

VOLUME 10, ISSUE 4 MAY 2022



inside PNAA

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

Celebrating Nurses' Month 2022

Bayani ng Mundo



FROM THE EDITOR



Happy Nurses Month to all!

This is special time of the year to honor and thank the dedicated and amazing men and women who save the lives of many people every day of the year. For the 20th year in a row, Gallup has recognized nurses as the most trusted profession in the country. Let us be proud of this recognition for we truly deserve it.

This year's theme, "You Make a Difference" is truly fitting for the heroic works that we have done, and continually do. Let us reflect on the value we bring to the delivery of care. Let us also recognize the critical contributions that we make to our local, regional, national, and global communities. As PNAA members, we will continue to work hard to advance our profession to a higher level. Each one of us can contribute our time, and talent to achieve greater success. Together, we can make a difference.

From the bottom of my heart, thank you for your service to the healthcare profession. You are so appreciated!

Sincerely,
Bob Gahol
Editor-in-Chief



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COL (Retired) Bob Gahol, MBA, MPA, MMAS, MSS, BSN, RN

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ABOUT INSIDE PNAA

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

Our Vision:

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

Our Goals:

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

For more information about
Philippine Nurses Association of America, Inc.
Visit our website: www.mypnaa.org

Social Media

Facebook: www.facebook.com/mypnaa

Instagram/Twitter: @mypnaa

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THE PRESIDENT'S MESSAGE



Dear PNAA Members,

The month of May is dedicated to nurses. Yes! Happy Nurses Month. This year's evergreen theme set by the American Nurses' Association "Nurses Make a Difference" has been the core of the Philippine Nurses Association of America's mission outlined in its vision to be an organization responsive to its constituent needs and be a force in the world arena of nursing. Day in and day out, as leaders of our association (local and national), we are committed in supporting the personal and professional needs of our members. Although the pandemic created barriers in preventing myself to visit our chapters around the United States, it did not stop our administration from 2020-2022 in connecting with each other in the best technology tools available. I have received text messages directly to my personal mobile number, instant messages via my FB page, email and personal phone call asking relevant questions, clarifying events and activities, invitation to attend virtual webinars or requesting for souvenir journal messages.

From my end, I have written close to five celebratory messages during this month of May as chapters come together in honoring our members in various events from gala, nurse excellence, and scholarship awards to the induction of their newly elected executive officers and board members. Part of my exercise prior to writing a meaningful message is to browse the chapters' website and social media outlets to help me understand the history and overall success stories, challenges, and achievements of our members. One feature story that struck me is how a chapter captured the "why" of its members by asking a simple question – why did you want to become a nurse? The [4.5 minutes video recorded in 2015](#) describing why our members chose nursing ranged from being inspired by a sister, brother, aunt, mom, relative and how these individuals became their role models in living their own dreams. Majority echoed their appreciation on how the nursing profession offered spiritual fulfillment serving the poor, the desperate, and even in wartorn areas. The common thread described the endless opportunities on how nursing change ones' life personally in breaking the cycle of poverty within their own family and beyond the community. The poignant impact of nursing resonates with me when I read this quote "I feel that being in the nursing profession not only do you touch many lives, but you also find purpose in your work - and that is to bring hope to every human experience that we nurse encounter." This is further amplified by another quote describing patient's remarks "The fulfillment of hearing a stranger (patient) say your presence made the worst bearable, or say your care is so genuine it's innate, or say you made the difference, its life moving."

Indeed, life's biggest moments are spent with a nurse—from when we are born to when we pass away as well as the difficulties in between. Nurses Day and Nurses Week provide the perfect opportunities to celebrate the nurses who care for us, our friends, and our families. They have an important job to do, and as nurse leaders, let us take this moment to thank our PNAA members, nurse colleagues, and nurses around the world.

In honor of Nurses Month, PNAA curated events and activities in showing our gratitude to you.

Week 1: Self-care

Through our COVID-19 Task Force and PNAA Warrior Group, we kicked off self-care offering a webinar on "Paths to Healing & Spiritual Wellness" that was well attended by our members across the United States. My take-away is to allow ourselves to pause, listen to our body, practice mindfulness, acknowledge our hurts and burdens, and simply allow time to heal our losses and sorrows.

On behalf of PNA
let us honor our front line
NURSES

Philippine Nurses Association of America, Inc.
and PNAA COVID-19 Task Force
in collaboration with Prayer Warrior Group
invite you to:

"Paths to Healing & Spiritual Wellness"
(Sunday, May 1, 2022 @ 6:00PM EDT; 5:00PM CDT; 3:00PM PDT)

Reverend Alice Cabotaje,
MDiv., BCC, ACPE Certified Educator
Director, Spiritual Care and Education
Massachusetts General Hospital
Boston, Massachusetts

The Reverend Alice Cabotaje is the Director of Spiritual Care and Education at Massachusetts General Hospital (MGH). She is an Association for Clinical Pastoral Education (ACPE) Certified Educator and a Board-Certified Chaplain with the Association of Professional Chaplains (APC). She is ordained and endorsed by the Metropolitan Community Churches (MCC). Reverend Cabotaje preaches, conducts worship, provides pastoral care, spiritual direction, and facilitates grief groups. She provides emotional and spiritual care to patients, their loved ones, and staff, including leading memorial services, facilitating debriefs, and teaching classes to staff. As we continue to go through this horrific COVID 19 pandemic with constant painful reminders of our friends, patients, loved ones taken away by COVID 19, Reverend Cabotaje will lead us to paths of healing and spiritual wellness. Despite adversity of situations and many challenges we had gone through, we find gratefulness, hope, faith and love.

REGISTER
<https://qr.co.de/bcwGQp>

For more information, contact
PNAA COVID Task Force Chairs
Jennifer Ayng @ jenniferayng1470@gmail.com
Ramon Sumibcay @ rasumbcay@gmail.com

SPARK SCAN ME



A Nurses Week Celebration
Join PNA & PNAAF in honoring
Our Healthcare Heroes
Bayani ng Mundo
May 14, 2022 | 6:00 pm - 8:00 pm ET

Registration is free.
Everyone is invited.
A virtual celebration

REGISTER:
<https://qr.co.de/bcwZM>

SPECIAL GREETINGS & SONGS FROM
Amb. Jose Manuel Romualdez, Con. Gen. Elmer Cato, Sec. Gina Ortiz Jones, Dr. Debra Toney, Bonnie Barnes,
Dr. Pam Cipriano, Dr. Ernest Grant, Richard Reynoso, Jose Marie Chan, Jed Madela, Louie Reyes, Seph Francisco

www.mynaa.org @mynaanurse @mynpnaa

SPARK SCAN ME

In collaboration with PNAAF and PNA, our energetic team offered a special event "Bayani ng Mundo" recognizing our clinical nurses who continuously are working 24/7 in the frontline, our exemplary chapters who provide outreach in their respective communities, and our leaders who stayed steadfast and resilient. Our nursing leaders cheered us with their profound and heartfelt messages while our Filipino artists filled our senses with their creative songs and artistic dance.

Recording LIVE Facebook

Bayani ng Mundo
Bayani ng Mundo
Planning Committee

Welcome

Chat

Richmond, VA

Angelo Bosque to Everyone
Good evening and Mabuhay from Memphis, Tennessee..!

Catherine Rubio to Everyone
Welcome Faith from Columbus Ohio!

Carmina Bautista to Everyone
Good evening everybody from Virginia Beach, VA!

Rose Estrada to Everyone
Greetings from New Jersey! Happy Nurses Week! Thank you for the this wonderful "Bayani Ng Mundo" Presentation!

Who can see your messages? Recording On

To: Everyone
Type message here...

Week 3- Professional development

Our dynamic practice community shoot 2-birds at one time. **First, through the leadership of our ANCC Program Director**, PNAA collaborated with New York State Health Information Management Systems Society as the provider of contact hours in the recently concluded webinar “The Times are A’Changin.” This is a significant event for our special interest group, nursing informatics as we recognize and support the professional needs and development of this evolving specialty.

HIMSS **SPRING 2022 VIRTUAL NURSING SYMPOSIUM** **PNAA**

'THESE TIMES THEY ARE A-CHANGIN'

Saturday | May 7th, 2022 | 9:00 AM - 12 pm EDT

3.0 Contact Hours The Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development provider by the ANCC. P0613.

Recovering and Moving Forward: Creating a Career Plan for the 21st Century

Supporting Nurses Through Transitions from the Leadership Lens

Round Table Discussion: Career Ladder in Nursing Informatics from Novice to Expert

Phyllis Quinlan, PhD, RN
Executive Coach/ Life Coach
The Cohen Children's Medical Center

Tracy Gosselin, PhD, RN, AOCN, NEA-BC, FAAN
Chief Nurse Executive & Senior Vice President Chair of Nursing MSKCC

Julie D. Luengas, DNP, MBA, RN-BC, FHIMSS
Chief Nursing Informatics Officer
Stony Brook Medicine- Information Technology (SBMIT)

Sarah Collins Rossetti, RN, PhD, FAMIA, FACMI, FAAN
Assistant Professor of Biomedical Informatics and Nursing
Columbia University Medical Center

Paul Coyne, DNP, MBA, MSF, RN, APRN, AGPCNP-BC
Vice President at Hospital for Special Surgery & Co-Founder of Inspiren

Jen Zuber-Bozek, MBA, RN-BC, CPHIMS, CRCR
Senior Healthcare Executive with
Cerner Corporation

Web: nyshimsschapter.org Twitter: @HIMSSNYS LinkedIn: [HIMSS New York State Chapter](https://www.linkedin.com/company/himss-new-york-state-chapter) Facebook: [HIMSSNYS](https://www.facebook.com/HIMSSNYS) Instagram: [NYHIMSS](https://www.instagram.com/NYHIMSS)

SPRING 2022 VIRTUAL NURSING SYMPOSIUM

A SPECIAL THANK YOU TO OUR PLANNING COMMITTEE, WITHOUT WHOM THIS EVENT WOULD NOT HAVE BEEN POSSIBLE. ALL OF YOUR EFFORTS AND UNIQUE CONTRIBUTIONS ARE APPRECIATED.

MODERATORS: ELLEN KONIGSDORF, MARY JOE GARCIA-DIA, VALERIE SERRICK, DIANA KAGAN, NINDOSIKA BRUNDES

PRODUCER: BEL DAVIS

Q/A FACILITATORS: ELLEN ARIBIDAT, MARGARET CONNOR, KIMBERLY VELLEZ, RUTHLEEN MCGOWAN, TAYLOR ROSS BILSON

About Symposium

Nurses interface with technologies on a daily basis at the bedside, in leadership roles, or as students. The unprecedented burden of the COVID-19 pandemic added additional stressors to nurses' work and well-being, including rapid integration of advanced technologies, increased workload and burnout. This symposium will focus on nurse well-being, leadership and professional growth, and how they align with the delivery of the quadruple aim. Each session will focus on strategies to empower nurses as they navigate through the rapid changes of high-tech healthcare in the 21st century.

HIMSS NEW YORK STATE CHAPTER Microsoft

Second, PNAA is fortunate to partner with The Nurses Obesity Network (NON), which is made up of a diverse set of leading nurse advocacy and membership organizations from across the country, who are committed to changing the way we view, treat, and advance care for people living with obesity — including members of the nursing profession.

The Nurses Obesity Network is comprised of the American Nurses Association (ANA) and America Nurses Foundation (ANF), Healthy Nurse, Healthy Nation (HNNH), American Association of Nurse Practitioners (AANP), Haitian Alliance Nurses Association International (HANA-I), National Association of Indian Nurses of America (NAINA), National Black Nurses Association (NBNA), National Association of Hispanic Nurses (NAHN), Philippine Nurses Association of America (PNAA), and the Preventive Cardiovascular Nurses Association (PCNA). We are grateful for the support of Astra Zeneca who consistently provide expert panel of advance practice nurses in sharing their knowledge and research in addressing health concerns relevant to the Filipino-American community.

PNAA APN Practice Committee invites you to attend PNAA Virtual Education Webinar in collaboration with AstraZeneca

Saturday, May 28, 2022
11:00am-1:00pm EST
Via Zoom

Chronic Kidney Disease
(AstraZeneca Non-CE Activity)
Crisamar Anunciado, PhD, FNP-BC
Melanie Sherman, MSN, FNP-C
11:00 AM - 12:00 PM

The Burden of Obesity
(PNAAF 1.0 Contact Hour)
Carmina Bautista, MSN, FNP-BC
12:00 PM - 1:00 PM

For Questions: Please contact
Riza V. Mauricio at riza.mauricio@gmail.com

Click Zoom Link to Register:
<https://us02web.zoom.us/join/91234567890>

The Philippine Nurses Association of America Foundation is an approved provider of the California Board of Registered Nursing, CEP # 14134, 1.0 contact hour

Week 4 – Community

Coincidentally, the month of May is designated as Asian American Pacific Islander (AAPI) Heritage Month. We are highlighting the contributions of our AAPI leaders in addressing the mental health and well-being of our workforce while amplifying the work of our collective AANHPI (Asian American Native Hawaiian Pacific islander) community in promoting health equity and the future of nursing through interprofessional collaboration. The first webinar on May 26 is a collaboration with All In Well-being First for Healthcare has been a key partner with our organization in supporting our nurses’ in staying resilient for the long-haul.

Through PNAA and AAPINA leaders, we will share strategies that work culturally for our own AAPI community.

**BEYOND THE BEDSIDE:
AAPI NURSES AS CHANGEMAKERS
CHAMPIONING MENTAL HEALTH
AND WELL-BEING**

26 MAY 2022
6PM ET
A WEBINAR
CELEBRATING
AAPI HERITAGE MONTH
& RECOGNIZING
MENTAL HEALTH
AWARENESS MONTH

KATHY ABRIAM-YAGO
EDD, RN
Professor Emerita
of Nursing,
San Jose State University,
The Valley Foundation
School of Nursing

ROSE CONSTANTINO
PHD, JD, RN, FACHE, FAAN
Associate Professor and
Fulbright Scholar,
University of Pittsburgh
School of Nursing
Department of Health and
Community Systems

RIZA MAURICIO
PHD, APRN, FCCM,
CCRN, CPNP-AC
Podiatric Critical Care
Advanced Practice Nurse,
Assistant Professor,
University of Texas, Clark
School of Nursing

MIJUNG PARK
PHD, MPH, RN
Associate Professor,
Family Health Care
Nursing, University of
California, San Francisco
School of Nursing

REGISTER HERE: tinyurl.com/ALLIN-AAPI MentalHealth

AANHPI HERITAGE MONTH WEBINAR

**Future of Nursing
and Healthcare**
Advancing AANHPI Leadership Through
Interprofessional Collaboration to Address
Health Equity

May 31st, 5:00- 7:00 PM EDT
Registration Link: <https://bit.ly/3yGUq7>

Hosts:
Mary Joy Garcia-Siu, President, PNAA
Jing Wang, President, AAPINA

Opening Remarks:
Victor Dizon, President, National Academy of Medicine

Panelist:
Keith Chou, Health and Aging Policy Fellow, White House AANHPI Initiatives
Emerson E. Eo, New York University Chou, the Kolmogorov (Health) Coalition
Wenbin Wang, Chen, Board of Directors, The National Council of Asian Pacific Physician
Rui Wu, New York University, Center for Health Equity Promotion and Equity
Christine Ege, President, American Nurses Association
Ta-Ping Hsu, M.D., National Cancer Center, President, Taiwanese American Nurses Association
Mary Frances Kalfault, Chief Executive Officer, Montclair Health Center
Lynley Albuquerque, President, National Association of Indian Nurses

Logos: NYU, Florida State University, Rutgers, Weizmann Institute, National Academy of Medicine

As part of **AAPI nurse leaders work in the future of nursing**, PNAA and AAPINA will host a second webinar on May 31, 2022. Please mark your calendars and support our panelists who will lead the conversation on how our nurses, providers, and social work teams make a difference in research, education, and in the community. Through our professional network, our Education Committee Chair and community collaborator Kalusugan Coalition, have created a well-thought program in allowing us to know the leaders of our AAPI nursing and provider organizations.

To quote Maya Angelou, she wrote “As a nurse, we have the opportunity to heal the heart, mind, soul, and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel.” I hope that as I wrap up my presidency in the remaining 6-7 weeks, my wish for each member is that my theme SPARK gave you the hope and passion in the profession that you chose and that we kept our promise as leaders in making a difference in your personal and professional journey. You hold the key to our success as an organization – Happy Nurses Month celebration. Be proud of our heritage as Filipino-American nurses and Mabuhay!

Sincerely,
Mary Joy Garcia, Dia, DNP, RN, FAAN
President, Philippine Nurses Association of America
2020-2022



HAPPY INTERNATIONAL Nurses Day from PNAA



The Faculty Loan Repayment Program is open. **APPLY TODAY.**



The Health Resources & Services Administration (HRSA) is accepting applications for its Faculty Loan Repayment Program (FLRP). This program repays a portion of a faculty member's health professional student loan debt (\$40,000 max over two years), who will in return serve at an eligible health professions school.

The FLRP is designed to decrease the economic barriers associated with pursuing careers as academic faculty. Participants in this program receive the opportunity to educate and train the next generation of health professionals.

ELIGIBLE DISCIPLINES

- **Allied Health Professions:** Audiology, Medical Laboratory Technology, Occupational Therapy, Pharmacy, Physical Therapy, Radiology Technology, Registered Dietitians, Respiratory Therapy, Speech Pathology
- **Dentistry (DDS, DMD)**
- **Dental Hygiene**
- **Medicine (MD/DO):** Family Medicine, General Internal Medicine, General Pediatrics, General Psychiatry, Geriatrics, Obstetrics/Gynecology
- **Behavioral and Mental Health (Graduate Level Only):** Clinical Psychology, Clinical Social Work, Marriage and Family Therapy, Professional Counseling
- **Nursing:** Registered Nurse, Advanced Practice Registered Nurse
- **Other:** Physician Assistant, Public Health (Graduate Level), Optometry, Podiatric Medicine, Veterinary Medicine

APPLY NOW

The application cycle for the Faculty Loan Repayment Program is open through **June 30, 2022**. Start your application today.

 bhwh.hrsa.gov/faculty-lrp



Honoring our Nurse Heroes on Nurses' Week

On May 14, 2022, the PNA and PNAAF held a joint virtual event to celebrate nurses' week. The event was graced by numerous celebrities, dignitaries, global and national nursing leaders, and PNA talents. This special event was much different than the previous years' nurses' week celebration. This year, we highlighted the Bayani ng Mundo Nurse Heroes who were nominated by their peers, co-workers, friends, families, and others. In the eyes of their supporters, these honorees are their heroes. The two-hour event was hosted by Roland Santos, President of PNA Southern California. Towards the end, PNAA President, Dr. Mary Joy Dia, was awarded the Tunay na Bayani Award by the Planning Committee that evoked an emotional reaction to attendees. Another impressive production by the leadership tandem of Bob Gahol, Tess Damito and the rest of the team Melissa Cunanan, Sue Repente, Mindy Ofiana, Catherine Rubio, Jonathan Gecomo, Carol Manilay-Robles, and Peter-Reuben Calixto.



Bayani ng Mundo

Honorees

Thank You our Nursing Hero

Jonathan Gec...

Zoom

Bayani ng Mundo

Roldan Perez, BSN, RN
BNN Honoree

Bayani ng Mundo

Honoring Our Nurse Heroes
"There's a hero amongst us"

Jonathan Gec...

Bayani ng Mundo

Emeline Yabut, MSN, EdRN
BNM Honoree

Bayani ng Mundo

Jonathan Ge...

zoom

Bayani ng Mundo

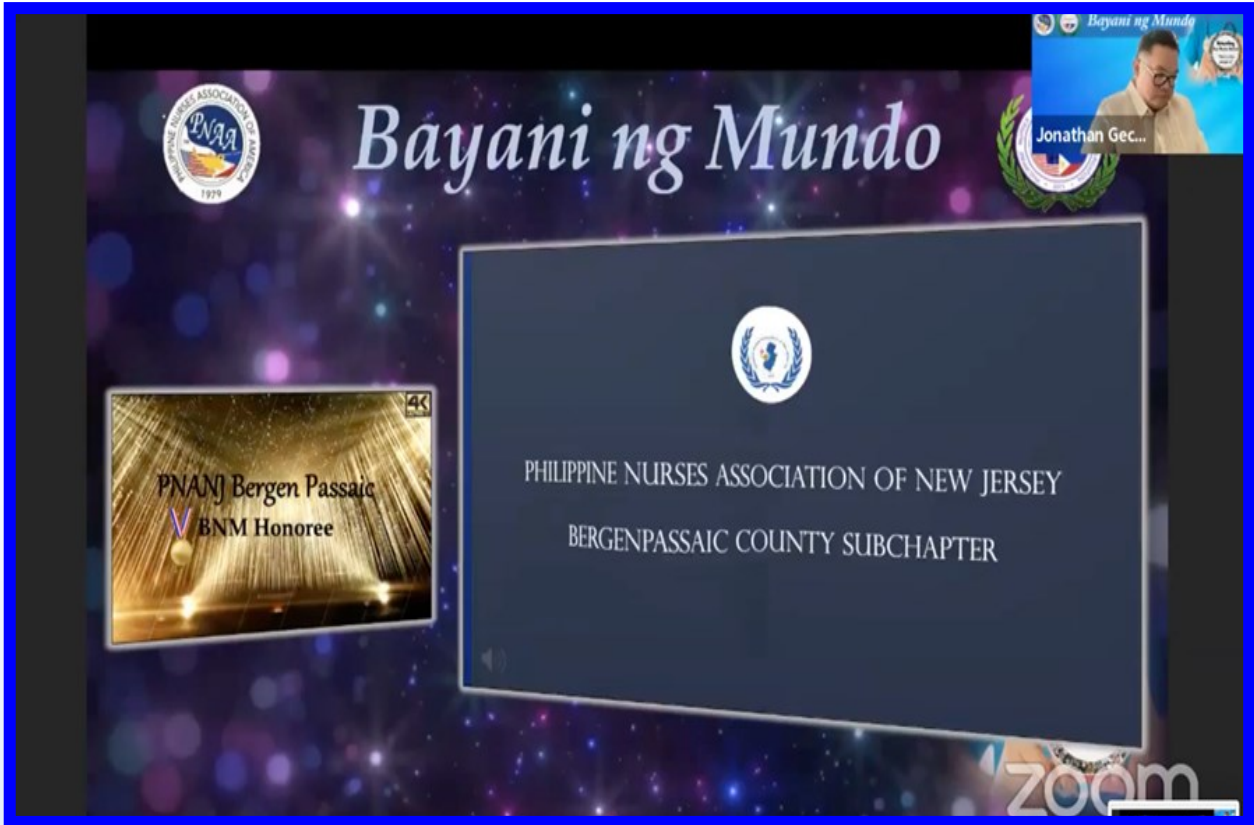
Rosalina Manongdo, MSN, RN
BNM Honoree

**BAYANI NG MUNDO
HONOREE**

**ROSALINA (SAHLEE)
MANONGDO
PNA NEW JERSEY**

Jonathan Ge...

zoom



Bayani ng Mundo

PNANJ Bergen Passaic
BNM Honoree

PHILIPPINE NURSES ASSOCIATION OF NEW JERSEY
BERGENPASSAIC COUNTY SUBCHAPTER

Jonathan Gec...

zoom



Bayani ng Mundo

PNAAF Legacy Committee
BNM Honoree

 Aniceta A. Vista, PhD, RN
 Amuerfina Castro, MA, RN-BC (Ret)
 Alice Andam, BSN, RN
 Teresa Damito, BSN, RN, RNC
 Rosario P. Estrada, DNP, MSN, RN, NPD-BC, CPN
 MERLITA VELASQUEZ
 LEGACY HEADQUARTERS ADVISER

Advocate Through Philanthropic Giving, Caring and Collaborating

Jonathan Gec...

zoom



Bayani ng Mundo

PNAA WAYS & MEANS COMMITTEE
BNM Honoree

WAYS & MEANS COMMITTEE

Jonathan Gec...

zoom



Bayani ng Mundo

PNAA MEMBERSHIP COMMITTEE
BNM Honoree

**PNAA
Membership
Committee
2020-2022**

**MGA
BAYANI
NG MUNDO**

Jonathan Gec...

zoom



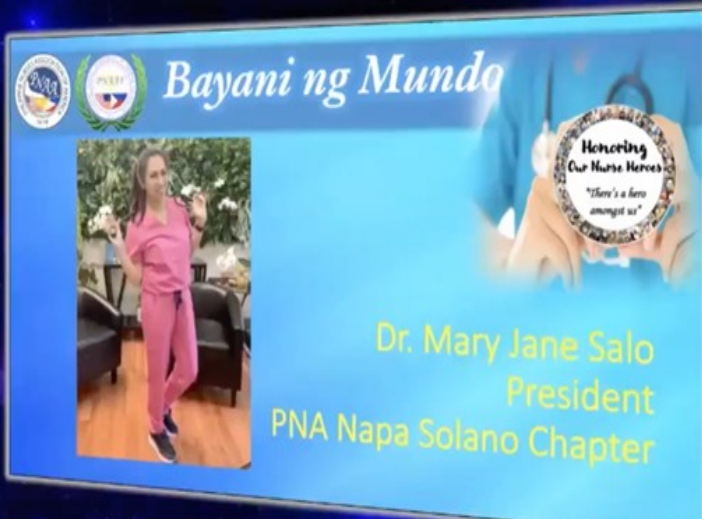
Bayani ng Mundo



zoom



Bayani ng Mundo



zoom

Bayani ng Mundo

Jonathan Gec...

PNA Napa Solano
BNM Honoree

Bayani ng Mundo

Honoring Our Nurse Heroes
"There's a hero amongst us"

PNA Napa Solano Chapter

zoom

Bayani ng Mundo

Jonathan Gec...

PNA Metro DC
BNM Honoree

HEAL THE HEALERS

Asian American Health Initiative
primary care coalition

This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition of Montgomery County.

zoom

Bayani ng Mundo

Home Now Healthcare Services
BNM Honoree

Home Now Healthcare Services
Hospice

Honoring Our Nurse Heroes
"There's a hero amongst us"

Home Now Healthcare Services

zoom

Bayani ng Mundo

BAYANI NG MUNDO HONOREE
MAY 14, 2022

FILIPINO CANCER NETWORK
OF NEW ENGLAND FOUNDATION, INC.
(FCNNEF)

FCNNEF
BNM Honoree

zoom

Bayani ng Mundo

Bayaning Tunay

Honoring Our Nurse Heroes
"There's a hero amongst us"

Dr. Mary Joy Garcia-Dia
21st President of the
Philippine Nurses Association
of America (PNAA)

Dr. Mary Joy Garcia-Dia
BNM Honoree

Roland Santo...

zoom

Bayani ng Mundo

Honoring Our Nurse Heroes
"There's a hero amongst us"

Mary Joy Garcia-Dia

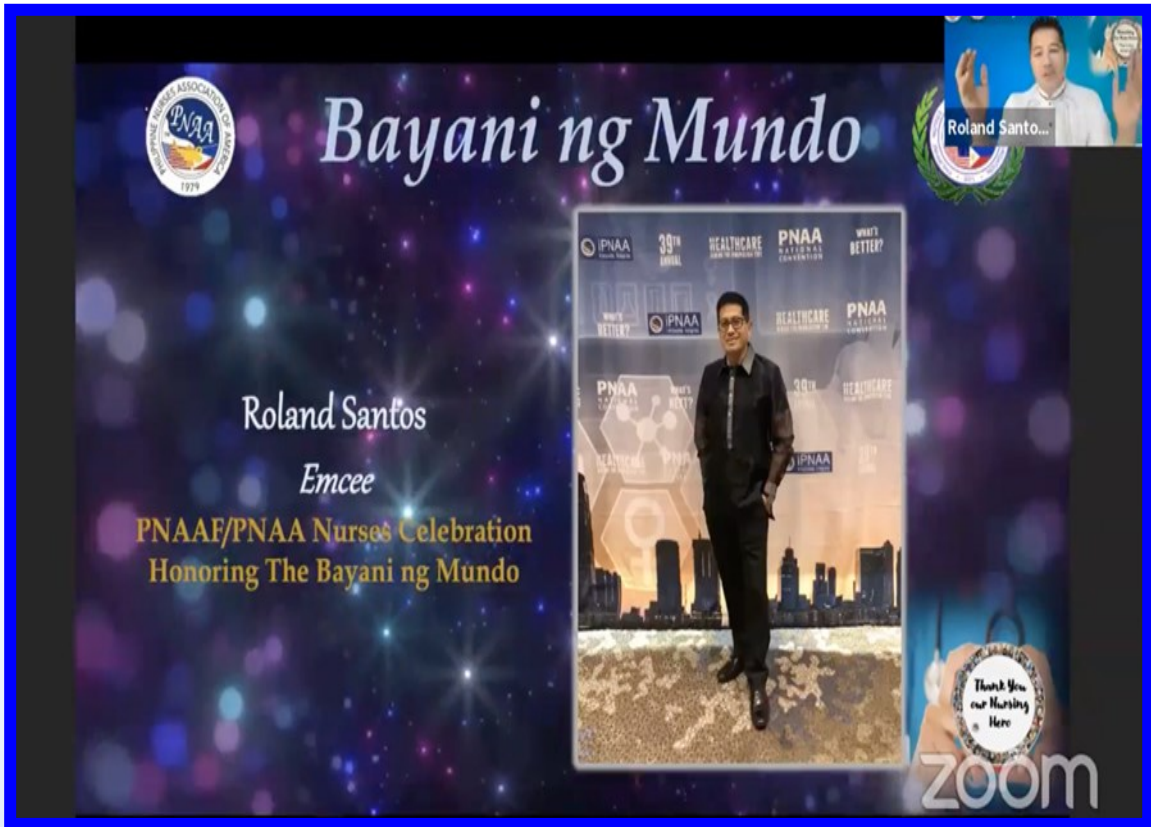
Roland Santos



Bayani ng Mundo

Honoring Our Nurse Heroes
"There's a hero amongst us"


Peter Reuben Calixto


zoom



 **Bayani ng Mundo** 

Roland Santos
Emcee
 PNAAP/PNAA Nurses Celebration
 Honoring The Bayani ng Mundo





zoom

Bayani ng Mundo
 Roland Santo...



 **Bayani ng Mundo** 





Nate Calixto, MD
 Anesthesia Resident – University of California Davis
Lupang Hinirang



zoom

Bayani ng Mundo
 Roland Santo...

Bayani ng Mundo

PNANJ Bergen Passaic
Doxology

Thank You our Nurses Here

zoom

Bayani ng Mundo

Nancy Hoff
PNAAF President 2020-2022
Welcome Remarks

Honoring Our Nurses Here
"There's a hero amongst us"

Thank You our Nurses Here

zoom

Bayani ng Mundo

INTERNATIONAL NURSES DAY

NURSES
A VOICE TO LEAD
INVEST IN NURSING AND
RESPECT RIGHTS TO
SECURE GLOBAL HEALTH

12 May 2022
#IND2022

#VOICETO LEAD

Pamela Cipriano

Pamela Cipriano, DNP, APRN
International Council of Nurses - President

International Council of Nurses
The Global Voice of Nursing

Thank You our Nursing Hero

zoom

Bayani ng Mundo

INTERNATIONAL NURSES DAY

NURSES
A VOICE TO LEAD
INVEST IN NURSING AND
RESPECT RIGHTS TO
SECURE GLOBAL HEALTH

12 May 2022
#IND2022

#VOICETO LEAD

Jose Manuel Romualdez

Jose Manuel Romualdez
Philippine Ambassador to the US
Greetings

International Council of Nurses
The Global Voice of Nursing

Thank You our Nursing Hero

zoom

Bayani ng Mundo

Jed Madela
Superhero

Thank You our Nursing Hero

zoom

Bayani ng Mundo

Roland Santo...

PNAA 1979

Bayani ng Mundo

THEN AND NOW

PNAA Leaders Then and Now
Nurses Week Planning Committee

Thank You our Nursing Hero

zoom

Bayani ng Mundo

Roland Santo...

PNAA 1979



Roland Santo...

Bayani ng Mundo



Louie Reyes
"GAANO KO IKAW KAMAHAL" (Levi Celerio)

Louie Reyes
New Minstrels






Jonathan Gec...

Bayani ng Mundo



Sephie Francisco
Never Enough
I Can See Your Voice Philippines




Bayani ng Mundo

Princess Punzalan
Actress

Beverly Salviejo
Actress

Renz Verano & Richard Reynoso
Singer

Jonathan Gec...

Thank You our Hosting Here

zoom

Bayani ng Mundo

Richard Reynoso
Singer

Jonathan Gec...

Thank You our Hosting Here

zoom



Bayani ng Mundo



Zenaida Alcazar Bronson
Supporter - PNA Central Florida



Bayani ng Mundo



PNA Central California
We don't Talk about Bruno



Bayani ng Mundo

Consul General Edgar Badajos
Philippine Consulate Los Angeles

Thank You our Nursing Hero

zoom

Bayani ng Mundo

Dr. Ernest Grant
ANA - President

Thank You our Nursing Hero

zoom

Bayani ng Mundo

45 CGFNS INTERNATIONAL
years of service

Franklin Shaffer

Dr. Franklin Shaffer
President & CEO CGFNS International

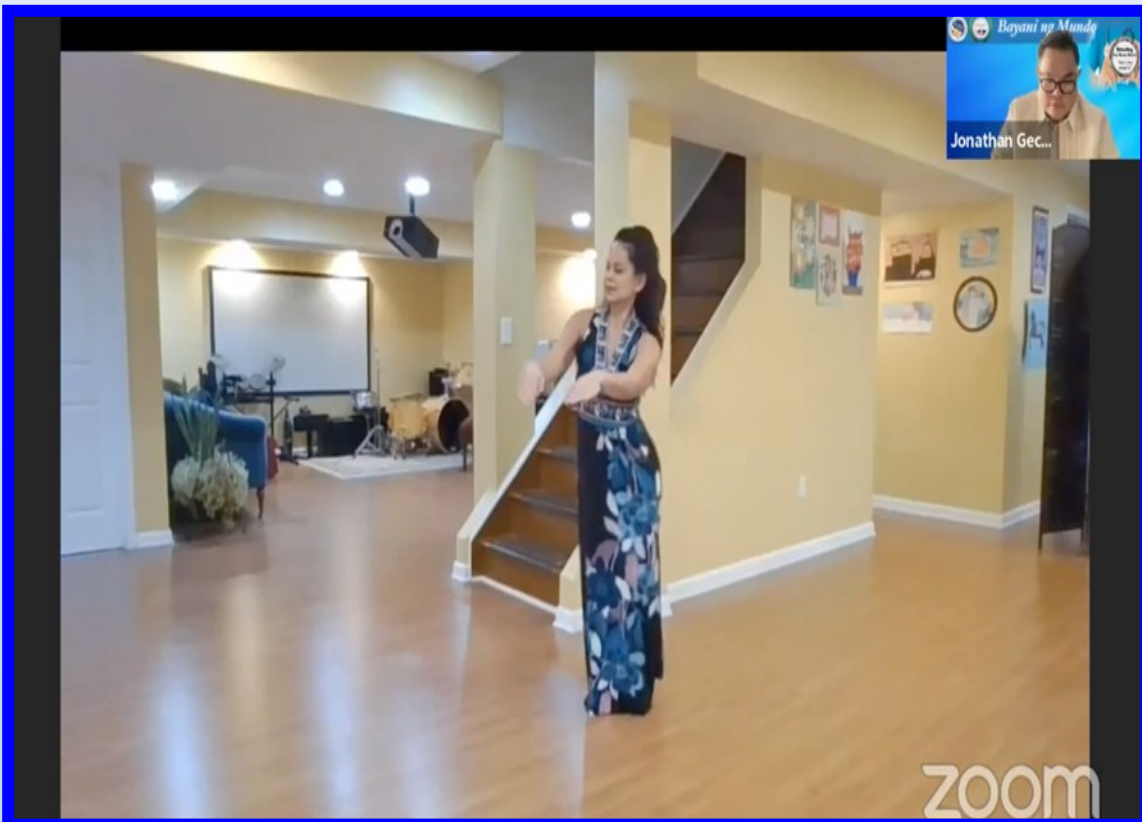
Thank You our Nursing Here

zoom

Bayani ng Mundo

Thank You our Nursing Here

zoom




Bayani ng Mundo

Jonathan Gec...



Ida Delos Angeles
 PNA Central Florida

Thank You
 our Nursing
 Here

zoom


Bayani ng Mundo

Roland Santo...



Isay Alvarez
Singer/Actress



Robert Sena
Singer



Chandra Romero
Actress

Thank You
 our Nursing
 Here

zoom

This screenshot shows a Zoom meeting titled "Bayani ng Mundo". In the top left corner is the PNAA logo (Philippine Nurses Association of America, 1979). The main title "Bayani ng Mundo" is displayed in a large, white, cursive font. The central focus is a graphic with a red and white striped dartboard and the words "RAFFLE DRAW" in bold, white, block letters. In the top right corner, a video thumbnail shows a man identified as "Roland Santo...". In the bottom right corner, there is a circular badge that says "Thank You our Nursing Hero" and the Zoom logo.

This screenshot shows a Zoom meeting titled "Bayani ng Mundo". In the top left corner is the PNAA logo (Philippine Nurses Association of America, 1979). The main title "Bayani ng Mundo" is displayed in a large, white, cursive font. The top right corner features a video thumbnail of a man identified as "Jonathan Gec...". The main area contains two video thumbnails. The left one shows a woman in a light-colored blazer and dark skirt, with the caption "Pavo Pavo G with PNAA Leaders" below it. The right one shows a group of people dancing, with the caption "PNAA Pres. Mj & Carmina Dancing with The Men in Nursing" below it. In the bottom right corner, there is a circular badge that says "Thank You our Nursing Hero" and the Zoom logo.

Bayani ng Mundo

PNA New Jersey
Greetings

Thank You our Hosting Here

zoom

Bayani ng Mundo

Christopher De Leon
Actor


Nanette Inventor
Actress/Singer

Jolina Magdangal
Actress/Singer

Thank You our Hosting Here

zoom







Bayani ng Mundo

Mga Tunay na Bayani








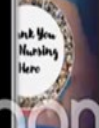

Bayani ng Mundo

A Tribute Video for Our Fallen Heroes



Remembering the nurses who have lost their lives
You are gone but not forgotten

Death leaves a heartache no one can heal...
In loving memory of a life so beautifully loved and a heart so deeply loved



Bayani ng Mundo

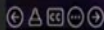
Bayani ng Mundo

Gloria Berione...

Dr. Gloria Beriones
PNAA President-Elect 2020-2022
Closing Remarks



zoom



Bayani ng Mundo

Bayani ng Mundo

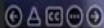
Jonathan Gec...



Here comes PNAA,



zoom





PNAA Legislative Committee Corner

Have you heard of NIWI or Nurses in Washington Internship? Me neither, until in 2020, when I had the privilege and honor to attend virtually and represent the PNAA. What an eye-opening and rewarding experience!

Briefly, NIWI is an annual conference where nurses come together and have an opportunity to bring regulatory and legislative issues and concerns to government officials and policymakers. I had the opportunity to meet with the Texas Senators Congressman, including Senator John Cornyn, Senator Ted Cruz, and Congressman Dan Crenshaw. They were phenomenal and brilliant as I imagined.

If anything stood out for me, it would have to be the realization of how accessible our government officials are and how as nurses, we have a tremendous opportunity to use our voice collectively and advance our causes related to healthcare and nursing practice. Considering the challenges and difficulties the healthcare heroes have endured or continue to endure, it is imperative that we take an active role in policymaking.

We must assert and demand a sit on the table regarding healthcare and our profession. Just like we take ownership of patient care, we need to be a part of the decision-making that affects healthcare delivery and our practice. If we do not, someone will who may not have the expertise and competencies that nurses possess.

In conclusion, I am pleased with how PNAA is taking an active role in rewarding grants and sending participants from the Legislative Committee to attend, experience, and represent PNAA. I am grateful for the opportunity and the experience. I encourage the Executive Board to continue to support this initiative and take it another step further and decide as an organization

PNAA Delegate to Nurse in Washington Internship

By Matilde S. Upano, MSN-FNP, RN



It was a privilege and an honor to represent the Philippine Nurses Association of America (PNAA) to the Nurse in Washington Internship (NIWI) last March 21 – 23, 2022. As part of 4.2 million professionally active nurses in the United States, including 3.95 million registered nurses (HRSA Bureau of Health Workforce National Sample Survey), nurses have a strong voice in influencing healthcare policy and legislation. Attendance at NIWI has made me realize how we could use that voice to “ask Congress to recognize the roles and expertise of nurses in America today and to hear our voice” (NIWI).



2022 NIWI Attendees

NIWI is one of the three events conducted by the Nursing Organizations Alliance (NOA). NOA was formed to connect leaders of professional nursing organizations to inspire, collaborate, and provide a forum for information exchange and the sharing of resources and best practices.

NIWI provides an orientation to the legislative process to nurses, nursing students, and nursing organization staff leaders. It helps attendees develop the confidence to walk to any legislator's office to advocate for nursing issues, helps attendees make meaningful connections with legislators to lay the foundation to build an ongoing relationship, and connects attendees to a community of nurse advocates from one's own state and attend Hill meetings with own Senators as a group.

I had a wonderful time learning about the importance of nurses in public policy, most importantly the following:

- 1.) Past involvement with Indiana HB 1003, provided opportunity as influencer at the local level and at the national level as NIWI attendee;
- 2.) Having collaborated with my fellow Indiana delegates on how to develop/present our "ask" in the Hill, using story telling related to our own nursing experiences, I've learned how to craft a Compelling Ask and communicate effectively with both Sen. Todd Young's legislative assistant and Senator Mike Braun in-person to advance our policy agenda;



Indiana Delegates' visit with Senator Mike Braun at the Hill



Indiana Delegates: R. Kraus, L. Koke & M. Upano



PNAAs Delegates: L. Delumpa, Dallas & M. Upano, IN

3) I have a better appreciation of the specifics of the legislative process from Advocacy, to Lobbying, Campaigning and Giving Testimony;

4) I'm more attuned to key issues impacting nursing and healthcare. NIWI provided us with "Congressional Requests to Promote Health and Increase Access to Care" that we discussed with Senator Braun and Sen. Todd Young's legislative assistant. The following are the pitch that Ron Kraus, Laura Koke and I have included in our "ask":

a. Respectfully requested support of **FY 2023 funding level of \$530 million for Nursing Workforce Development Programs**. We're at the height nursing shortage crisis. Without this Title VIII funding, nursing workforce will be compromised and nursing shortage will continue. In response, Senator Braun reminded us of the government debt up to the trillions of dollars and that we have to do our part in the local and state level to support our own Nursing Workforce Development Programs. Yes, we did address this in the state level by the passage of HB 1003 wherein nursing education, nursing faculty requirements, nursing student admission caps, etc. were modified to insure a healthy pipeline of nursing graduates down the road and by adding pathways to RN licensure of foreign educated nurses to insure qualified nursing professionals are easily recruited and hired to create a robust nursing workforce in Indiana.

b. In order to move forward and into the future, we respectfully requested support of **FY 2023 \$210 million for the National Institute of Nursing Research (NINR)**. Funding NINR will allow nurses to think innovatively. NINR establishes the scientific basis for quality patient care and focuses research on reducing chronic illness, addressing social determinants of health (SDOH), improving quality of life, and promoting patient-centered care across the healthcare continuum.

c. Realizing that the House-passed **Build Back Better Act** did not make it to the Senate, we wanted items addressed that are very important:

- Future advancement of Academic Nursing (FAAN) Act helps support getting diversity into the nursing profession by hiring diverse faculty to draw students in. Students are more likely to enter the education if their professors look like them.
- Funding for the Nurse Corp to support loan forgiveness and scholarships for nurses and APRN to reach area of need.
- The provisions in **Momnibus Act** to grow diversity in the maternal/perinatal area of health, health equity through grant programs, and funding to decrease health disparities. The U.S. ranks 46th in the world in maternal mortality and last of the 11 developed countries.

d. Requested passage of US Cadet Nurse Corp Act. 11,000 Nurses who served in WW II should get the same benefits under the GI bill as other veterans.

5) Also learned how to identify who my elected representatives are, how to learn about them, how to schedule a meeting with them, and how to influence them.

Thanks to PNAAC for their sponsorship of this memorable and valuable experience!



"I got COVID-19...here's my story"

By Perly Aguinaldo, BSN, RN

PNASD President-Elect



Five days before my scheduled mitral valve replacement (MVR) surgery, I started experiencing flu-like symptoms, with severe sore throat, chills, headache, and cough, followed by bouts of diarrhea. Could this be COVID? I took an antigen self-test, and it returned positive, so I started isolating immediately. The pre-op COVID PCR test confirmed positive; thus, my surgeon canceled the surgery. I was surprised and confused. How did this happen? I am fully vaccinated and received the booster dose. I am always wearing an N95 mask, and I am mindful of social interactions.

Three days later, my symptoms persisted, so I contacted my primary care doctor and asked whether I could get a monoclonal antibody treatment. It felt like it was a lucky day because he emailed me back immediately and gave me a phone number to call to arrange the antibody shot. Within two hours of contacting my doctor, I received an intravenous infusion of the monoclonal antibody Sotrovimab 500 mg. Sotrovimab is one of the four mAB that received Emergency Use Authorization (EUA), and research showed it works for the Omicron variant.

There are four Monoclonal Antibody Regional Centers (MARC) in San Diego County; I went to the Clairemont clinic. I was at the clinic for a total of 1.5 hours. I was monitored closely for any untoward reactions and reassured that the clinic had an MD, a pharmacist, and several nurses; staff answered all my questions onsite. There were two rooms, one room was for clients who tested positive, which is my room, and the other room was for the untested or negative clients receiving mAB prophylactically. They were also administering the mAB to non-vaccinated clients. There were separate entrances for COVID-positive patients. Most of the RNs were traveling nurses who enjoyed their work.

The next day, I felt so much better except for a slight cough and a feeling of fatigue. I was pleased that I received a call from a nurse at the clinic asking how I was doing. I believe that receiving the mAB prevented what could have been a much worse COVID experience since I have pulmonary hypertension from my valvular defect and other underlying conditions. Receiving the MAB at the right time, within 3-5 days from onset of symptoms, prevent worsening symptoms and prevented hospitalization. The antiviral treatment that I received did what it intended to, treat my COVID.

I had such a positive experience with mAB, and I am happy to share the following information ([Link: covid19treatmentguidelines.nih.gov](https://www.cdc.gov/covid19/treatment-guidelines) and [attached SD locator MARC sites flyer](#)). Looking back at my COVID experience, I realized that I need to put myself and my health first. At the time, I was focused on doing all the activities on my to-do list, making sure everything was taken care of with my family, my board and care business, and community commitments, especially as an incoming PNASD President. I was not getting enough sleep, I was not exercising, and I was exhausted.

The thought of heart surgery was stressful enough and was wearing me down. The fact that at one time, for many years, I was an open-heart ICU nurse and witnessed several scary scenarios which I cannot undeniably ignore. Did I make myself more vulnerable to COVID? Was I not listening to what my body was telling me? Did I lower my resistance from my busy schedule? Did I compromise my immune system? **I believe so.** I was not prioritizing my physical, emotional, psychological, and not just my spiritual well-being, which was one of my priorities.

What lessons did I learn? First, **Self-care is essential. My health and wellness should be a priority.** Second, I utilized the resources available to me and took advantage of them at the right time. As Chair of the COVID-19 Task Force, I am aware of the most up-to-date resources as I was the one updating our PNASD COVID resources on our website. Had I not been aware of the mAB early on and acted quickly to contact my doctor about it, the outcome of my COVID experience could have been much different. **My message to everyone;** let us all continue to live and learn and be trusted messengers. We are still in the pandemic, although there is a clear and bright light at the end of the tunnel!



Have you recently tested positive for COVID-19?

Several treatment options are available that could help reduce your symptoms and keep you out of the hospital.

No-cost therapy is available



Call (619) 685-2500 for more information or to make an appointment.



Email COVIDtreatment@sdcounty.ca.gov with any questions.



Visit www.sandiegocounty.gov/COVIDHealthProfessionals for more information.

Available at **no cost**, regardless of health insurance or immigration status.

MARC at
Vista
Community Clinic
Vista

MARC at
Clairemont
Friendship Center
Clairemont

Family Health Centers
of San Diego
Hillcrest &
Chula Vista

MARC at
San Ysidro Health
Chula Vista

Treatments are available as pills to take by mouth or as proteins (monoclonal antibodies) that are injected in the vein. These medications are made in the lab and help fight off viruses, including the virus that causes COVID-19.



Recently had
a positive
COVID-19 test, **AND**

Experienced first
symptoms in the last 5
days (oral pills) or 7
days (injected
medicine), **AND**

Are at high-risk for
severe disease
(see below)

People who are at high risk for severe disease from COVID-19:

- Are age 65 or older
- Are obese or overweight, with a body mass index (BMI) of 25 or greater
- Are pregnant
- Have diabetes, chronic kidney disease, or a condition that weakens the immune system
- Have heart disease, high blood pressure, or lung disease (like asthma)
- Have other medical conditions or factors (for example, race or ethnicity) that may place the patient at high risk for progression to severe COVID-19





Who are we?

WellSpring Home Health Care understands the importance of personalized care, reliable caregivers, and a highly qualified, multi-disciplinary team of professionals that will "go the extra mile" to ensure the health and well-being of our patients. We care deeply about helping our patients achieve the highest level of independence in their day-to-day activities, and are committed to working closely with your primary care physician, family members, and our team of skilled caregivers, to coordinate the highest quality treatment and follow-up home care in Anchorage, Eagle River, Wasilla, Sutton, Palmer and all of the Mat-Su Valley.

What are we looking for?

A Registered Nurse to join our professional team!

A Day in the Life:

To provide nursing care in accordance with the patient's plan of care to include comprehensive health and psychosocial evaluation, monitoring of the patient's condition, health promotion and prevention coordination of services, teaching and training activities, and direct nursing care.

1. Coordinates total patient care by conducting comprehensive health and psychosocial evaluation, monitoring the patient's condition, promoting sound preventive practices, coordinating services, and teaching and training activities.
2. Performs admission Oasis, transfers, re-certification, resumption of care, and discharge OASIS for the home care patient.
3. Consults with the attending physician concerning alterations of Patient Care Plans, checks with the appropriate supervisor, and makes changes, as appropriate.
4. Submits clinical notes no less often than 24 hours a day, and progress notes and other clinical record forms outlining the services rendered as indicated
5. Participates in case conferences, discusses with the supervisor problems concerning the patients and how they may best be handled
6. Discusses with the appropriate supervisor the need for the involvement of other members of the health team such as the HHA/CNA, the Physical Therapist, the Speech Therapist, the Occupational Therapist, The Medical Social Worker, etc.
7. Participates in the patient's discharge planning process
8. It will be requested by the Director of Clinical Services to fill in for the other nurses who are on vacation or sick leave.

PNA Chapter

NEWS



PNACC in ACTION

By Cecilia Utleg, MSN BSN RN PCCN
PNACC Treasurer 2020- 2022



It should be noted with pleasure that the Poverello House, a non-profit, nondenominational organization that serves the hungry, the homeless, and the destitute of Fresno, California (Poverello House, 2022, Para 1), was graced with the generosity of PNACC members who donated their love and time, including 14 PNACC members and their families on Easter Sunday 2022. The "Florence Nightingales" worked tirelessly to prepare food and sort donated clothing to aid the regular volunteers of the House, resulting in a very "Happy Easter" in the House. PNACC has enlisted the help of its executive board and members to commit to doing this on an annual basis, for which the staff and individuals in need are quite thankful. Ms. Mila Nino, president of the PNACC, did an outstanding job in coordinating the service with the PNACC Executive Board and the Poverello staff. All the volunteers were at the top of their game, and it showed.

Reference: [Poverello House | LinkedIn](#)



PNAAC Chapter

NEWS



PNACC partners with the California Nursing Students' Association

By Cecilia Utleg, MSN BSN RN PCCN
PNACC Treasurer 2020- 2022

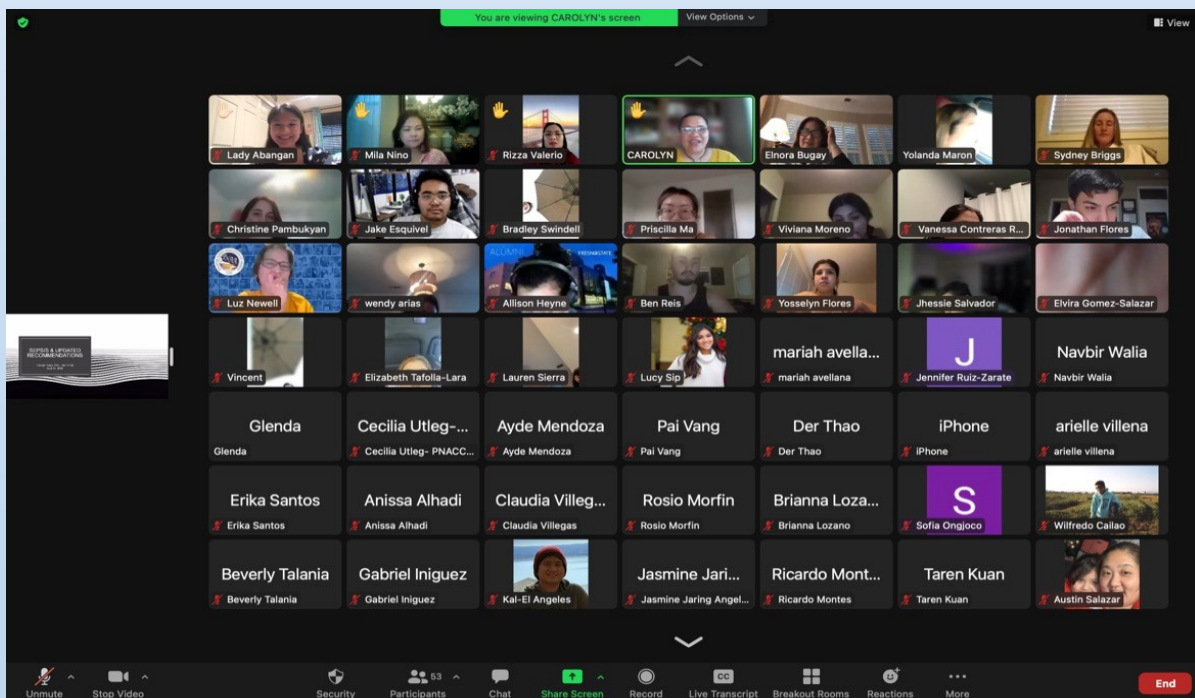
Congratulations to the first-ever collaboration between the Philippine Nurses Association of Central California (PNACC) and the California Nursing Students' Association (CNSA) on an educational session titled "Sepsis and Updated Recommendations," which took place on April 4, 2022. It was well-attended, with 54 active participants, the majority of whom were student nurses (90 percent). Educational sessions like this one provide clear evidence that PNACC can provide pre-licensed BSN students with the greatest level of educational sessions possible. This will provide assurance to our future nurses that PNACC can be trusted to provide them with the vast amount of knowledge and experience that they want to gain while in school. "I'd want to express my gratitude to Carolyn Perez, BSN RN, and the PNACC education committee for the incredible effort that has been done in preparation for the educational session," said CNSA Assistant President Lady Abangan in her remarks. Carolyn Perez, the current Saint Agnes Medical Center Sepsis Coordinator, was acknowledged by the student nurses as having the highest level of experience in the field of sepsis. It was fantastic to hear the student nurses say/write this in a public forum!

"SEPSIS & UPDATED RECOMMENDATIONS"
Presenter: Carolyn Perez

Monday April 4, 2022
7:00 PM @ CNSA Zoom
Meeting ID: 822 8572 7675

Come Attend for Cord Points, Prizes, and Scholarship Opportunities!

CNSA & PNACC have collaborated to create an educational session! If you are interested in learning about current nursing trends, I greatly recommend that you attend!







PNAGSL President Marjorie Gamino takes a bow

By Annabelle Loyola Cosas, BSN, RN; PNAGSL Bylaws chair;
Policies & Procedures chair; Editor 2020-2022

April 21, 2022 was the last meeting of President Marjorie Gamino for her term 2020-2022. The General Assembly meeting was held at Saxony Estates Club House with everyone bringing their own favorite dishes.

Marjorie shares her sentiments: "My term as the 16th President of PNAGSL is ending in three months' time. I did it! It is a great experience amid the covid-19 pandemic. We have very restricted movements, but throughout it all, we're able to accomplish scheduled programs and tasks presented to us.

"It is a great learning experience, professionally and socially. I have the honor and privilege to meet wonderful people and made friends with them. I would like to thank my Executive Board and the whole organization membership for their support during my term. I will cherish this chapter in my life.

"PNAGSL, we survived the past two challenging years together. WE DID IT! Remain strong, stay humble and keep growing.

"I remain, Marjorie Soriano Gamino, RN, BSN, CRRN, WOC."

Josie Veit is ready to take the reins! "It is with both excitement and apprehension that I look forward to my upcoming term as the 17th president of PNAGSL. I am humbled and honored to follow in the footsteps of so many dedicated leaders of our chapter. I hope to live up to the high standard they have set. Fortunately, so many of these dedicated individuals remain active members and serve on the advisory board to give guidance. I plan to take every opportunity that I can to grow in my position, including PNA training and educational opportunities.

"Numerous goals have been set for my term. One goal is the expansion of our membership with new arrivals and the return of former members. It should become widely known to every Filipino nurse in our area: "Join us and you will be welcomed with open arms!" Since I have benefited greatly from the deep friendship I have developed with my fellow PNAGSL nurses as well as the greater PNA organization, I want other to have this same blessing.

"My fellow PNAGSL nurses have accomplished great things, with passion and compassion, especially under the trying conditions of the covid-19 pandemic. As the pandemic wanes, just wait and see what we can accomplish as a team as we push forward to be even more active in the community.

"Respectfully yours, Josephine B. Veit, RN BSN, PNAGSL President 2022-2024."



PNA of Greater St. Louis Presidents
Left: Josie Betonio Veit, 2022-2024
Right: Marjorie Soriano Gamino, 2020-2022

JenJen Hazelbaker is PNAGSL's best "selfie" photographer. At the General Assembly meeting members came and went from, and to, work. Marjorie presented a summary of her President's report of the past two years, with highlights on delegates for the upcoming May NCR and PNA conventions and the PNAGSL 31st Anniversary and 17th Induction of Officers on July 29, 2022.



From the FOUNDERS of PNA of Greater St. Louis



LOURDES ("Didi") AYALA CALABIO
PRESIDENT 1992-1993

It is with great pleasure to convey my sincere greetings and congratulations to all the 2020-2022 PNAGSL officers and members for a truly successful two years. Your commitment and dedication is so admirable and so well appreciated.

I couldn't help but look back at the beginning of the PNAGSL from inception in 1991. Our association has gone a long way from a purely social group to a meaningful educational, cultural and charitable organization.

We have bonded together to accomplish our personal and professional goals. To mention some of our worthwhile accomplishments:

- (1) as an organization, we profited from fundraising events to benefit the less fortunate and needy.
- (2) as committed members, we encourage active participation in continuing education, in NCR conferences and PNAA conventions.
- (3) as nurses, we are the frontline workers in the care of the sick and injured.
- (4) most importantly, we strengthened the bonds of friendship among us nurses.

Once again, I urge you to get involved in all our organizational activities and endeavors and to support our new president, Josie Veit, and officers as they continue to lead our association.

God bless our beloved association and best wishes for a memorable event!



LYDIA ("Lily") PANINGBATAN CAYABYAB
PRESIDENT 1993-1994

As co-founder, I have regarded PNAGSL with pride and confidence. We are a living testimony of strong commitment, courage and determination. We have achieved (and still ongoing) our goals, missions both personal and professional. In spite of experiencing some adversities and setbacks, we were able to meet our challenges, especially the pandemic, with a unique vision to better ourselves and the community we serve. Together, we made a big difference in the lives of the less fortunate, both here in St. Louis and back home in the Philippines.

We are a force — we relentlessly pursue both personal and professional excellence, not "I", but "we", positively shaped our PNA. Our unsurpassed service, conviction and dedication, keep our PNA heartbeat strong. Fellow nurses, I salute you for you are indeed very special and exceptional!

With great honor, I bestow my utmost thanks, admiration and respect. To all officers and members, may we remain formidable, vibrant in the coming years. To our supporters, benefactors, donors and families, thank you so much for your generosity, guidance and friendship. May God bless us all!

In closing, I share with you Etienne Grellet:

*"I shall pass through this world but once
Any good, therefore, that I can do
or any kindness I can show to any human being,
Let me do it now...for I shall not pass this way again."*



Marjorie (left) with Advisory Board — from left: Jean Reyes (1994-1996), Jonel Maminta (2010-2012), Didi Calabio (1992-1993), Evelyn Sullivan (2016-2018), Maria Hipolito (2018-2020), Cynthia Montejo (2012-2014), JenJen Hazelbaker (2014-2016).



Josie Veit will be the 17th president of PNAGSL come July 2022.



Balloons, flowers and gifts with the high-caloric scrumptious chocolate cake awaited birthday celebrant, Evelyn Oller (photo, right). A rousing singing of “Happy Birthday”, in jubilee, gave proof that “getting older” and being retired are welcomed gifts!



Josie (2nd from right) with Advisory (L-R): JenJen, Cynthia and Didi



Annabelle and JenJen were recipients of special awards from PNAGSL (Christmas 2021)



Jean, Jonel, Ces A and Marjorie



Ces A and Minnie



from left: Joy, Josie, Arlene, Irma and Rose



Dr. Fred Jimenez & Hermie and Annabelle

From Evelyn Oller, PNAGSL Business Manager 2020-2022 — “It’s been four years since I joined the PNA of Greater St. Louis and I never looked back! This is one PNA chapter with plenty of potential to be included among the very best. It gave me opportunities to continue my growth, both professionally and personally.

“As a member, and later as an officer, I witnessed how involved the organization is in community outreach; volunteerism; fundraisings; education (through local seminars, regional conferences, national conventions); social activities; mission trips to the Philippines; support to new nurses (from the Philippines) and to the Filipino-American military community. The list goes on!

“The organization’s exceptional camaraderie provides a sense of belonging to all. Though small in membership, it is rich in strong leadership, positive energy and creativity and committed to its objectives and mission.

“Recruitment and retention is a struggle and, for the past two years, Covid-19 has put most of our activities on hold. Quite a challenge but leadership remains true to its goals.

“Several members who have retired continue to support PNAGSL’S endeavors. It also has a core group of members who are always ready to step-up and provide assistance whenever and wherever the need may be. I find this an important key to the future of the organization.

“Having recently retired from nursing, I will continue to be involved in PNAGSL and help out in any way possible. My special wishes and prayers for the success of PNAGSL!”



PNA Tampa Participates at the Annual Philfest 2022

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

PNA Tampa participated at the Annual Philfest 2022 celebration in Tampa on April 1-3, 2022. There was a huge turnout of attendees from the Tampa locals and from all over Florida. The crowd also came from out of state as far as California who even participated in some of the program activities. The three day Philfest is non-stop entertainment from morning until nighttime that includes special guests JayR and Mica Javier, presentation of Philippine arts and cuisine, games and Philippine cultural exhibits at the Bayanihan Arts Center. It has become a big event since the start of the Philfest in the 90's and PNA Tampa had been one of the earliest supporter of this event.

PNA Tampa officers and members served as volunteers at the admission gate and food coupon booths. They also served as first aid staff along with the members of PNA Gulf Coast. They were the first point of contact in rendering emergency care for the attendees who suffered any kind of illness while attending this event until the arrival of the medical ambulance if needed. Past-President and founding President, Liw Villagomez plus other volunteers were also selling 50/50 raffle tickets daily for three days on their rented golf cart to benefit The Philippine Cultural Foundation Inc. (PCFI). There were vendors selling Philippine products and native Filipino food and desserts. Food vendors sell mouth-watering Filipino dishes like halo-halo, karioka, eggrolls, different kinds of pancit, ukoy, Filipino style pork barbecue, dinuguan to name a few. The program includes singing competitions called Tawag ng Tanghalan and Tanghalang Pambata. There were parades of Flores de Philfest, Mr and Mrs. Philfest candidates from different organizations and the fun parade called Yugyugan presented by the different organizations supporting PCFI since its inception. PNA Tampa members along with some of their husbands participated at the Yugyugan. Our creative PNA Tampa Secretary, Ana Resulta designed their costumes every year.

This year PNA Tampa is represented by Raizel Calvelo as our Miss PNA Tampa at the parade and on stage. She is the beautiful daughter of PNA Tampa Asst. Treasurer Marites Calvelo. The PNA Tampa Executive Board and Board of Directors were there to support this young lady. PNAA President-elect candidate for the upcoming election, Ms. Jennifer Aying, and Manny Ramos, Past-President of PNA Central Florida and now running for PNAA SCR RVP graced this event with their presence. They were warmly welcomed by the PNA Tampa members and officers.

Philfest is always one of the busiest time for PNA Tampa Executive Board and members for three straight days with the added cleaning and decorating of the PNA Tampa Pavilion a week before this event. The fun and camaraderie during this event are precious moments to remember every year appreciating our Philippine culture with our Filipino and American friends.



PNAA President Elect Candidate Jennifer



PNAA SCR RVP Candidate Manny Ramos



PNA Tampa President, Maria Bautista-Smith



PNA Tampa participated at Yugyugan Parade. Costumes designed



Hubbies Ed Soriano and Andy Apostol with Manny Ramos participated at the Yugyugan



Yugyugan participants including their children at the parade



Miss PNA Tampa Raizel Calvelo with PNAT Pres. Maria Bautista-Smith (L) and her mom, Marites



Replica of Philippine Jeepney with Past-Pres. Maribel Soriano at the wheel.



Replica of Philippine Jeepney with Past-Pres. Maribel Soriano at the wheel.



PNA Tampa Past-Pres. Liw Villagomez chaired the 50/50 raffle tickets riding the golf cart



PNA Tampa Past-Pres. Liw Villagomez chaired the 50/50 raffle tickets riding the golf cart



One rainy day at the Philfest will not take away the fun of the PNA Tampa members dancing throughout the day!

PNA Chapter

NEWS



PNA Tampa Bay Brings Back Award Winning Project

By Ma Milani Zabala, MN, RN, IBCLC, CCM

The Philippine Nurses Association of Tampa Bay, Inc. (PNA) held its fundraising event, “PNA Tampa Goes to Broadway” on April 30, 2022 at the Straz Center, Tampa, FL with the musical, “My Fair Lady.” The event was attended by 30 participants consisted of officers and members, family, and friends of the chapter. PNA Tampa Past President Ariel Zabala acted as a group leader of Straz Center spearheaded this activity with a twist this year by adding a pre-show dining experience. Mr. Zabala was assisted by board member, Ma Milani Zabala.

This project that won the South Central Region’s “Teamwork Award” was on hiatus due to COVID-19 restrictions in the past years. The proceeds raised will help fund the chapter’s nursing scholarship programs. This activity also promoted chapter membership by recruiting two new members.



Attendees gather in front of Straz Center before the pre-show lunch.



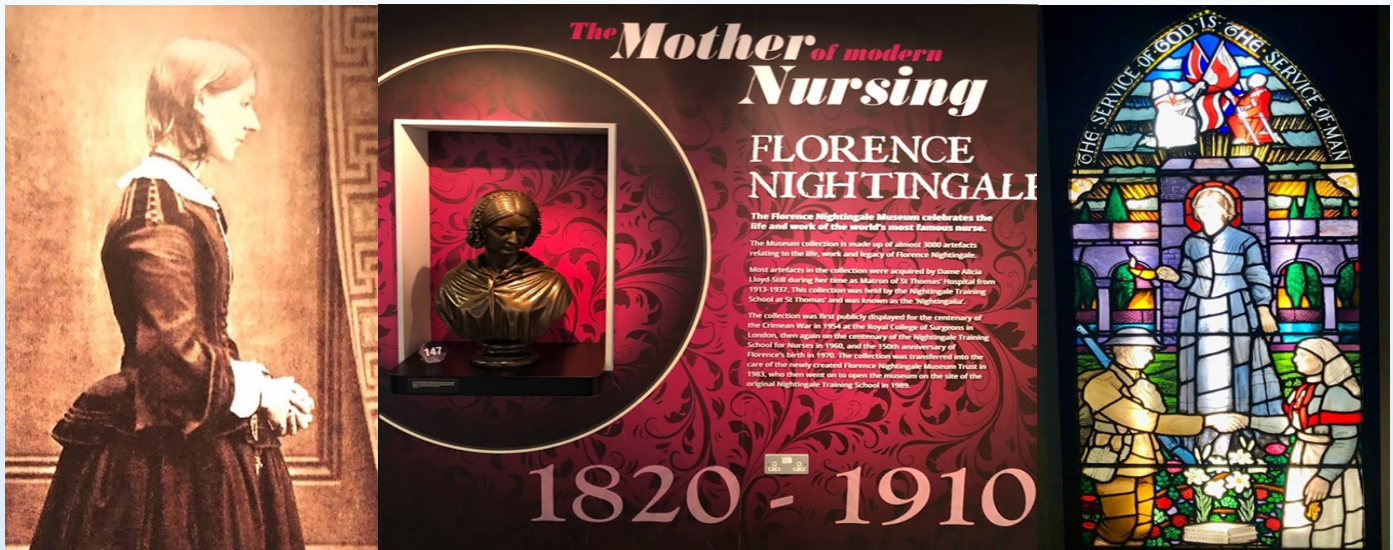
PNA Tampa Officers, members, family, and friends during the pre-show lunch at the Straz Center, Tampa, FL.



Attendees waiting for the show to start. (Ariel Zabala, PNA Tampa Past President; Ma Milani Zabala, board member PNA Tampa; Maribella Soriano, PNA Tampa Past President and husband, Adolfo Soriano.

A Southern Nightingale visits the original Ms. Nightingale

By Karmie M. Johnson, DNP, RN, PMHNP-BC
PNA Alabama



Florence Nightingale is known worldwide as the “Lady with the Lamp”. This Englishwoman was a pioneering leader in healthcare reform who developed nursing as a profession with a statistical approach to evidence-based care. Due to the Covid-19 pandemic, the Florence Nightingale Museum in London is closed to the public but available for private tours. Good fortune, or the spirit of Florence, smiled upon me, and an employee allowed me to join a visiting school group on a recent trip to England.

The museum educates the public not only on her many achievements but also on Florence the person as well. She was ambitious and deeply religious; a rebel who defied social convention; funny and generous at times while harsh and stubborn at others. She was woman of her time and a woman who changed the course of history.

Below are some of my favorite photos I took during my visit. Captions are adapted from the displays at the Florence Nightingale Museum, with some fun commentary added.

Early in her life, Florence felt she was called to nursing. She believed in helping the less fortunate through the application of science and statistics towards God’s will. The problem was that, during the Gilded Age, nursing was not an appropriate pursuit for a gently bred, wealthy young lady like Florence. Her family was dismayed, especially when she worked herself into exhaustion and ill-health. They finally relented and allowed her to train as a nurse, where Florence wrote, “Now I know what it is to love life.”

As a nursing faculty, I loved learning that Florence reformed nursing education towards a medical focus by having physicians provide lectures and examinations, so students not only learned the *how* of medical care, but *why* certain interventions are suitable. As we all know, the art of nursing must have a strong foundational knowledge of physiology.



Nightingale was a prolific writer, penning over two hundred books, articles, and pamphlets as well as over 14,000 letters. She would certainly be welcome on the staff of the *Southern Nightingale!* Published in 1860, *Nightingale's Notes on Nursing* was an instant bestseller intended to help non-nurses care for their families. Florence believed that nurses, like children, should be seen and not heard and described a woman who rustles as a "horror to a patient." She would be extremely disappointed in how much noise an identification badge makes as it jingles from our uniforms.



Florence's final bedroom, where she died at age 90.

I learned so much about the founder of modern nursing and highly recommend visiting the Florence Nightingale Museum if you are in London. You can call in advance to arrange a tour but on May 12, 2022, the museum is planning to reopen to the public. If you are unable to visit in person, the museum website (www.florence-nightingale.co.uk) is another fantastic way to learn about the best-known figure in nursing history. Additionally, the University of Alabama at Birmingham (UAB) owns 58 original Nightingale letters, which are held in the UAB Reynolds-Finley Historical Library, located on the third floor of Lister Hill Library of the Health Sciences. The letters can be viewed there or in the Barret Brock MacKay Florence Nightingale exhibit at the School of Nursing, so be sure and check them out if you get a chance.



Right: Florence's favorite fragrances included White Rose and Night-Scented Jasmine (the author prefers Day-Scented Jasmine). At the museum, you can get a whiff of what Florence likely smelled like by opening this box

Left: Florence used a Turkish lantern like this, not the Greek or genie lamp popularly depicted in nursing images.



Left: This is Athena, Florence's pet owl she kept in her pocket when it was not perched on her shoulder. I particularly love that the display notes it was "bad tempered," though I might be too if I was animal therapy for someone as energetic as Florence.

Right: The "200 Exhibits" was my favorite display in the museum, highlighting Florence's contributions to the world on the bicentenary of her birth. The floor is her famous coxcomb graph she used to prove that deaths were decreased by preventing infection. A picture is worth a thousand words, and this rose diagram quickly and easily showed that improved sanitation and ventilation saves lives.

PNA Chapter

NEWS



Celebrating Nurses' Week, the PNAGA Way!

By Carmencita Santiago BSN RN
PNA Georgia



PNAGA Nurses Week Celebration Attendees



PNAGA 2022-2024 Executive Board

May 7th 2022 was a very special day ... we celebrated us! The annual PNAGA Nurses Week Celebration was held at Emory Johns Creek Hospital, Atlanta, GA. We started the day educating ourselves with interesting topics as presented by the three engaging speakers: Anne D. Martini MEd JD spoke on "Advocacy for Human Rights," then Jessica Marcous DNP RN WHNP-BC and Lori Dalcour MSN WHNP-BC talked about "Contemporary Issues in Women's Health" in which half the attendees can relate to funnily enough. I learned a new phrase to describe menopause, it is "midlife transition," a better and subtle way, and more pleasing to the ear.

After partaking of scrumptious Filipino lunch, awards were given to all deserving recipients.

- Plaque of Appreciation given to Galing Foundation for recognizing the frontliner's battles during the pandemic. Names of Fil-Am nurses in Georgia were etched on capiz shells, then strung together as garland and adorned the Philippine Christmas tree at the Fern Bank Museum. The personalized capiz shell ornaments were eventually gifted to each nurse. Arjho Turner from the Galing Foundation accepted the plaque.
- Service Award was given to Carmencita Santiago BSN RN for her dedication, unconditional service and commitment to PNAGA. The latest display of this service was during our successful 2022 PNAGA Induction Ball. Our president Myrna Gacusan MS APRN FNP-C described the induction ball as "flawless" because of her.



PNAGA 2022-2024 Advisory Council



Dr. Mary Dioise Ramos, Lori Dalcour, Dr. Jessica Marcous
and Myrna Gacusan

- The 2022 undergraduate scholarship award was given to Lauren Luetgers by the Philippine Nurses Association of Ga. Foundation, (PNAGF). Lauren is a Dean's List nursing student of Chamberlain University and is graduating December 2022. Her professor described her as kind, compassionate and an outstanding student. Her mother, Toni Daya Luetgers, accepted the award on her behalf.
- The highlight of our Nurses' Week celebration is the awarding of the PNAGA Florence Nightingale and it was bestowed upon Mary Dioise Ramos PhD RN. She is a leader with innovative vision and tries to make a difference in everything that she does. She volunteers her time, talent and resources to different causes that she is passionate about.



Lauren Luetgers, the PNAGF undergraduate scholarship recipient

The last part of the day's event was the general assembly. A video presentation on PNAGA history by Venus Soriano and "Why Be a PNAGA member?" by Ed Villanueva debuted and it was informative and entertaining at the same time. The future of PNAGA is bright and we look forward to all the activities planned for the next two years. We could not be prouder of our new President, Myrna Gacusan MS APRN FNP-C and her Executive Board.

This special Nurses' Day celebration was well attended by nurses, their families and friends. As it is an already established tradition of PNAGA Nurses week celebration, some thirty four retired, seasoned and newbie nurses donned their spring outfits and hats. Our "fashionista-in-residence" Venus Soriano had everyone modeled for a prize she donated to the delight of everyone. Aileen Alexander won a prize wearing a traditional nursing cap to complete her attire...what a clever idea. Teresa Lumapas was very stylish with her fascinator that complimented her dress... it reminded us of a PAN AM stewardess of old. A special thank you to Mary Ann Neely for creating an exquisite "Run for the Roses Kentucky Derby" banner complete with 554 roses... a labor of love! The non-alcoholic mint julep that she made was divine and refreshing. All these were in keeping with the lovely hats and fascinators and making more wonderful PNAGA memories. What a celebration it was... "Hats off to Nurses," the PNAGA way!



Dr. Mary Dioise Ramos, 2022 PNAGA Florence Nightingale Awardee



Carmencita Santiago, Service Award Recipient



Myrna Gacusan, Atty. Anne Martini and Dr. Mary Dioise Ramos



Arjho Turner from Galing Foundation receiving plaque of appreciation from Myrna Gacusan

PNAGF participates in the Philippine Festival 2022

By Cecile M. Santos-Medenilla, BSN, RN, TNCC
President, PNAGF

PNA Gulf Coast Florida (PNAGF) collaborated with PNA Central Florida and PNA Tampa Bay in a successful three-day Philippine festival in Tampa, Florida on April 1 to 3, 2022. PNAGF volunteers to man the first aid booth. We asked our members to volunteer 2-4 hours of their time to give community service by manning the first aid booth. During the event, PNAGF nurses attended to patients with minor injuries, vital signs checked. We also made sure that patients were stable while waiting for the ambulance. PNAGF thanked our members that volunteered to man the first aid booth this year. We hope we can continue to do this community service initiative in the future.



PNA Chapter

NEWS



PNAGF's successful first team-building event after the pandemic

By Cecile M. Santos-Medenilla, BSN, RN, TNCC
President, PNAGF

PNAGF had a successful team building event last April 16, 2022 at Anderson Park, Shelter 4 in Tarpon Springs, Florida. It was PNAGF's first face to face meeting after 2 years due to the pandemic. Our guest speaker was Dr. Thuy Boardman, a licensed psychologist, who focus on facilitating change, developing leaders, and strengthening team performance. It was a productive day of learning personalities of each other by choosing shapes like square, squiggly, round and triangle. We learned that people differs from each other. But we can learn to work together, tolerate and adapt to one another. Then we had some exercises wherein we were given a topic and need to plan an event. But each team need to think like the opposite team. It was a day of learning, fun, and laughter. PNAGF members brought sumptuous food that everyone shared. We thank Dr. Boardman for the opportunity and look forward for future team building events.





PHILIPPINE NURSES ASSOCIATION OF MIAMI AND SOUTHEAST FLORIDA, Inc. (PNAMSEF, Inc.)



The official Chapter of Philippine Nurses Association of America, Inc. (PNAA)

PNAMSEF SPARKS : Happy Nurses' Week and Happy Mothers' Day
Submitted by Priscilla B. Molas BSN, RN, CMSRN (PNAMSEF President)

Nurses' Week May 6-12 is a week to celebrate our nurses of their heroic job not only during the pandemic but in their everyday life as a nurse. Nurses are the most respected persons in the community. They work so hard to help our community safe and healthy by continuously caring and providing health teachings to promote optimum health. Nurses inspires the young generation to help them appreciate the importance of being active in the wellbeing of the community. "Nurse's A Voice to Lead - Invest in Nursing and Respects Right to Secure Global Health" theme is relevant to what has happened to the world in the past 2 years because of the pandemic. The nurses are the frontliners who are out their taking care of the sick and the dying, they are their voices. They collaborate with their families and different the disciplines. They advocate for those people who have no access to health care, vaccines and home health care. Nurses collaborate with different community organization to foster respect, unity and equality to all.



PNAMSEF Community Outreach – March -April 2022





PHILIPPINE NURSES ASSOCIATION OF MIAMI AND SOUTHEAST FLORIDA, Inc. (PNAMSEF, Inc.)



The official Chapter of Philippine Nurses Association of America, Inc. (PNA)

PNAMSEF SPARKS : Happy Nurses' Week and Happy Mothers' Day
Submitted by Priscilla B. Molas BSN, RN, CMSRN (PNAMSEF President)



PNA Chapter

NEWS



Philippine Nurses Association of San Diego County, Inc. addresses matters on Mental Health

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



The Philippine Nurses Association of San Diego County, Inc. (PNASD) is making 2022 the year to address matters formally and proactively on mental health. Compelling data regarding mental health can no longer be ignored and needs to be addressed sooner than later. According to the National Institute of Mental Health 2022, nearly one in five U.S. adults live with a mental illness (52.9 million in 2020). In 2022, the Kaiser Family Foundation states, "the pandemic has taken a heavy toll on adults and children over the last two years. Overall, half of the adults say their mental health has been negatively affected." The number of visits to the emergency departments with mental disorders, behavioral and neurodevelopmental as the primary diagnosis was 4.9 million per the 2018 [National Hospital Ambulatory Medical Care Survey: 2018 National Summary Tables, Table 11](#).

It was back in February when initial conversations took place that PNASD, as a professional nursing organization, would do more regarding the mental health of its members and their members' families, friends, peers, and the community. That very same group is what will be known as the PNASD's Mental Health Advocacy (MHA) Committee. While it is evident that more needs to be done about mental health, it also became apparent very quickly to the committee the challenges they may be facing, especially when it comes to providing the needed mental health resources and services. They realized they would need to focus on what PNASD can accomplish with respect to their capabilities and limitations due to several factors, such as the scope of practice. Not all members specialize or are practicing in the mental health space. To be an effective advocate, resource, and partner for mental health, the committee finalized its mission, vision, and overall goal.

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

Mission: PNASD advocates for mental health through education, access to resources, and community partnership.

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

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

The overall goal includes short-term and long-term tactics. The short-term tactics comprise four domains: peer outreach, community outreach, community partnership, and mental health program, while the long-term tactics include community support, services, and resources. The first step the committee is taking to achieve the overall goal is to provide education to peers, both members, and non-members.



The committee will be offering a four-part education series on mental health starting this month. The first series is on May 21, 2022, with Dr. Dixie Galapon presenting on "Understanding Mental Illness and Mental Health." The webinar is very timely since May is Mental Health Awareness Month.

On June 25, 2022, part two and part three of the Mental Health Awareness will offer topics related to mental health on a personal level and mental health at work (professional life). On July 23, 2022, the last part of the series will present a topic related to mental health as a volunteer in the community/life.

The group is very excited about this undertaking. It is very timely and needed, especially with the anticipation of what life would be in the new normal. The MHA Committee and PNASD cannot wait to be that advocate, that resource, and that partner when it comes to mental health, not only for its members but their member's families, friends, peers, and the community.



PNA Chapter

NEWS




PNASD collaborates with the County of San Diego on the COVID-19 Educational webinar

By Merlie Ramira, DNP, FNP-C, CEN
PNASD Adviser, COVID-19 Task Force


The Philippine Nurses Association of San Diego presented a COVID-19 educational webinar, "Is COVID-19 still a Pandemic? A Path to the New Normal," collaborating with the County of San Diego on April 23, 2022, from 3:00 pm-4:30 pm PST via Zoom. The webinar is through a grant provided from the Philippine Nurses Association of America (PNA), Philippine Nurses Association of America Foundation (PNAAF), and the Asian Pacific Islander American Health Forum (APIAHF). ["This event was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers for Disease Control and Prevention of the US Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/HHS."]. One (1) continuing education was also offered to nursing attendees.

Philippine Nurses Association of San Diego COVID-19 Task Force invites you to a Virtual Education Webinar



Is COVID-19 Still a Pandemic? A Path to the New Normal

Feature Speaker



Jennifer Tuteur, MD, FAAFP
Deputy Chief Medical Officer,
Medical Care Services Division
Lead, Healthcare Sector For Outreach & Education
for the COVID-19 Response
County of San Diego Health &
Human Services Agency

Accreditation Statement: PNASD approved provider CA BRN CEP #6574, LVN #0930, One (1) Contact Hour

Registration Link:
<https://pnasandiego.wildapricot.org/event-4737689>

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

COVID-19 VIRTUAL EDUCATIONAL WEBINAR

Is COVID-19 Still a Pandemic? A Path to New Normal

PROGRAM SCHEDULE
APRIL 23, 2022
3:00 PM -4:30 PM (PST)

3:00 pm **Welcome/Zoom instructions**
Cece Echon, MSN, RN
Co-Chair, PNASD COVID Task Force

Crisabel Ramos, RN, BSHCM, CMCH
PNASD President

Vivian Sanderlin, BSN, RN, PHN
Chair, PNASD Board of Directors
Lead, COVID-19 Vaccination

Mary Joy Garcia-Dia, DNP, RN, FAAN
PNAF President

Carmina Bautista, MSN, FNP-BC, BC-ADM
PNAF Executive Director

Lily Shen, BA, MA
Managing Director, COVID-19 Response, APIAHF

Nancy Hoff, MSN, RN
PNAAF President

Introduction of Guest Speaker

3:15p m - 4:10 pm **Is COVID-19 still a Pandemic? A Path to New Normal**
Jennifer Tuteur, MD, FAAFP

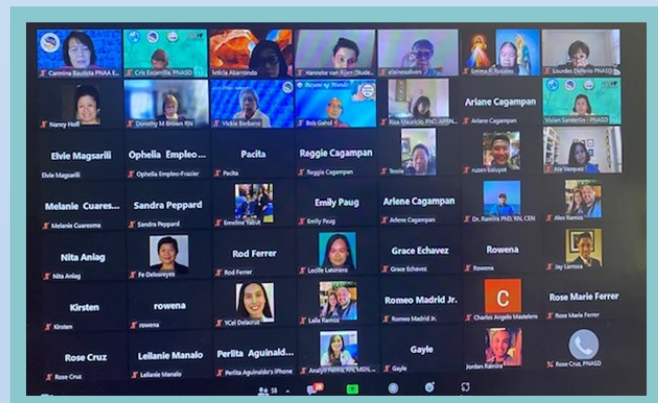
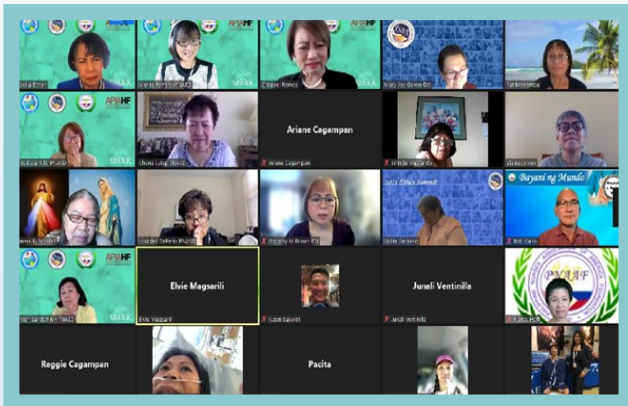
4:10 pm -4:25 pm Q & A

Evaluation/Contact Hour
Cris Escarrilla MSN, RN
PNASD Chair, Education Committee

Closing Remarks
Perly Aguinaldo, BSN, RN
Chair, PNASD COVID-19 Task Force
PNASD President Elect 2020-2022

Thank you for attending!

PNAAC President, Dr. Mary Joy Garcia-Dia, PNAAC Executive Director Carmina Bautista, PNAAF President, Nancy Hoff, and APIAHF Managing Director for COVID-19 Response, Lily Shen, attended the event. Members from PNAAC, PNASD, and community partners and friends also participated. Ariane Cagaman, PNASD Student Leadership Council member and a nursing student from National University introduced Dr. Jennifer Tuteur, the featured speaker, who is the Deputy Chief Medical Officer, Medical Care Services Division, Lead, Healthcare Sector for the Outreach and Education for the COVID-19 Response County of San Diego Health and Human Services Agency. She spoke on epidemiology definitions, including epidemic, outbreak, pandemic, and endemic. She presented the 12 Key Areas of Focus, such as Cleaner Safer Indoor Air, Therapeutics, Vaccines, Testing and Surveillance, Long COVID, Healthcare workforce, Equity, PPE, Health Data Infrastructure, Public Health Infrastructure, Communication and Education, and Schools and Children. She further discussed the COVID-19 cases rate by vaccination status, hospitalizations, deaths, and the vaccination dashboard in the County of San Diego. Dr. Tuteur presented evidence supporting vaccine recommendations for both adults and children. She also discussed COVID-19 therapies for those not exposed, exposed, and those individuals with mild to moderate illness. She emphasized the Californian's SMARTER Plan, which includes, Shots, Masks, Awareness, Readiness, Testing, Education, and Rx. She mentioned the importance of mental health support to the community, healthcare workers, and first responders. The COVID-19 education webinar encompasses information that will guide the community on updated information on COVID-19, including testing, treatments, resources, messaging, and support. Thank you to the County of San Diego staff, Junali Ventinilla, Christian Bey, and all the attendees for your support of a successful COVID-19 education webinar.



PNA Chapter

NEWS



PNASD Easter Blood Pressure Drive

By Arvin Cagampan, BSN, RN
PNASD Member

Once again, the Philippine Nurses Association of San Diego (PNASD) showed its "always ready" mentality in serving the community. On April 16, 2022, PNASD responded to the invitation from the Chula Vista community to have a booth for health promotion and disease prevention during the "Easter at the Park" held at the Community Parkway Chula Vista. On short notice, Vivian Sanderlin coordinated with the PNASD members. In response, PNASD members answered the call and provided thirteen volunteers, composed of Registered Nurses, Licensed Vocational Nurse, and nursing students. This response from the members is a testimony of the PNASD's strong forces and commitment to the community.



Over three hundred people attended Easter at the Park. The Rock Church of San Diego organized the event and provided live music, free food, beverages, haircuts, jumpers, and egg hunting with many prizes and gifts for children. In addition, there were several Easter Bunnies that went around the park and took pictures with the children.



PNASD, in collaboration with the Samahan Health and PalmCare Pharmacy, provided blood pressure screening and health education to both adults and children who attended the event. PNASD members who volunteered their time at this event are the following: Crisabel Ramos, Vivian Sanderlin, Cris Escarrilla, Reggie Cagampan, Arlene Cagampan, Pacita Barangan, Emeline Yabut, Leslie Alteza, Ariane Cagampan, Arvin Cagampan, Addy Vicente, Christine Dozier, and Elaine Dancel.

PNA Chapter

NEWS



PNASD Mental Health Awareness Through a Collaborative Innovation

By Lourdes DePerio, MSN, RN

PNASD Board Member & Adviser Mental Health Awareness Committee

COVID-19 certainly brought a remarkable effect on a person's mental health and wellness. Several restrictions enforced to protect ourselves from the pandemic took an enormous toll on peoples' finances as many businesses were closed, loss of income related to a cutback in hours, working at home- and home-schooling children placed a burden on some families. The isolation that came with social distancing and "work from home" mandates weighed heavily on others. And as the nation lost lives in more significant numbers, people across the country are worried about losing their loved ones, friends, co-workers, and others to an unstoppable virus. This level of fear and worry causes ongoing anxiety, depression, and stress which can adversely affect appetite, cause sleep problems, and impact the ability to cope daily. Social isolation and distancing kept support systems apart from loved ones, especially those who can give assistance and companionship, resulting in loneliness, sadness, and anxiety. Mental health has become an area of concern among all age groups.

The pandemic put mental health at the forefront of public health concerns. This growing concern about mental illness in the Filipino community brought three local organizations to explore interventions to promote mental health and prevent mental illness.

On February 27, 2022, the Philippine Nurses Association of San Diego (PNASD), in response to the looming behavioral health concerns, met with the County of San Diego Outreach and Education for Covid-19 Response, Dr. Jennifer Tuteur and Dr. Gelen Del Rosario from the Philippine Medical Association of San Diego (PMA). The purpose of the collaborative meeting was to discuss how these three organizations can develop an action plan to raise awareness of the mental health needs of the Filipino community and build an infrastructure to strengthen a support system for those affected. In attendance at the meeting were PNASD members, medical doctors from PMA, and Dr. Tuteur and Dr. Del Rosario leading the discussion. There was a discussion on innovative ideas at the meeting to bring mental health awareness, accessibility, education, and community outreach. PNASD nurses and the PMA medical doctors also discussed delineating the role according to their scope of practice.



Philippine Medical Association of San Diego and PNASD Members

Through the leadership of the PNASD President Crisabel Ramos, the group further moved forward and formed the Mental Health Advocacy Committee and appointed Jay Larrosa, MSN, PHN, RN Project Manager, System Care Navigation/Case Management from Scripps Health in San Diego as Chairman of the Committee. The group developed this mission statement **"Advocate for mental health through education, access to resources, and community partnership."** The vision statement of this committee stated, **"Increased awareness of the importance of acknowledging Mental Health to the well-being of the individual, families, and community."**



PNASD Mental Health Advocacy Committee

Mental Health is quite a complex concept to understand. To better understand mental health and mental illness, a general overview of the key concepts and elements to provide tools for the committee and guide us to build the mental health advocacy infrastructure for the Filipino community and the underserved. **Dr. Merlie Ramira**, Adviser PNASD Covid Task Force & Member of the County of San Diego Covid-19 Vaccine Clinical Advisory Group, invited **Dr. Dixie Galapon**, Ph.D. Associate Director, Mental Health Service, Family Health Centers of San Diego. She will address Mental Health in the Filipino and underserved communities on May 21, 2022. This seminar will give the members a broader perspective on how to increase knowledge and skills to promote mental health and mental wellness, raise awareness of the existence of mental illness and provide support to the individual and the community who faces the challenges of mental illness.

The PNASD Mental Health Advocacy Committee is at its primary stage of development and still has more to accomplish. The group focused on fulfilling its mission and vision statements. It will continue to develop action plans to raise awareness, provide education, resources, and accessibility through community outreach programs, and meet the community's behavioral health needs.



PNA Chapter

NEWS



PNASD celebrates “Nurses Make a Difference”

By Cece Echon, MSN, RN
PNASD Board of Director

PNASD celebrates Nurses Week annually to thank and honor the work of all the nurses, the frontliners during the pandemic, and especially the members of PNASD. The event was on May 7, 2022, at the Old Town Tequila Factory restaurant. The theme is, "Nurses Make a Difference," a joyful celebration of the professional practice of nursing. Historically, the International Nursing Week is a weeklong celebration starting May 6 to May 12, and the last day is the birthday of nursing founder Florence Nightingale.

Our celebration started with opening remarks from the president, Crisabel Ramos. She read the heartfelt message from Bob Gahol, PNA Board member to PNASD members in celebration of the Nurses' Week. She welcomed all the officers, board members, student leadership council members, and guests, followed by an invocation led by Deacon Manny Porciuncula. The sumptuous Mexican Cuisine was so attractive, colorful, and delicious! While the first group of masked nurses was in the buffet line, the others could not resist photo sessions with the panoramic view of the Old Town Tequila Factory Restaurant and Cantina located across from Heritage Park overlooking San Diego Historic Old Town.



The leadership capabilities of Reggie Cagampan and President-elect Emeline Yabut were on full display when they emceed the event. Both delivered an eloquent dialogue and entertained all of us with their wit and spontaneity.

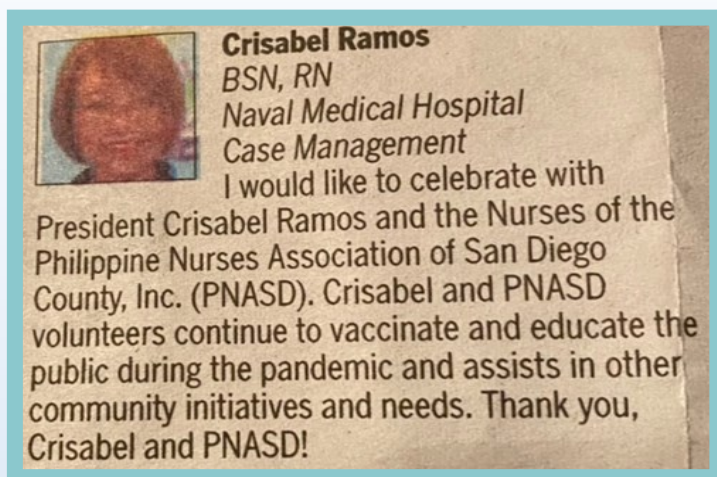
As the program continued, Vivian Sanderlin, Chair of the Board of Directors (BODs), and the Lead Vaccination Program for PNASD Covid-19 Task Force, provided an overview and update on the vaccination program. She stated that PNASD has given over 7,000 vaccinations between FDA-approved mRNA vaccines from Pfizer and Moderna and Johnson & Johnson since January 2021 and announced that the County of San Diego would proclaim May 17, 2022, as PNASD Day! She also mentioned that the PNASD COVID-19 Task Force received almost \$10,000 in grants from PNAAF, PNA, and APIAHF through COVID-19 educational webinars and vaccination initiatives (*"This event was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/HHS."*).

Vivian recognized members for their contribution to making PNASD shine and rise. PNASD has a tradition of giving the outgoing president a suitcase to be ready for the rest and relaxation post-presidency. PNASD presented Crisabel with beautiful state-of-the-art luggage and a frame with PNASD collage of community activities. Merlie Ramira, DNP, FNP-C, CEN, received the PNASD COVID-19 Leadership Award for her role as Adviser to the PNASD COVID-19 Task Force and her involvement in the County of San Diego COVID-19 Vaccine Clinical Advisory Group. The retiring Board of Directors, Lourdes DePerio, Victoria Berbano, and Maria Camilon were also recognized, acknowledged, and presented a gift as a token of appreciation for their invaluable contributions to the success of PNASD. Members of the Board of directors, composed of Lourdes DePerio, Erlinda Mascardo, and Cece Echon presented Vivian Sanderlin, Chair of BOD, a Leadership Award for her work during the pandemic since 2020 within the organization and the community at large. She elevated PNASD to a higher level of visibility, value, and commitment to society.



At one point, the presence of active members came and gave us a surprise visit including Amy Buluran and her daughter Carolina, Dr. Dinah Didulo, Jesse del Mundo, Gida Mamaril, and Dr. Ycel DelaCruz. The presence of young nursing graduates and nursing students from the Cagupan's household spoke about the nursing profession and why they decided to take up nursing. They allowed us the opportunity to hear the voices of Generation Z.

PNASD presented each member with a beautiful red rose brought by Tessie Porciuncula, which added color to the event. Attendees missed the presence of some members, including President-elect Perly Aguinaldo, and Members of the Board of Directors, Vickie Berbano, Chona Lutap, Maria Camilon, and Lipin Reyes.



Above photo of Cris Ramos and story from San Diego Union Tribune (5-6-2022)



PNASD continues to shine and rise as the incoming officers, and board members are eager to continue the legacy of Crisabel Ramos and her administration for 2020-2022. We thanked Crisabel Ramos and Vivian Sanderlin for coordinating and organizing this happy and recognized event for nurses.



PNAAF GRANT OPPORTUNITY



REQUEST FOR PROPOSALS

Letter of Intent Due Date: April 15, 2022

Two \$2,500 grants are available

FULL GRANT PROPOSAL DUE

May 27, 2022

Address all correspondence to:

Roseminda Santee, DNP, RN, NEA-BC, CNE, ANEF

Chair of PNAAF Research and Grants Committee

Email: santee@ucc.edu

Subject Line: PNAAF Grant





Philippine Nurses Association of America Foundation
Grant Opportunity

REQUEST FOR PROPOSALS

Letter of Intent Due Date: April 15, 2022

Full
Grant Proposal Due Date:
May 27, 2022

Purpose

The purpose of the PNAAF Grant is to support research studies and evidence-based practice (EBP) or quality improvement (QI) projects. The goal of the grant funding is consistent with the PNA and PNAAF mission to uphold the positive image of PNA members as scholars, promote professional excellence, and contribute to significant outcomes for healthcare and society. Pilot/feasibility research studies, QI and EBP projects are preferred. The grant funding is designed to facilitate PNA members' contributions to the development and advancement of nursing scholarship through research, education, and practice.

Funding Information and Eligibility Criteria

- (1) Two \$2,500 grants are available. One grant will support a research study, and the other will support an EBP/QI project.
- (2) The primary applicant who will hold responsibility and accountability for the grant must be a current PNA member. For a research study submission, the applicant must be considered an early career investigator (defined as having graduated from the PhD program within the past 10 years and not funded previously by the NIH R mechanism), or PhD in Nursing student in the dissertation phase. For an EBP/QI submission, the applicant must be a doctorally prepared nurse (e.g., DNP, EdD, etc.) or a doctoral student in the final year of their doctoral program.
- (3) The topic and applicant must be endorsed or recommended by the PNA local chapter president or Executive Board as evidenced by a letter of support on official letterhead.

Priority will be given to applicants whose research or EBP/QI foci areas include one of the following: advocacy, patient safety, global health, climate change, environmental health, self-management of chronic illness, health concerns among foreign nurses in the United States, and diversity, equity, and inclusion in health care.

Application Procedure

Applicants must complete of Letter of Intent (LOI) due by **April 15, 2022**. Please complete the [PNAAF LOI Form](#) to submit your LOI.

Full grant submission is due **May 27, 2022**. Please use the [PNAAF Full Grant Submission Form](#) to submit your proposal in one pdf file.

Applicants are required to discuss their proposal plans and must receive written support from their PNA local chapter president or Executive Board. The full proposal requirements are listed below. Applicants must consecutively number each page with the name of the primary applicant in the top right-hand corner of each page. A one-inch margin must be used. Acceptable fonts are: 11 point Calibri or 12-point Times New Roman.

Full Proposal Requirements

- (1) **Cover page:** Include applicant's name, project title, other team members' names if applicable, date, and type of submission (research or EBP/QI)
- (2) **Structured Abstract:** Maximum 250 words. Headings must include: Significance, Purpose/Aims, and Approach.
- (3) **Project Description:** Limited to no more than five (5) single-spaced pages excluding tables, graphs, and references. Margins are

0.5". This section must include: (a) Significance, (b) Purpose/Aims, (c) Design, (d) Theoretical or Conceptual Framework, (e) Methods, (f) Analysis, (g) Future Grants to Pursue, and (h) Planned Scholarly Product(s).

(4) Biographical Sketch for each project personnel - use NIH style only

(5) Detailed Budget: Maximum 1 page

(6) Budget Justification: Maximum 1 page. Please note that awards only cover direct costs including student or research assistant support, supplies, consultation, participant compensation, etc. Costs for computer hardware, conference travel, and applicant salary support are not allowable costs.

(7) 12-Month Timeline: Maximum 1 page for the conduct of the work

(8) Appendix: Must include letters of support, and study questionnaires and measures, if applicable

Application Review Process

Applications will undergo a preliminary review by Chair of PNAAF Research and Grants Committee to assure that proposals meet the guidelines. At least two PNAAF Research and Grants Committee members will then review each application for scholarly merit and meeting the grant guidelines.

Review Criteria

Reviewers will be asked to provide written comments on the following areas:

- (1) Significance and innovation of proposed project
- (2) Approach – design, methods, and analysis
- (3) Feasibility of accomplishing work given the resources and timeline
- (4) Feasibility of producing scholarly products
- (5) Ability to communicate effectively
- (6) Potential for future funding
- (7) Plans for dissemination of results

Funding Period and Program Requirements

The funding period for approved applications is one year from July 2022 to June 2023. Six months into the project, a 1-page progress report must be completed and submitted to the Chair of the PNAAF Research and Grants Committee. One month after the completion of the project, the grantee will submit a brief 1-3 page final report to the Chair of the PNAAF Research and Grants Committee. Final report must include copies of the project products.

Grant recipients are expected to attend the PNAA National Convention to receive the award, present their research/project findings at the PNAA National Convention the year after receiving the award, and disseminate findings through scientific meetings and publications including PNAA's peer-reviewed journal, *Journal of Nursing Practice Applications and Reviews of Research*. Recipients must acknowledge the PNAAF as a source of funding in all published or presented papers.

Address all correspondence to:

Roseminda Santee, DNP, RN, NEA-BC, CNE, ANEF

Chair of PNAAF Research and Grants Committee

Email: santee@ucc.edu

Subject Line: PNAAF Grant



*PNAAF
Foundation*

FELLOWSHIP AWARD

To support a deserving PNAAF member in funding a health/nursing research activity or related scholarly project that has implications in nursing practice, education, scholarship, administration, and research



FOR DETAILS, VISIT THE PNAAF
WEBSITE AT:
[HTTPS://WWW.MYPNAAFUNDATION.ORG/](https://www.mypnaafoundation.org/)

DEADLINE: JUNE 1, 2022
APPLY NOW!



PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION, INC.

Fellowship Award: **Due June 1, 2022**

Purpose:

The purpose of the Fellowship Award is to support a deserving PNA member in funding a health/nursing research activity or related scholarly project that has implication in nursing practice, education, scholarship, administration and research.

Policy:

The Awards and Scholarship Committee will coordinate the implementation of the policy. The committee will be responsible for:

1. developing, reviewing, and communicating criteria for the Fellowship awards.
2. screening, scoring, deliberating the applications, and presenting the final decision/recommendation of qualified recipients for approval to the PNAAF Executive Board.

Procedure:

A. Award description:

1. The Fellowship award of \$ 2000 is for a one-year period, starting July 2022 and ending in July 2023.
2. The recipient will receive a Fellowship award only once.

B. Applicant Eligibility:

1. Must be a currently paid member of the PNA Local Chapter for at least one full year prior to application.
2. Letter of support from applicant's local PNA Chapter President (or designee) verifying current membership status and active involvement with PNA and/or its local chapter.

C. Application Process for the Fellowship Award:

Instructions: Fellowship Award application and required verification documents must be completed and submitted electronically via the PNAAF website at <https://www.mypnaafoundation.org/> by: **Wednesday, June 1, 2022** . Late application is not acceptable

1. Applicant's Information:
 - Name/Title
 - Home Address

- Telephone Number
 - Email Address
 - PNAALocal Chapter
2. Submit an essay (300 words) addressing the following:
 - Reason for why you are applying for the Fellowship award.
 - What are your professional goals?
 - What area of practice do you plan to pursue?
 - What are your contributions to professional nursing practice, community, and to advancement of healthcare.
 - Explain why you merit consideration for this Fellowship award.
 3. Submit a fellowship project narrative supporting and articulating the following:
 - Proposed health/nursing research activity or related scholarly project that has implication in nursing practice, education, administration and research.
 - This activity may include review of literature, pilot study, baseline survey, quality improvement, evidence-based practice, policy development and innovative initiative that promotes the advancement of the nursing profession in the healthcare community, and/or improvement of health outcomes, and care delivery in a culturally diversified population.
 4. Curriculum vitae listing evidence of applicant's scholarly contribution/outputs
 - Education and work history
 - Professional and clinical experience
 - Research/Grants
 - Publications/Presentations
 - Community involvement
 - Evidence of mentorship/scholarly Projects/innovations
 5. Submit a Headshot photo in business attire.

D. Requirements for the Fellowship Awardee:

1. The Fellowship Award is presented to the recipient at the 43rd PNAAL Annual National Convention on July , 2022 at the New York Marriot Marquis Time Square, New York City, New York. Attendance at the event is highly encouraged.
2. The Fellowship awardee will be expected to present result/s of this nursing research project and scholarly activity at the end of the year to the PNAAL Executive Board and Board of Directors. Date/time to be arranged by the recipient with the Chair of the Awards and Scholarship Committee.
3. The Fellowship awardee to include PNAAL as the source of funding upon presentation, publication, and/or promotion of the health/nursing research activity or related scholarly project.

E. Complete Applicant's Attestation:

ATTESTATION

I believe myself eligible and I certify that all statements made in my application are complete and accurate. I understand the PNAAF Awards and Scholarship committee selects Fellowship awardees, and the committee decision is final.

I also consent that my picture maybe used for any purpose deemed necessary to promote the PNAAF Fellowship award program.

Fellowship Applicant's Electronic Signature

Date

F. Fellowship Award Scoring Grid:

Name of Committee Evaluator _____ Date: _____

Applicant #	Essay 15%	Fellowship project Narrative (15%)	Letters of Recommendation (15%)	Work Experience (10%)	Continuing Education (10%)	Nursing Certification (10%)	Publication & Research Paper (10%)	Community Activities/ Leadership Roles (5%)	Professional Affiliation (5%)	Awards & Recognition (5%)	TOTAL (100%)
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

Criteria in evaluating the applicants for the Fellowship award.

Evidenced by written essay, Fellowship narrative, two letters of recommendation, resume/CV and responses to application questions.

1. Essay and Fellowship narrative: Quality in articulating professional goals, contributions to nursing, proposed research activity and scholarly projects.
2. Academic Excellence: GPA from 3.0 to 4.0.
3. Passion for nursing: Compassionate, collaborative, change agent, dedicated in caring for others.
4. Strength of Character: Innovative, creative, positive, and an advocate with leadership qualities.
5. Professionalism: Professional affiliations and certifications, research/grant projects, Chapter/community, and/or volunteer activities.
6. Scholarly, completeness, legibility, and accuracy of information on the application.

Address all correspondence to:

Rosario P. Estrada, DNP, MSN, RN, NPD-BC, CPN
 Chair of the Awards and Scholarship Committee
 Email: estradarp@gmail.com

PNAAF NURSING SCHOLARSHIP AWARD 2022



for deserving PNAAF
members pursuing a
Master's Degree or
Doctoral Degree in
Nursing

visit the PNAAF website at
[https://www.mypnaafou
ndation.org/](https://www.mypnaafoundation.org/)

APPLY NOW!

Deadline: June 1, 2022



PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION, INC.

Nursing Scholarship Award: **Due June 1, 2022**

Purpose:

The purpose of the Nursing Scholarship Award is to provide opportunity and support to deserving PNAA members pursuing a Master's Degree or Doctoral Degree in Nursing.

Policy:

The PNAAF Awards and Scholarship Committee will coordinate the implementation of the policy. The committee will be responsible for:

1. developing, reviewing, and communicating criteria for the nursing scholarship awards.
2. screening, scoring, deliberating the applications, and presenting the final decision/recommendation of qualified recipients for approval to the PNAAF Executive Board.

Procedure:

A. Award description:

1. The Nursing Scholarship award of \$1000 is given annually per category for one academic year.
2. An individual may only receive a Scholarship award one time per level of educational program.

B. Applicant Eligibility:

1. Must be a currently paid member of the PNAA and local chapter for at least one full year prior to application.
2. Must be currently admitted to a nationally accredited Nursing Program.
3. Must have a Grade Point Average (GPA) of 3.0 or better.

C. Application Process for the Award:

Instructions: Nursing Scholarship Award application and required verification documents must be completed and submitted electronically via the PNAAF website at

<https://www.mypnaafoundation.org/> by: **Wednesday, June 1, 2022**. Late application is not acceptable.

1. Applicant's Information:

- Name/Title
- Home Address
- Telephone Number
- Email Address
- PNAA Local Chapter

2. Level of Educational Program: Check as applicable
 - Master's Degree in Nursing _____
 - Doctoral Degree in Nursing _____
3. Submit an essay (300 words) articulating the following:
 - Description of professional goals in nursing.
 - How the scholarship will assist in achieving these professional goals.
 - What area of practice do you plan to pursue?
 - How will this education experience enhance your area of practice?
 - Why do you believe you should receive the award?
4. Submit following documents:
 - Current Resume/Curriculum Vitae
 - Letter of acceptance to an accredited nursing program
 - Copy of transcript of records from previous/current nursing program
 - Copy of diploma from latest nursing degree
 - (2) Letters of recommendation from the following :
 - An employer/supervisor
 - Faculty/professor from the accredited college/university where the applicant completed or currently pursuing a nursing degree
 - A current President or Executive Officer of the PNAA Local Chapter
 - Headshot photo in business attire.

D. Requirements for the Awardee:

1. Nursing Scholarship Awards are presented to the recipient/s at the 43rd PNAA Annual National Convention on July 2022 at the New York Marriot Marquis Time Square, New York City, New York. Attendance at the event is highly encouraged.
2. The awardee must submit a report of their academic progress at the end of the academic year to the Chair of the Awards and Scholarship Committee.

E. Complete Applicant's attestation:

ATTESTATION

I believe myself eligible and I certify that all statements made in my application are complete and accurate. I understand the PNAAF Awards and Scholarship committee selects scholarship awardees, and the committee decision is final.

I also consent that my picture may be used for any purpose deemed necessary to promote the PNAAF Nursing's scholarship program.

Scholarship Applicant's Electronic Signature

Date

E. Nursing Scholarship Award Scoring Grid:

Nursing Scholarship Award Scoring Grid

Name of Committee Evaluator _____ Date: _____

Check Level of Educational Program - Master's Degree in Nursing: _____

Doctoral Degree in Nursing: _____

Applicant #	Essay (15%)	Transcript of Record (15%)	Letters of Recommendation (15%)	Work Experience (10%)	Continuing Education (10%)	Nursing Certification (10%)	Publication & Research Paper (10%)	Community Activities/Leadership Roles (5%)	Professional Affiliation (5%)	Awards & Recognition (5%)	TOTAL (100%)
1											
2											
3											
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5											
6											
7											
8											
9											
10											

Criteria in evaluating the applicants for the Scholarship award.

Evidenced by written essay, two letters of recommendation, resume/CV and responses to application questions.

1. Essay: Quality in articulating professional goals.
2. Academic Excellence: GPA from 3.0 to 4.0.
3. Passion for nursing: Compassionate, collaborative, dedicated in caring for others.
4. Strength of Character: Innovative, positive, and an advocate with leadership qualities.
5. Professionalism: Professional affiliations and certifications, research/grant projects, Chapter/community, and/or volunteer activities.
6. Scholarly, completeness, legibility, and accuracy of information on the application

Address all correspondence to:

Rosario P. Estrada, DNP, MSN, RN, NPD-BC, CPN
 Chair of the Awards and Scholarship Committee
 Email: estradarp@gmail.com



hybrid/virtual 5K PNAAF-PNAA Walk//Run 2022

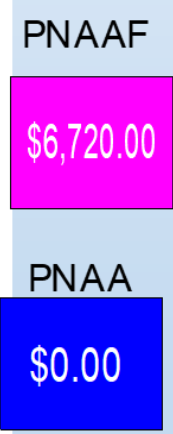
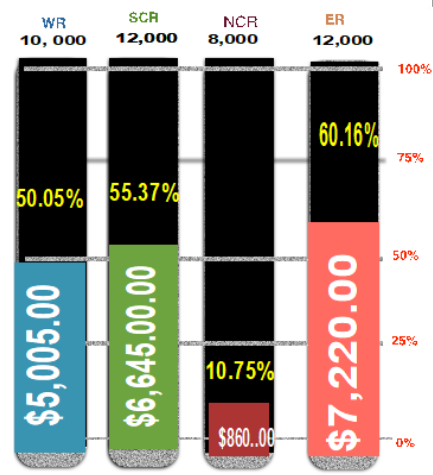
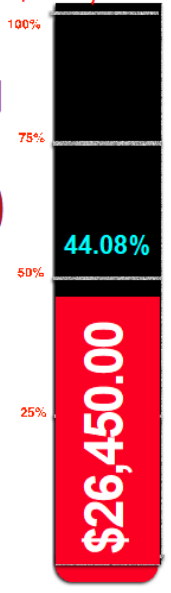
\$60,000.00

THERMOMETER

DATE: 5/18/2022



GOAL



NOTE: DATA ABOVE ARE BASED ON THE FOLLOWING ENTRIES

1. Number of Walkers/Runners per region
2. Number of Ghost Runners/Walkers per region
3. Number of Corporate and T-shirt Sponsors per region

Philippine Nurses Association of America, Inc.

2022 PNAA PRIDE AWARD

To Be Presented at the July National Convention

5 Awards This Year

Outstanding Newsletter Award (PRIDE)

Outstanding Editorial Award

Best in News Reporting

Best in Feature Article

Most Engaged Chapter



Email 2 issues of your Local Chapter's newsletters
published during the previous and current year

Award Info and Scoring Tool:

<https://mypnaa.wildapricot.org/Policies-and-Procedures>
(under Section 6.2)

Submission Deadline: May 31, 2022

Email Submissions to:

Bob Gahol
inside PNAA Editor-in-Chief
insidePNAA@gmail.com



PNAA Policies and Procedures

Awards, PRIDE Award

Policy.....	6.2
Reviewed.....	6/2012; 4/2021
Revised.....	4/2021
EB Reviewed and Approved....	4/21/2021
Substituted for.....	
Original Date.....	7/2008

PURPOSE

To establish a mechanism for awarding PRIDE Award based on established criteria.

POLICY

A. Five (5) awards will be given during the Annual PNAA National Convention

1. Outstanding Newsletter Award (PRIDE)
2. Outstanding Editorial Award
3. Best in News Reporting
4. Best in Feature Article
5. Most Engaged Chapter

B. Criteria:

1. Outstanding Newsletter Award will be judged on the following established criteria and scoring tool (attachment 1)
 - P – Professional
 - R – Relevant
 - I – Inspiring
 - D – Diverse
 - E – Educational
2. Outstanding Editorial Award will be judged based on PRIDE criteria (attachment 1)
3. Best in News Reporting will be judged on content, consistency, currency of the topic submitted for insidePNAA newsletter
4. Best in Feature Article will be judged based on quality, relevance and importance of the topic submitted for insidePNAA newsletter
5. Most Engaged Chapter will be judged based on the number of quality submissions for insidePNAA newsletter

C. To be considered, the Chapter and member must be a paid PNAA member by May 31 of each year.



PNAA Policies and Procedures

- D. The editor-in-chief of the *inside PNAA* newsletter is the chairperson of the PRIDE award committee.

PROCEDURE

- A. The local chapters will email at least two issues of their newsletters published during the previous and current year to the editorial board of *inside PNAA* on or before May 31 of each year.
- B. The newsletters will be evaluated by the panel using established criteria and scoring grid on a Likert scale of 1 through 5 (5 being the highest score).
- C. The PRIDE Award Committee Chairperson will tally the scores and will confer with the panel members to determine final result. The decision of the panel is final and irrevocable.
- D. Winners will be announced and presented with a plaque during the annual PNAA National convention.

REFERENCE

None

ATTACHMENT

- Attachment 1: PNAA PRIDE Award Scoring Tool
- Attachment 2: Document History



PNAA Policies and Procedures

Attachment 1 (Policy # 6. 2)

PNAA PRIDE AWARD SCORING TOOL

Name of Chapter: PNA					
Name of Newsletter:					
Occurrence of Publication: <i>(check all that apply)</i> <input type="checkbox"/> Winter <input type="checkbox"/> Spring <input type="checkbox"/> Summer <input type="checkbox"/> Fall					
*5 is the highest score					
Criteria	1	2	3	4	5
Professional Presentation					
1. Physically appealing (not crowded, cramped; capture’s reader’s attention).					
2. Consistency in fonts, formats, and location of standard sections (e.g., editorial, president’s report, etc.).					
3. Combinations of texture, color, and graphics that are pleasing and attractive (e.g., photos, presented data).					
Relevant					
1. Information updated and useful to readers.					
2. Content meets the needs of the members (evidence of needs assessment or feedback from readers is required).					
3. Newsletter reports both on local and PNAA activities.					
Inspiring					
1. Content promotes the vision of PNAA (visibility, viability, and vitality).					
2. President’s message/editorials encourage unity, esprit de corps, and team building.					
3. Newsletter recognizes members (announcing promotions, grants, and welcoming new members).					
Diverse					
1. Variety of topics (clinical, administrative, education, research, community, and entrepreneurship).					
2. Different writers (except for standard sections).					
3. Topics deal with global issues outside of the local chapter (lobbying, legislative, other organizations).					
Educational					



PNAA Policies and Procedures

1. Reports on educational programs and activities.					
2. The content encourages or motivates members to pursue career enhancements, development, and professional growth.					
3. Informative, new ideas, trends.					



PNAAL Policies and Procedures

Attachment 2 (Policy # 6. 2)

Document History

Footnote:

The First PRIDE AWARD was given in July 1998 in San Diego, CA during the administration of Ampy de la Paz. The first criteria were developed by Nelson Tuazon in 1997 when it was conceptualized.

Original Author: Sarla F. Duller, RN, MN, CCRN, APRN (BC)

President: Mila Velasquez

Reviewed by: Rey Rivera Date: 6/30/12

Reviewed & Revised by

Bob Gahol, Chair and Committee Members Date: 04/2021

For any questions, contact via email (preferred)

insidePNAAL Newsletter Committee, 2020-2022

Chair: Bob Gahol (bgahol@hotmail.com)

Co-chair : Arlin Fidellaga (afidella1@optonline.net)

Members:

Allen Nisperos (allen.nisperos.nusn@gmail.com)

Cristina Garinger (cgaringer.cg@gmail.com)

Warly Remegio (warlyremegio@yahoo.com)

Joni-Lynne Lopez (JoniLopez630@gmail.com)

Advisers:

Peter-Reuben Calixto (pnaa2000@yahoo.com)

Carol Manilay-Robles (cmanilayrobles@yahoo.com)

Ariel Zabala (arielzbabala@outlook.com)

Reviewed by Policy and Procedure Committee 2020-2022, April 5, 2021

Chairperson: Gloria L. Beriones, PhD, RN, NEA-BC

President: Mary Joy Garcia-Dia, DNP, RN, FAAN



BEYOND THE BEDSIDE: AAPI NURSES AS CHANGEMAKERS CHAMPIONING MENTAL HEALTH AND WELL-BEING



**26 MAY 2022
6PM ET**

A WEBINAR
CELEBRATING
AAPI HERITAGE MONTH
& RECOGNIZING
MENTAL HEALTH
AWARENESS MONTH



KATHY ABRIAM-YAGO
EDD, RN

Professor Emerita
of Nursing,
San Jose State University,
The Valley Foundation
School of Nursing



ROSE CONSTANTINO
PHD, JD, RN, FACHE, FAAN

Associate Professor and
Fulbright Scholar,
University of Pittsburgh
School of Nursing
Department of Health and
Community Systems



RIZA MAURICIO
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CCRN, CPNP-AC

Pediatric Critical Care
Advanced Practice Nurse,
Assistant Professor,
University of Texas Cizik
School of Nursing



MIJUNG PARK
PHD, MPH, RN

Associate Professor,
Family Health Care
Nursing, University of
California, San Francisco
School of Nursing

REGISTER HERE: tinyurl.com/ALLIN-AAPImentalHealth



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WellBeing First for Healthcare

**FIRST
RESPONDERS
FIRST**



AANHPI HERITAGE MONTH WEBINAR

Future of Nursing and Healthcare

Advancing AANHPI Leadership Through Interprofessional Collaboration to Address Health Equity

May 31st, 5:00- 7:00 PM EDT

Registration Link: <https://bit.ly/3yGUtq7>

Mary Joy Garcia-Dia,
President,
PNAA

Hosts:



Jing Wang,
President,
AAPINA

Opening Remarks:



Victor Dzau
President, National
Academy of Medicine

Panelist:



Keith Chan
Health and Aging
Policy Fellow, White
House AANHPI
Initiatives



Emerson E. Ea
New York University
Chair, the Kalusugan
(Health) Coalition



Winston Wong,
Chair, Board of Directors,
The National Council of
Asian Pacific Islander
Physicians



Bei Wu
New York University,
Rutgers-NYU Center for
Asian Health Promotion
and Equity



Christine Lee
President, Chinese
American Nurses
Association



Tri Pham
University of Texas M.D.
Anderson Cancer Center
President, Vietnamese
American Nurses Association



Mary Frances Mailelauli'i
Oneha
Chief Executive Officer,
Waimānalo Health Center



Lydia Albuquerque
President, National
Association of Indian
Nurses



Florida State University
College of Nursing



PNAAPN Practice Committee invites you to attend PNAAP Virtual Education Webinar in collaboration with AstraZeneca



Saturday, May 28, 2022

11:00am-1:00pm EST

Via Zoom



Chronic Kidney Disease

(AstraZeneca Non-CE Activity)

Crisamar Anunciado, PhD, FNP-BC

Melanie Sherman, MSN, FNP-C

11:00 AM - 12:00 PM



Crisamar J. Anunciado, PhD, FNP-BC, BC-ADM
Sr. Medical Liaison AstraZeneca



Melanie Sherman, MSN, FNP-C
Medical Liaison AstraZeneca

The Burden of Obesity

(PNAAP 1.0 Contact Hour)

Carmina Bautista, MSN, FNP-BC

12:00 PM - 1:00 PM



Carmina T. V. Bautista, MSN, FNP-BC, BC-ADM
PNAAP Executive Director

For Questions: Please contact
Riza V. Mauricio at riza.mauricio@gmail.com

Click Zoom Link to Register:

<https://us02web.zoom.us/meeting/register/tZ0sf-6srDMoGNcyZ1bLZzNY7dpTxckXWIsX>

The Philippine Nurses Association of America Foundation is an approved provider of the California Board of Registered Nursing, CEP # 14134, 1.0 contact hour



HEAL THE HEALERS



BACK BY POPULAR DEMAND

LET'S DANCE TO WELLNESS 2



SATURDAY, JUNE 11 | 11:00 AM - 2:00 PM

Register
qrco.de/bd21dH



Hollywood Ballroom
Dance Center

2126 Industrial Parkway, Silver Spring, MD 20904

Registration is FREE limited to 70 participants
Deadline: June 6, 2022

LUNCH PROVIDED | DOOR PRIZES

***Vaccination card required for admission. Waiver and release of liability form signed on site.**

FOR MORE INFO CONTACT: LOURDES.CAREAGA@GMAIL.COM

This program and its activities are funded by the Asian American Health Initiative (AAHI), a part of the Montgomery County Department of Health and Human Services, and the Primary Care Coalition of Montgomery County.

www.pnamdc.org

@pnametrodc

@pnamdc



Please join us in celebrating

**Philippine Nurses Association of San Diego County, Inc.
48th Anniversary, Induction of New Officers,
Nurse Excellence and Scholarship Awards
Dinner Dance**

Saturday, June 18, 2022 at 4:30 p.m.
Double Tree by Hilton Hotel San Diego – Mission Valley
7450 Hazard Center Dr. San Diego, CA 92108

Attire: Filipiniana/Formal
Donation: \$85.00 per person by June 6, 2022
\$95.00 per person after June 6, 2022
Pay via Pay Pal at www.pnasd.org

No registration accepted after June 10, 2022
NO PAYMENT ACCEPTED AT THE DOOR
Contact persons: Crisabel Ramos: crisabel1.pnasd@gmail.com
Cris Escarrilla: cescarrilla.pnasd@yahoo.com



Our Collective SPARK

43rd PNAAN ANNUAL NATIONAL CONVENTION

July 6 - 10, 2022

New York Marriott Marquis
New York City

Register: <https://qrco.de/bcykhW>



SCAN ME



Hosted by PNA New York



ORDER YOUR TAPESTRY BOOK NOW!

<http://mypnaa.org/pnaa-store>

PHILIPPINE NURSES ASSOCIATION OF AMERICA :
A TAPESTRY



DON'T MISS OUT!

PLACE YOUR ORDER NOW
<https://mypnaa.org/pnaa-store>

Edited by
Nelson Tuazon, DNP, DBA, RN, NEA-BC, CENP, CPHQ, FACHE