament foot exams, administer medications per standing orders, and many others as covered by standardized procedures. LVNs are also highly utilized in nurse led clinics. Typical LVN duties are EKG, Blood Pressure checks, weight checks, vaccine administration, and recurring injections.



Telehealth offers nurses fully remote employment. RNs can triage patients over the phone and provide an appropriate disposition using a prescribed algorithm. LVNs can screen emails and phone messages sent to providers from patients. LVNs can stage messages for providers by pending medications and diagnostic tests or respond to the patient directly.

The role of nursing in ambulatory care is rapidly growing and evolving. In a highly competitive market, having nurses provide hands on care, allows patients to spend more time with their physicians to discuss their plan of care.

PNA Chapter NEWS



By Marie Navarro MSN RN CCRN

PNASC/West Los Angeles Subchapter Community Outreach Collaboration with Jollibee North America and Pilipino Workers Center

It's an honor & pride for the PNASC to collaborate with the blood pressure and health screening initiatives we offer to our kababayans. The new venture of community outreach with Jollibee North America and the Pilipino Workers Center is definitely a good cause.

We, the PNASC/West Los Angeles Subchapter, are excited about this partnership. We are grateful for the trust vested in us, which motivates us to serve our community more. The BP and health screening initiatives help us assess and identify the need of the Filipino people that we serve to put importance on their health, not just physically but incorporating mindfulness and self-care are vital teachings to them. Through the PNASC community outreach, we have inspired our former members to activate their membership as well, like Evangeline Singson, who voluntarily joined us during the health Screening event.

The kick-off of the partnership with the blood pressure and Health screening and COVID-19 booster vaccination by Pharmacy 986 started last October 27, 2022, at the Main office of Jollibee North America, West Covina. Led by Marie Navarro, Catherine Rubio & Mindy Ofiana, the health screening was well attended and participated by the Jollibee staff. They were so grateful and recognized us for reaching out to them because they had limited time to go to their primary care physicians for health screening and vaccinations. To top it off, we got to taste the well-known Jollibee snacks!



Community Outreach Collaboration with Jollibee North America & Pilipino Workers Center

PNAAC Chapter NEWS



By Catherine Rubio ,MSN, PHN,RN
(Pres-Elect 2022-2024)



It was an honor to co-sponsor Filipino Migrant Center (FMC) alongside with other community organization. The collaboration provided free services to the Filipino community. It aims to build stronger relationships with members to address legal and health issues they face. The fundamental challenge is access to quality health services and resources.

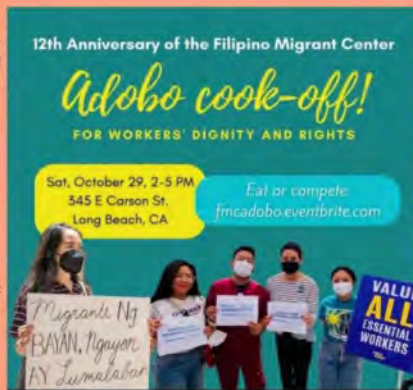
FMC is our new collaborator helping address healthcare needs of minority groups (Filipino Immigrants). We also support their Youth Leadership & Empowerment.

F.R.E.E. Filipinos Reaching for Education and Empowerment



PNASC CONTENDER

Mr. Jay Ker Ferido (Volunteer Contender) and Mrs. Meshyll Ferido (PNASC Member) will represent Philippine Nurses Association of Southern California (PNASC).



PNASC & PNASC West LA Subchapter is in the house !

"Adobo for the Win"

PNA Chapter NEWS



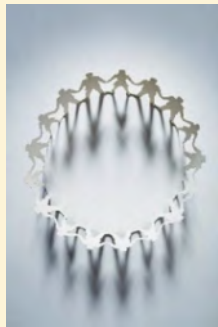
By Catherine Rubio, MSN , PHN, RN
PNASC Pres-Elect 2022-2024

Why partnership and collaboration?



There is a growing need for nurses to provide care outside of the walls of hospitals in promoting healthy lifestyles, providing health education and advocating health as a priority. My continued practice in community nursing gave me the opportunity to develop new leadership identity in promoting professional excellence. Organizing community outreach events is a great challenge in achieving organizational goals when alone. I learned that partnership and collaboration with agencies, organizations and community leaders lead to more efficient process and increased success in achieving goals. PNASC had 11 total collaborator/partner at the start of pandemic in 2020 and now increased to 21.

Last August 27, 2022 I organized community outreach event in collaboration with USA Philippines Business Association. (President Adrian Laceros and Vice President Ivy Veneracion)



PNASC event volunteers were given California Legislature Assembly certificate of recognition.

Why partnership and collaboration?

- It increases the organization's visibility.
- It opens opportunity to promote equality, diversity and inclusivity.
- It opens opportunity to promote community health programs and reduce health disparities
- Community support, engagement, and FREE service is appreciated. (awards and recognitions)



PNA Chapter NEWS



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

Howdy, Y'all? PNA Tampa Goes Texan at 19th SCR Conference!

The Philippine Nurses' Association of Tampa Bay through the representation of President-Elect, Marites Calvelo and Founding President and Current PRO, Liwliwa (Liw) Villagomez attended the 19th South Central Region (SCR) Conference at the beautiful Moody Gardens Hotel and Convention Center located in Galveston, Texas from October 14 to 16, 2022. Hosted by the PNA Texas Golden Triangle with President Lorelei Miranda leading the conference logistics, the SCR Conference provided the perfect place where Marites and Liw became Texans for a few days, mingling and networking with local Filipino Texans. Aligned with the PNA 2022-2024 mantra under the leadership of President Gloria Beriones, the SCR Conference theme was "Our United Voices: Embracing Excellence and Advocacy." Marites and Liw joined loudly in spreading our "United Voices!"

Together with Mrs. Betty Miranda, Past PNA President and the 2022 SCR Representative of PNA Gulf Coast of Florida, we (Marites and Liw) arrived at the George Bush Intercontinental Airport in Houston on Thursday, October 13. Marites put on her Texan 'hat and boots' and drove us from Houston to Galveston. In the evening, we attended the SCR fun-filled Welcome Night at the Salsa's Mexican Restaurant located on the Galveston Seawall. The Welcome Night was a surprise gift to all of the attendees by the host chapter and it was a very intimate and endorphin-producing gathering. It set the tone for the superb character of the entire event. At the Welcome Night, the PNA TGT took the theme "United Voices" literally and made the attendees get to know each other by playing a game where attendees joined their small groups by mimicking the sound of animals assigned to them. Prizes galore were given out. It was so much fun – it definitely activated all laughter muscles in our bodies!

On Friday, October 14, Day 1 of the SCR Conference, the PNA Executive Board held their meeting which was immediately followed by the SCR Meeting. RVP Manny Ramos, with PNA President Gloria Beriones, presided over the SCR Meeting. RVP Ramos provided general updates and information about the Camp Aruga Leadership Retreat (January 2023) and the 44th National Convention (Cruise – July 2023). The SCR meeting wrapped-up with sharing among the attendees while we were all joined together in a circle. PNA Tampa President-Elect, Marites provided updates about our chapter and shared about her current advanced education journey toward her FNP. In the afternoon, The Leadership Institute was held with Dr. Nelson Tuazon (PNA San Antonio) delivering a very engaging leadership presentation on unleashing the power of emotional intelligence in crucial conversation and conflict resolution; Ms. Myrah Joy Degracia-Ubas (PNA North Houston) sharing her expertise in keeping our community healthy by providing guidance and information about COVID booster and FLU vaccination for 2022-2023; and Dr. Ira Martin (PNA North Houston), RVP Manny Ramos (PNA Central Florida), and Dr. Liw Villagomez (PNA Tampa) teaming up in a panel to present toolkits for leaders in conducting productive meetings. Day #1 ended with Networking Night where chapters showcased their talents. PNA Tampa, joined by PNAGF, presented "Advocating for Health Through Nutrition" in a 3-cast member show acting out the song "Ang Gatas at ang Itlog", a song by Luz Morales <http://awitingpinoy.blogspot.com/2009/11/ang-gatas-at-ang-itlog.html>. PNA Tampa/PNAGF was awarded the "Golden Saddle Award" (3rd Place) in the SCR Got Talent Show at the Networking Night.



Networking Night: Advocating for Health Through Nutrition
"Ang Gatas at Ang Itlog" Performed by (L to R):
Betty Miranda, Liw Villagomez, & Marites Calvelo



Ang Manok at Ang Itlog



Betty Miranda,
PNAGF



Marites Calvelo,
PNA Tampa



Liw Villagomez,
PNA Tampa



Liw Villagomez – Panelist for the SCR Leadership Institute
Leaders Toolkit: Guide for An Effective Leader in Conducting
Productive Meetings



Marites Calvelo & Liw Villagomez
at the SCR Conference Gala Night

On Saturday, October 15, Day 2 of the SCR Conference, the Education Day Program was held. It was a day rich with wisdom as shared by the various speakers. Dr. Gloria Beriones delivered her State of PNA A Address followed by the Keynote Address by US District 48 Representative Donna Howard, RN. She shared her journey of advocacy and how she has impacted change and legislation. The keynote address was followed by a group of panelists composed of Atty. Angela Librado-Trinidad (Labor Attaché of the Philippines), Marife Sevilla (PNA A Human Rights Chair), and Emily Danuco (PNA A Global Affairs Co-Chair) where they conducted the PNA A Community Forum focusing on human rights protection and advocacy for internationally educated Filipino nurses in the US. Other great topics covered during the Education Day included:

- Just Culture: Cornerstone for Patient Safety and Balanced Accountability by Gerald Bryant, DNP, RN, NEA-BC (Executive VP, COO, CNO of Lake Charles Memorial Health System); and Katherine Degenstein-Gartman, MSN, RN, HACF (CNO, Baptist Hospitals of Southeast Texas).
- Roadmap to Best Practices in Achieving Health Equity by Mila Sprouse, EdD, MSN, RN, CCRN, NE-BC (Vice President of Patient Care Services at CHI St. Luke's Health).
- Collaboration: Future of Nursing 2020-2030 by Alona Angosta, PhD, APRN, FNP-C, FAAN (Professor and Associate Dean for Research and Scholarship, Baylor University Louise Herrington School of Nursing) and Riza Mauricio, PhD, APRN, FCCM, CCRN, CPNP-PC/AC (Assistant Professor, UT Health Science Center and Chair of the PNA A Practice Committee, and Heal Our Nurses Kabalikat Emotional Wellness Program).
- Strategies in Advancing Research, Scholarship, and Community Engagement by John Robert Bautista, PhD, MPH, RN (Post-Doctoral Fellow, UT at Austin School of Information), Rizalina Bonuel, PhD, RN, CCRN-E, ACNS,-BC, APRN-BC (System Director, Nursing Practice; Executive Nursing Practice Group/Coordinator, APRN Faculty, Baylor College of Medicine-Pulmonary Section), and Maria Danet Lapiz Bluhm, PhD, MSCI, RN, ANEF, FAAN (Professor and Director of International Programs, UT health San Antonio School of Nursing).

As evidenced by the topic titles, the Education Day was filled with super-charged education presented by various esteemed speakers who are all experts in their fields of specialty. In addition to the educational contact hour speakers, the conference attendees were also inspired and educated by the stories and presentations by the sponsors and vendors.

Day 2 was capped off by the Gala Night, "Celebrating Cultural Diversity." PNA Tampa was well represented by Marites and Liw dressed in a traditional Filipina terno and Muslim outfits, respectively. The beauty created by the fusion of so many various ethnic outfits was eye-catching and metaphorical. It showed that we can create a beautiful patchwork and that our hearts are united amidst our differences. At the Gala Night, PNA Tampa received the "Award of Excellence" in the WE CARE Awards. Our deepest appreciation to PNA A SCR Leaders for recognizing the excellent work by the officers and members of the **Philippine Nurses' Association of Tampa Bay** in everything we do. This night, PNA TGT treated us also to an evening of entertainment by Filipino singers, Paul Enriquez and Jing Velasco. Their opening act of medleys of songs brought feelings of nostalgia.

On Sunday, October 16, Day 3 of the SCR Conference, PNA TGT designated it as the day to offer thankfulness for a successful 19th SCR Conference. We attended Holy Eucharist officiated by a local Filipino Priest PNA Members at the 28th Sampaguita Ball. From L to R: Mr. & Mrs. Hermano, Mr. & Mrs. Manzanero; Mr. & Mrs. Magsakay, Mrs. N. Bonoan (husband not in photo); and Fr. & Dr. Villagomez. right at the Moody Garden Hotel. We offered roses before the Holy Eucharist to remember cancer victims. This is the signature tradition of the FCNA (Filipino Cancer Network of America), the brainchild of cancer survivor, Cherry Sloan-Medrano, RN, BSN, CCM, BC, OCN (PNA Metro Houston).

In the final analysis, the 2022 SCR Conference gave Marites and Liw a valid reason to call themselves Texans – at least for 4 days. As the memories of Galveston become tucked away in our hippocampus, the dream of the next SCR Conference comes to the forefront. We are now looking forward to the 20th SCR Conference to be hosted by PNA North Houston in 2024. It will be another opportunity for us Floridians to say, "Howdy, Y'all?"

PNA Chapter NEWS



By **Arlene D. Layupan, MAN, RN**
(Board Member)

PNA Tennessee in Action: A Shining Beacon in the Community



PNA-Tennessee at the Memphis Mission of Mercy Fundraising Event.

The PNA-TN shines brightly in serving its community as a sought first-aid provider. Last September 25, 2022, the PNA-TN was requested to be the first aider during the Memphis Mission of Mercy family day. Approximately 100 people attended this fundraising event to help in

their upcoming two medical missions to the Philippines for 2023 scheduled for February to be held at Carmona, Cavite and another one will be in October as the venue is still to be determined. Memphis Mission of Mercy (MMM) is a non-government organization (NGO) focused on serving the poor communities in the Philippines by providing them quality Medical and Surgical care. What is interesting about this organization is Filipino nurses established it; Renato and Norma Zalamea immigrated from the Philippines in 1973 and 1974, respectively. Renato Zalamea is a CRNA, his passion for serving the less fortunate people sparked when he went on a mission trip to teach anesthesia in Guyana. From then on, he was fascinated with doing a service-oriented work in the Philippines. The MMM had formally started its mission work in 1998, the Zalamea



Michelle Jamias, Arlene Layupan, Adeleen Mendizabel and Cora Limbago and Ms. Mary Bandedy.



couple organized short-term medical and surgical missions to the medically-deprived areas of the Philippines with the help of their service-oriented friends and family. The MMM had served the three major islands of the Philippines, specifically Tagum City in Mindanao, Victorias, Negros Occidental in Visayas, and Carmona, Cavite in Luzon.

Cora Limbago joined by other First Aiders, Michelle Jamias, Rochelle Beltran, Lynn Dela Rosa, Arlene Layupan, Adeleen Mendizabel, and Shryll Sayco, the daughter of Harold Sayco.



Morning shift of First Aiders: Ghie Catacutan-Sta Cruz, Rhodora Marquez, JoMae Paulin, Diana Alvarez, Laarni Landicho, Joyzel Bermejo, Adz, Mendizabel and Angelo Bosque.



Fatima Agravante and Adeleen Mendizabel at the screening table during the Maboohay Event.



First Aiders joined by other members of PNA-TN: (Front L-R) Trendy Arandia, Leamor Lopez, Cherry Alfani, Cathy Ecdao, Michele Casco, Cora Limbago and Adz Mendizabel. Second row (L-R) JoMae Paulin, Arlene Layupan, Rhodora Marquez, Boyet Alvarez, Joyzel Bermejo, Diana Alvarez and Angelo Bosque.

Ms. Marnie Basco and other volunteers carefully assess the young player as his teammate looks on.



In addition, the **MMM** still needs more nurse volunteers for their mission trip to the Philippines in January of 2023, mainly scrub nurses. To all nurses who plan to visit the Philippines in February next year and are interested in volunteering, that would greatly help MMM. If you have nurses friends and family members in the Philippines who love volunteerism, you can pass this information on to them.

On the other hand, the organization would greatly appreciate those nurses with a heart for mission if they could extend their help by volunteering or donating medical and surgical supplies, medicines, and cash to support their future mission trips. If you are interested to learn more about this organization or are planning to donate or volunteer, you can visit their website at www.memphismission.org, or you can call 901-289-3931 for questions about how you can help this organization or email them at memphismissionofmercy@gmail.com.

Moreover, on October 29, 2022, the PNA-TN opted for another volunteer work as the first aider despite their hectic and busy schedules. Fil-Am Memphis Inc. requested them at their *Maboohay Ang Liga ng Pinoy* sporting event. Since this was an invitational sports event, it was attended by participants from different parts of TN and the neighboring states. The nurse volunteer started their day at 8 a.m. and finished at 11 p.m. Since it was a long day, nurse volunteers came in 4-hour to 8-hour shifts to serve the athlete participants. It was a very challenging day for the volunteers because of several injured people. The highlight of this day was when a teenager came to the first-aiders booth who fell while playing basketball and was holding his left arm close to his body. When the first aiders assessed him, they noticed an elbow dislocation.

Events like this awakened the ingenuity and resourcefulness of the Filipino nurses; since they didn't have an extra small arm sling, they modified an OR towel and gauze to stabilize the injured arm and applied it to serve as a sling before sending this poor teenager to urgent care. The nurses' action demonstrates how skillful and knowledgeable Filipino nurses are, even with fewer resources. They can still function and deliver to their constituents the best, if not excellent, care. **Mabuhay ang mga Filipino Nurses!**

Ms. JoMae, the Chair of Community Outreach, carefully secured the improvised arm sling.

PNA Chapter NEWS



By Eileen Dauz, BSN, RN, CGRN, CFER
PNA Virginia Public Relations Officer



Grassroots Membership Recruitment, the PNAVA Way!

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

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

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



THE
AMAZING
RACE

OCTOBER 3 - OCTOBER 9, 2022

MAJOR TASK = 100 points	MINOR TASK = 50 points
<p style="text-align: center; font-weight: bold; font-size: 0.7em;">FALL IN THE PARK</p> <p style="font-size: 0.6em;">Explore and stroll around Oak Grove Lake Park (409 Byron St, Chesapeake). If you dare to go the distance, the gravelled trail is 1.5 miles. Enjoy the cooler climate and falling leaves. Take a selfie with your favorite panoramic view of the lake.</p> <p style="font-size: 0.5em;">*environmental, physical, social, spiritual</p>	<p style="text-align: center; font-weight: bold; font-size: 0.7em;">FLOWER POWER</p> <p style="font-size: 0.6em;">Self-care is SO necessary! Who doesn't love receiving flowers? Purchase a flower bouquet from a local flower shop for yourself. Take a photo with a loved one PLUS your self-gifted flower bouquet then post/email your pic.</p> <p style="font-size: 0.5em;">*physical, environmental, financial, spiritual, emotional, social</p>
BONUS TASKS = 300 points (awarded once per task)	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-size: 2em; font-weight: bold; color: red;">BONUS</div> <div style="font-size: 0.7em;"> <p>RECRUIT / RENEW a PNAVA Member</p> <p>FIFest Oct 8 - Oct 9, 2022</p> <p>Community Health Fair Oct 15, 2022</p> <p>Email: hwcommittee4nurses@gmail.com</p> </div> <div style="border: 2px solid red; border-radius: 50%; padding: 5px; text-align: center; font-weight: bold; color: white;"> JOIN TODAY </div> </div>	

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

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



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



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



PNAAP
KABALIKAT EMOTIONAL
WELLNESS PROGRAM

Volunteers Needed



ARE YOU INTERESTED IN BUILDING YOUR RESILIENCE SKILLS? Please join the "Kabalikat" Emotional Wellness Program (KEWP)



What is required of participants?

- Attend virtual training
- Training for Chapter Support Group Facilitators - 2 sessions for 1.5hrs each.
- Coached Emotional Wellness sessions - 6 sessions for 1.5 to 2hrs each.
- Length of commitment: 9 months for group members.

FOR MORE INFORMATION:

Riza V. Mauricio
riza.mauricio@gmail.com

IF INTERESTED SUBMIT YOUR NAMES TO YOUR RESPECTIVE CHAPTER PRESIDENTS BEFORE OCT. 31, 2022.



BENEFITS:

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

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



PNAA FRONTLINERS FACE COVID 19 AT HOME

Curated by M. Teresa Lapid Rodriguez
November 19 - December 30, 2022
PNAA and PNAAF 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 PNAA/PNAAF GALLERY is OPEN TO THE PUBLIC

Where: PNAA/PNAAF 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:

PNAA - Victoria Pangilinan 1-732-331-5277

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



*This project is funded by the
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Association of America
Foundation.*

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Board of Chosen Freeholders
through a grant award from
Middlesex County Cultural and
Arts Fund.*



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

11th
INDUCTION CEREMONY

GALA

Friday

DECEMBER 2, 2022

6 - 10 P M
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For More Info, Call
Merly Llanto 727-403-6195
Janella Puyot 727-323-0703

PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA

Induction & Awards Gala

DECEMBER 3, 2022
SATURDAY 6 PM

ROSEN PLAZA HOTEL
9700 INTERNATIONAL DRIVE
ORLANDO FL 32819

HOTEL GROUP RATE \$119 + TAX
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\$95 PAYABLE TO PNACF
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44th Anniversary

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Maria Alburo 757.470.9047)

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Sheraton Hotel Guest room
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Featuring Local and International
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Guest Celebrity
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Philippine Nurses Association of America Foundation



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



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 A

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 PNAA NATIONAL CONVENTION

JULY 16-23, 2023



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Anchoring Our Culture of
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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 PNAA to receive amenities as planned. Reservations are expected to be completed no later than 75 days before sailing. Any reservations made after such date will be accommodated based on space availability and prevailing rates.

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HOSTED BY THE PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA



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

For more information, scan the QR Code,
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Call 727-526-1571 & 800.422.0711
M-F 8:30 am – 6 pm EST and Saturday 10:00 am - 2:00 pm EST



Port Canaveral Florida, Coco Cay Bahamas, Cozumel, Roatan, Puerto Costa Maya

44TH PNAA NATIONAL CONVENTION & CRUISE

Aboard Royal Caribbean's *Wonder of the Seas*

To make a Reservation and Get More Information, scan the QR Code or
visit www.continuingeducation.net/PNAACruise

Continuing Education, Inc. (CEI) may assist you with all of your travel arrangements
including flights to and from Port Canaveral, hotel accommodations, transportation,
or tours before and after the convention.

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

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

hosted by the *Philippine Nurses Association of Central Florida*

