



# inside PNAA

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

## PNAA'S MEN IN NURSING



# FROM THE EDITOR



## *Now more than ever, let us celebrate diversity in nursing*

This month is significant regarding diversity, equity, and inclusion (DEI). We celebrate Pride Month, a time to embrace, celebrate and honor the diversity of human beings. This is also the time to advocate for equality, freedom, acceptance, and honoring our authentic selves. Filipinos have no problem embracing DEI because our upbringing and culture have taught us to respect people regardless of their religion, ethnicity, or sexual preferences.

This month's newsletter focuses on another group of minorities, men in nursing. As we all know, women dominate the nursing profession. According to census.gov., women comprise more than 85% of the profession. Although men are the minority, their representation in nursing has steadily increased since the 1970s. In five years, male nurses went from 9% to 12%. Healthcare organizations embrace this change because having men in the nursing profession improves gender diversity and representation in healthcare.

We are proud to feature our PNAA men in nursing in this month's newsletter. These men proudly represent their chosen profession and serve as role models for others to emulate. I want to thank them for sharing their spark stories, and I hope that you will be inspired by what they have accomplished. Let us celebrate diversity. Let us celebrate our Men in Nursing.



## **EDITORIAL STAFF**

### **Editor-in-chief**

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

### **Associate Editors**

Cristina Garinger, MSN, RN, CCRN

### **Columnist**

Arlin Fidellaga, BSN, RN, CNOR, CMH

### **Layout Artists**

Joni-Lynne Lopez, MSN, RN-BC, PCCN  
Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC

### **Advisers**

Peter-Reuben Calixto, BSN, RN, CNN  
Carol Robles, BSN, RN, DNS-CT, RACT-CT  
Ariel Zabala, MN, RN, CEN

## **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](http://www.mypnaa.org)

### **Social Media**

Facebook: [www.facebook.com/mypnaa](http://www.facebook.com/mypnaa)

Instagram/Twitter: [@mypnaa](https://www.instagram.com/mypnaa)

INSIDE PNAA is published as the Official Newsletter of the Philippine Nurses Association of America, Inc. All articles reflect the opinion of the authors and are not held by the Philippine Nurses Association of America, Inc.

All communication should be addressed to [insidepnaa@gmail.com](mailto:insidepnaa@gmail.com)

Submissions of articles and pictures in the inside PNAA newsletter grants the Philippine Nurses Association of America, Inc. (PNAA) the unrestricted permission, right, and license to use the materials and to reproduce, exhibit, broadcast, advertise and exploit all or any part of the materials chosen by the PNAA.

# THE PRESIDENT'S MESSAGE



## PNAA President Message

As I am writing this message, I was 30,000 above the ground flying from Chicago to New York. PNAA just concluded our 19<sup>th</sup> North Central Region (NCR) conference hosted by PNA Northwest Indiana and venue hosted by PNA Illinois. This is a significant milestone for our organization as we move forward in the new and better normal in conducting an in-person conference.

In 2020, our North Central Region was poised to host this conference at the Blue Chip Casino & Hotel together with the host chapter PNA Northwest Indiana with the theme “Enhancing the Continuum of Care through Nursing Advocacy during Ms. Madelyn Yu’s term.

Unfortunately, the planners and organizers must cancel this event in compliance with the social distancing regulations brought upon by the height of the COVID-19 pandemic. Thus, when the NCR planning committee reconvened in June 2021, there was a unanimous recommendation to revisit the venue and consider a central hub that will allow for ease of travelling for our attendees attending from different regions. The key was to find an appropriate venue that is flexible to accommodate any changing conference regulations in compliance with the CDC and state’s department of health guidelines and attract our members to network. We are thankful that PNA Illinois agreed to be the venue chapter and collaborate with PNA Northwest Indiana in facilitating the event. Our education team chose an appropriate conference theme “**Enhance the Spirit, Embrace the Spark**” and re-design our previous speakers’ topic who committed to remain as speakers after being on hold for the past two years. Our previous invited speakers remained relevant with their chosen subject matter in addressing the professional issues and concerns of our members from racism to promoting health equity. Most importantly, our conference planners prioritized the mental health and well-being of our frontline workers and provided updates on the latest COVID-19 treatment and vaccine recommendations.

The overall success of our 19<sup>th</sup> NCR conference did not happen overnight. Our chapter presidents came together and put their ideas to deliver an engaging program and took months of preparation leading to the actual event. Everyone communicated issues and challenges by being transparent and reaching a consensus to provide a fair and equitable education content. I see each chapter put on their weight cooperating with the planning committee from fundraising to recruiting volunteers to rolling up their sleeves in having a role in each of the networking and educational events. I felt the courage of our leaders and members in their active participation and engagement during the discussions and offline conversations where they share their own pandemic stories, recounted family events from weddings, reunions, baptismal event while staying resilient and coping with their personal health issues.

Indeed, teamwork makes the dream work, and I am grateful for the opportunity to finally share hugs, kisses, and break bread with each other. I hope that this teamwork exercise will extend and continue to flourish as each of you return to your local chapters. My greatest takeaway is the flood of familiar faces from various parts of the country who attended and supported our NCR team. From Hawaii, California, Texas, Florida, Minnesota, New York, New Jersey, New England, and of course all the chapters in our NCR (Central Ohio, Cincinnati-Northern Kentucky, Greater Kansas City, Greater St. Louis, Illinois, Indiana, Northwest Indiana, Michigan, Wisconsin, and Ohio), I see the camaraderie and joy in coming together in unity. Despite the personal and professional hardship that we all experienced with COVID-19, the operational challenges in retaining our members, the typical leadership barriers with engagement and support, we all recognize that we can overcome anything by staying cohesive, promoting respect and transparency and prioritizing PNAA's purpose and mission over personal gain – our NCR conference delivered and “promoted professional excellence and contributed to significant outcomes to healthcare and society during these unprecedented times. Kudos to all our NCR Chapter Presidents under the leadership of our NCR VP Leila Busch in showing your SPARK.

On another note, we celebrate our Independence Day this coming June 12, 2022. The commemoration carries the theme, “**Kalayaan 2022: Tungo sa Bansang Malaya, Nagbabayanihan, at Ligtas (Kalayaan 2022: Towards a Free, United, and Safe Nation)**”, let us take a moment to remember our fallen heroes who lost their lives with COVID-19. Let us stay vigilant as we integrate this new phase of hybrid interaction and phase in onsite events in our educational programs. As we conclude the Asian American Pacific Islander Heritage month, let us continue to amplify nurses' integral role in promoting and representing our community in all aspects of research, education, practice, and legislation. Mabuhay ang mga Pilipino!

Sincerely,  
 Mary Joy Garcia-Dia, DNP, RN, FAAN  
 PNAA President 2020-2022









## **PNAA JOINS AMERICAN NURSES ASSOCIATION'S REACTION TO RADONDA VAUGHT'S SENTENCING AMERICAN NURSES ASSOCIATION REACTS TO SETENCING OF NURSE RADONDA VAUGHT WE ARE GRATEFUL TO THE JUDGE FOR LENIENCY**

Silver Spring, MD, May 13, 2022 — Former Vanderbilt University Medical Center nurse RaDonda Vaught has been sentenced to three years of probation after a jury convicted her of criminally negligent homicide and impaired adult abuse for mistakenly administering the wrong medication that resulted in the death of a patient in 2017. The following statement is attributable to both the [American Nurses Association \(ANA\)](#) and the [Tennessee Nurses Association \(TNA\)](#):

“We are grateful to the judge for demonstrating leniency in the sentencing of Nurse Vaught. Unfortunately, medical errors can and do happen, even among skilled, well-meaning, and vigilant nurses and health care professionals.”

After speaking with Vaught and her attorney, [ANA sent a letter to the judge which would be submitted into evidence on Vaught’s behalf](#). In fact, leading up to the sentencing hearing, ANA was in communication with Vaught and her attorney to discuss the best ways for ANA to provide support to Vaught in the specific context of sentencing. Per those communications, we drafted a letter for submission to the court as evidence through her counsel. The letter expresses, from a professional and nursing perspective, legal reasons why we would humbly request leniency. We were compelled to take this action because we all see ourselves in Vaught. Nurses see themselves in Vaught; our peers and colleagues and health care professionals beyond nursing see themselves in Vaught.

Nurses at all levels and across all settings provide care in demanding work environments with challenges that predate the COVID-19 pandemic. Consider this: a typical nurse’s shift is fast-paced and high stakes, with constant patient turnover, inadequate staffing levels, varying patient acuity, exposure to infectious disease, and risk of work-related injury and violence. All these factors impede the delivery of safe patient care, and nurses too often find themselves working under conditions that increase the likelihood of adverse outcomes from tragic mistakes.

Our hearts continue to go out to the loved ones of both Ms. Murphey and Nurse Vaught, all of whom are deeply affected by this tragedy and face a long road of healing. Leaders, regulators, and administrators have a responsibility to nurses and patients to put in place and sustain organizational structures that support a just culture, which includes recognizing that mistakes happen, and systems fail. Structures should include full and confidential peer review processes to examine errors, deploy system improvements and establish corrective action plans. The criminalization of medical errors will not preserve safe patient care environments.”



# 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.

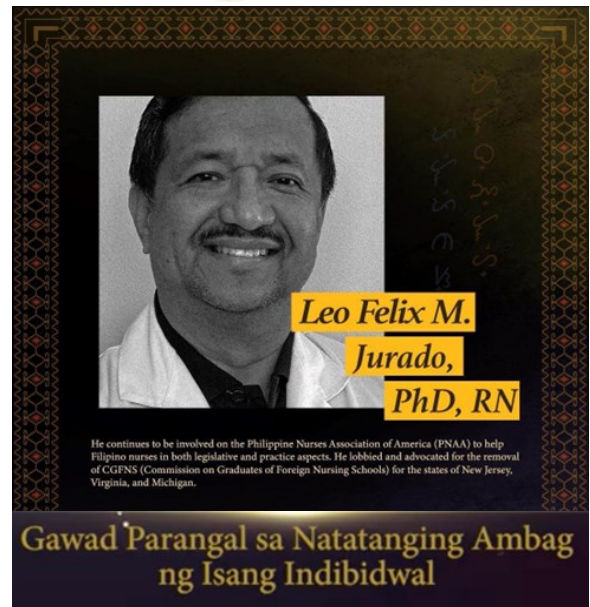
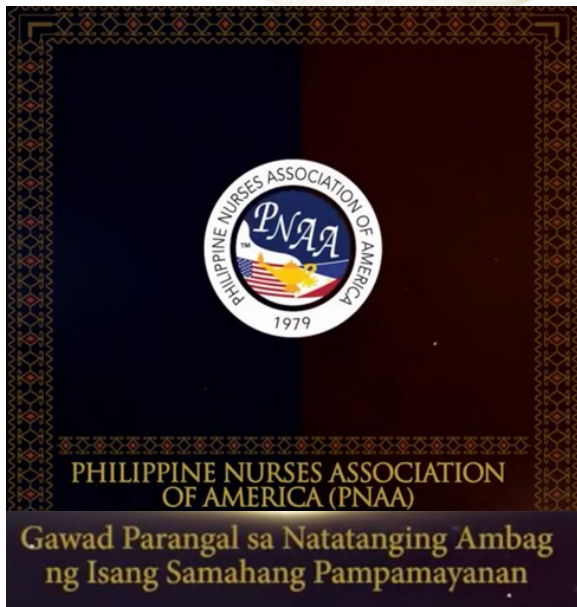
 [bhwh.hrsa.gov/faculty-lrp](https://bhwh.hrsa.gov/faculty-lrp)





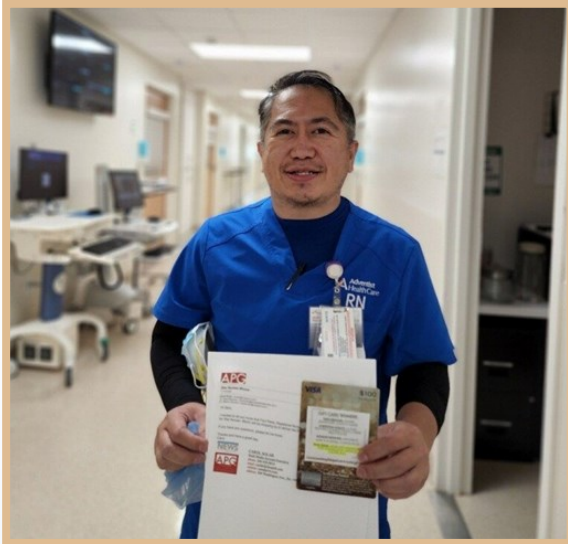
# Palakpakan corner

Congratulations to PNAA and Dr. Leo-Felix Jurado as two of the qualifying winners of the very first Gawad Alab ng Lahi! These awards are given to esteemed Filipino-American individuals, private enterprises, and community organizations. Their tireless efforts have championed for our values and identity as Filipinos, and provided our kababayans opportunities to live better.

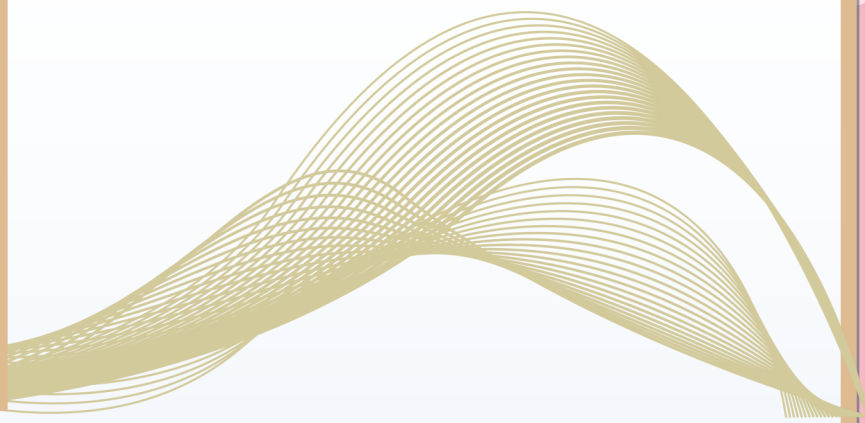


Congratulations to the Philippine Nurses Association of America Foundation and Philippine Nurses Association of America, Inc., recipients of the 2022 ARC (Asian Engagement and Recruitment Core) Best Program Advancement. Shout out to Mindy Ofiana, Manny Ramos, and all the guests for the outstanding RISE UP Podcast episodes. [#mypnaa](#) [#RISEup](#)





Congratulations to Paul Rada, ICU RN, and PNA Metro DC member, for being selected as the SouthernMDNews Star Nurse winner for Prince George's County! He received a \$100 gift card. We appreciate Paul for the compassionate care he shows to their ICU patients every day!



Congratulations to PNA Illinois member, Peter Gahol, ICU RN, for his selection as the 2022 ICU Nurse of the Year. This annual award is given by the graduating residents from Adventist Hinsdale Hospital. Peter also received this award in 2019 and 2020.



In honor of Pride Month, COL (Ret) Bob Gahol was invited as a guest panelist at Tripler Army Medical Center on June 8, 2022, to talk about the LGBTQ+ military community and promote Diversity, Equity, Inclusion, and Accessibility (DEIA). Colonel Bob is a strong advocate and mentor for our diverse population who represents experiences of race, gender, sexual orientation, ethnicity, religion, age, socioeconomic status, and physical ability. While this was a celebration, he also talked about the work that still needs to be done to achieve acceptance, inclusion, and health equity.



The TAMC Diversity, Equity, Inclusion and Accessibility Committee invites you to attend a

## Pride Month Panel Discussion

Panelists Include:



Steven Choi, USNDOPACOM



COL(R) Robert "Bob" Gahol



COL Rachel Wanks, RHC-P 01

**When:** Wednesday, 08 June 2022 @ 1200 hrs

**Where:** Kyser Auditorium

**Why:** In order to learn about the LGBTQ+ community and promote DEIA

**Special Instructions:**

- Personnel are encouraged to attend in person
- MS Teams dial-in option available at:
  - (410) 874-6749
  - ID: 448 116 592
- POC is CSM Anthony Forker

## Congratulations to the PNASC Nursing Excellence Awardees

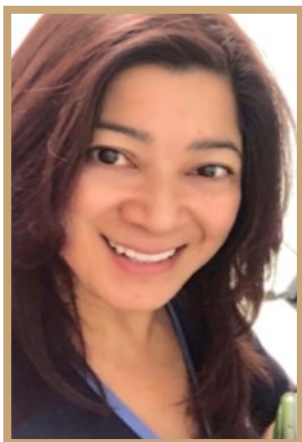
In the recent five-in-one event hosted by PNA Southern California, three of its members received the nursing excellence awards. Dr. Danilo C. Bernal, DNP, APRN, PHN, CEN, CCRN, NP-C, FNP-BC, received the Educator of the Year Award; Ms. Peachy Hain, MSN, RN, NE-BC, FACHE, received the Administrator of the Year award; and Ms. Catherine Rubio, MSN, PHN, RN received the Community Service Excellence Award.



Dr. Danilo Bernal currently serves as PNASC Executive Board Secretary. As a Family Nurse Practitioner (FNP) Lead Faculty, he is known for his great mentorship and exemplary role model to hundreds of diverse nurses who wish to become successful clinicians at Charles R. Drew University in Los Angeles in 2019. He has been a sought-out lecturer at the state, national, and international level, where he promotes the transformation of healthcare through advanced nursing education and practice. He continues to be a life-long learner as an APRN, holding and maintaining several US national certifications and state licenses. As APRN, Dr. Danilo C. Bernal upholds a culture of excellence in our nursing profession and personal growth through influence, inspiration, and innovation. He is a leader who has excelled in advanced practice nursing, education, and service. Dr. Bernal's broad-based experience and distinguished record of accomplishments and substantial contributions as a clinician, scholar, patient advocate, and educator has paved the way in advancing the nursing profession. He is a proud PNASC member and committed to serve PNAA as: (1) Faculty of iLeadership Development Program (iLDP), (2) Secretary of National Practice Committee (3) Co-Leader of Mathematica #PrimaryCareCovidChat Twitter. His involvement and contributions in various

capacities as a nurse educator is pivotal to leadership in professional learning and development.

Peachy Hain is an active PNASC West Los Angeles member. Currently works at Cedars-Sinai Medical Center as Executive Director for Surgical Services and Clinical Support Programs providing leadership direction, mentorship to various hospital nursing leaders and facilitating improvement in efficiency. She is responsible for daily coordination of nursing administration of 406 beds. Her leadership also includes involvement as Incident Commander for Emergency Management. Currently, she is facilitating communication with the Philippine Consulate regarding recruitment and hiring of Filipino nurses for hospitals in California and Atlanta. She participated in the distribution and collection of cancer research survey during in October 2019 Filipino American History Month, a PNASC and Cedars Sinai event. In 2021 she received the Daisy Foundation Lifetime Award, first award to be given in Cedars-Sinai. She continues to have passion for operational excellence, nursing management, evidenced-based practice, patient advocacy, and nursing education. Her recent presentations on "Navigating the Changing Healthcare Environment" and "Improving Patient Flow", were significant contribution to excellence in clinical practice.



Cathy has demonstrated significant contributions to PNASC by promoting Relevance, Innovation, Diversity and Excellence. She is currently serving as the President of PNASC West LA Subchapter and PNASC Community Outreach Chairman. The organization's mission and goals direct her to be a servant leader despite today's uncertainties. Her time and efforts to serve were dedicated towards to organizing community projects and events, mentor membership at large, serve as resource person, directly collaborate with community leaders, and actively represent PNASC in community meetings. An exemplary in embracing differences and celebrating inclusivity to achieve community outreach goals amidst the pandemic. She was with volunteer teams at the SKID ROW LA Mission, LA River Clean Up, civic event's First Aid Booths, COVID-19 vaccination/test sites, and Philippine Consulate General Los Angeles conducting free blood pressure check and health teaching. Her dedication and commitment to lead thru community service has brought PNASC visibility and awareness of amazing volunteer works. PNASC and West LA Subchapter has received more than thirteen awards and recognitions with her inspiring community collaborations. She is a role model for compassion and service. Cathy retired from UCLA after 30 years of service and currently works at Kaiser Permanente West Los Angeles at Ambulatory

Treatment Center. She also serves as Board of Trustee for PNAA Foundation and Assistant Secretary for United Specialist Healthcare Foundation.

# Palakpakan Corner

Congratulations to Franz Henryk Vergara, PhD, DNP, MAS, RN, ONC, CCM from PNA Metropolitan DC for completing his Master of Applied Science, Population Health Management at Bloomberg School of Public Health, The Johns Hopkins University, Baltimore Maryland



Congratulations! PNANJ President Dr. Tess Clemente Medina, and PNANY's Laarni Florencio as awardees at the Pan American Concerned Citizens Action League, Inc. (PACCAL) Women's History Month Awards event last June 12, 2022.

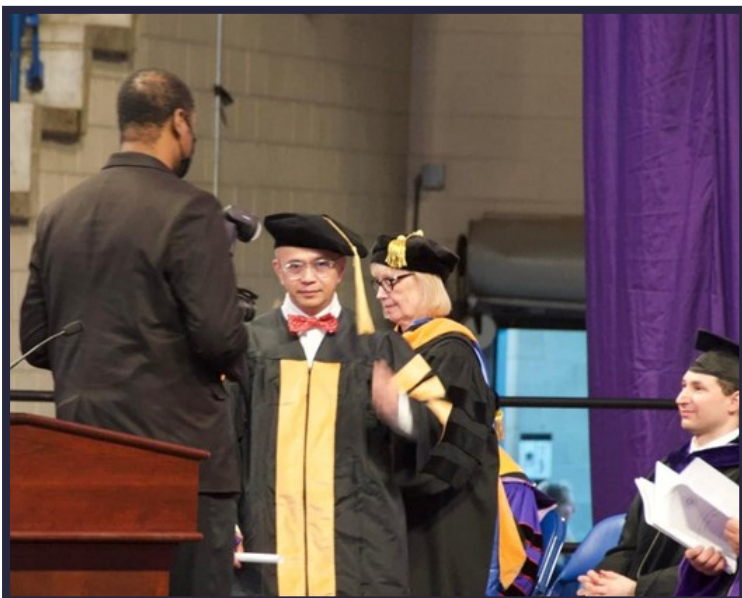


Dr. Tess Clemente Medina

Ms. Laarni Florencio



Congratulations to Neil Pitero Barranta, RN, MSN, DNP, CCRN, CRN, LCDR United States Public Health Service Commissioned Corps, member of PNA Metropolitan DC for his completion of his Doctor of Nursing Practice in Anesthesia from the University of Scranton Pennsylvania Jesuit University. Neil graduated on May 21, 2022, and he passed the Anesthesia Board on June 16, 2022 with the second highest score in his class. He will be an Independent Anesthesia Provider with the Indian Health Service in New Mexico. Throughout his journey, Neil is supported by his family. He would like to share this message from his dad “Never Stop Learning, learn like you will live forever.”



# Asian American and Pacific Islander

## HERITAGE MONTH



### Maria Shares Her AAPI Heritage Month Thoughts

Article republished with permission

*Meet Maria Kirton, BSN, RN, CMSRN! She has been kind enough to share some of her firsthand thoughts on Asian American Pacific Islander (AAPI) Heritage Month. Check them out here.*

“First of all, thank you for the opportunity to let me tell my story during Asian American Pacific Islander Heritage Month! What a blessing it has been to be an active part of this health care ministry almost 37 years now in the Women’s Specialty Unit (WSU) at Bon Secours St. Mary’s Hospital. Our team provides compassionate and excellent care to patients with post-surgical needs such as post-mastectomy, post-gynecological surgical oncology, plastic surgeries and other gynecology related surgeries. In the last four years, we have had the opportunity to take care of antepartum patients as well.

I am thankful to work in WSU with hard-working colleagues and with other health care teams who all play important roles in the patient’s holistic plan of care. Thanks to our leadership team for their support and appreciation, too!

As one of the charge nurses in WSU, one of my roles is to assist in coordinating a patient’s plan of care, collaborate with staffing within the division, communicate with patient placement and serve as a resource in the unit. I also actively participate in shared governance and am the chair of the Unit Base Council as well as the representative to the Nursing Quality Outcomes Council. It is important that each member of the team has a voice in the decision-making process.

I am also a member of the review board of the St. Mary’s Professional Nursing Advancement Program. This gives me an opportunity to encourage my colleagues and assist them in their professional growth and advancement journey. I have been involved with the onboarding of international nurses and this gives me a chance to connect with my heritage. In fact, I’m looking forward to meeting more international nurses in the weeks to come.



One of the parts of nursing I treasure and have always loved is clinical bedside nursing. To me this is where the miracle takes place. I value that special moment where I establish a connection with my patients. One of the joys that warms my heart is seeing my patients heal after taking care of them. It is a nice feeling to see them transcend from not feeling well to progressing through the health care continuum.

But there are challenging times, too. Serving our patients for more than 36 years gives me a sense of pride and gratitude. I give my dear mother a tribute because she inspired me to enter this noble profession in 1974. She was a nurse herself and I can remember vividly the dedication and commitment that she bestowed to her patients. When my mom came home from work, she might have look tired but peaceful, content and she still managed to take care of us.

My dad played a role in my coming to the United States because he trusted me to travel at a youthful age to another continent. I am also thankful to our dean, Sr. Veronica Origenes, O.S.B., and the professors and class adviser for all the teachings that they have imparted to us. I graduated from Divine Word University run by the Society of the Divine Word Fathers and the college of nursing was run by the Benedictine Sisters. It was tedious and arduous work that prepared me to meet the challenges of my role as well as the plethora of clinical experiences that I had gained working at St. Mary's Hospital. The many mentors I had through the course of the years; I am grateful to them.

I am proudly in my second term of office as the President of the Philippine Nurses Association of Richmond, Va., and the Eastern Region Legislative representative of the Philippine Nurses Association of America. We have more than 4,500 members throughout the U.S. I am honored to be a member of a professional organization that provides me support, advocacy, educational and leadership opportunities, networking, collaboration and the importance of giving back to the community.

Celebrating the Asian American Pacific Islander Heritage Month means a lot to me because it highlights this special time and opportunity to reflect and embrace my identity as a Filipino. I came to the United States in 1983 and worked in Bon Secours Richmond Community Hospital as one of the Filipino nurses. I take pride in my Filipino heritage. It is such a great feeling to share with others where I am from. I love it when patients and their family members ask me where I am from and how long have I worked for St. Mary's Hospital. I am so enthusiastic to tell them that I was born and raised in the Philippines and share with them the years of service at Bon Secours. They also react by saying, 'That is wonderful! And that is dedication and loyalty to St. Mary's.' I love it!

Furthermore, AAPI Heritage Month is also recognizing the services of the many AAPI personnel who have taken an active role, dedication and commitment to serve in many facets of the workforce. It is also a way to honor their demanding work, struggles and courage of asserting themselves to forge and better themselves in attaining their goals based on their craft, gutsy spirit and arduous work. It is important to honor our ancestors who taught us our cultural traditions and I am forever grateful.

It is through diversity that our organization is enriched with talents whether it is sharing our culture, traditions, food, language, ideas, skills and uniqueness. What a beautiful world it is!"

### **"Proud To Be Pinay"**

Marapat lamang na ipagdiwang natin and araw ng kalayaan,  
Matagal nating itong minithi at hinangad sa ating buhay,  
Mula sa ilalim ng mga kastila, hapon at Amerika,  
Natamo ng Pilipinas at kasalukuyang malaya na.

Sa ating mga kababayan na nagbuwis ng kanilang buhay,  
Mula kay Andres Bonifacio, Padres GomBurZa at Dr. Jose Rizal,  
Ipinamalas nila ang tapang at pagmamahal sa bayan,  
Sa pamamagitan ng pagsulat at tunay na laban.

Sa ating dinanas na malupit na paghihirap,  
Sa kamay ng mga mananakop, naudlot ang ating pangarap,  
Sa mga bayani natin na nagpakita ng gilas at kagitingan,  
Itinaya ang kanilang buhay upang ang laya natin ay makamantan.

Isang daang bente kuwatrong taon tuloy paring ipinagdiriwang,  
Malaking parangal ito sa Pilipinas para gunitain ang kasarinlan.  
Ipagbunyi natin itong dakilang araw, ng sayaw, tula at kantahan,  
Tayo'y magsaya at salot -salo sa sari-saring handaan.

Bagamat marami sa atin ay mga American citizens na,  
Dugong Pinoy pa rin walang kupas ang pagmamahal sa bansa.  
Hangad pa rin natin umuwi ngayon o sa balang panahon,  
Kaysarap planohin at nakakasabik ang mga pagtitipon.

Sobrang hadlang sa pagdalaw ang idinulot nitong Covid pandemya,  
Maraming papeles na kailangan at pabago-bago ang rekomenda,  
Bukod sa bakuna, mahal na pasahe, insurance, Covid testing at mascara,  
Nakakasakit ng ulo, akoy natutuliro, tutuloy ba ako?

Sa wakas dumating na rin ang araw na aking inaasam-asam,  
Ang pagbabalik na muli sa Pilipinas kong mahal,  
Mahigit na dalawang taong tayong natimbre sa bahay,  
Pagbiyaha! chechebureche parin kaya tuloy ang sagabal.

Sa ngayon plano kong umuwi sa susunod na taon,  
Bisitahin ang pamilya at dumalo sa aking 50th college reunion,  
Bagamat naantala at nahinto ang mga pagpupulong,  
Super excited ako, because finally Philippines I am coming home!

SALAMAT PO!

**Carmencita Santiago BSN RN**



## Nurse Practitioners in the Forefront of Advocacy

By Velma Dumag Yep, DNP, GNP-BC  
Board Member and Legislative Committee Chair (PNA Southern California)



Nurses are at the forefront of healthcare. Moreover, nurses are now forthcoming in advocating for their profession and patients. According to the American Association of Nurse Practitioners (AANP), 26 States in the U.S. have obtained 'Full Practice Authority (FPA) for their nurse practitioners (NP).

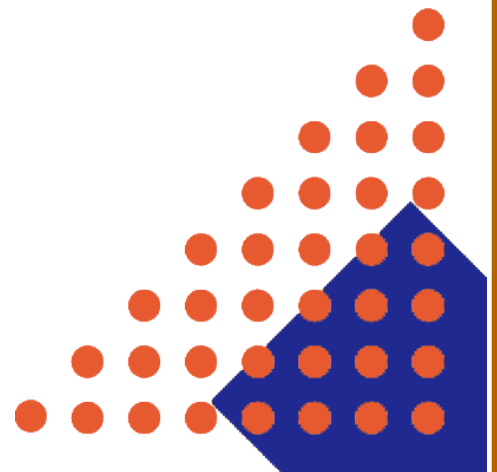
"FPA is the authorization of NPs to evaluate patients, diagnose, order, and interpret diagnostic tests, and initiate and manage treatments under the exclusive licensure authority of the state board of nursing. This regulatory framework eliminates outdated requirements for NPs to hold a state-mandated contract with a physician as a condition of state licensure and to provide patient care" (AANP, 2022).

In 2020, California nurse practitioners achieved a monumental victory with the passage of AB 890. AB 890, authored by Assemblymember Jim Woods (D-CA), 'would authorize an NP who meets certain education, experience, and certification requirements to perform, in certain settings or organizations, specified functions without standardized procedures, including ordering, performing, and interpreting diagnostic procedures, certifying disability, and prescribing, administering, dispensing, and furnishing controlled substances.' This bill was introduced to provide more access to healthcare for patients, particularly in the underserved areas where there are shortages of Family Practice physicians. This law will help eliminate health care disparities and manage healthcare costs.

For the last ten years, I have become very involved with the California Association for Nurse Practitioners and continue to advocate for my profession and my patients. In doing so, I, along with my N.P. colleagues had lobbied in the State Capitol and met with State and local legislators conveying what NP can do and what we do matters. Recently according to the U.S. News and World Report ranking, the NP role first on its 2022 Best Health Care Jobs list. Experienced nurse practitioners deliver high-quality health care!



With city mayor and council members and CA State Senate representatives receiving NP Week Appreciation November 2021



## Celebrating PNAA Members...My PNAA Why?



Melissa Cunanan BSN, RN, CCRN  
PNAA Membership Chairman/Asst Treasurer 2020-2022  
PNA North Texas-Dallas Chapter President 2018-2020  
PNA SCR Circle of Presidents Regional Representative 2019  
Member, 12 years

Every day, PNAA members share stories of their incredible experiences with PNAA and their chapters. They are the epitome of dedicated, service-oriented, and passionate members. We would like you to meet just a few of the extraordinary PNAA members who exemplify our collective spark. Here are some of our inspiring members who continue to embody the mission and vision of PNAA to make the world a brighter, more beautiful place.

This is the 3rd in a series of “My PNAA Whys” highlighting our members and their reasons for being part of PNAA and their local chapter. New and seasoned members are encouraged to participate by sending a short essay with only a phrase or a maximum of 5 sentences to the PNAA National Membership Chairman Melissa Cunanan ([maicunanan@sbcglobal.net](mailto:maicunanan@sbcglobal.net)) or Co-Chairman Davy Diongson ([davygd@gmail.com](mailto:davygd@gmail.com)).



As a founding officer of PNA Gulf Coast Florida, I am proud member of PNAA. PNAA gave me us an opportunity to represent our chapter in the National level. Through PNAA, we were able to extend help to our kababayans back home during calamities when they most needed help. It was a great feeling to be able to help others in time of need. There's so much more that PNAA offers their members in terms of continuing education. mentorship, leadership, research, community service, and much more. Thank you PNAA and PNAGF for the opportunity to serve.

Cecile M. Santos-Medenilla BSN, RN, TNCC  
8th President, PNAGF 2011- 2014; PNAA SCR COPRR 2012- 2013



The Philippine Nurses Association of America (PNAA) is the global representation of the Filipino Nurses. Your PNAA membership goes with you wherever you go!

Florence Palmaira, BSN, RN  
President, PNA Illinois 2020-2022  
Member, 43 years



**Greta Pardue, MSN, RN**  
**Founding President,**  
**PNA North TX 2015-2017**  
**Member, 17 years**

In 2005, a tragedy happened, we lost one of our Filipino nurses in Dallas. I was at a loss, I heard her passing through other Filipino nurses. This struck home, I can recall the challenges I have encountered to attend her service, I did not know the details, but I felt that no one should be so burdened, and feel alone. This is when I thought of searching for a Filipino nurses' association and was ecstatic that we do have one. PNA-North Texas Dallas was formed due to necessity, and as time went by, more resources were availed to our members.

PNA is an organization that builds each member to be an excellent clinician, a leader and to be human. Our past leaders had mantras that ensured that we are excellent nurses, capable leaders and having the qualities of a good person, doing God's work here on our earthly journey. It has afforded me to create memories with lifelong friends and new friends. Celebrating with them their success and mourning with them with their losses. I have found an extended family; each moment is cherished.

My PNA membership means so much to my personal and professional life. It allowed me to network with highly esteemed Filipino nurses that are making significant contributions in the healthcare milieu. It's my source of inspiration to advance my career and offer tangible services that further increase Filipino Nurses' presence in all areas. I take pride in my membership and it's a great honor to belong and be an active member of this highly recognized organization. PNA is a family, a community, and my home away from home.



**Ian Kirit, MSN, RN**  
**PNA New England**  
**Member, 1 year**



PNA membership is meaningful to me because it has fostered and nurtured my growth to become a nurse manager. PNA has given me an opportunity to meet and network with many other successful Filipino nurses all around the world who have shaped my nursing career. PNA will always be my 'Ohana.

**Jacque Dardeen,**  
**BSN, RN**  
**PNA Hawaii**  
**Member, 12 years**

My desire to join and stay with PNA America is prompted by three things: the idea of giving back to the nursing profession that has given me so much, giving back to the Filipino community of nurses, and promoting a strong and positive image of the Filipino nurse here in the United States.



**Dominador C. Bitago, Jr, MSN, CRNA**  
**President-Elect, PNA Alabama 2021-2023**  
**Member, 3 years**

I joined PNAA because I want to develop friendship among our colleagues through networking, fellowship, and communication. I believed belonging to such professional organization enhances my professional goals of not only knowing the latest updates in our nursing career but also educational opportunities and bonding with our fellow members through social media, etc.

Building and supporting among each is paramount to the success of our community which is why we are united and diversified from all over the country. And as a new member, I am looking forward to knowing our fellow members and develop camaraderie starting from our PNANT to the other chapters across the states.

Joel Clemente MAN, RN  
PNA North Texas  
New Member, 1 month



June C. Fernandez, BSN, RN, CNOR  
PNA Maryland  
New Member, 1 month

I recently became a member of the PNAA because of the influence of our senior Filipino nurses living in Maryland who have been in this association most of their nursing career. I have known different members and officers at our workplace who also had been encouraging me to attend their events. Recently, I was able to sign up because of Mercy Bowerman who hosted a PNA Maryland party. There were several PNA members and officers who were present. I got inspired after knowing what the organization's mission and vision were. I told myself that I can also make a difference and create an impact as a nurse in the US via this organization. This is how I can give back to our fellow-Filipino nurses and kababayans here in the US and abroad. I can see their huge influence to Filipino nurses working here in America.

I also noticed that chapter members are very welcoming, and their camaraderie is one of a kind. I look forward to attending their upcoming events. Lastly, I can't wait to share my ideas and expertise that I have learned and experienced working at Johns Hopkins as well as the United Kingdom and the Philippines.

I discovered a deeper meaning and purpose being an RN here in the US once I joined PNAA. My horizon has broadened, and my attitude has become more pleasant and positive. Who wouldn't improve when you are with purpose-driven Filipino nurses who go for volunteering for free-clinic, food distribution to the homeless, distribute goody bags to support fellow RNs during this pandemic among other things? The Nurses Week, Annual Minority Nurse Summit and Western Regional Conferences are well-planned for; there is no turning back for me now. Looking forward to this July's National Convention in New York!

Yolanda Maron BSN, RN  
PNA Central California  
Membership Chair 2020-2022



# be the SPARK



I have been a member of PNANJ/PNAA for more than 10 years. I have been a nurse for more than 4 decades and my heart has been in Nursing and taking care of people. The organization has assisted me to fulfill that passion to make a positive impact to the lives of my patients and helping the community. Community outreach is one of the pillars of the organization and an advocacy that is near and dear to my heart. Also, the successful interpersonal collaboration among the members of the organization through networking, teamwork and camaraderie are priceless and make us a better person. For me, PNAA/PNANJ is FAMILY.

Rosalina (Sahlee) Manongdo  
Past President,  
PNANJ Essex Subchapter 2016-2018  
PNANJ Foundation BOD 2020-2022  
Member, 10 years

I have been a volunteer and officer of few service organizations in Houston, TX; but, joining PNAA and becoming an EB member of PNA Metro Houston in 2010 gave me more joy and fulfillment personally and professionally. PNAMH is a stellar chapter with stellar leaders that paved the way for me and its future leaders. Together, with the same mission, goals, and objectives, we developed a strong sense of belongingness and support for each other while interacting, collaborating, producing, and making a difference in our place of work and the community we serve. PNAA and its strong and effective leaders with their wisdom and guidance has provided us a platform to do more and excel in what we do and as future leaders outside of our chapter's comfort zone.

Arlita C. Pang, BSN, RN  
PNA Metro Houston President, 2020-2022  
Member, 12 years



When I think of PNAA, I think of Empowerment of Filipino American Nurses formed as one of the true pillars of healthcare all over the US and abroad. They are educators, mentors, and a voice of Filipino Nurses to achieve change in the present society. They honed leaders that strongly motivate and inspire their chapter members to work as a team towards a certain goal, and there to support its members and the nursing profession. They are cultural promoters and ambassadors of the Philippines. PNAA's Filipino nurses, who are imbued with spirit of generosity in their hearts, extend their mission to the Philippines. As a member of PNAA since 2000, I am always proud of representing our chapter, hold the torch of being Filipino as one of the frontliners, who never forgets to share and serve not only our patients at the bedside but the undeserved ones in the community and in the Philippines.

Merly Santos- Llanto BSC RN CCRN  
PNA of Gulf Coast Florida  
Founding President 1999  
Member, 23 years

# Empowering our Nurses thru Education: Chronic Kidney Disease and Obesity

By Merlie Ramira, DNP, APRN, FNP-C, CEN, Sherwin Imperio, DNP, PMHNP-BC, RN-BC, PHN & Riza V. Mauricio, PhD, APRN, FCCM, CCRN, CPNP-PC/AC

The PNAA Practice Committee collaborated with PNAAF and AstraZeneca for a successful education webinar via Zoom on Saturday, May 28, 2022, from 11:00 am to 1:00 pm EST. Dr. Crisamar Anunciado and Ms. Melanie Sherman, Medical Science Liaisons from AstraZeneca, presented chronic kidney disease (CKD). Some takeaways mentioned from their presentation include that Diabetes and Hypertension are the leading causes of all CKD cases and account for approximately 60% of all CKD cases. The speakers mentioned that due to the overall burden of CKD, better screening, and diagnosis of CKD for patients with Type II Diabetes Mellitus and Hypertension are necessary for assessing eGFR (estimated Glomerular Filtration Rate) and UACR (Urine Albumin Creatinine Ratio). Their recommendation is congruent with the recently approved guideline of the United States Preventive Services Task Force (USPSTF).

## SPEAKERS – CHRONIC KIDNEY DISEASE



**Crisamar J Anunciado, PhD, FNP -BC, BC-ADM  
Sr Medical Science Liaison**



**Melanie Sherman, MSN, FNP-C  
Medical Science Liaison – Cardiovascular, Renal & Metabolic Disease**

## OBESITY LECTURE



**Carmina Bautista, MSN, FNP -BC, BC-ADM  
PNAA Executive Director 2020 -2022**



Ms. Carmina Bautista, a family nurse practitioner who specializes in Diabetes and weight management and the PNAA Executive Director, presented a one (1) contact hour continuing education on “The Burden of Obesity.” She discussed that obesity rates have increased to 42%, with disproportionate prevalence in communities of color. She also indicated that the Center for Disease Control and Prevention (CDC) projects an increase of Americans diagnosed with obesity by 2030. Another interesting fact, according to the American Nurses Association (ANA) 2021 Health Nurse, Healthy Nation Health Assessment Survey, that 30% of nurses are diagnosed with obesity, and 29% are overweight. She further discussed that Asian-Americans tend to have a higher risk of diabetes, cardiovascular disease, and hypertension compared to other ethnic groups at lower body mass index (BMI) values because of increased visceral fat.

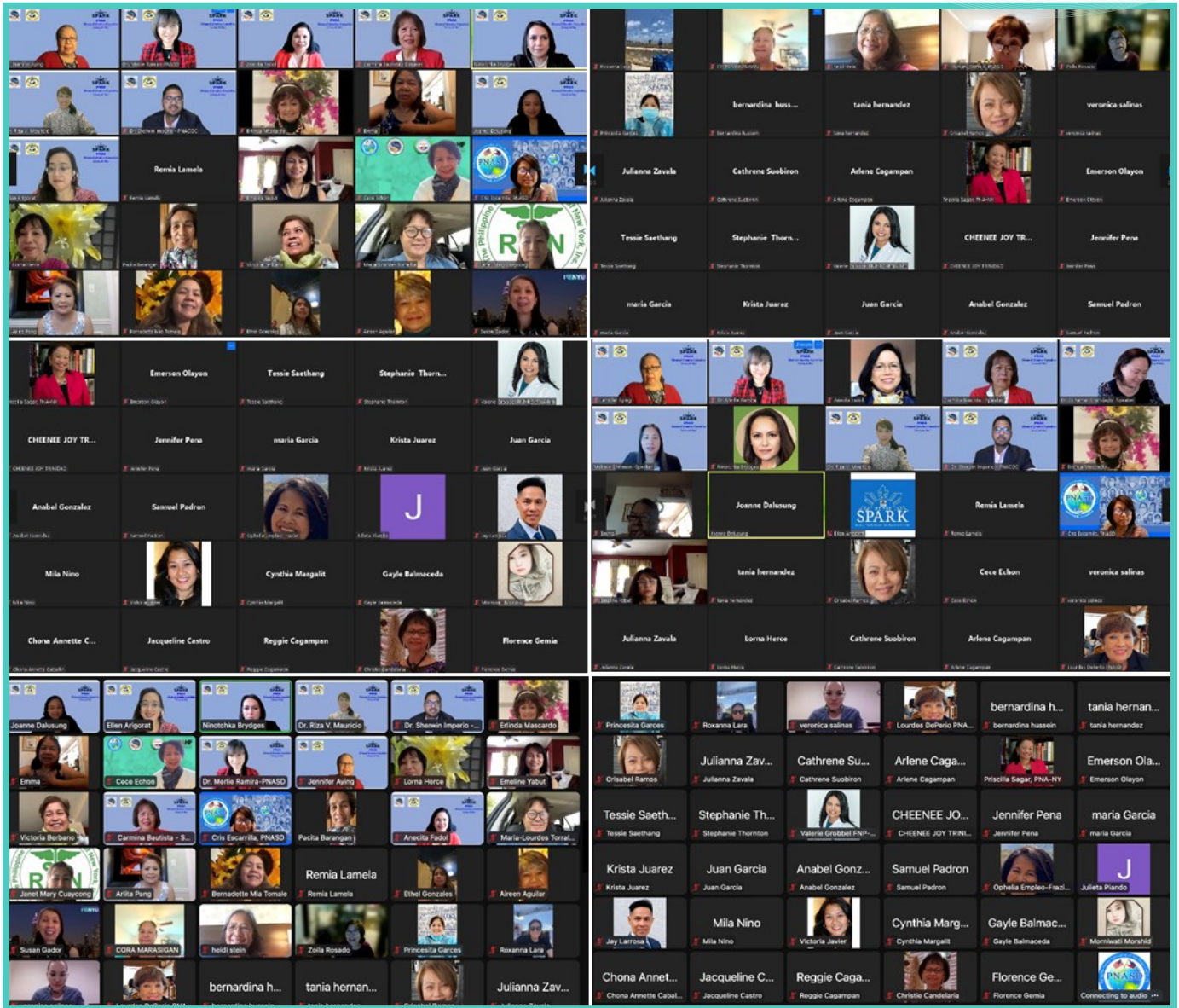
Almost eighty (80) nurses, including nursing students, were engaged by posing thought-provoking questions during the discussion. There were robust comments from the audience, calling for bold action to combat obesity and promote a healthier nation.



The Practice Committee leaders would like to thank Dr. Mary Joy Garcia-Dia, PNAA President, and Dr. Gloria Beriones, PNAA President-Elect, for their recorded video messages.



PNAA Practice Committee Education Planning Team



**A big shout out to the Practice Committee Planning Members, Dr. Riza V. Mauricio, Chair of the Practice Committee, Joanne Dalusung, Dr. Merlie Ramira, Ellen Arigorat, Dr. Jennifer Aying, Dr. Ninotchka Brydges, Dr. Sherwin Imperio, and Dr. Anecita Fadol (Co-Chair).**

The attendees had fun networking with peers and colleagues during post-conference; raffle drawing of five free one-year PNAA memberships and ten \$25 Amazon gift cards, and a photoshoot to capture the event - a classic PNAA tradition. Congratulations to all the winners! Thank you to all the PNAA members and friends who supported and attended the event.



### **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.

### **What we require:**

- Must be a graduate from an accredited School of Nursing and Alaska State license as a Registered Nurse.
- Must have 3 years of experience in home health nursing and be well versed in providing an initial and ongoing comprehensive assessment of the patient's needs including Outcome & Assessment Information Set (OASIS) assessments.
- Skillful in organization and principles of time management with knowledge of management processes.
- Must pass a criminal background check, drug screening, fingerprinting, and have CPR certification/Immunization record up to date, including TB.
- Must be willing to drive to all job locations Anchorage and All Mat-Su Valley, Eagle River, Chugiak, Sutton & North Willow.
- Must have a valid Driver's License/valid auto insurance with a clean driving record.
- Must be a great Team player.

### **Is this you?**

- The desire to make a difference in others' lives by providing quality care
- The desire for a rewarding and fulfilling position
- Flexible schedule when working in the field
- Seeking competitive pay/Benefits: Health, dental, vision, 401k & more.

For more information or to apply for this position, please visit :

<https://www.wellspringhomehealth.com>

# PHILIPINE NURSES ASSOCIATION OF METROPOLITAN DC

## MEN IN NURSING



# PNA TAMPA Member Wins DAISY Award For Extraordinary Nurses 2022!

By Gealdina Irvine, MSHSA, BSN, RN and Nennette Apostol, BSN, RN



Congratulations to PNA TAMPA member, Andrew Jay Apostol for being honored with the DAISY Award For Extraordinary Nurses 2022!!!

Andrew Jay Apostol is a member of PNA Tampa since 2018 and the youngest child of Andy and Nennette Apostol. Nennette Apostol is one of PNA Tampa's Board of Directors and a long-time member of PNA TAMPA who is currently leading the organization's monthly virtual prayer group.

AJ as he is fondly called by his parents and friends is a little bit timid and shy but he has accomplished a lot at his young age in a quiet way. He loves to play basketball and tennis. His work ethics and aspirations in life was noticed by his nursing colleagues at Advent Health, Orlando and they put him up for nomination for DAISY Award this year. It is no surprise that he got this prestigious award with flying colors. His parents are so proud of all his accomplishments.

AJ started his nursing career with an Associate Degree in Nursing in 2018 and proceeded to continue with his Bachelor's Degree in Nursing. He graduated last January 2022 at Pasco Hernando State College. He started working at Advent Health

Orlando on April 2019 as a new registered nurse and worked at a Medical Telemetry multi-system unit. He currently works as relief charge nurse and preceptor at PCU and he is moving to the Intensive Care Unit as soon as he completes his critical care training. He was selected as the Nurse of the Month at Advent Health on January 2022, prior to his receiving the DAISY award. He plans to pursue Master of Science in Nursing this year. With his combined perseverance and determination, he will surely achieve his dreams in getting his Master's Degree in Nursing.

More power to you, AJ! All of us in PNA TAMPA are rooting for you in achieving your dreams and making a difference in people's lives!



AJ with his DAISY AWARD Certificate



AJ sharing his award with proud parents, Andy and Nennette Apostol



## A Male Nurse: A Man For Others

By Joel J Clemente, MAN, RN  
PNA North Texas



What does it take to be a male nurse in the mostly dominated female nurses in our noble profession? The answer is it's a blessing to be part of a profession serving humanity for life.

My journey as a masculine nurse started back in March 1991, and up to this day the principles that I embedded in my mind and heart remained the same, except for latest breakthroughs and milestones in health care as manifested by evidenced based practice, new procedures, high tech equipment and supplies, electronic medical charting, etc. The road to success was not easy as struggles, difficulties and trials haunted along the way in our quest to make our dreams come true. Yet finally after years of waiting, God heard the longing of our heart and now I would say that me and my family succeeded in our own humble way. All of this made possible by me being a registered nurse.

As a male nurse, at first, I thought nursing is just passing pills but i was wrong. Over the years, I learned that being a prudent nurse entails accountabilities and responsibilities to our recipients of care - our patients. We become their second family home away from their home, advocating for their needs and concerns, listening to their stories, giving a pad on their shoulder, educating them for their optimum level of functioning, and becoming a beacon of hope, healing and recovery for them, etc.

Such learnings made me realized that our profession is not just a vocation, it's a calling. God intended us to be nurses to spread and share his mission of *Love* to our fellowmen in any healthcare facilities or in everyday life - that is giving our tender loving care, preserving and restoring health, rendering our utmost care and services. Thus, there is strength in number when we work together for the common good - teamwork, cooperation and unity for the success of the unit, having positive patients' feedback through patients' satisfaction survey, and knowing we did our best for our patients.

Of course, there are challenges to be a male nurse like expectations. that you are able to carry heavy equipment which female nurses cannot do, expert in starting an IV, drawing blood, etc. All of which are part and parcel of a nurse job in a clinical setting.

On the lighter side, being a male nurse has helped me and my family travel the world from Europe to North America and Asia. Again, I say thank you Lord for making me a nurse. Me and my family believed that life worth living for is not just work, work, and work. We need to unwind ourselves, taking time to relax, rejuvenate and vacation through travel and leisure. Thus, appreciating God's wonderful creations.

Moreover, outside the job, as a male nurse and as a man for others, I am involved as a hospitality minister, community service volunteer and 4th degree Knight of Columbus in our local church of St. Gabriel the Archangel. Part of which also, me and my family are members of the Couple For Christ where we render community service, praising God, and praying for everyone and the entire world. As such, bringing people closer to God, and making our treacherous world a better place to live in our own humble ways.

Moreso, as a man in our noble profession has helped me release my talent in freelance writing. Having been a writer for the past 36 years made me discovered that the "the pen that is mightier than the sword" as evidenced by my first book *The Story Of A Prudent Nurse* that was published last July 2017, continuing writing articles on a monthly basis through Facebook since then and up to this day, and since November 2020 a reporter/writer for the *Texas Knight* journal/newspaper. It was truly a grace from the Lord, and an inspiration from the Holy Spirit having such talent, aside from being a nurse.

Hence, being a male nurse again I would say is indeed a marvelous blessing from our Divine Providence. I am very thankful to Him, my family, friends, relatives, colleagues, and patients who became part of my journey. With prayers, thanksgiving, supplication coupled with faith, hope and love - we nurses made a difference in the lives of our patients, and for the patients who experience the same. Service, Commitment, Devotion - we are heroes without capes.

*Joel Clemente is an RN Charge Nurse at Carrus Health in Sherman, Texas.*

# When the Universe Conspires: My American Dream

By Criselm C. Ducanes, BSN, MAN, RN  
PNA Indiana

I always believe that I was born to help and care for others. This eventually fueled my interest in pursuing nursing as my career. I was educated and trained as a professional registered nurse at St. Paul University Iloilo, Philippines and I am so fortunate to have my nursing education in one of the top performing nursing schools in my country. The training does not only focus in forming competent professional nurses but also in molding Christ-centered Filipino Nurses which I am dearly proud and thankful for.



Senior Year Class Picture



During our ring and pin ceremony



Graduation 2012

I can describe my nursing experience as a “Roller Coaster Ride”- things do not always come to my favor. I graduated in 2012 and got my Philippine RN license in January 2013. It was really hard to find a paid nursing job at that time. I even resorted to paying for my training fees as a volunteer nurse at the hospitals but unfortunately, it was not an assurance of an employment. The competition was very tight and there was a surplus of nurses back then, so I decided to pursue my master’s degree with the hope of getting a job with an additional credential. I paid and volunteered in 3 hospitals before I got a job. It was 2015 when I was finally hired as a staff nurse. I was assigned in different areas in the hospital. I was a bedside nurse for 3 years until I decided to venture to a new perspective as a nurse educator in academe. I was hired as a clinical instructor at the University where I obtained my BSN degree and was given the opportunity to teach young aspiring nurses. It was quite easy for me to transition from bedside to being a clinical instructor because I was trained in the same hospital where my Alma Mater was affiliated with.



St. Paul's Hospital Iloilo (SPHI) Staff Nurses

While I was contemplating in advancing my nursing career in 2019, I thought of pursuing my so called “American Dream”. I was so fortunate to find a good employer through social media and was hired immediately in Rehab hospital in Southern Indiana after the initial face to face interview in Manila, Philippines. They were very kind and generous to sponsor all my exams and requirements for the immigration such as IELTS, NCLEX-RN and CGFNS. However, US immigration slowed down back then due to COVID 19 Pandemic, hence it took me more than 2 years before I finally got my US Visa. I knew that something big was out there for me but I was skeptical about it because this was my first time to be out of the country and I didn't have any family or relative in the USA. I was so fortunate that my best friend in college, Vanessa, an ICU Nurse in California, offered her

home for me to stay temporarily for a month while I was processing the requirements for my transition. My transition to Indiana was also smooth because of the assistance of Manay Mattie, Tita Florence, Ate Redd and Josie, who helped and provided me with the essential things I needed as I start my life in the US.





**St. Paul University Iloilo (SPUI) Nursing Department Faculty**

My experience, education and training as a nurse in the Philippines have helped me adapt to the fast-paced healthcare environment in the USA. I can honestly say that adaptability and resiliency are 2 key elements that make Filipino nurses special wherever they go. Moreover, it was not really difficult for me to adjust in the new setting because I work with 2 Filipino Nurses, Aila and Chelo, and sometimes, we hang out together whenever we are free. Best of all is that PNA-Indiana played an important role in supporting and helping Filipino Nurses who are migrating in Indiana, USA. I can personally testify how this organization helped me in my transition to Indiana.

a shout out to my male colleague members of PNA-IN in “Honor of our Male Members in Nursing” that includes: Gully Quintia, Van & Nico Gaviola, Nimrod & Patrick Sarangaya, Myke Regacho, Gem Caranguian, JC Rick Gel Caguia, and Tyrone Bautista!

As a member of PNA-IN , I would like to honor and include

As the saying goes, *“when you want something, all the universe conspires in helping you to achieve it”*- This exactly happened to me! Although it was a “roller coaster ride” at the outset, there were people which I did not expect at all who helped and assisted me with my transition and I am very thankful for them. I know that this is just the beginning of my journey but as a Filipino Nurse, I was born ready!



**Manay Mattie, Tita Florence & I in a Korean BBQ Resto at New Albany when I arrived in Indiana**



**Essential Things donated by Manay Mattie, Tita Florence, Ate Redd & Josie & PNA-IN**



**Aila, Chelo & I at the Port of Jeffersonville, IN**



**Vanessa & I at Laguna Beach, California**

## Tampa VA Nurse Cites Filipino Culture, VA Employment as a ‘Win-Win’

By Rob Frazier, Public Affairs Specialist

May 10, 2022



Don Bronto lives by three letters – C.P.R.

“They stand for communication, professionalism, and respect,” says the assistant chief nurse of geriatric and extended care (GEC) services for James A. Haley Veterans’ Hospital & Clinics. “I practice this as a nurse, as a person, and as a Filipino.”

Bronto credits his Filipino heritage and the examples shown by his parents as the reasons behind his success in life.

“We are caring people who are passionate and hardworking,” added Bronto. “I am so proud to be a Filipino because of those traits.”

As the second oldest of five children, Bronto said his mother’s commitment as a homemaker and his father’s passion for serving others as a medical salesman and politician propelled him toward a career in service to others.

“I saw the need for nurses in the Philippines, and I knew I had the drive to care for people,” said Bronto.

In the middle of taking courses, he found ways to put himself through school. Bronto also met Geraldine, a Filipina nursing student, who would later become his wife.

He followed her to the U.S. in 1999 with a dream of starting a family and working for VA. In 2006, the young father passed his citizenship test and officially became an American. Shortly thereafter, he and his wife obtained employment as nurses with Bay Pines Healthcare System in St. Petersburg.

“I received my citizenship on October 31, 2006, and one day later, I applied to VA,” added Bronto.

He started as a charge nurse for transitional care and would later be recognized with the RN Excellence of the Year award.

“Being a nurse is a commitment. It’s a calling, actually,” added Bronto. “I knew I could do it, but I had to prove myself, and VA saw my potential to lead.”

Bronto worked as part of Bay Pines for 13 years, before moving to Tampa VA in 2019.

Less than two years after his arrival to Tampa VA, Bronto became the recipient of the [DAISY Nurse Leader Award™](#) in July 2021. The DAISY Foundation expresses gratitude to Nurses with programs that recognize them for the extraordinary compassionate, skillful care they provide patients and families.

As part of his recognition, which you can view [here](#), Bronto was cited as “an aspiring leader and a true rising star.”



**Don Bronto**



HONORING NURSES INTERNATIONALLY  
IN MEMORY OF J. PATRICK BARNES

July 2021

**Adonis Bronto, MSN, CRRN, RN-BC**

Geriatric and Extended Care Services  
James A. Haley VA Hospital and Clinics

Tampa, FL

United States

Throughout his time with VA Bronto has continued refining his servant-leadership style. Specifically, he found that listening and observing were two pillars for team unity and overall success.

“Listening is a powerful tool,” said Bronto. “We all should listen to each other more because when we do, our planning, acting, and execution as a team improve.”

He also acknowledged the importance of recognizing diversity.

“Having different cultures has a positive effect in our workplace,” continued Bronto. “We are a multi-racial workforce who respect our Veterans. That’s very important in the VA, and one of the many reasons I am so proud to be working here as a nurse.”

Bronto continues his service to others outside of VA, too.

“I am a singer,” added Bronto who sings at Mass every Sunday and visits nursing homes to sing for Veterans. “Music is part of healing, and the joy you see on their faces through music is priceless.”

The once young father, now a senior leader with VA, admitted that he and Geraldine have had great careers; however, they are most proud of their children.

“Our oldest, Joshua, is now 22 years old and just graduated from the University of Florida with a degree in advertising,” beamed Bronto. “Our daughter, Jilene, is a high school senior and plans to pursue nursing at the University of Central Florida this fall”.

Bronto credits his Filipino culture for guiding him in thoughts and actions toward others, but also felt his time as a nurse in the U.S. has made all the difference in the success he and his family have experienced.

“I am so grateful to VA,” said Bronto. “They are the reason I am where I am now.”

*(reprinted with permission from the author)*

# My SPARK Story

**By: Elmer Amparo, MSN, RN, FNP-BC**

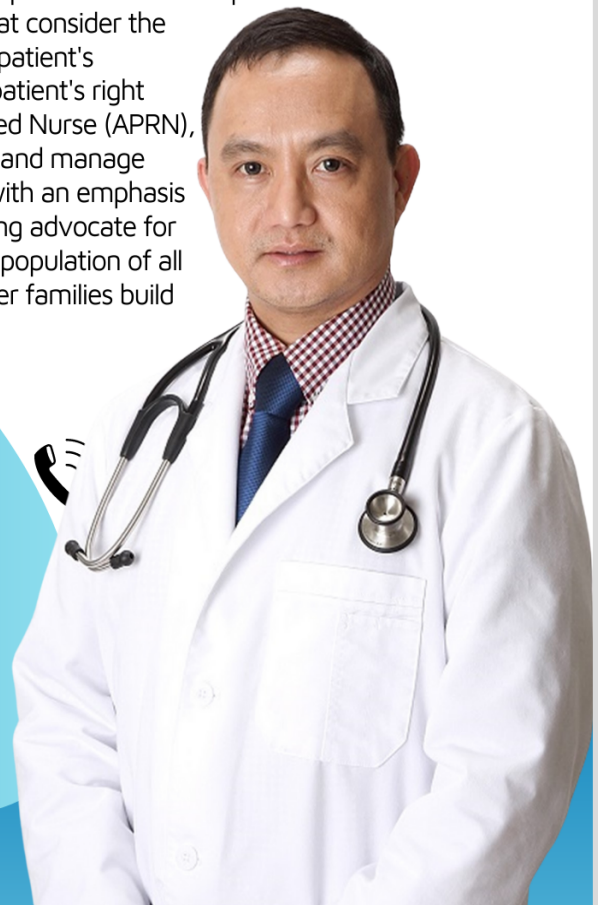
**Philippine Nurses Association of Metropolitan DC**

I come from a family of successful nurses who has dedicated their lives to caring for—improving the well-being of individuals, their families, and their communities. At an early age, I was inspired to be a nurse by my parents, and my entire family was there to support me as I worked toward certification as a registered nurse. I made them proud by securing continuous employment and by taking leadership roles, such as the position of a clinical research nurse, in prestigious institutions. My professional background as a registered nurse has primarily involved delivering critical and progressive care to an adult population. I have learned a lot about patient conditions. My experiences to date have allowed me to explore my feelings, beliefs, and values to nurture my personal development and acknowledge patient experiences. I have worked on different continents with individuals from diverse cultures and personalities, which has made me a flexible, culturally sensitive individual and, more importantly, an excellent team player. These qualities have prepared me to take on the role of the family nurse practitioner as a specialty practice to deliver effective primary care.

My advanced practice nursing philosophy is grounded in the need to care for others that preserves a patient's right to human dignity. It involves treating patients in a compassionate manner that promotes their well-being. To make rational decisions that consider the patient's needs, are culturally sensitive, and support the patient's preferences in an emphatic approach that respects the patient's right to self-determination. As an Advanced Practice Registered Nurse (APRN), achieve professional aptitude to assess, diagnose, treat, and manage the general well-being of individuals and their families, with an emphasis on disease prevention and health promotion. I am a strong advocate for holistic care. My ambition is to provide care for a patient population of all different age groups to support entire families as healthier families build healthier and stronger communities.

*Elmer Amparo*

Nurse Practitioner



## Ernie Rosas: Exemplifies excellence in Nursing



Ernie Rosas, RN BSN, is a successful nursing professional, entrepreneur, and community and business leader. Most recently, he was appointed as the Chairman of the Development Committee of the Philippine Humanitarian Coalition (PHC). The latter's mission is to assist in rebuilding and recovery efforts of natural disasters and manmade crisis areas in the Philippines through fundraising and supporting community projects. He was a past President of the Philippine Nurses Association of America Foundation (2011-2015), which supports the development of Filipino-American Nurses to their fullest potential and facilitates their contributions to health and well-being for all through nursing, education, management, and research.

Ernie hailed from Tayabas City, Quezon Province, and graduated from St. John Bosco Academy. He received his Bachelor of Science in Nursing from the University of Santo Tomas, Manila, in 1976. He immigrated to the States in 1978 and completed his work visa program at Kansas City College of Osteopathic Medicine Hospital in 1980. He continued to work as a clinical nurse in various specialties, including Critical Care, OR, ER, Med Surgical, Psychiatry, Oncology, Geriatrics, and Hospice Care Agency Nursing. He has over

18 years in clinical nursing and 25 years in nursing management and entrepreneurship.

In 1991, Ernie recognized that healthcare provider organizations needed quality professionals to supplement their staffing needs. He and his wife, Beth, founded Reliable Healthcare Services, Inc., a healthcare staffing and international recruitment company. They provided temporary healthcare personnel, including nurses, to various hospital systems in Missouri, Kansas, Indiana, Michigan, and Ohio. In 1995, the company was awarded a Federal Contract (Federal Supply Schedule) to serve the VA Health Systems across the nation, the Department of Defense, the National Institute of Health, and the Indian Reservation Health System. He served as the company's CEO and President for over 25 years.

For the last 30 years, Ernie has been active in numerous nursing professional organizations. He was the President of the Philippine Nurses Association of Greater Kansas City from 1999 to 2000. He was elected to serve as a Board Member of PNA from 2001 to 2003; Regional Liaison Officer for the North Central Region from 2004 to 2006; and served as the last PNA VP from 2006 to 2008. At the 2007 PNA National Convention in Los Angeles, Ernie introduced a very successful fundraising event for the organization, the "PNA/PNAAF Healthy Challenge 5K Run/Walk. The first event took place in South Padre Island, Texas, during the 2008 Convention. It became a yearly event during the convention. For the last 14 years, the PNAAF/PNA has raised over half a million dollars in donations from this event. Due to its enormous success, Ernie and his wife Beth were awarded the "Rosas Cup" for this outstanding achievement. Ernie served as the President of the PNA Foundation from 2011 to 2015 and continued to introduce innovative fundraising ideas to raise money for our Legacy Building. He was the President of the UST Nursing International Association of the UST College of Nursing Alumni from 2002 to 2003 and served on the Appeals Committee of CGFNS International from 2002 to 2006.



As a community and business leader, his civic activities include involvement with the Mayor of Kansas City Ethnic Enrichment Commission as the Philippine Commissioner, Advisory Board, Asian American Chamber of Commerce, Kansas City. He is also the Past President of Kansas City World Outreach Lion's Club, the World Outreach Foundation, President of the Filipino Cultural Center Foundation, and the Board of directors for the Filipino Association of Greater Kansas City and served as its President in 2018 during their 50th Anniversary celebrations.



Ernie is also an active participant and financial supporter of the yearly medical missions to the Philippines and other countries since 1992. In 2007 as President of Kansas World Outreach Lions Club, he met with Candon City Lions Club and endorsed a donated mobile surgical and healthcare van to provide healthcare services to those most in need. He is currently serving as the Medical Mission Coordinator of the Philippine Medical Society Greater Kansas City/PNA of Greater Kansas since 2016. Together with his wife, they coordinated to bring the yearly "Feed the Hungry Program" to the Philippines, sponsored by KC World Outreach Lion's Club/PNA of Greater Kansas City. He is one of the donors of the 2017 Lion's Club International Yellow Boat Project, which benefited 12 families in Barangay Suay, Himamaylan City, Negros, Occidental. These families use the boats for fishing for livelihood and transportation to and from the school.



Ernie is the recipient of numerous awards and honors from local and national professional nursing, civic, and business organizations, which include the 2000 National Excellence Award in Entrepreneurship – PNA; 2005 Nurse of the Year Award – PNA of Greater Kansas City, 2006; Patriotic Employer Award – Department of Defense; 2007 Nurse Leadership Award – PNA North Central Region; 2008 Community Leader Award – World Outreach Foundation of Greater Kansas City, 2007; Community Leader and Philanthropic Award – Filipino Association of Greater Kansas City and 2008 Melvin Jones Fellow – Lions Club International Foundation. In 2016, he was inducted as one of the Chicago Filipino Asian American Hall of Fame recipients, Excellence in Nursing-International.

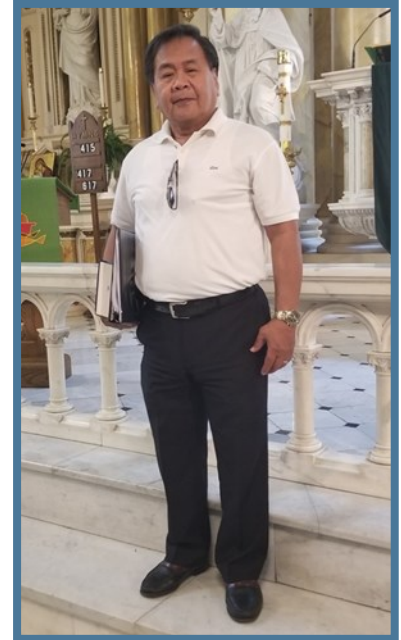
Currently, he is enjoying retirement with his wife Beth of 43 years, residing in Kansas City, Missouri. They are both "snowbirds" and spend the winter season in Scottsdale, Arizona, with their three kids and four grandchildren. He enjoys hiking and traveling with his wife. Ernie continues to be involved in his professional and community outreach activities.



## Ferdinand Luyun: Founder and first President of PNA Pennsylvania

Ferdinand “Ferdie” Luyun has been an active member of the Philippine Nurses Association of America (PNAA). He served in PNAA in many capacities, including as a PNAA Board Member and founder and first president of the PNA Pennsylvania Chapter. Additionally, he was one of the three people who started (founded) the successful PNAA Gawad Kalinga Project in Bulacan. He is presently a Board of Trustee of the Philippine Nurses Association of America Foundation and serves on the Public Relations and Website Committee.

Ferdie is happily married with three grown children. He is a BSN graduate of the University of Santo Tomas in Manila, the Philippines, in 1966. Ferdie served as the President of the University of Santo Tomas Alumni Association International, USA. He is now a retired CCRN, but he keeps himself busy by participating in various PNAA/PNAAF activities and other community, social and religious chores. He was elected President of the Filipino Executive Council of Greater Philadelphia, consisting of 25 member associations, and the President of the Ilocano Cultural Association of Greater Philadelphia. He also serves as an adviser and BOD of our several local associations. He presently serves as President of the Filipino Advisory Council of our local church. He has been involved in professional and medical missions in the Philippines annually except for two years due to the COVID 19 pandemic.





## Leadership during a crisis: Doing it right the first time

By Marlon Garzo-Saria



Giancarlo Lyle-Edrosolo DNP, RN, CENP, FAONL, is an accomplished nursing leader with significant experience in fostering excellence in nursing practice and workforce development. He is an expert in implementation of quality improvement projects, coaching, cultivating civility/healthy work environments, and creating/executing strategic plans that align with the quadruple aim. He is an experienced healthcare systems leader in both Magnet® recognized academic medical teaching institutions and community hospital settings. Dr. Lyle-Edrosolo has significant experience in leading and developing cross-functional relationships in both vertical and matrix organizations. He is versed in adherence to established nursing practice standards, regulatory, and quality standards and recognized as a role model for professional nursing practice, strategic thinking, problem solving, performance management, and leader development.

While there are many captivating and inspiring narratives from the heroes of the front lines, the story of Dr. Giancarlo Lyle-Edrosolo story is unique in that the ministry was thrust into the national spotlight when the news of nurses suspended for refusing to work without N95 masks were picked up by national media. It must be very agonizing for a nurse, whose hands were tied, just as every other nurse executive in the country at that time, to be accused of putting other nurses in danger by not providing personal protective equipment (PPE). It must have been distressing to make decisions to conserve PPE based on prevailing recommendations by the Centers for Disease Control and the World Health Organization, knowing that

there will be plenty of doubt from individuals placed under your care. Needless to say, a climate of distrust hovered over the ministry (hospital) until a few days later, when Saint John's was again thrown into the spotlight, this time for the discharge of Detective Michael Chang, a Los Angeles Police Department detective who was hospitalized in extremely critical condition with the novel coronavirus. Detective Chang underwent an Extracorporeal Membrane Oxygenation procedure and was enrolled in a clinical trial for two promising drugs, an antiviral and an IL-6 inhibitor, typically used to fight cancer. Detective Chang was in local news weeks prior to discharge for celebrating his birthday in the intensive care unit with nurses holding up a tablet so he can facetime his family. After Detective Chang's wife Dana drove him away from Saint John's, a group of LAPD officers stayed behind to express their thanks with a standing ovation for the nurses, the doctors, the administrators, even the valet for being first responders.

Dr. Lyle-Edrosolo enforced a whole-of-ministry approach, another term for all-hands-on-deck approach, to run operations during the early weeks of the pandemic. He knew that our staff (who we address as caregivers) will demand information from leadership so he scheduled regular meetings with the front line staff. He established open lines of communication to address the sometimes conflicting and/or rapidly changing guidelines released by varied agencies (local/state/national government), media, healthcare providers, and other professional organizations. He tasked the clinical education department to reinforce our in-hospital COVID response workforce, comprised mainly of medical-surgical and ICU nurses, with ambulatory/procedural nurses and other healthcare team members such as scrub techs and physical therapists in the very early steep upswing of the pandemic surge in the Summer and Fall of 2020. He charged the same department with ensuring information trickles down to the rest of the ministry, including non-clinical but essential and critical caregivers, such as security services, food and nutrition services, and housekeeping.

Dr. Lyle-Edrosolo truly distinguished himself by looking beyond actual problems and addressing potential issues within the organization. In the middle of navigating the COVID-19 crisis, the City of Santa Monica became one of the cities where racial justice protests took place after the killing of George Floyd. He knew that our ministry needs to actively address racial injustice... and that was when Saint John's pushed P-A-U-S-E! In addition to being the executive sponsor for an event entitled "Hope, Prayer, and Solidarity through the Arts, Call for Justice, Call for Change", Giancarlo organized a monthly series of

webinars centered around being Positively Resilient, with the first webinar discussing Race, Resilience, and the Role of an Ally. Dr. Lyle-Edrosolo realized that a lot of talk this year is about the need to be resilient, and that our nurses need to continue to show our spirit and strength as our staff work together in the fight against COVID-19. He also knew that resilience, doesn't mean being free from hurt or stress, but rather, having the skills needed to adapt to the anxieties, worries, and pressures of everyday life, as well as trauma and tragedy. He is keenly aware that many of our caregivers are experiencing heightened distress and uncertainty with increased isolation, while some are struggling. He did not want anyone to struggle alone.

Dr. Lyle-Edrosolo is a young talented visionary leader who is holding his first job as a Chief Nurse Executive. No one expected that less than a year into that role, he will be facing unprecedented challenges head on, with compassion and competence.



Under Dr. Lyle-Edrosolo's leadership, our hospital became a hub for critically ill COVID-19 patients, many of whom were on ECMO support as our ministry became one of the largest ECMO providers during the initial wave of COVID-19 admissions. He quickly charged his leadership team to enhance and bolster the workforce in anticipation of a surge. He called for all hands on deck during the early days of the pandemic when the county of Los Angeles was quickly becoming a hotspot. Without losing the focus on the clinical work that needed to be done, Dr. Lyle-Edrosolo concurrently initiated and promoted initiatives and programs that would address equally important issues that needed to be addressed, including employee health- both physical and mental, and organizational effectiveness.

Dr. Lyle-Edrosolo commissioned and fully supported multiple initiatives to strategically integrate employee well-being, safety climate, and organizational performance including organizing and offering a webinar series on resilience with the support of one of the philanthropic organizations that sustain Saint John's, the Irene Dunne Guild. He also launched and promoted the COVID-19 Supportive Care Services staffed by our Ministry's own healthcare experienced therapists for our caregivers (employees) and providers.

Recognizing the work done by our caregivers was also on top of Dr. Lyle-Edrosolo's agenda as the chief nurse executive. He continued to honor nurses and other caregivers within the ministry for exemplary work done during the crisis. A big celebration of the International Year of the Nurse and Midwife was planned for the Fall of 2020 which is a few months delayed (from the celebration of Nurses' Day and Month) because of social distancing restrictions.

Our nurses have witnessed Dr. Lyle-Edrosolo's leadership and his strong advocacy and voice for Diversity, Equality, and Inclusion. He remains active at the state level through various work in committees/taskforces with the American Nurses Association/California and the Association for California Nurse Leaders. He continually stays engaged at the national level with the American Organization for Nursing Leadership, American Association of Critical-Care Nurses, and other professional organizations by serving as faculty for education programs, engaging in philanthropy/ foundation efforts, and other national committees/taskforces/work groups. Dr. Lyle-Edrosolo is politically active on behalf of the nursing profession and the people we serve. He speaks and publishes on leadership, QSEN and co-PI's grants that create research to further the science of nursing leadership.

The Nursing Profession is in a much better place having Dr. Lyle-Edrosolo's leadership. Our nurses see him as the future of the nursing profession and healthcare, of that I am truly confident. Respect is defined in the dictionary as "deep admiration for someone elicited from their abilities, qualities, or achievements". Respect cannot be commanded; it is earned. Dr. Lyle-Edrosolo is highly respected because of his abilities, qualities, and achievements as a nurse executive.



## The SPARK of Irving V. Resurreccion, BS, RN

PNA Metropolitan DC



### Stories of People:

Irving V. Resurreccion, BS, RN, is a new to practice RN in the city of Washington, D.C. In the short time of his journey, he started as a beginner, now feels has reach the level of competent, and striving for the day to obtain expert level in his newly chosen career. To explore Irving's S.P.A.R.K. it is best to look at his origin. Nursing is his second career, first being a professional international dancer and choreographer! Now the everyone is A&Ox4 we can explore how the two careers bridge. Irving has said, "What I love about dance is sharing my talent with others, in the hope of the audience feeling joy from the show I created." Making others happy was the key to Irving's 15 years long dancing career. As his entertainment career began to wine down, he was inspired to move back to the State from Europe and follow in his mother's footsteps, Senen V. Resurreccion, RN, retired. For Irving, nursing is caring for others not only improve their "joy" but care for his patients in a wholistic manner, by healing their body, mind, and spirit.

### Achievements:

Last April Irving has completed his Nursing Residency at Medstar Washington Center (WHC). During his Residency graduation he had the honor to be his Cohort's Keynote speaker. His Residency Educator commended his speech and applauded the quote he used by John Lennon which helped express the Medstar S.P.I.R.I.T. values, "A dream we dream alone is only a dream but a dream we dream together is reality." Though out the year Irving's dancing and video editing skills paid off when his unit won 1<sup>st</sup> place in WHC's Med-Surg Spirit Week Tik-Tok Dance Challenge and National Nurse Week WHC Spirit Video Challenge. However, Irving is most proud of being an Official National Nurses United (NNU) Union Shop Steward. "Patient first," is a motto all nurses have heard, this should be true for all nurses, but Irving never forgets we must look out for each other in tandem. He strives to speak out for his fellow nurses, educate them on their rights, and has even taken part in meeting with political legislatures in the DMV on the Nurse-to-Patient Ratio bill.

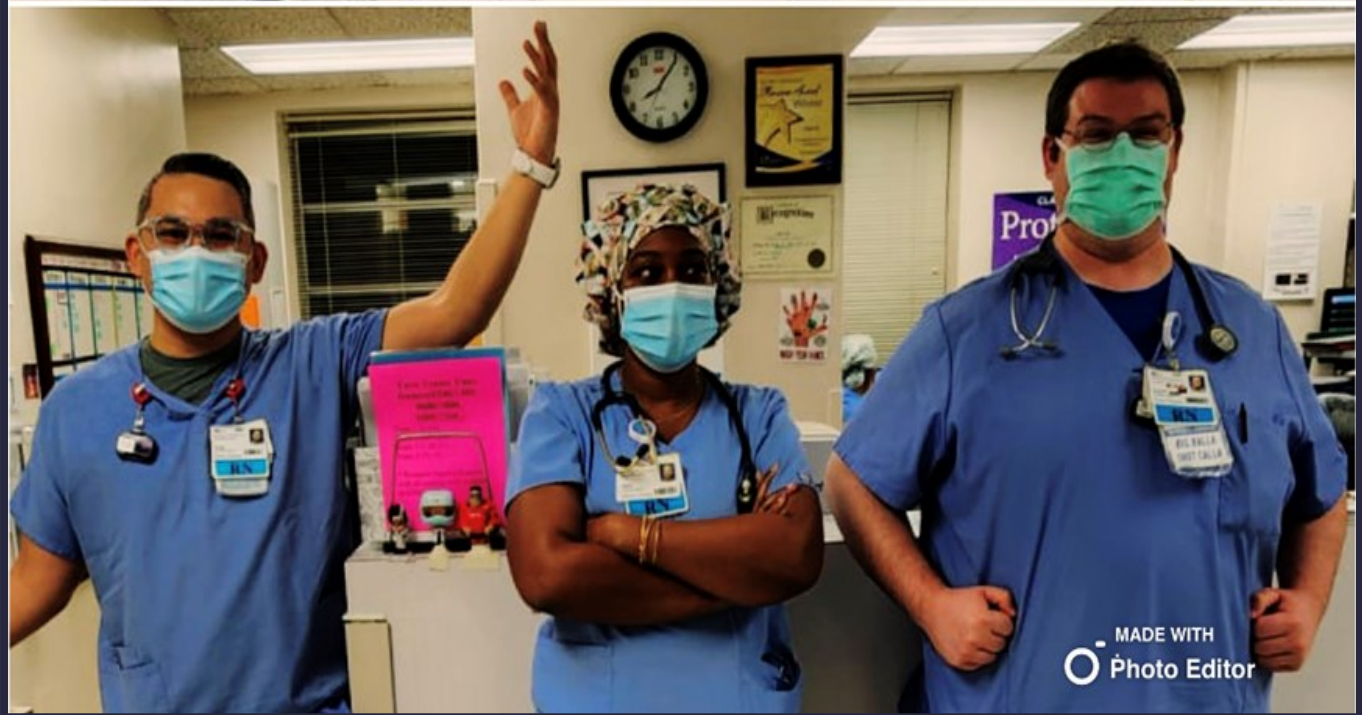
### Resilience:

During the Covid-19 Pandemic many have suffered, lost family or friends, feared the unknown. The brave health care professionals continued to serve their community with resilience. Irving started his career in WHC's designated Covid-19 unit and never batted an eye. His unit was WHC's Covid-19 unit and was recognized for its two years' service. While donning and doffing his PPE Irving would think, "Well, I got into nursing to help people, so help I shall." While on his unit he heard that many nurses previously transferred to other units to avoid working with Covid-19 patients. Determined to never give up during the Covid-19 pandemic he used the difficult challenge and experience to help him improve and grow.

**Kindness:**

At Medstar WHC there is a recognition program called, "Center Star," which invites patients to recognize associates who have demonstrated excellence in service and safety by sending them a Star Gram. Irving has received countless Star Grams from his patient's and recognized by his Unit manager. Star Grams are normally given by patients, but a Physician has even taken time write him a Star Gram. The Physician was impressed by Irving's care and kindness towards a particular patient. The patient said, "Irving helped me walk for the first time, it has been months." However, the memory he holds most dear is the one of him providing care for a Filipino Covid-19 patient. Before passing the patient wrote Irving a Star Gram that said, "He loves his job, taking compassionate caring the patients. He is extremely helpful in the field of medical service. He is a good professional, same like a doctor. He is my number one choice. Keep good job. I salute you my friend, Good Luck!! Irving..."

From professional dancer to Registered Nurse, Irving prays he will represent PNAA and inspire other with his S.P.A.R.K!



# Joe Arciaga: A man of many talents, commitment, and advocacies

By Roselyn Arciaga  
PNA Southern California

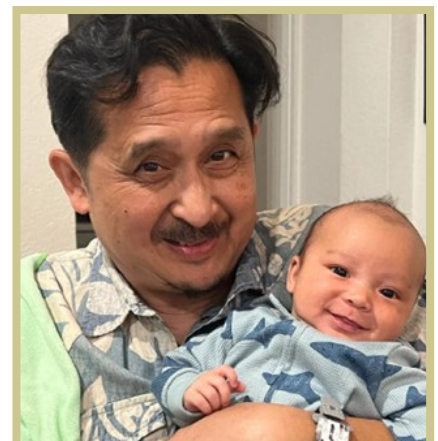
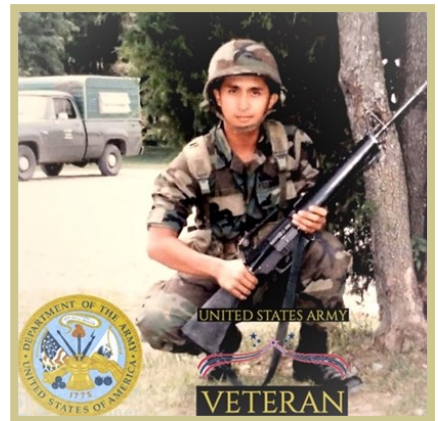


I am very honored to introduce to you my husband, Joe Arciaga, a Registered Nurse, Writer, and Filmmaker. Joe is a proud USC alumnus and US Army Desert Storm Veteran. Joe is actively involved in many community activities and is the co-founder and Executive Director (Emeritus) of the Filipino-American Chamber of Commerce, Greater Los Angeles (est. 2001). He is also a managing partner with Surreal ARTS LLC in Los Angeles and FANP LLC based in New York. Additionally, he served as a producer for the documentary film "Nurse Unseen" and has produced some short films in the LA area.

Joe served on the FilamARTS Board of Directors and the LA Kalayaan Executive Council. He is also on the Boards of the SFV American Diabetes Association and the SFV Asian Pacific Islander Council (APIC- SFV). He was President Emeritus of APIC- SFV, a former member of the Lake Balboa Neighborhood Council, and a former member of the Panorama City Neighborhood Council.

Currently, Joe is a case manager, working closely with injured workers to facilitate their recovery. As a Public Health Nurse, he served as a Nursing Supervisor for the LA County - Department of Health Services. His dedication to the profession earned him an award from the Public Health Programs and Services for his case study on Scabies - "The Good, The Bad, and The Itchy." He also received an award for the thematic and artistic logo design for the Nurse Recognition Week. The COVID-19 pandemic did not stop him from his community involvement. It inspired him to do more. He administered COVID-19 Vaccines at various clinic locations and community outreach.

Despite all his community and professional activities, Joe never tires of taking care of his family. Together, we raised three daughters, Selyna, Joselyn, and Josephine, and now spend more time doing "apo-stolic duty" to our two beautiful grandchildren, Hope Hanalei (2yo) and Vincent Joseph (2 months old). I am so proud of my husband, Joe.



## A Modern day hero: Jonathan Anotado Gapilango, MSN, RN, OCN, CCRP, NE-BC

By Marley Nicolas, MSN, RN  
PNANJ Immediate Past Executive Director



Mr. Jonathan A. Gapilango as a nurse for 29 years has so many SPARK stories to inspire the next generation of nurse. He migrated to the United States in 1995. He was born and raised in Avila Buenavista Guimaras by his late Lola Dadang when he became an orphan at a young age of twelve years old. His parents were both struck by lightning in July 1984 while catching fish at night using a lamp during a low tide (Panolo in Ilonggo). He is the youngest of four siblings and through the support of his family he was able to pursue his dream of becoming a successful nurse. He surmounted his lowly beginnings through faith in God, strong determination and perseverance.

His exceptional academic performance is a direct result of his hard work and strong focus. He finished his Bachelor of Science in Nursing at Central Philippine University (CPU), Class 1993. His post graduate studies at West Negros University, Class 2001. He has national certifications in Research (CCRP), Oncology (OCN) and as nurse executive (NE-BC).

He started his nursing journey as a Nursing Assistant in a long-term care while waiting for his reciprocity in New Jersey. Recently, he was promoted as an Administrative Director of Oncology Performance Measures and Accreditation at the Cancer Institute of NJ – Robert Wood Johnson University Hospital, New Brunswick NJ. Prior to his promotion he was the Director of Cancer Center Administration, Community Medical Center, Toms River, NJ. He has been working in this organization for over 21 years. Through his leadership and commitment, his previous institution, Community Medical Center has received the Outstanding Achievement Award in cancer care in 2015. Only 2 hospitals received this award in NJ and 75 in the entire nation. It is innate in his personality to deliver excellent results when assigned to a certain project or committee. Mr. Gapilango has consistently demonstrated a penchant for superior quality outcomes and program development. Jonathan's unique formal education as hands-on-experience in developing a Cancer Center and Breast Center has been exceptional as demonstrated in both programs receiving accreditation with commendations. It was also through his leadership that our breast center received its first accreditation without deficiency and the only accredited center in Ocean and Atlantic Counties.



He has been an active member of PNANJ since 2004 and is the current PNANJ President-Elect 2022-2024. Prior to this position, he also served in PNANJ as Southern VP, Chair - Excellence Committee and in his local subchapter (Ocean County) as the President, VP, P.R.O., Chair - Education Committee, Chair - Awards & Scholarship Committee. He received numerous awards in PNAAP/PNAAF: Nurse Administrator (2018), Recipient, Fellowship Grant (2017); Scholarship Recipient, DNP Category (2016); Recipient - Research Orientation, National Institutes of Health (NIH) Bethesda, Maryland in partnership with PNAAP (2016); and Research Nurse (2014). He is also the recipient of the following awards from PNANJ: Nurse Administrator (2009), Research Nurse (2013), Scholarship Awardee (2014) and NJ March of Dimes Nurse Leader (2014).



**PNANJ Southern Region Education Day  
as RVP  
(2019)**

He was also recognized by other professional organizations: Nominee, Nurse Administrator Category (2021), NJ Institute of Nursing; Recipient, Nurse Executive Category (2018), American Nurse Credentialing Center (ANCC), Nurse Leader Award (2014), NJ March of Dimes, Manager of the Year (2008), Community Medical Center, the CPU College of Nursing as Tatak Centralian Nurse Awardee (2020) and as Outstanding Alumnus (2018) Guimaras State College where he graduated as HS Class Valedictorian in 1989. These accolades just proved Jonathan's commitment not only to his profession but to this organization as well.

Another significant achievement by Jonathan when he was selected in 2018 as a Surveyor for the National Accreditation for Breast Cancer Programs (NAPBC) in US, Puerto Rico, Canada, Dubai and South Africa. He is the first Filipino nurse surveyor and 2nd nurse only to be accepted in this organization out of 41 members (all other members are physicians).

Through these years that I have worked closely with him, I can say that he is one person whose services have been dedicated with all sincerity to the nursing profession. He has selflessly devoted himself to the professionalization and mentorship of our nursing advocacies with colleagues, partners and clients. In fact, I can even consider him to be a modern-day hero.



**PNANJ Outreach Program  
March 2023**



**My Family  
(Rowena & Josh)**



**With my Mentors:  
Ate Susan Castor &  
Ate Marley Nicolas**



# The Men of PNA Maryland

By Aleli R. Frias, BSN, RN  
President of PNA Maryland Chapter (PNAMC) 2020-2022

The PNA Maryland would like to acknowledge its outstanding male nurses for their excellence in nursing practice. We are definitely proud of their dedication and expertise! Congratulations!!



**Alvin L. Mariano, BSN, RN**  
CCRN-CMC, PCCN, ENLS  
VA Medical Center



**June C. Fernandez, BSN, RN,**  
CNOR,  
Lead Clinical Nurse  
Johns Hopkins Hospital  
Zayed-Bloomberg OR 3



**Arnel R. Abesamis, MSN, RN,**  
CMSRN  
Case Manager  
VA Medical Center, Balti-  
more, MD



**Jonathan C. Espenancia, BSN, RN,**  
CMSRN  
Advance Clinical Nurse (RN IV)  
Carol Ball Medicine Unit  
(Bridgeview)  
Johns Hopkins Bayview Medical  
Center  
Baltimore, MD



**Conrad Utanes, MSN, RN**  
Certified Nurse Practitioner  
Nurse Manager, Employee Injury  
Clinic  
Johns Hopkins Hospital, Baltimore,  
MD  
Co-Chair, PNAMD Education Com-  
mittee

## NH Asian American Clinicians look back at how their roles contribute to the current health care landscape

By Jae Lee and Ian Kirit, MSN, RN  
PNA New England



As part of the Asian American and Pacific Islander Heritage Month a panel discussion was held and organized by Dartmouth College Office of Diversity, Inclusion and Community Engagement and Dartmouth Health's Employee Resource Group. The panel discussion was facilitated by senior medical student, Sean Xie with the help of Dartmouth Health's AAPI Employee Resource Group. The discussion focused on the panel's perspective on how Asian Americans have contributed in shaping the current healthcare landscape.

The four panelist were Dr. Simrun Bal, Dr. Eric Loo, Ian Kirit and Jae Lee. Dr. Simrun Bal is a rising chief resident in the internal medicine residency program at Dartmouth Health Medical Center. She graduated from the Geisel School of Medicine at Dartmouth in 2019 and specializes in endocrinology, global health, medical education, and DEI. Dr. Eric Loo is an associate professor of pathology and laboratory medicine at Geisel School of Medicine. He is the President Elect for the NH Medical Society, a Bilingual provider and expert in follicular and mantle cell lymphoma treatment. Jae Lee is the Chief Radiation Therapist for both the St Johnsbury and Lebanon Cancer Center. He was born in South Korea but immigrated as a child and spent his formative years in NYC. He studied and worked as a Radiation Therapist at Memorial Sloan Kettering Cancer Center more than 10 years before moving to New Hampshire in December 2020. Joining the panelist is PNA-NE Nurse Excellence in Informatics

awardee, Ian Kirit. Kirit, currently works as an Informatics Nurse Specialist. Born and raised in the Philippines, Kirit has been in the US since 2004. He brings with him 20 plus professional experience not only in emergency nursing but also clinical education and informatics.

Highlights of the panel discussion includes sharing of panelist's vision of the future of health care locally and domestically. Dialogue surrounding Asian American health science practitioners challenges during the peak of global pandemic were discussed. An exploration of how Asian American's tenacity on overcoming challenges and how it relates to future proofing healthcare was also discussed. For the most part, the panelists did not feel they had too many negative experiences being Asian in the US. However, they acknowledged the terrible things happening to Asian Americans across the country and the history of their struggles. There were some stories shared of how they were treated for their looks, and how they had to capitalize on their other potentials in order to succeed. The role of family played a huge role in how the panelist identified themselves and the goals they set for themselves. Although they all shared some commonality with backgrounds of being raised in Asian family households, each had very unique upbringings and had their own takes on what AAPI meant to them and the role it played forming their identities.

Gratitude and appreciation were among the guiding principles that propelled the four panelists to be successful in their careers. All of the panelist agree that in their practice, building relationship with people with positive outlook in life is vital to live a meaningful life. Mentoring students and young professionals were also among the discussion points. All of the panelist believe that the mentor-mentee relationship needs to flourish in the life of any learner. The role of a mentor is vital for future generations. The role of Asian American in improving the current healthcare landscape is heavily rooted in tradition knowledge and practices. The blending of tradition, science and innovation best describes how the role of Asian Americans have evolved over the last decade.



## The Father of PNA Hawaii

By Erlinda Ferrer, BSN RN, and Violet Sadural, BSN, RN  
PNA Hawaii Past Presidents



**Peter-Reuben Calixto, BSN RN CNN**  
**11<sup>th</sup> PNA President**  
**"The Father of PNAH"**

The 1994 World Cup venue could be traced to the beginnings of the Philippine Nurses Association of Hawaii. Peter-Reuben Calixto is an active leader with the American Nephrology Nurses Association attending the national symposium at the Loews Anatole Hotel in Dallas, Texas. While in line at the hotel registration, he met Emilyn Ramones, who was also in line. The hotel was overbooked, and both Ramones and Calixto accepted the offer of the hotel to accommodate World Cup athletes. They were offered accommodations at a nearby hotel, the Adolphus, that included shuttle services to and from the Loews. In one of the shuttle services, Emilyn Ramones mentioned the existence of a Filipino nursing organization in Hawaii- the Filipino Nursing Organization of Hawaii (FNOH). She further invited him to contact the current president- Perie Danao.

With another nephrology nurse Marilou Maliula who organized a group of nephrology and dialysis nurses in Honolulu, Pete Calixto, came to Hawaii to talk about kidney transplantation. This inservice took place at Saint Francis Hospital, attended mostly by the hospital's dialysis staff, including Lisa Cabaccang (Pete Calixto's relative and townmate from Vintar, Ilocos Norte) and Elsa Talavera. At this time, Pete Calixto was a PNA Board Member and continued to talk about the Philippine Nurses Association. But there was no follow-up from FNOH to become a member.

It was not until another ANNA meeting was held in Salt Lake, Utah, that Tina Salvador approached Pete Calixto to inquire more about PNA. She indicated that there was a lot of interest in establishing a potential local chapter of the PNA. Tina Salvador's group quickly formed a chapter with a complete lineup of officers. She eventually contacted Pete Calixto, informing him that they had created the new chapter and that induction of officers was scheduled. After completing membership requirements by the PNA, PNA Hawaii became an official chapter.



**PNAH President, Violet Sadural and Pete Calixto**

Peter-Reuben Calixto became president of the PNA in the summer of 2000 and was sworn in in Indianapolis, Indiana. And while the controversial US national elections had just concluded, the hearings about the incomplete tabs on election ballots dominated the airwaves as Pete Calixto flew into Honolulu for the induction event. PNA Hawaii Founding President invited Pete Calixto as the inducting officer of the newly formed PNA Hawaii. The well-attended event included leaders and groups from the Oahu Filipino Community, including the Philippine Consul General and some members of FNOH, Lolita Ching, in particular. Calixto traveled to Hawaii twice to convince Filipino Hawaiian nurses to become members of PNA, and it took a leader like Tina Salvador to do it. For the longest time, Tina Salvador informally was called Pete Calixto, the "Father of PNA Hawaii." This designation was then recognized by PNA Hawaii Immediate Past President Erlinda Ferrer and then-current President Violeta Sadural, and this should be formalized.

In October 2021, in the presence of the 2020-2022 PNA Hawaii Executive Board, PNA Western Region Vice President Marlon Garzo Saria, Past PNA President Madelyn Yu, PNA Assistant Secretary Teresa Damito, PNA Board Member Bob Gahol, the ceremony took place at the Ala Moana Hotel to confer Peter-Reuben Calixto as the "Father of PNA Hawaii." He received the Hawaiian Makau (fishhook), which is regarded as a symbol for safe passage over water. The Makau brings good fortune and strength to those who possess it. Mr. Calixto's influence on PNA Hawaii inspired its members to bring strength and commitment to our parent organization, the PNA. In addition to Hawaii, four other chapters joined PNA during his term- PNA New England, North Carolina, Gulf Coast, and Arizona.

We are forever grateful for Mr. Pete Calixto's tenacity and perseverance in helping form our great chapter. He will forever be remembered and revered as "The Father of PNA Hawaii."



## Fil-Am Men in Nurse Anesthesiology Soaring To New Heights CRNAs: Trusted Anesthesia Experts On The Front Lines



Dan Lovinaria, DNP, MS, MBA, CRNA,  
APRN, CHSE, FNAP, FAANA

Jose Delfin Castillo, III, PhD, MS, CRNA

Phil Mangahas, DNP, MS, CRNA

Certified Registered Nurse Anesthetists (CRNAs) or Nurse Anesthesiologists are advanced practice registered nurses. Providing anesthesia care to patients in the United States for more than 150 years, CRNAs are proud to be among the nation's most trusted professions. In 1986, CRNAs became the first nursing specialty accorded direct reimbursement rights by Medicare. They safely administer about 43 million anesthetics each year, making surgeries and medical treatments safer. These professionals not only administer anesthesia, but also help ensure patient comfort and security.

CRNAs come from all walks of life including our PNAA members and work in a wide range of communities. The American Association of Nurse Anesthesiology (AANA) reports that CRNAs are the sole providers in nearly 100% of rural hospitals in some states as well as within the U.S. Armed Forces. The work of CRNAs before and during the COVID-19 pandemic exemplifies the many hallmarks of nursing and nurse anesthesiology, and points to why nurses are continuously rated the most honest, ethical profession.

Let's meet up close and personal some of our **Filipino-American men in Nurse Anesthesiology** and CRNA leaders including **Dan Lovinaria, DNP, MS, MBA, CRNA, APRN, CHSE, FNAP, FAANA; Jose Delfin Castillo, III, PhD, MS, CRNA, and Phil Mangahas, DNP, MS, CRNA.**

#### **Where in the Philippines are you from?**

**Lovinaria:** Naguilian, La Union

**Castillo:** Roxas City, Capiz

**Mangahas:** General Tinio, Nueva Ecija

#### **Where did you obtain your nurse anesthesia and doctoral degrees?**

**Lovinaria:** MSN at St. Mary's University of Minnesota / Minneapolis School of Anesthesia (2002) and DNP at the University of Minnesota (2008)

**Castillo:** MSNA at Wolford College (2007) and PhD at Keiser University (2016)

**Mangahas:** MSNA at Wayne State University, Detroit, Michigan. DNP at Madonna University, Livonia, Michigan

#### **Where do you presently work?**

**Lovinaria:** University of Minnesota Physicians, Hennepin Healthcare Level 1 Trauma Center, and Minneapolis Veterans Healthcare Systems.

**Castillo:** Texas Wesleyan University, and Independent CRNA Practitioner in Naples, FL

**Mangahas:** Retired CRNA

#### **What type of leadership roles or community services have you served?**

**Lovinaria:** Past President of the Minnesota Association of Nurse Anesthetists; Former Nurse Anesthesia Program Director at the University of Minnesota School of Nursing; Former Board Member of Diversity in Nurse Anesthesia Mentorship Program; Co-founder and board member of Council of Diversity and Inclusivity in Healthcare.

**Castillo:** Current APRN Member and Vice-Chair of the Florida Board of Nursing; Past President of the FL Association of Nurse Anesthesiology; Former Nurse Anesthesia Assistant Program Director at Wolford College, now Keiser University; Active Committee Member of the AANA and NBCRNA.

**Mangahas:** PNAA Vice President in 1995. Past President of USTNAI. Chair, On-Site Review Team, Council on Accreditation, Nurse Anesthesia Educational Programs. Yearly medical missions to the Philippines.

#### **What does being Fil-Am Men CRNAs or Nurse Anesthesiologists mean to you?**

**Lovinaria:** It is with great pride to be one of the Fil-Am Men in Nurse Anesthesiology representing PNAA. The CRNA credential is the foundational underpinning of our ability to practice clinical anesthesiology. Becoming a CRNA was one of the highlights of my adult life. This credential has allowed me to become a better advocate for patient care. The CRNA credential is a recognized and trusted title, and a public promise of excellent, safe and high value care.

**Castillo:** As a foreign educated nurse, I truly believe that we are role-models for the career paths of our 'kababayans' now and the future. As a doctorally-prepared Fil-Am CRNA, opportunities for collaboration and mentorship open to our fellow Fil-Am nurses. I am very proud to be part of PNAA.

**Mangahas:** Being a CRNA afforded me the ability to be a servant leader in giving back initiatives. It gave me the credibility and prominence that nurses are capable and highly-qualified in providing much-needed and safe anesthesia care to the citizens of the world.

## Filipino Male Nurses in the Land of Opportunity

By Maria Veronica Herrin, RN MSN

PNA Georgia

Our culture is a collection of so many positive values, but Filipinos' background on strong family ties is the reason family members strive to be good providers. We tend to hold ourselves responsible for most, if not all members of the family. This value, above all others, is the very reason we learn to provide a high level of care which is the main ingredient to becoming the best caregivers and nurses. According to the Philippine Overseas Employment Agency (POEA), 92,277 nurses have left the country to work abroad since 2012. That equates to nearly 19,000 nurses leaving each year.

Female nurses dominate the nursing industry in the Philippines, and in most parts of the world. But, in today's scenario, the stereotype of nursing as a female profession is on the verge of disappearing. Males are choosing nursing as a career path. According to the Bureau of Labor Statistics (BLS), men now account for 12% of registered nurses, up from 2.7 percent in 1970. While nursing has traditionally been a female-dominated profession, the tide is turning in favor of gender equality in all fields. Fortunately, at the hospital where I work, I get to know a few male nurses. Most of my colleagues at Northeast Georgia Medical Center have also worked in other countries before relocating to the United States. Let us get to know some of them.



Chad Teoxon, from Mindanao, worked for 4 years in the Philippines and 15 years in Singapore before moving to the United States with his RN wife. Chad finally decided to move to the United States because he wished for a better life and better opportunities for his three daughters. Chad earned an Advanced Diploma with Specialization in Oncology and worked as an Oncology nurse in Singapore before joining me at the NGMC Gainesville Campus, Med-Surg area.

Jimmy Almanzor, originally from Las Pinas, Manila, graduated with a BA major in Management and returned to school in 2005 to begin a Nursing degree. With credited units, it took him 2.5 years to complete his BSN in 2008. Six years of nursing experience in the Philippines paved the way for him to work in Libya for three years before realizing his dream of moving to the United States in 2021. His main motivation for migrating to the United States was to provide better financial stability for his family. Jimmy worked in the CCU area at Hawari General Hospital in Libya and now works in Med-Surg at Northeast Georgia Medical Center with me.



Nestor S. Suan of Tagum City, Davao Del Norte, received his BSN in 2012 and planned to immigrate to the United States and realized it in 2021. He is now employed by Northeast Georgia Medical Center-Barrow Campus's Med-Surg Unit.







Ruel Delgado worked at Southeastern Health and Care Trust in Belfast, United Kingdom before moving to the United States and is now employed at the NGMC-Gainesville Campus's Emergency Observation Unit. He and his RN wife want to start a family here in the United States.

Dennis de Guzman spent 17 years as a Med-Surg RN in the United Kingdom. In 2005, he also completed his Ophthalmic Practitioner course at the University of West England. He moved to the United States in 2019 and is now pursuing an MSN in Leadership at Grand Canyon University. Most of his relatives and family moved to Alaska years ago, and he hoped to join them in this wonderful country.



RM J-Vee Estacio worked as a nurse in the Philippines for four years before moving to Qatar, where he spent 1.5 years in the MICU. He came to the United States in 2020 and is now employed as an ICU nurse at Northeast Georgia Medical Center-Braselton Campus. J-Vee chose to relocate to the United States because he was well aware that the country provides numerous opportunities, particularly for nurses. He is currently enrolled in graduate school at Walden University to become an Acute Care Nurse Practitioner.

Mann Yubi Nellas is a Certified Med-Surg RN (CMSRN) who worked in the United Arab Emirates for 6 years before coming to Northeast Georgia Medical Center-Gainesville Campus to work in S4E, a Med-Surg Unit. His RN wife, Roann, and their daughter Yuann accompanied him to the United States. Mann believes that the United States will provide him with the experience, knowledge, self-development, and financial stability that he and his family have been seeking.



Dann Francis B. Sarnillo worked as an ICU nurse in the Philippines for five years before moving to the United States. He enjoys his new job as a Med-Surg RN at Northeast Georgia Medical Center-Gainesville Campus. Living in the United States with an RN wife provides him with financial stability, and also enjoys visiting relatives in other states and neighboring countries. Dann was ranked 10<sup>th</sup> during the May 2015 Philippine Nursing Licensure Examination.



Before moving to the United States, Nico Albiar of Lipa City, Batangas, had extensive ER experience in the Philippines. He now works in the emergency department of Northeast Georgia Medical Center-Gainesville Campus, as he was assigned by his agency in 2021. He is used to the chaotic work environment in the ED, thanks to his more than a decade of experience at Mary Mediatrix Medical Center.

Jeffrey Luna had four years of experience as an ER nurse at Davao Doctors Hospital when he decided to look for a way to come to the United States. Jett is still an ER nurse, but this time at the ED of Northeast Georgia Medical Center-Gainesville Campus, where he gets to see the differences in the systems and technology of both EDs.

The advantages of a nursing career, which range from job security to satisfaction of helping people in very real and immediate ways, are not limited to one gender. Male nurses may be scarce in number but their presence at work is never unnoticed. The main reasons most of these nurses migrated to this country were to gain independence, financial stability, and limitless opportunities for growth. They may have different reasons for becoming nurses and migrating to the United States, but their passion and dedication to our profession are inspiring.



**Reference:**

United States Bureau of Labor Statistics. (2022). Labor Force Statistics from the Current Population Survey. <https://www.bls.gov/cps/cpsaat11.htm>

**About the Author:**

**Maria Veronica Herrin, RN MSN**

A licensed Professional teacher with degrees in BSBA Entrepreneurship and Business Management, Bachelor of Secondary Education (BSE) and Bachelor of Elementary Education (BEEd), who had been a Management Professor for Tarlac State University for 4 years before deciding to take up BSN in 2006. She recently completed her MSN with Emphasis in Leadership in Health Care Systems at Grand Canyon University. She is currently a Charge Nurse/Med-Surg RN at Northeast Georgia Medical Center-Gainesville Campus.

## PNAMSEF SPARKS - Tribute to our Male Nurses

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

A special thank you to all our male nurses. Your role in the healthcare is very instrumental for the well-being of the patients and families. Your compassion and dedication are a blessing. You have a special gift that you share to ease the pain and sorrow of those who are suffering because of the disease or loss of love ones. May you continue to care and provide healing to those who are need of help. Your courage to face any adversity is commendable. You have superpower. **Courage and Caring** Happy Father's Day to all fathers.



(Top row: unknown)

(Bottom row Left to Right: Wency Montallana, Menandro Ortiz, Carlos Miguel Dinglasan, Caleb Rasay)  
(PNAMSEF male members without picture: June Mateo Limbo, Christopher Colon, Frank Zapata, Jose Lim)



# Supporter of Healthcare Causes and Policies

By Crisabel Tabeta Ramos, RN, BSHCM, CMCN  
PNASD President 2020-2022



I have known Jay (Jose Abel) Larrosa, ACM-RN, RN-BC, MSN, PHN, FACDONA for more than 13 years as a Nurse Leader, reliable, dedicated to his work with diligence, and trustworthiness. He has a remarkable 23 years of experience as a nurse case manager, a leader, and an advocate in the long-term care and acute care settings. Jay is currently serving as a Project Manager for System Care Management for eight years at a system level for Scripps Health that is comprised of five hospital in San Diego, California. He strongly supports case management processes being a subject matter expert through education, implementation in timely manner across the organization enhanced by any law or regulatory requirements. As he carried through the success of his work as Project Manager for System Care Management, Jay received recognitions for his contributions and got awarded as the Scripps Health Administrative Services Employee/Nurse of the Year.

He has a multitude of contributions to the nursing profession. Added to his professional career, he is currently serving as one of the Directors for the National Board for American Case Management Association (ACMA). The Southern California Chapter of ACMA (2016-2018) was awarded its first ever Chapter of Merit award during his tenure as President. He has been involved with ACMA Chapter Mentor program since 2019 and was part of the ACMA Chapter Advisory Council from 2018 to 2019. He became one of the mentors for the [American Nurses Association California's Advocacy Mentorship Program](#) this year. He was also a member of Planning Committee, San Diego Minority Nurses. Jay is a Community Facilitator, Community Ambassador and Volunteer as well for Sigma's The Circle- Case Management Community. He is a speaker for local and national conferences as well.

**EIN NEWSDESK** Login

### American Case Management Association Elects Three New National Board Members

*Elected by ACMA membership, the new board members bring experience and expertise from a variety of care settings*

LITTLE ROCK, ARKANSAS, UNITED STATES, January 21, 2021 /EINPresswire.com/ -- The American Case Management Association (ACMA), a national not-for-profit professional association serving case management and transitions of care professionals, is pleased to announce the following members to its national board of directors.

Matthew Chappell, LCSW, ACM-SW, is a manager of care coordination at Stanford Health Care and has been an ACMA member for 7 years.

**Jay Larrosa**, MSN, PHN, RN-BC, ACM-RN, is a project manager of system care management at Scripps Health and has been an ACMA member for 10 years.

Jacqueline Moore, MSW, LCSW-C, RN, ACM-SW, is a director of integrated care management at the University of Maryland St. Joseph Medical Center and has been an ACMA member for 19 years.

"We are excited to welcome three new members to our board of directors," said Pamela Andrews, President of ACMA. "Coordination of care requires the commitment of professionals within multiple disciplines across various care settings. These board members reflect the commitment and expertise which our members bring to health care delivery."

National board members serve a two-year term for ACMA and provide leadership to over 8,000 current members across the country which are comprised of nurses, social workers, physicians, educators and health care administrators involved in case management and transitions of care.

HEALTHTRUST MEMBER RECOGNITION AWARDS | SPOTLIGHT ON

Debra McQuillen, RN, BSN, MAS

Steve Miller, RN, MS, FACHE

Mke Godfrey, ABC

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

In addition to being active in numerous professional nursing organizations, Jay is also an active medical volunteer. He is a member of Disaster Healthcare Volunteers (DHFV) of California, San Diego County Medical Reserve Corps (MRC) and Scripps Medical Response Team (SMRT). He earned two recognitions for his last deployment with SMRT to 2018 Camp Fire in Northern California: the Certificate of Commendation from the California Emergency Medical Services Authority and the Social Stewardship Award from HealthTrust.

Jay was a recipient of the Philippine Nurses Association San Diego (PNASD) Scholarship Award in 2009 and was the Chair of PNASD's Education Committee from 2013-2015. He continues to be an active PNASD member.

This year, 2022, PNASD formed a new committee and Jay has been tasked to Chair the Mental Health Advocacy Committee. With his Chairmanship, Jay has formulated a road map to include the monthly Webinars with speakers that are expert in the field of Mental Health from May 21st, June 25<sup>th</sup> and until July 23<sup>rd</sup>. Jay participated as one of the advocates for case management during the ACMA Advocacy on The Hill at Capitol Hill, Washington DC on April 19, 2017. The group asked to have Medicare recipients needing skilled nursing facility services to not having to meet the requirement for three midnight inpatients stay to qualify for said benefit.

According to Jay, he learned that everyday he has the privilege as a nurse to make a difference in patient's life; a vantage to collaborate with key stakeholders to effect change for the good of many; and ventures that promotes holistic wellness. He mentioned as well on additional attribution that is contributory and valuable to his success as a leader both on and off work is his ability to connect people of different background who are either part of the same or different group.



## Recognizing PNA Central California Male Nurses

By Mila Nino BSN, RN  
PNACC President 2020-2022



**Danilo Baruela BA, RN**

Male Nurses are increasingly more common in healthcare settings across the nation. According to the data from the United States Bureau of Labor Statistics, the percentage of males in nursing increased from 2% in 1960 to nearly 12% in 2020. That number is growing and the pay and benefits make the profession more appealing to males seeking a stable and rewarding career. Ultimately, diversity in nursing is good news for patients.

PNACC is recognizing not only two of our male members, who have the same thing in common (nursing is their second choice of profession and they are both married to nurses) but all our male nurses. I would like to say a million thanks and recognize all our valiant, dashing, and debonair male PNACC members. Your hard work, dedication, and contributions to healthcare are gone unnoticed. We salute you!

Mr. Danny Baruela was a graduate of Bachelor of Arts at St. Louis University, Baguio City in 1980, migrated to the US, got his Associate in Arts at Fresno City College, and graduated with honors in

1994. Still looking for more, he enrolled again at Fresno City College and got his Associate Degree in Nursing with high honors in 1999. Mr. Baruela brings with him 23 years of nursing experience in the different fields of nursing. He started as an extern/PCA, at Community Regional Medical Center, and worked his way up as staff RN, Float Pool RN, Crises Resource RN, and Clinical Supervisor to Float Team. Currently, he is the Crises/Resource RN at CRMC. At St. Agnes Medical Center, where he worked from 2004 to 2010, he was with the Float Pool team, covering most of the units in the hospital. He has a passion for teaching too, in August 2005 to April 2016, he worked as a Part-Time Clinical Instructor for Nursing Students at his Alma Matter Fresno City College.

As a registered nurse resource, he is highly trained and adept in responding to and leading rapid response calls and code blues. Experienced and skilled health professional in the field of ICU for over 15 years, and over 3 years in ER. He has excellent communication and interpersonal skills, and a strong ability to deal with patients' queries, requests, and problems. Most importantly, he has an optimistic attitude with an ability to create a positive work environment and a strong belief in teamwork, and to top it all, proficient Clinical Nurse Instructor for students.

As a Clinical Supervisor – Nurse Float Team, he has proven his dedication and is a motivated leader who thrives in a collaborative environment to foster common purpose and trust among staff members. He also has the strong ability to evaluate staff needs and provide ongoing professional support for professional development. Acts as mentor/coach to newly hired staff and works collaboratively with other Unit Managers to provide ancillary training to new hires and to provide continuing education to current staff to meet clinical and technological advances.

Mr. Baruela was a recipient of the PNACC Scholarship Awards in 1997. Was an active member after graduating in nursing, became one of the Board of Directors, and eventually the President of the organization from 2002 to 2004. What an amazing journey!

## Recognizing PNA Central California Male Nurses continued...



**Richard Zarandin RN, MSN, NE-BC, CHPCA, PHN**

Richard's journey into Nursing was not typical. He graduated from Polytechnic University of the Philippines with a BS Degree in Economics in 1996 and later graduated with a Diploma in Industrial Relations from the University of the Philippines – Diliman. He went back to school to be an LVN in Illinois, then moved to California where he again went back to school in 2006 to obtain his Associate Degree in Nursing from Fresno City College. He has worked in various SNFs, Acute hospitals, including VA Hospital but found his niche at the end of life care or hospice nursing. He has been a Director of Patient Care Services (DPCS) in various hospice organizations in California. While working as DPCS, Richard returned to school and obtained his BS degree in Nursing (BSN) in 2017 and Master of Science degree in Nursing (MSN) in 2018, from Western Governors University. Richard is currently working with the California Department of Public Health (CDPH) as a Health Facilities Evaluator Nurse/State Surveyor.

While working full-time and helping his wife Cecile (also a registered nurse) raise their four wonderful children, Richard has volunteered in various professional and religious organizations in Fresno, CA. He served as the co-President of Fresno-Sierra Hospice and Palliative Nurse Association from 2014 to 2016 and volunteered for Stephen Ministry at Peoples Church in Fresno, CA. Richard delivered lectures and presentations on Hospice and End-of-Life Care in the USA, Hongkong, and the Philippines. His report related to End-Of-Life Care in the United States was selected for a poster board presentation at the 2017 Hong Kong International Nursing Forum at the University of Hong Kong. Joining forces with his wife Cecile, Richard is currently writing a manuscript related to improving hospice care delivery with a focus on patient-centered care.

Mr. Zarandin was also one of the recipients of the PNACC Scholarship Awards in 2005 and have been an active member after graduating in Nursing. What an accomplishment at a young age, you made PNACC proud.

# Making Your Mental Health a Priority: From Taboo to Open Dialogue

By Dr. Sherwin Imperio, DNP, APRN, PMHNP-BC, RN-BC, PHN



Dr. Sherwin Imperio, DNP, APRN, PMHNP-BC, RN-BC, PHN, is the current PNA California Orange County Chapter President (2020-2022). As a male nurse, he believes that men provide a different perspective in what would normally be a female-dominated profession. Furthermore, he sees the value in what male nurses of color bring to the table, both in bedside nursing and higher education. In his role as a Psychiatric Nurse Practitioner, he sees the positive impact when patients can identify with their healthcare providers. He understands the importance of visibility in inspiring others that “I too can do that!”

Dr. Imperio has been actively involved with several PNA projects involving mental health initiatives, helping to support Filipino and Filipino-American PNA members in the United States. In collaboration with the PNA Kabalik Program, he has provided trainings to fellow PNA leaders in developing support groups for their chapter members during this pandemic. He is also an active member of the PNA Advanced Practice Committee. Within the PNA organization and with the help of virtual format meetings, Dr. Imperio has provided mental health talks with various PNA chapters. He participated in the First Virtual PNA Balik-Turo 2022, which was a partnership with PNA and numerous Philippine based nursing schools, as he discussed Mental Well-Being and Helping Build Resiliency during the COVID-19 pandemic.

He has also done multiple virtual collaborations with Ateneo de Davao University School of Nursing in addressing mental health with nursing students and other healthcare professionals in the Philippines. Outside of PNA, he has contributed to numerous webinars, podcasts, etc. addressing mental health. When the COVID vaccine roll-out started, one of the best experiences he had was when he and other members of PNACOC volunteered with a local community clinic and administered vaccines to members of the community.

**WHO IS SOCAL?**  
**MENTAL HEALTH**  
*advocates*

**THURSDAY, APRIL 15, 2021 | 8 - 9:30 PM PDT USA**  
**FRIDAY, APRIL 16, 2021 | 11 AM - 12:30 PM PHILIPPINES**

**NICOLE DUMAGUINDIN**   **JOSEPHINA DHUNGANA**   **DR. SHERWIN IMPERIO**   **ELLEN SAMSON**   **DR. VANIA MANIPOD**

Sponsors: MIC DIAZ, OLIVIA GUIDO, MS, CHOWKING, FORMULA 1, PLEXUS, hh



He is a DNP prepared Psychiatric Mental Health Nurse Practitioner, working in private practice and community mental health setting. He sees patients and provides psychiatric and mental health evaluation and treatment for adults 18 years old and over. In the community mental health setting, he also serves as a member of administration and lead for other mental health providers of the behavioral health team. During this current COVID-19 pandemic, he continues to see patients through both telepsychiatry and in-person visits.

Additionally, he serves as an adjunct faculty and dissertation chair for UMass Global in their Doctorate of Nurse Practice (DNP) program. Dr. Imperio has taught at BSN, MSN, and DNP nursing programs over the last decade.

He continues to mentor nursing students and other prospective healthcare students. He also serves as a preceptor and mentor for graduate level nursing students.

He is a big mental health advocate and believes that mental health is as vital as physical health. As the President of PNACOC, his biggest goal has been to increase mental health awareness.

His dissertation study focused on reducing stigma attitudes of nursing students towards individuals with mental health issues. As a psychiatric nurse, he recognized the need to address stigmatizing attitudes held by nurses, and what better way than to start with nursing students during their formative years in nursing school.

In his spare time, he writes, blogs, and uses social media platforms in promoting mental health awareness. He enjoys spending quality time with his family and friends.



**DOC**  
DNP's Of Color

*Men in Doctoral Nursing Practice*

Panel discussion on navigating the nursing profession and doctoral nursing practice from a male perspective.

**March 24, 2022 7pm EDT**

REGISTER: [WWW.DNPSOFCOLOR.ORG](http://WWW.DNPSOFCOLOR.ORG)

Panelists:  
Sherwin Imperio, DNP, PMHNP-BC, RN-BC, PHN  
Dwayne Alleyne, DNP, APRN, ACNP-C  
Asa Briggs, DNP, PMHNP-BC  
Michael Williams, MSN, FNP-BC

Moderated by:  
Marshall Blue  
DNP, MSN, RNC-NIC, CNL, PHN



## My Man in Nursing

By Melissa Cunanan, BSN, RN, CCRN  
PNAA Membership Chairman/Asst Treasurer  
Past President PNA North Texas-Dallas, Past COPRR SCR



Nursing is a great profession for anyone, regardless of gender. Through the years there has been a male nurse stigma although studies have shown that there has been a growing number of men going into nursing.

My husband VJ is one of the thousands of compassionate men that took the challenge to be part of the nursing workforce. He first wanted to become a doctor but decided that perhaps, nursing is a great option before pursuing a career in Medicine so he can see firsthand what medical professionals do at the bedside. Fast forward 32 years later, he has remained as a nurse, a profession where he found his passion. He graduated from the University of Santo Tomas (UST-1990).

Nursing has a variety of career paths and his career included roles as a bedside nurse, charge nurse, preceptor, and manager. He has enjoyed a diverse career but has found his niche in Oncology as a Bone Marrow Transplant Nurse for the last 22 years with 16 years

on the leadership role at the University of Texas Southwestern Medical Center in Dallas, TX. He is one of the many male nurses who has shattered the stereotype that male nurses are lacking in compassion and empathy necessary for nursing care. Oncology nursing, Bone Marrow Transplant (BMT) on his part is a challenging yet rewarding nursing specialty. BMT nurses are there to support patients and families through the stress of diagnosis and treatment as well as help them cope with the anxiety of uncertainties. VJ, who has a positive and upbeat personality, believes that his mission is to serve patients and to cheer them up. It can be emotionally taxing, but it is ultimately rewarding. His experience, passion, and resiliency has helped him enjoy relationships with patients and families throughout more than 2 decades in this specialty.

Perhaps it is his endearing traits that makes him the perfect wind beneath my wings. We both worked on highly stressful areas with me in the Neuro ICU, but we have managed our night shift schedule to have a blessed family with our three boys just as many nurse-husband and wife tandem have done. He also has given me my wings to fly as I navigated my volunteer roles in PNAA and my Chapter PNA North Texas. He has been very supportive of my passion to serve not only through PNAA but also in the Dallas Fort Worth's Filipino-American Community. He also serves as PNA North Texas-Dallas' Auditor 2020-2022. He is an avid sports fan that sometimes even without sleep he will drive our 2 older boys to all their basketball tournaments. He loves playing golf as his self-care activity. He is an amazing father, husband, colleague, and friend. He is truly My Man in Nursing!



## PNA Greater Kansas City's pride gets recognized

Marc J. Molitor, MSN, RN, VA-BC, CIC

(reprinted with permission from 3M)



Marc Molitor recently won the 2021 3M Clinical Specialist Award for the United States. Each year, seven 3M Clinical Specialists within the United States receive the award based on performance goal achievement. Marc has worked for 3M as a Clinical Specialist since 2016 where he continues to provide specialized clinical support to hospitals and other healthcare organizations on a variety of diverse and complex issues including vascular access. He earned both his Bachelor of Science in Nursing and his Master of Science in Nursing; Nursing Systems Administration track from the University of Iowa College of Nursing. Marc is board certified in infection prevention and control (CIC) and is also board certification in vascular access (VA-BC).

His nursing and professional background prior to working for 3M includes: inpatient stem cell transplantation nurse (at The University of Texas M.D. Anderson Cancer Center); outpatient stem cell clinical nurse coordinator (at The University of Kansas Health System); infection preventionist (at The University of Kansas Health System); and clinical consultant for an infection prevention software company (Premier Inc.'s TheraDoc).

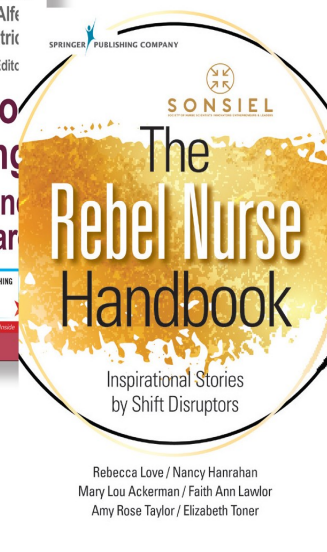
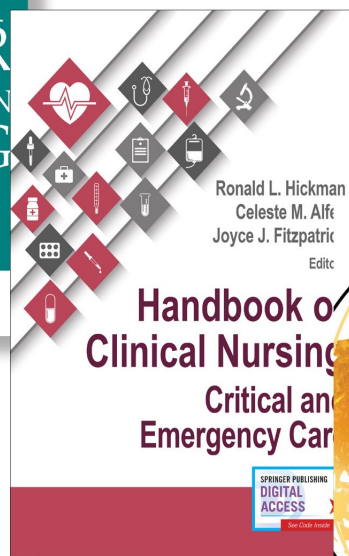
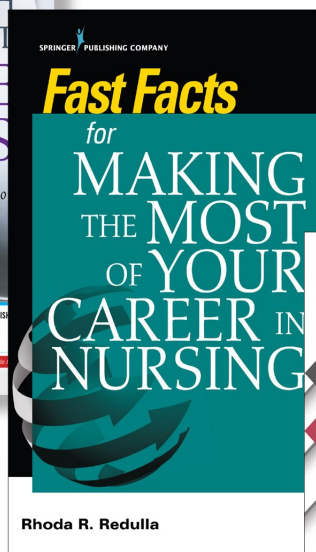
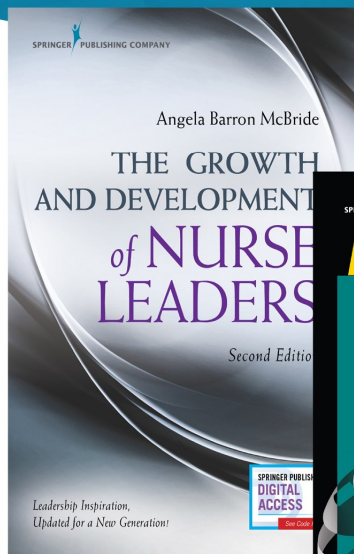
Marc is a member of the Association for Professionals in Infection Control and Epidemiology (APIC), the Association for Vascular Access (AVA) and the Philippine Nurses Association of Greater Kansas City (PNAGKC) where he is the vice president-elect for 2022-2024. His mom Shirley (Parado) Molitor and Tita Cherry (Parado) Sloan-Medrano are both graduates of University of Santo Tomas class of 1971.

# Philippines Nurses Association of America, Inc.

Springer Publishing is proud to partner with the Philippines Nurses Association of America, Inc. to bring you top nursing resources at discounted prices.

**SAVE  
35%**

Plus  
**FREE SHIPPING**  
with Code PNA35



*Coupon valid on all titles at  
[www.springerpub.com](http://www.springerpub.com)*

PNA Chapter

# NEWS



## PNA California Capital City celebrates the Philippine Independence Day

Lourdes Moldre, MSN, BSN, RN, ACNP-BC  
PNAC3 Advisor

**FILIPINO FIESTA OF SACRAMENTO 2022**  
**A Tribute to Bayanihan Clinic**  
20 years of service to Filipino World War II veterans

Sunday, June 5, 2022 10am-5pm  
Jose Rizal Community Center, Sacramento, CA

Parade, food booths, FREE boba tea, entertainment and activities, Eskrima, car show, health fair, career fair, games, and more!

COVID-19 vaccination available. Walk-ins are welcome. Free boba tea, raffles and prizes for those getting vaccinated!

To schedule your vaccine, use QR code, visit [myturn.ca.gov](https://myturn.ca.gov) or call 1-833-422-4255 today!

Vaccinate ALL 58

SACRAMENTO UC DAVIS HEALTH  
USMONS Kennedy SUPERVISOR  
SMUD  
KAISER PERMANENTE  
AARP  
EAST LAWN

June 5, 2022, Sacramento, CA. The PNAC3 proudly celebrated the Filipino Fiesta of Sacramento with a special tribute to UC Davis Health Bayanihan Clinic, a Filipino medical student-run clinic to underserved Sac communities while honoring the legacy of WWII veterans, in partnership with PNA California Capital City (to provide free education and health screening) sponsored by Toby Marsh, Chief Nursing and Patient Care Services Officer at UC Davis Medical Center. Thank you to our PNA leaders, Marlon Garzo Saria and Peter Reuben Calixto, for the support.

Big kudos to our PNAC3 trailblazers Al Espinas, Jane Pena, Liz Navarra, Sal Mislang, Theresa Pak, Frances Noriega, Gladys Soohoo, and Amie Ragasa-Sta Maria for an exceptional event!





## Family Fun Day: Kalayaan Atlanta 2022

By Lilia Hagler, BSN, RN  
PNA Georgia



PNAGA members participating in the walk



More PNAGA members in attendance with Myrna Gacusan

It was a grand “town fiesta,” complete with buntings, a prelude to June 12 Philippine Independence Day celebration! This family oriented fun day is an annual new tradition of the Fil-Am community in the Metro –Atlanta area that started in 2012 held weekend before June 12. However, it was interrupted by the pandemic the past two years hence the enthusiasm and excitement of friends who have not seen each other because of pandemic was so palpable. This year, the venue was Pinckneyville Park in Norcross, Ga. and attended by approximately five hundred guests. Activities were a plenty and teaching moments for the children about their parent’s rich culture and heritage were well received.

The day started at ten in the morning with walkathon/ fun run then followed by henyo, singing, dancing and tula contests by different participating organizations including the Philippine Nurses Association of Ga. Our very own poet-in-residence and PRO Menchie Santiago delighted the audience with her **tula, she won first place**. Cumulatively however, PNAGA garnered second place!

There were food vendors, plenteous Filipino dishes to your hearts’ content. Long lines can be seen most especially towards the lechon, halohalo, dinuguan, inihaw na isda for what is a fiesta without these classic Filipino foods that make your mouth waters and just transports you home to the Philippines with wistful longing... and oh, the wafting smell of freshly grilled pork barbecue from the PNAGA food stand had people kept coming back for more. They were sold out by one o’clock. What a fun way to raise funds. Thank you to our Pres. Elect

Mary Ann Neely and her hubby Jim for sharing their family secret marinade recipe and hosting the “skewer party” with PNA-GA President Myrna Gacusan, Lorna Buntichai, Menchie Santiago and Ria Rowell.

The last activity of the event was a Tagalog Mass and the day ended at four o’clock. It was exhausting but truly a family fun day! We now look forward to June 12 Gala wherein four hundred guests and the Consular Corps of Atlanta are anticipated to attend. The Fil-Am community in Atlanta has been celebrating Philippine Independence Day on the day itself since 2007 as spearheaded by Hon. Consul General Ray Donato, Kalayaan Atlanta Committee and Makabayan Georgia. The Kalayaan Atlanta Committee is composed of Fil-Am community leaders with PNAGA very well represented. The theme of Kalayaan Atlanta 2022 happens to be, “Proud to be Filipino: A Celebration of Philippine History, Culture and Traditions,” and so we are. Happy June 12 Independence Day everyone!



**Carmencita Santiago delivering her winning poem of “Proud To Be Pinay”**



**Pia Valeriano, Isa Thompson, Venus Soriano & Carmencita Santiago receiving the 1<sup>st</sup> place award for the “Tula Contest”**



**Myrna Gacusan, Jim Neely, Rudy Gacusan & Mary Ann Neely on the grill  
More PNAGA members in attendance**



**Anita Granada, Minette Reyes and Ryan Reyes at the First Aid Station**



## PNA Illinois volunteers at the Philippine Independence Week Event

PNA Illinois (PNAI) participated at the Philippine Independence Week Committee Picnic and Seniors Health-O-Rama. The PNAI Illinois nurses and volunteers and the Chicago Nurses for Diabetes Lions Club were able to provide health screenings by doing blood pressure and blood sugar checks, and provided lay rescuer CPR training at the Health-O-Rama. We were also able to talk to seniors regarding controlling blood pressure and diabetes by making healthy food choices and proper medication management. Thanks to the Health O Rama Chairperson Ella L. Basilio and all the organizers for a highly successful event.





## PNA Indiana Nurses' Community Engagement at Asian Fest

By Mattie Upano, MSN-FNP, RN  
President, PNA Indiana

On May 21, 2022, Asian Fest was held at the Global Marketplace in Indianapolis, Indiana to celebrate Asian American Pacific Islander Heritage Month. Featured were Asia's culture, arts, music and food. Taiwan delegation showed off their dragon dance; India provided artistic henna tattoos, the Police Department distributed children's books to the children in attendance, Japan showed how to do origami and the Philippines was part of the Indiana Arts roving exhibit. They also performed Filipino folk dances on the stage. The entire family had fun in these activities provided free of charge by the Asian American Alliance of Indianapolis (AAAI) headed by Rupal Thanawala, AAAI President and its' many sponsors like Lilly, IUPUI, PACERS, Citizens Energy group, etc.. There were more than 2,000 attendees on this beautiful sunny, windy day!



L-R: Zean Arceo, Helen Tracena, Redd Knotts, Alena Faith, Dr. Virginia Caine, Darwin Manalang, Rupal Thanawala, & Maria Manalang

PNA-Indiana coordinated the Free Wellness Screening, Health Promotion and Medical Consultation with the Indiana Philippine Medical Association (IPMA), and Philippine Association of Medical Technologists (PAMET) of Indiana. Medical consultations were provided by Drs. Leo and Ninna Solito and Karleen McGill, NP, PNA-IN Vice President. Tony Ricafort, PAMET President coordinated the PAMET volunteers.



Josie Soliven, Zean Arceo, Alena Faith, Darwin Manalang & Josie Soliven conducted Hgb A1c, and cardio lipid testing

PNA-IN NP & nurses, PAMET Med Techs, and IPMA physicians provided invaluable contributions by engaging with the community, sharing what we do with the attendees. Guests such as Dr. Virginia Caine, Director, Marion County Public Health, Judge Tiffany Vivo, Ms. Thanawala, Indianapolis mayor Hogsett, Glen Kwok, Director, International Violin Competition of Indianapolis & AAAI Board Director, etc. stopped by our booth to view the retractable poster showing the story of our successful legislative advocacy for expansion of pathways for RN licensure of foreign educated nurses in the state of Indiana. The poster shown is a copy of the PNA-IN article published in the May/June issue of the Indiana State Nurses Association Bulletin.



**L-R: Fatima Gaoat, Helen Tracena, Dr. Virginia Caine, Redd Knotts, Rupal Thanawala, Mattie Upano & Jiselle Bermudez Rains**



**Judge Tiffany Vivo at the center with PAMET & PNA-IN volunteers & Anita Lerche, AAAI Board member at far left**

PNA-IN volunteers: Redd Knotts, Chuchi Esteleydes, Fatima Gaoat, Jiselle Bermudez, and 7-week old daughter, Helen Tracena and sons, Darwin Manalang and yours truly set-up the banners, supplies, tables, etc. allowing for social distancing, provided masks and hand washing stations, registered participants, checked their BP, BMI and provided health promotion. Our heartfelt thanks to our sponsor: PTS Diagnostics, Will Benedict, General Manager, who donated the Hgb A1c & cardio lipid testing kits, Arlington Dental who donated the giveaway toothbrushes and all the volunteers. We all made a profound difference in everyone's health and well-being. What a great time to show our pride and share our story!



Redd Knotts with Asian Fest Coordinator Marife Callender & Indianapolis Mayor Hogsett



Drs. Ninna & Leo Solito and Karleen McGill, NP doing Medical Consult



PNA Chapter

# NEWS



## PNA Maryland...Celebrating Our Nurses

By Aleli R. Frias, BSN, RN

President of PNA Maryland Chapter (PNAMC) 2020-2022

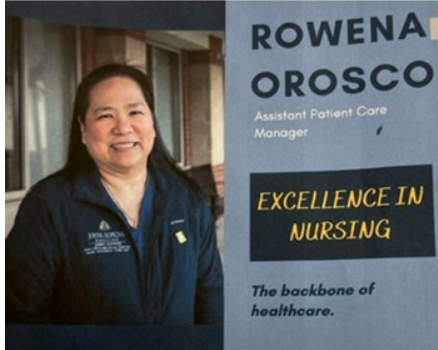


What more can a leader ask, when the final general assembly on April 24<sup>th</sup>, 2022 was notified that the current term (2020-2022) has achieved all its goals, even before the deadline of July, 2022! These goals relate to the five pillars: Membership (exceeds goal); Educational Opportunities (6 webinars or seminars); Visibility and Community Outreach (22 events); Technology and Financial Viability (solid viability and creative-robust website); and Interagency Collaboration (10 events). This presentation was witnessed by our distinguished guests: Ms. Vicky Pike, Eastern Region Vice President, Ms. Marie Ortaliz, past president of the New York Chapter and candidate for the Eastern Region VP, Vicky Navarro, Founding President of PNA Maryland and former PNAA President; and our past presidents: Dr. Dina Krenzischek, Fe Nieves Khouw, and Virginia Alinsao.

Again, PNA Maryland made a difference in Asian Culture during this past Christmas Gala: love for hip-hop and line dancing, ballroom dancing, and native dancing (singkil). In recognizing our peers, we excelled on this category! What a joy to watch such talents and expression of our culture! It happened on that same Christmas Gala.



This May, we also celebrated the most recent Filipino Nurse Awardees in Maryland. We are also celebrating the Asian American Pacific Islander (AAPI) month in May. During the nurses week our newest member, Ms. Rowena Orosco received the Baltimore Magazine award for nursing excellence. Our very own Ms. Maria Sheilla Membrebe, PNAMC education chair, won the Johns Hopkins AAPI Achiever award while Jonathon Espenancia was one of the finalists, and Anna Lou Paniza, BSN, RN, Lead Clinical Nurse, Pediatrics-Adolescents Inpatient Unit at Johns Hopkins Hospital received the prestigious Daisy Award. PNAMD past president, Dina A. Krenzischek, PhD, RN,CPAN, FASPAN,FAAN was also recognized as one of the Top 100 nurses with Research Honor by the Baltimore Magazine. Our entire PNAMC family are proud of them!



Rowena Orosco



Maria Sheilla Membrebe, MSN/Ed, RN, OCN, CMSRN, CBN, CNE



Anna Lou Paniza, BSN,



Dina Krenzischek, PhD, RN, CPAN, FASPAN, FAAN



PNA Chapter

# NEWS



## PNAMSEF SPARKS - Community Outreach – May 14, 2022

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

On May 14 after Mother's day we the PNAMSEF volunteered to the NANAY Feast celebrating the elderly in the community. There was a lot of food and activities. We did health teachings on hypertension and blood pressure taking. Dina did the cancer awareness and genetic mapping. She demonstrated how to do breast exam and detection. Everyone was very impressed and appreciative of the health teachings. We also were able to recruit some members. It was a fun day talking to the Nanays and explaining to them the importance of following with their physician to promote their well-being and healthy living.



PNA Chapter

# NEWS



## PNA New York celebrates the Philippine Independence Day 2022

On Sunday June 5, 2022, the presidents of PNA America, Dr. Mary Joy Garcia-Dia, and PNA New York, Dr. Warly Remegio, led marchers down Madison Avenue in celebration of Philippine Independence which is the largest Filipino parade in the United States outside of the Philippines.

Three years have passed since 2019 when the last parade happened. It was a joyous occasion on a beautiful day. We thank our members, family and friends who marched with us. We marched in remembrance and honor of those nurses who passed away during the COVID-19 pandemic.





## PNA Tampa celebrates Asian Pacific Islander Desi American (APIDA) Awareness Month with the College of Nursing at University of South Florida

By Perlita Cangas, MSN, RN, Board of Director, PNA Tampa



Dr. Liw Villagomez with 2 PNA Tampa volunteers- Perlita Cangas and Marites Calvelo



Perlita Cangas, one of the PNA Tampa volunteers at this event



PNA Tampa Members volunteer at the USF Asian Pacific Islander Desi American Heritage Awareness Day.



Marites Calvelo proudly stands by the PNA Tampa banner

Filipino nurses have long been considered a vital part of nursing profession here in USA. The Philippine Nurses Association of Tampa Bay (PNA Tampa), spearheaded by Past-Founding-President/Current Advisor, Dr. Liw Villagomez along with Asst. Treasurer Marites Calvelo and Board Member Perlita Cangas on May 16, 2022 represented PNA Tampa at the University of South Florida College of Nursing's celebration of APIDA Awareness month. Also in attendance were PNA Tampa Board Members Ning Bonoan and Dalisay Allado, and one of our newest members, Rona Nuestro.



We showcased our cultural image and shared the importance of our heritage to attendees. We brought displays of different Filipino artifacts, nursing journals, and informative flyers. Almost 50% of foreign educated nurses in the US are from the Philippines and members of PNA Tampa are proud to represent them at this event. There is no doubt that we brought our culture and way of life to this beautiful adopted country of USA and continue to uphold our values and integrate the values of this society in our daily lives. Our rich culture and our eye for excellence in our nursing practice are vital contributions in shaping the health care industry.



**Nursing article authored by Dr. Leo Jurado and Dr. Marlon Saria in the Nursing Management Journal on display**

Our display table represented our culture and included replicas of the very popular public transportation (jeepney), Filipino typical rural native house (bahay kubo), and horse-drawn carriage (kalesa); peso currency; the game sungka; Sto. Nino image, and books about Filipino women and weaving by tribal natives in the Mountain Province. We also shared our favorite food, pancit.

It was a very joyous and meaningful celebration in collaboration with different organizations from different backgrounds. A highlight of the celebration was the Chinese Lion Dance. PNA Tampa always shine and honors Filipino nurses with their helping hands, caring smiles and warm hearts that they bring each day to their patients and families. PNA Tampa members are proud of their Filipino heritage and they are able to incorporate these Filipino values in their nursing practice every day of their lives. "Mabuhay to all the Filipino Nurses!"



**Dr. Liw Villagomez spearheaded this event at USF College of Nursing on May 16, 2022**

PNA Chapter

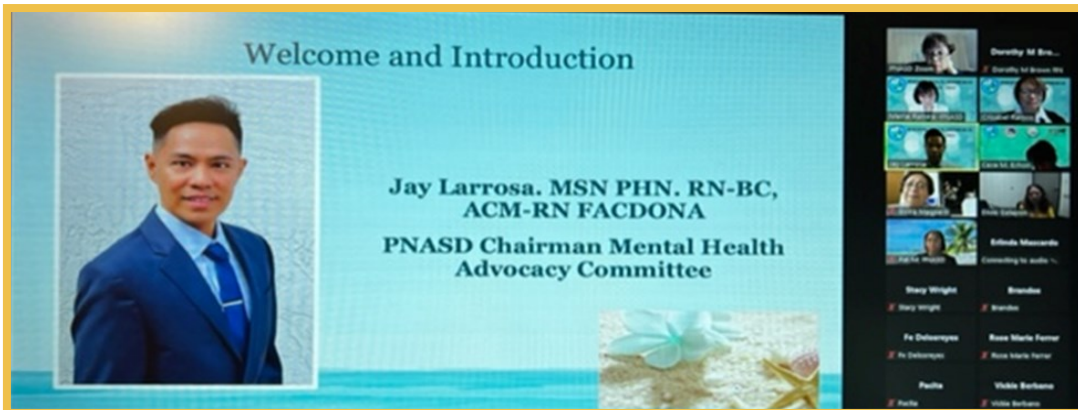
# NEWS



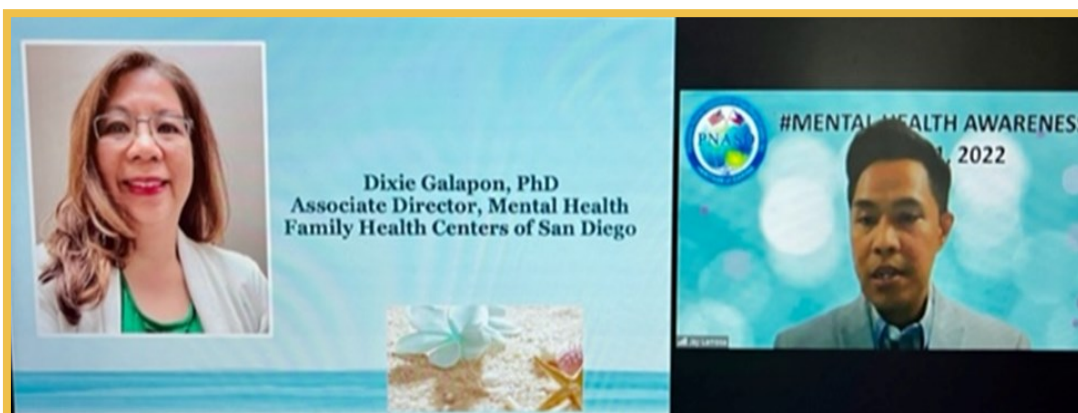
## PNASD is Becoming an Effective Mental Health Advocate, Resource, and Partner

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

PNASD and its Committee on Mental Health Advocacy (MHA) is another step closer to becoming an effective advocate, resource, and partner for the mental health of its members and their members' families, friends, peers, and the community as well. One of the domains for their short-term tactics is peer outreach, in which the goal is to educate PNASD members on various mental health topics. The plan to educate the members is a crucial step since not all PNASD members specialize or practice in the mental health space. MHA Committee is very sensitive to the identified gap. To narrow it down, they provide a four-part mental health education series to peers.



The first part of the mental health education series was held on May 21, 2022. This date was very timely since May is Mental Health Awareness Month. Dr. Dixie Galapon, Associate Director, Mental Health for Family Health Centers of San Diego, led the educational session. Dr. Galapon presented on "Understanding Mental Illness and Mental Health." The educational program offered an overview of mental illness and mental health, identified culturally competent care for diverse populations, and discussed modalities to raise awareness of its importance to health care workers and personal well-being, including help-seeking behaviors to achieve emotional stability. It was not a surprise when attendees heard that the pandemic triggered an increase in impact on individuals' physical and mental health; 40% of US adults reported struggling with mental health or substance abuse. The presenter also shared that the pandemic caused a significant shift to telecare, which has advantages and disadvantages. According to the speaker, exhaustion has significantly triggered suicidal thinking among healthcare workers.



Sharing resources and tools on mental health education were also part of the deliverables asked by the MHA Committee from each speaker of the mental health education series. The topic on how to start building their toolbox on mental health was shared with attendees. The speaker discussed different clinical tools used in mental health. At the end of the presentation, Dr. Galapon reminded the attendees that it is okay to not score well during the assessment, to learn what is important, to recognize when they are not okay, and reach out or seek help. Individuals experiencing mental health issues need to know that they are not alone. They can always call San Diego Access and Crisis Line (888)724-7240, National Suicide Prevention Lifeline (800) 273-8255, or 911. Dr. Galapon also identified barriers to seeking mental health, and we hope they can be overcome, especially after differentiating therapy from psychiatry.



Part two and part three of the mental health education series will be on June 25, 2022, with Dr. Virtud Oloan presenting on Living a Mentally Health Life: Mental Health on a Personal Level and Mental Health in the Workplace. On July 23, 2022, the speaker will present the last part of the series on Mental Health Awareness through Community Partnership.

Completing the four-part mental health education series to peers is a fundamental approach for the MHA Committee to achieve the committee's and PNASD's overall goal: Promote mental health wellness and raise awareness of the existence of mental and behavioral disorders by being an advocate and a resource to individuals, families, and community on accessible, caring and culturally competent services. PNASD is another step closer to becoming an effective mental health advocate and partner in mental health with the completion of the first part of the mental health education series.







## NCR PREPARATION (September 2021) and CONFERENCE (April 2022)

Reports and pictures % JenJen Hazelbaker, BSN, RN; PNAGSL Advisory; PNAGSL President 2014-2016 and Marjorie Gamino, BSN, RN, CRRN, PNAGSL President 2020-2022

Edited by Annabelle L. Cosas, BSN, RN; PNAGSL Bylaws Chair, Policies & Procedure Chair, Editor 2020-2022



2022 NCR Conference — Leila Busch, NCR V-P, called for an organizational meeting of COPs (Circle of Presidents) for the Chicago conference. St. Louis was the choice to meet, it being the center of the Northern Region states.

The venue was supposed to be at PNAGSL President Marjorie Gamino's residence but because of non-vaxxed family members, it was re-routed to Josie Veit (President-Elect)'s who graciously offered her home at St. Peters, Illinois and Michigan stayed in a hotel while the rest were at Josie's.

Attendees were:

- Leila Busch (North Central Region V-P, Kansas)
- Manelita (Bong) Dayon (Northwest Indiana)
- Abby Mira and Minnie Parbs (Wisconsin)
- Christina Garinger (Central Ohio)
- Babette Boiser-Orlich (Greater Kansas City)
- Debbie Maquidato (Cincinnati-Northern Kentucky)
- Reggie Laput (Michigan)
- Florence Palmaira, Marilou Dangan, Gloria Simon (Illinois)



Some arrived early, a few more on the day of September 11, 2021 (Saturday). Everyone came organized and were quite engaged in the discussion. It was a successful exchange of ideas and, as shown in the photos, the out-of-towners enjoyed our company — in between food (catered) and picture-taking! Several of PNAGSL members and past presidents came and gave support. We thank Richard and Josie Veit for their wonderful hospitality. It was indeed a memorable experience to PNAGSL and NCR chapter presidents!





...and, Chicago May 6-8, 2022 finally came!

The 19th NCR conference was the first face-to-face since the pandemic lockdown. Host: PNA Northwest Indiana. The event was held at the Embassy Suites Chicago O'Hare Rosemont, Illinois. Theme: "Enhance The S.P.I.R.I.T, Embrace The SPARK."

For the gala night presentation, PNAGSL dancers started practicing the dance for "Quizas" in March. This consisted of Gamino, Veit, Joy Deatherage, Evelyn Oller and JenJen Hazelbaker. Gamino stated, "We were all excited, did the conference registration, bought our plane tickets and we put our best to perfect the dance. We gave our time and effort to practice with instructor/choreographer Nene Rose Angeles. Unfortunately, three days before our flight, three members got sick and I had to cancel our dance presentation."



**May 5/Thursday**, PNAGSL delegates Gamino, Evelyn Sullivan, Maria Hipolito and Hazelbaker were at the airport early a.m. for Chicago. Gamino: “We checked-in at the hotel, had lunch at Seafood city, bought some groceries for snacks. UBER transport was affordable and convenient.”

Same day at 6:30 p.m. “Meet and greet”; NCR COP meeting; PNA Executive Board meeting with NOMELEC candidates who discussed their platform, vision and mission — with message “Vote wisely!”

**May 6/Friday, 1st day** — Leadership Institute: Busch gave the opening remark, Dr. MJ Dia, PNA President, her address; and different speakers their specific topics. We had fun, enjoyed and learned!

Fundraising: line-dancing with the energetic instructor, Richie Gil. Networking Night theme: “Sparkling in the jungle” — with parade of banners from each NCR chapter. Gamino, Sullivan and Hipolito presented a dance to “The lion sleeps tonight” with their tiger pajama costume.

Chapter Leadership award: PNAGSL chose Hipolito as the recipient of the award. She is the immediate past president (2018-2020). She was one of the pioneers of the iLDP program of PNA. During her term, recruitment of new members increased by 15% which placed PNAGSL to rank 11th with PNA. Our chapter was awarded the most compliant for being prompt in submitting the many requirements of NCR. Hipolito was the NCR COPPR from 2018-2019. She was recognized and awarded for all her exemplary services to both NCR and PNA.

Busch presented Gamino with a Certificate of Recognition award to PNAGSL and a Certificate of Appreciation for her excellent leadership and invaluable service to the PNA NCR as President of PNAGSL.

**May 7/Saturday, 2nd day** — Education day: Such talented speakers with interesting topics! Gamino had the privilege to introduce Dr. Marlon Saria who talked on Diversity and Health Equity in Nursing.

Gala night: induction of officers of PNA Wisconsin, of Indiana, of PNA NW Indiana. Hipolito had the honor of presenting the “Nurse Educator Excellence Award” to Dr. Stacey Arriola of PNA Illinois. It was an enjoyable evening — with dinner, more picture-taking and dancing all night!

**May 8/Sunday, last day** — Morning Mass of Thanksgiving for a very successful event. This was followed by a delectable lunch at Max’s restaurant before we flew back to St. Louis.

Overall: PNAGSL delegates, again, experienced unforgettable moments and fond bonding. Thank you for supporting the NCR conference!



from left: JenJen, Evelyn S, Maria and Marjorie waiting to board for Chicago at St. Louis airport.





# inside PNAA

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

## INTERESTED IN SHARING YOUR CREATIVE WRITING SKILLS?

Join us



### EDITORIAL STAFF MEMBERS

#### Functions:

- Review submitted articles.
- Advice on newsletter policy and scope.
- Identify topics/themes for monthly issues.
- Attract new authors and submissions.
- Promote the newsletter to our members, colleagues, and peers.
- Assist the editor-in-chief in decision-making over issues.
- If interested, you may also submit articles relevant to PNAA.
- **We are also looking for someone with layout experience**

please e-mail: Bob Gahol, Editor-in-Chief  
[insidepnaa@gmail.com](mailto:insidepnaa@gmail.com) / [bgahol@hotmail.com](mailto:bgahol@hotmail.com)

We are looking for dedicated individuals who want to be  
a part of our team



# Our Collective SPARK

LAST DAY TO REGISTER  
JUNE 25 @11:59 PM ET

# 43<sup>rd</sup> PNAAN ANNUAL NATIONAL CONVENTION

July 6 - 10, 2022

New York Marriott Marquis  
New York City

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



SCAN ME

BE THE  
SPARK



Hosted by PNA New York



#PNAANATCON43  
NEW YORK 2022

43<sup>rd</sup>



# PNAA ANNUAL NATIONAL CONVENTION

**IMPORTANT  
ANNOUNCEMENT**



**PRE-LICENSURE NURSING STUDENTS  
ARE FREE ON VIRTUAL EVENTS**

# REGISTER NOW!



SCAN ME

[WWW.MYPNAACONFERENCE.ORG](http://WWW.MYPNAACONFERENCE.ORG)

#PNAANATCON43

NEW YORK 2022





# 19TH PNA A SCR Regional Conference



**Moody Gardens  
Convention Center**

 **Galveston, TX**  
**October 14-16, 2022**

Hosted by

**PNA Texas Golden Triangle**

**Lorelei Miranda - President**  
*BebotMiranda225@yahoo.com*

*Please scan QR Code for PNA A SCR Hotel reservation  
or long press the QR code on mobile device to access*



# Philippine Nurses Association of America Foundation



## 2023 Collaborative Conference

January 21-22, 2023

Vigan City, Ilocos Sur

*Save the date!*

*2023: Moving Forward with Innovations,  
Opportunities, and Successes*



Photo credit: loelaldor, CC BY-SA 4.0

*Save the Date*

**PNAA**

**21st Western**

**Regional**

**Conference**

**April 20 - 23, 2023**

**Maui, Hawaii**

**Hosted by: PNA Maui Hawaii Chapter**



# CAREER CENTER



 **PNAA CAREER CENTER**

**UAB SCHOOL OF NURSING**

## Join Our Team!

### Faculty Position - Family Nurse Practitioner

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position - Family Nurse Practitioner**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full-time FAMILY NURSE PRACTITIONER faculty position for teaching in the Graduate-Clinical Programs. Candidates for this faculty position with expertise and experience as a family nurse practitioner are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A minimum of a master's degree in nursing is required. A doctoral degree in nursing is preferred. Candidates must hold an unencumbered registered nurse license in the state of Alabama, or be eligible for licensure as a registered nurse in Alabama. Faculty may elect different degrees of emphasis on the teaching, service and scholarship components of the faculty role.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11469>

# CAREER CENTER



 **PNAA CAREER CENTER**

**UAB SCHOOL OF NURSING**

**Join Our Team!**

**Faculty Position  
Community Health Nursing**

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Community Health Nursing**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full-time Community Health Nursing faculty position that will teach in the Undergraduate/Prelicensure Programs.

Candidates for this faculty position with expertise in Community Health are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A minimum of a master's degree in nursing is required, a doctorate in nursing or a related field is preferred. Candidates must hold an unencumbered registered nurse license in the state of Alabama, or eligible for licensure as a registered nurse in Alabama. Faculty may elect different degrees of emphasis on the teaching, service, and scholarship components of the faculty role.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11472>

# CAREER CENTER



**PNAA CAREER CENTER**



**UAB SCHOOL OF NURSING**

**Join Our Team!**

**Faculty Position  
Nursing Informatics**

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Nursing Informatics**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full time Nursing INFORMATICS faculty position that will teach across programs.

Candidates for this faculty position with expertise in Nursing Informatics are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A minimum of a master's degree in nursing is required; a doctorate is preferred. Candidates must hold an unencumbered registered nurse license in the state of Alabama, or eligible for licensure as a registered nurse in Alabama. Faculty may elect different degrees of emphasis on the teaching, service and scholarship components of the faculty role. This role will be focused with undergraduate/pre-licensure students.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11473>



# CAREER CENTER



 **PNAA CAREER CENTER**

**UAB SCHOOL OF NURSING**

**Join Our Team!**

**Faculty Position  
Instructor Student  
Retention Coordinator**

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Instructor – Student Retention Coordinator**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full-time, twelve-month Student Retention Coordinator faculty position.

Candidates for this faculty position with expertise in the development, implementation, and evaluation of a program for increasing retention of students in undergraduate-pre-licensure programs are encouraged to apply. A minimum two years' experience working with undergraduate students is required. A minimum of a master's degree is required, doctoral degree preferred. Prior education/training in nursing education preferred. Rank, tenure, and salary are competitive and commensurate with professional background and experience.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11470>

# CAREER CENTER



 **PNAA CAREER CENTER**

**UAB** SCHOOL OF NURSING

**Join Our Team!**

**Faculty Position – Instructor  
Psychiatric/Mental Health Nursing  
Undergraduate/Pre-licensure Programs**

**School of Nursing at the University of Alabama at Birmingham (UAB)  
Faculty Position – Instructor  
Psychiatric/Mental Health Nursing  
Undergraduate/Pre-licensure Programs**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full time Psychiatric/Mental Health Nursing faculty position that will teach in the Undergraduate/Pre-Licensure programs.

Candidates for this faculty position with a minimum of three years psychiatric/mental health nursing experience are encouraged to apply. A minimum of a master's degree in nursing is required; doctoral degree preferred. Candidates must hold an unencumbered registered nurse license in the state of Alabama, or be eligible for licensure as a registered nurse in Alabama. Faculty may elect different degrees of emphasis on the teaching, service and scholarship components of the faculty role. Rank, tenure, and salary are competitive and commensurate with professional background and experience.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11471>

# CAREER CENTER



**PNAA CAREER CENTER**

**UAB SCHOOL OF NURSING**

**Join Our Team!**

**Faculty Position  
Pediatric Primary Care  
Nurse Practitioner**

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Pediatric Primary Care Nurse Practitioner**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full time PEDIATRIC PRIMARY CARE NURSE PRACTITIONER faculty position in the Graduate Clinical Programs.

Candidates for this faculty position with expertise in pediatric primary care advanced practice nursing experience are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A minimum of a master's degree in nursing is required, doctorate in nursing preferred. Candidates must hold active certification as a Pediatric Primary Care Nurse Practitioner and licensure or be eligible for licensure as an RN and an APRN in Alabama. Faculty may elect different degrees of emphasis on the teaching, service and scholarship components of the faculty role.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/10422>

# CAREER CENTER



**Join Our Team!**

**Faculty Position  
Adult/Gerontology Acute Care  
Nurse Practitioner**

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Adult/Gerontology Acute Care Nurse Practitioner**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full time ADULT/GERONTOLOGY ACUTE CARE NURSE PRACTITIONER faculty position that will teach in Graduate Clinical Programs.

Candidates for this faculty position with expertise as an Adult/Gerontology Acute Care Nurse Practitioner are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A doctoral degree in nursing is required. Candidates must hold active certification as an Adult/Gerontology Acute Care Nurse Practitioner, and possess an unencumbered registered nurse (RN) license (or are eligible for licensure) as an RN and an APRN in the state of Alabama. Faculty may elect different degrees of emphasis on the teaching, service, and scholarship components of the faculty role.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11468>

# CAREER CENTER



 **PNAA CAREER CENTER**

**UAB** SCHOOL OF NURSING

**Join Our Team!**

**Faculty Position  
Adult Health Nursing**

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Adult Health Nursing**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full time ADULT HEALTH NURSING faculty position that will teach in the Undergraduate/Pre-Licensure Programs.

Candidates for this faculty position with expertise with adult health nursing experience are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A minimum of a master's degree in nursing is required, doctorate in nursing preferred. Candidates must hold an unencumbered registered nurse license in the state of Alabama, or be eligible for licensure as a registered nurse in Alabama. Faculty may elect different degrees of emphasis on the teaching, service and scholarship components of the faculty role.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11464>

# CAREER CENTER



The graphic features a background image of healthcare professionals in a clinical setting. At the top left is the PNAA logo, a circular seal with the text 'PNAA ASSOCIATION OF AMERICAN NURSE PRACTITIONERS' and '1979'. To its right, a green banner contains the text 'PNAA CAREER CENTER'. Below this is a white box with the 'UAB SCHOOL OF NURSING' logo. The central text reads 'Join Our Team!' in large white font, followed by 'Faculty Position Adult/Gerontology Acute Care Nurse Practitioner' in smaller white font.

## **School of Nursing at the University of Alabama at Birmingham (UAB) Faculty Position – Adult/Gerontology Acute Care Nurse Practitioner**

The School of Nursing at the University of Alabama at Birmingham (UAB) invites applications and nominations for a full time ADULT/GERONTOLOGY ACUTE CARE NURSE PRACTITIONER faculty position that will teach in Graduate Clinical Programs.

Candidates for this faculty position with expertise as an Adult/Gerontology Acute Care Nurse Practitioner are encouraged to apply. Rank, tenure, and salary are competitive and commensurate with professional background and experience. A doctoral degree in nursing is required. Candidates must hold active certification as an Adult/Gerontology Acute Care Nurse Practitioner, and possess an unencumbered registered nurse (RN) license (or are eligible for licensure) as an RN and an APRN in the state of Alabama. Faculty may elect different degrees of emphasis on the teaching, service, and scholarship components of the faculty role.

For the complete position description, please visit: <https://uab.peopleadmin.com/postings/11468>

# CAREER CENTER

A recruitment graphic for the PNAA Career Center. It features a circular logo for the Psychiatric Nurses Association of America (PNAA) with the year 1979. The text 'PNAA CAREER CENTER' is prominently displayed. Below this is the Brook Lane logo, which includes three stylized leaves (white, blue, and green) and the text 'BROOK LANE' and 'Hope • Healing • Recovery'. The central text 'Join Our Team!' is written in a large, bold font. At the bottom, the text 'Registered Nurse Supervisor Care Management Department' is displayed. The background of the graphic shows a group of people's hands stacked together in a circle, symbolizing teamwork.

 PNAA CAREER CENTER

 **Join  
Our Team!**

**Registered Nurse Supervisor  
Care Management  
Department**

## **Brook Lane Registered Nurse Supervisor - Care Management Department Inpatient Services**

**Brook Lane** provides a continuum of mental health services for people throughout the Mid-Atlantic region. We offer a variety of services for all age groups, allowing for an individualized program of treatment. Our caring staff are dedicated to improving the health and wellness of each person we serve. Brook Lane is a private non-profit health system offering compassionate care through inpatient, partial hospitalization, ECT and outpatient services.

This is a new position and the Care Manager would be developing the department in a psychiatric hospital setting.

**For more information:** <https://bit.ly/3rHEXQ0>

# CAREER CENTER



**PNAA CAREER CENTER**



College of Nursing  
**MICHIGAN STATE UNIVERSITY**

## Join Our Team!

**Assistant Dean of College  
Diversity, Equity and  
Inclusion (DEI)**

**Michigan State University  
College of Nursing  
Assistant Dean of College Diversity, Equity & Inclusion**

The Assistant Dean of College Diversity, Equity and Inclusion (DEI) for the Michigan State University (MSU) College of Nursing (CON) provides leadership in building a sense of community within the CON and supporting initiatives that promote diversity, equity, inclusion, and justice throughout all areas of the CON, with a broad vision of diversity in achieving institutional equity and inclusive practices. The Assistant Dean is responsible for coordinating integrated approaches to increase diversity and inclusivity across the CON; promote a multicultural environment for faculty, staff, and students; and identify and develop strategies to address unequal access and outcomes for historically underrepresented groups. The Assistant Dean of College DEI is a 100% fixed-term administrative position. This position will report directly to the Dean and is a member of the CON's administrative team. The individual in this role is expected to work collaboratively with the CON's Associate Deans, Assistant Deans and Directors.

**Minimum Requirements**

A doctoral degree in nursing or related health field; demonstrated commitment to diversity, equity, and inclusion; excellent written, verbal, and presentation communications skills; strong organizational skills.

Interested applicants should apply through the MSU Careers website using the following link:

<https://careers.msu.edu/en-us/job/510025/assistant-dean-of-college-dei>



# CAREER CENTER

A recruitment graphic for PNAA Career Center. It features a circular logo for the PNAA (Professional Nurses Association of Alaska) in the top left corner, with the text 'PNAA CAREER CENTER' in a blue banner. The central focus is the WellSpring Home Health logo, which consists of a stylized green and blue tree-like shape above the text 'WellSpring HOME HEALTH'. Below the logo, the text 'Join Our Team!' is written in large white letters, followed by 'Registered Nurses' in smaller white letters. The background of the graphic shows a group of people, likely healthcare professionals, in a clinical setting.

 PNAA CAREER CENTER

 WellSpring  
HOME HEALTH

Join Our Team!  
Registered Nurses

## REGISTERED NURSES WELLSPRING HOME HEALTH CARE

### 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?

Registered Nurses to join our professional team!

For more information or to apply for this position, please visit :

<https://www.wellspringhomehealth.com>

## Nurses Transform Practices to Provide Next-level Care

**The health care system needs to take bold action now to meet the demands of the future.**

The 4.3 million registered nurses working in the U.S. are well positioned to drive transformation that improves access to health, care, and better outcomes for all.

The American Nurses Foundation Reimagining Nursing (RN) Initiative today announced the 10 nurse-led projects selected to drive healthcare transformation across the U.S. Each selected project will receive up to \$1.5M over three years to change long-standing practices that leave nurses under-developed, under-utilized, and under-appreciated.

The Foundation is confident that these projects will create large-scale, replicable change. For example, one project makes it easier to pay for home-based, nurse-led primary care for people living with dementia. In another, artificial intelligence analyzes nurse knowledge and observations to drive care team decisions and improve patient outcomes.

Explore all projects on the [RN Initiative webpage](#).

The American Nurses Foundation is supporting these nurse-led ideas and the scaling of projects that work to help nurses realize their full potential—giving them the tools, resources, and power to improve their profession and health care for generations to come.

To follow these nurse innovators as they bring their ideas to life, subscribe to the [Reimagining Nursing email list](#).



# Stressed about quitting smoking?

Rid yourself of both with Pivot — a \$395 value — at no cost to you.

Smoking may feel like stress relief in the moment, but it actually makes stress worse as time goes on, increasing blood pressure, tensing muscles, tightening blood vessels, and wreaking havoc on mental health. People turn to cigarettes hoping for relief, but are left feeling more stressed than ever. There's good news, though — you don't have to be stuck in the stress cycle with the help of Pivot.

## Convenience in your pocket.

Pivot combines a personalized support app filled with content tailored specifically to your goals, direct access to a quit tobacco coach, and the FDA-cleared hand-held SmartSensor\* device, proven to help in quitting smoking. That means no classes, phone calls, or obligations — use Pivot when you need it, wherever you need it.

PIVOT | **FIRST RESPONDERS FIRST**

## Get Started!

Pivot is available free to the first 100 healthcare workers who register and meet eligibility criteria.

Scan the QR code with your smartphone camera or visit [pivot.co/FRF](https://pivot.co/FRF) and use code **frf**.



**Need help quitting vaping?**  
We've got a solution for that too!  
Learn more at [pivot.co/FRFvape](https://pivot.co/FRFvape).

# COVID-19

## Sintomas



### Karaniwang Sintomas ng COVID-19

Ang mga taong may COVID-19 ay mayroong iba't ibang mga sintomas\* - magmula sa mild o malumanay na sintomas hanggang severe or malalang sintomas. Ang mga sintomas ay karaniwang lumalabas 2-14 araw pag katapos ma-expose sa virus. Kahit sino man ay maaring magkaroon ng mga sintomas na mild o severe. Ang taong mayroong mga ganitong sintomas ay maaaring mayroong COVID-19:

- Lagnat o giniginaw
- Ubo
- Kapos sa paghinga o hirap sa paghinga
- Pagkapagod
- Sakit sa kalamnan
- Masakit ang ulo
- Pagkawala ng panlasa o pang-amoy
- Masakit ang lalamunan
- Baradong ilong o tumutulung sipon
- Pagduduwal o pagsusuka
- Pagtatae

\*Hindi kasama sa listahang ito ang lahat na posibleng sintomas. Patuloy tayong makakatanggap ng bagong impormasyon sa CDC habang dumarami ang ating kaalaman sa COVID-19. Ang mga nakatatanda at ang mga taong may mas mabigat na ibang sakit, gaya ng sakit sa puso o sakit sa baga, o diabetes, ay mas madaling magkaroon ng mas seryosong komplikasyon dulot ng COVID-19.

### Kailan dapat humingi ng Emergency Medical Attention

Tingnan ang mga emergency warning signs\* ng COVID-19. Kung ang isang tao ay nakikitaan ng isa sa mga mababanggit na palatandaan, humingi agad ng emergency medical care:

- Hirap sa paghinga
- Tuloy-tuloy na masakit o mabigat na pakirandam sa dibdib
- Pagkalito
- Kawalan ng kakayahang magising o manatiling gising
- Depende sa kulay ng balat, maaari itong may namumutla, kulay-abo o asul na balat, labi o nail beds

Tumawag sa 911 o tumawag agad sa iyong local emergency facility. Ipaalam sa operator na ikaw ay humihingi ng tulong at pangangalaga para sa isang tao na mayroon o posibleng mayroong COVID-19.

\*Hindi kasama sa listahan na ito ang lahat na posibleng sintomas. Mangyari lamang na tumawag sa inyong medical provider kung mayroon pang ibang malalang sintomas na ikinababahala mo.

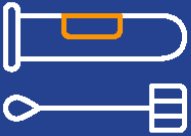
# COVID-19

## Testing



### Ano ang self-test o at-home tests?

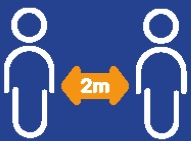
Ang self-tests para sa COVID-19 ay nakapagbibigay agad ng mabilis na resulta at maaaring gamitin kahit saan. Ito rin ay maaring gamitin kahit ano ang iyong vaccination status, maging ikaw man ay may sintomas o wala.



Nakikita ng “home tests,” “at-home tests,” o “over-the-counter (OTC) tests,” ang kasalukuyang impeksyon nangyayari.



Nagbibigay agad ito ng resulta pagkatapos ng ilang minuto, hindi tulad ng laboratory-based tests na tumatagal ng ilang araw para malaman ang resulta ng tests.



Ang mga self-tests, pagpapabakuna, ang pagsusuot ng well-fitted mask at ang social distancing, ay makakatulong upang maiwasan at mabawasan ang pagkakataong kumalat ang COVID-19.



Hindi nakikita ng self-tests ang mga anti-bodies na nagmumungkahi na nagkaroon na ng dating COVID impeksyon ang katawan. Hindi rin nito kayang tukuyin sukatin ang level of immunity.

**Pinagkunan:** <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,300,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

# COVID-19 Testing

## Ibig Sabihin ng Resulta ng Test



### Kung ang iyong test ay positive

Nakita ang virus sa iyong test at ikaw ay may COVID-19 impeksyon.

Tumigil sa bahay sa loob ng 5 araw at mag-isolate para hindi makahawa.

Sabihan ang iyong mga naka-close contact o nakasama.

Magsuot ng well-fitted mask kung ikaw ay napapaligiran ng mga tao. Kung maaari, gumamit ng N95 o KN95 respirator.

Bantayan ang mga sintomas. Kung ikaw ay mayroong emergency warning signs, humingi kaagad ng emergency care. \*Basahin ang emergency COVID-19 symptoms.

Sabihan mo ang iyong healthcare provider. Kontakin mo sila sa lalong madaling panahon kung:

- Lumalala ang iyong mga sintomas.
- Kung ikaw ay may edad na o may underlying medical condition, ikaw ay malamang na magkaroon ng mas malala na pagkakasakit. May mga possible treatment na available para sa iyo.
- Mayroon kang mga katanungan sa iyong isolation.



### Kung ang iyong test ay negative

Hindi nakita sa test ang virus, ngunit hindi ito nangangahulugan na walang impeksyon.

May mga tests na dinisenyo para gamitin na series (o tinatawag na serial testing). Kailangang ulitin ang test sa loob ng 24-48 na oras. Ang pagkakaroon ng multiple negative tests ay nagbibigay ng mataas na katiyakan na ikaw ay hindi infected ng virus na nagdudulot ng COVID-19.

### KUNG SA TINGIN MO AY HINDI TAMA ANG RESULTA NG IYONG TEST

Mangyaring kontakin at humingi ng tulong sa test manufacturer, ulitin muli ang at-home test, o humingi ng tulong sa iyong healthcare provider.

# COVID-19 Tests

## Kadalasang mga Katanungan



### Iba pang mapagkukunan

Kung ikaw ngayon ay nangangailangan ng COVID-19 test at naghahanap ng ibang uri ng COVID-19 test, o nangangailangan ng higit sa 4-na tests, ang mga sumusunod ay mapagkukunan:

#### AT-HOME TESTS SA TINDAHAN AT BUTIKA

Ang mga at-home tests ay pwedeng mabili sa iba't-ibang lugar sa US. Tanungin ang iyong mga lokal na tindahan at butika upang makita kung saan makukuha ang mga ito.

#### INSURANCE REIMBURSEMENT FOR AT-HOME TESTS

Kung mayroon kang health insurance mula sa employer o Marketplace, sasagutin ng iyong health insurance ang halaga ng over-the-counter at-home tests (hanggang 8 at-home tests kada buwan para sa bawat-isa na kasapi sa iyong health plan).

#### 20,000+ FREE TESTING SITES

Kalakip ng programang ito, mayroon ding opsyong ma-test ng libre sa pamamagitan ng higit-kumulang na 20,000 free community-based testing sites, kabilang ang mga butika sa buong bansa.

Mapagkukunan ng impormasyon tungkol sa testing site: [hhs.gov/coronavirus/community-based-testing-sites/index.html](https://www.covidtests.gov/community-based-testing-sites/index.html)



### Pwede ba akong mamili ng type o brand ng test na gusto ko?

Lahat ng pinamamahaging tests ng programang ito ay FDA-authorized at-home rapid antigen tests. Hindi ka maaaring mamili ng gusto mong brand sa ilalim ng programang ito.

### Kailan ko makukuha ang aking mga tests at paano ito ide-deliver sa akin?

Ang mga tests ay ide-deliver sa pamamagitan ng U.S. Postal Service at karaniwang ipapadala sa loob ng 7-12 na araw mula sa pagtanggap ng order. Lahat ng orders sa loob ng continental United States ay ipapadala sa pamamagitan ng First Class Package Service. Shipments sa Alaska, Hawaii, U.S. Territories, and overseas military and diplomatic addresses (APO/FPO/DPO) ay ipapadala sa pamamagitan ng Priority Mail.

**Pinagkunan:** <https://www.covidtests.gov/faq/>

This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,300,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

# COVID-19 Tests

## Kadalasang mga Katanungan



### Bilang bahagi ng programang ito, sino ang maaring umorder ng at-home COVID -19 tests?

Kumuha ng libreng at-home COVID-19 tests. Bawat tirahan sa U.S. kasakop din ang Alaska, Hawaii, Puerto Rico, U.S. territories, at mga overseas military at diplomatic addresses (APO/FPO/DPO) ay maaring makakuha ng 2 sets of 4 na libre na at-home tests (8 tests total). Kung natanggap mo na ang iyong first set, mag order ng iyong second set ngayon.

### Mayroon bang limit kung ilan ang gusto kong i-order na mga tests?

Oo. Upang i-promote ang malawakang access, ang programang ito ay nagpapahintulot sa bawat tirahan ng 2 orders ng 4 free at-home tests (8 tests total).



### Paano ako pwedeng maka-order ng mga tests?

Ang mga tests ay pwedeng ma-order online sa [COVIDtests.gov](https://www.covidtests.gov). Para maka-order, kailangan mo lang ibigay ang iyong pangalan at tirahan. Hindi kailangan ang iyong credit card o ang impormasyon ng iyong health insurance. Maari mo ding ibigay ang iyong e-mail address para makatanggap ka ng updates tungkol sa iyong order.

Kung nahhirapan kang mag-access sa internet o nangangailangan ka ng karagdagang tulong para maka-order, maaari kang tumawag sa 1-800-232-0233 (TTY 1-888-720-7489) na handang magbigay ng tulong sa English, Spanish at sa mahigit-kumulang na 150 na iba't-ibang wika, mula alas-otcho ng umaga hanggang hating-gabi (8am to midnight ET), 7 days a week.



Pinagkunan: <https://www.covidtests.gov/faq/>

This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,300,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



# COVID-19 Tests

## Kadalasang mga Katanungan



**Maari ko bang makuha ang aking mga tests sa isang lugar, o kunin ko na lang sa aking local post office, instead na ipadala sa aking bahay?**

Hindi maaari. Ang programang ito ay nakadiseno na ipadala ang mga libreng home test sa iyong tirahan sa pamamagitan ng mail.

**Kung ako ay umorder ng mga tests ngunit hindi na-man na-deliver, sino ang pwede kong kontakin?**

Para makakuha ng tulong sa problemang ito, kon-takin ang iyong local post office.

**Mayroon bang kasamang instructions kung paano gamitin ang mga tests?**

Oo. Mayroong instructions na kasama kung paano gamitin ang mga tests.



**Kailan ko dapat gamitin ang mga tests?**

Ang Center for Disease Control and Prevention (CDC) ay nagmumungkahing gamitin ang at-home tests:

Kung ikaw ay nakakaranas ng mga sintomas ng COVID-19, gaya ng pagkakaroon ng lagnat, pananakit ng lalamunan, may sipon, at ang pagkawala ng pang-lasa at pang-amoy, o

5 araw ang nakalipas ng pagkakaroon ng close contact sa mayroong COVID-19, o

Kung ikaw ay may plano na makihalubilo sa mga tao na alam mo na at risk dahil sa kanilang malubhang karamdaman, o sa mga tao na hindi up-to-date sa kanilang COVID-19 vaccines.

Para sa karagdagang kaalaman kung paano gamitin ang at-home tests, tingnan ang latest CDC self-testing guidance: [cdc.gov/coronavirus/2019-ncov/testing/self-testing.html](https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html)

**Pinagkunan:** <https://www.covidtests.gov/faq/>

This publication is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,300,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

## DONATION LEVELS

**(1) Archive Room  
Champion: \$20,000**  
*Name embossed in gold  
and written on the front  
of the room*

**(5) Glass Case  
Champion: \$5,000**  
*Name embossed in a  
silver plate and affixed  
in the glass*

**(10) Memorabilia  
Champion: \$3,000\***

**(3) Mural Champion:  
\$2,000\***

**(20) Picture  
Champion: \$1,000\***

*\* Name embossed in  
wood plate and  
displayed on the wall*

# BE A CHAMPION SPONSOR FOR THE



## PNA A/PNAAF GALLERY

Please send your donation to PNAAF Treasurer  
Martha Cabarios with check payable to PNAAF.

Mailing address:

38941 Marlborough Drive, Sterling Heights MI, 48310

*\*All contributions are tax-deductible to the fullest  
extent allowed by law.*

<https://www.mypnaafoundation.org>

Individual donations accepted for preserving the memorabilia and upkeep  
of the art gallery room.



# Be the SPARK with your PNAA MEMBERSHIP

## PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC

An organization responsive to Filipino-American nurses' needs and a positive force in the world arena of nursing

### TOP 10 reasons to JOIN for ONLY \$50.00 (+ local chapter fee)

Membership in PNAA and its 55 chapters includes over \$5,000 worth of benefits!!!

#### BENEFITS

1. JNPARR - bi-annual/\$20 each
2. PNAA Scholarship/Research Grants
3. iLDP Program
4. Free Contact Hours
5. Tuition Discounts with University Partners
6. Product Discounts -Springer Books, etc.
7. Clinical Ladder/Career Enhancement
8. Community Outreach/Medical Missions
9. Stay Active with Annual 5K Marathon
10. Meaningful Relationships with mentors/peers

#### VALUE

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

Total Value of PNAA Membership

\$5,000 ++



TO REGISTER/RENEW:  
Go to [www.mypnaa.org](http://www.mypnaa.org)

Contact:  
Melissa Cunanan  
PNAA Membership Chairman  
[majcunanan@sbcglobal.net](mailto:majcunanan@sbcglobal.net)



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