



# inside PNAA

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



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





# EDITORIAL

This month's theme is about *inspiration*. You may ask why we chose this theme. Inspiration does matter. It awakens us and transforms how we perceive our own capabilities into possibilities. Feeling inspired in life is an integral part of sustaining motivation. Inspired people tend to be more engaged, confident, and productive. Additionally, it encourages creativity and innovation. So, we asked our members to share their stories of who and what inspired them to become nurses or get involved with the community and PNAA because we want others to feel inspired to unlock their motivation, creativity, and happiness. We received many responses from our members, and we are excited to share them with you in this issue of inside PNAA. We hope this issue will inspire you to continue doing your best and share your best practice with others. Roy T. Bennett, the author of the book, *The Light in the Heart*, said, *“Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.”* Let us continue to be inspired to inspire others. Thank you.

**Bob Gahol**  
Editor-in-Chief



*Editor-in-Chief Bob Gahol, with two of PNAA's inspirational leaders, Carol Robles (middle) and Mary Dioise Ramos (right)*

***“Don't be pushed around by the fears  
in your mind. Be led by the dreams in your heart.”***

— Roy T. Bennett, *The Light in the Heart*



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## ABOUT INSIDE PNAА

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

### Our Vision:

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

### Our Goals:

- i. To serve as the primary platform of information for PNAА members
- ii. To highlight the achievements of the PNAА members
- iii. To serve as the base for overall schedule of activities for PNAА 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

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## President's Message

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



**M**y greetings of Joy, Love, and Gratitude to all my fellow PNAA colleagues across the country. We recently celebrated the Holy Week, and a beautiful Easter celebration. Similarly other faith-based institutions came together to reflect and celebrate the Passover and Ramadan to mention a few. Indeed, these significant religious holidays are important to our lives, faith, traditions, and history.

Did you know? The theme of our Inside PNAA April publication is about inspiration. A remarkable opportunity to share and learn from each other, various experiences, events, and people that inspire us to become nurses. Additionally, stories of people's passion to make a difference in the lives of underserved populations through community services especially to the poor, homeless, those without access to health care, and other social determinants of health. I deeply appreciate our members and all people who are serving and advancing health equity for all.

I want to tell you who inspires me and when I think about them, they bring happiness, pride, and admiration to me and the communities they serve. Why? They are contributing to the nursing profession and humanity without any financial return, it is all volunteerism at its best! A legacy that will forever live in the hearts and spirits of many. The Executive Board and Chairpersons/Members of the PNAA Committees are creating footprints and branding in my heart that I will forever treasure. They inspire me with their passion, purpose, and perseverance to deliver the best services with love and sacrifices to the PNAA members. It is less than a year serving you as the PNAA President and I am working with dedicated and committed PNAA leaders and colleagues who inspire me to the fullest! I am resolved to tell you and the world that the PNAA has the best and the brightest leaders that you voted to serve you and me.

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





# WE ARE HIRING



## WESTERN REGION DETENTION FACILITY - SAN DIEGO, CA

**Western Region Detention Facility would like you to join our TEAM!  
WE ARE HIRING...**

### RN's (FULL TIME)

RN's PAY RATE: \$53.22 hr. + \$4.41 hr. H&W

HIRING BONUS: \$2,000.00 (FULL-TIME ONLY)

Shift Times Available: 7am - 3:30pm; 3pm-11:30pm; 11pm-7:30am

- Associate's or Bachelor's degree from an approved program; graduate of an accredited school of nursing required. Must have a current, unrestricted license to practice as Registered Nurse in the state the facility is located. Maintains a current copy of the license on file at the facility at all times.
- Two (2) years of direct work experience preferred.
- Must possess competence in the performance of the following services: crisis intervention, medical emergencies, physical assessment, medical nursing care, and psychiatric nursing care.
- Must have the ability to work without direct, immediate supervision in performing nursing diagnosis, and be able to provide appropriate follow-through treatment.
- Must be available for shift work (0700-1530, 1500-2330, 2300-0730)
- Must be a US Citizen
- Must be able to pass a stringent federal background investigation.

\*Health & Welfare Benefit Rate per hour on all hours paid up to 40 hours per week and not to exceed 2,080 hours per year.

### **GEO'S GENEROUS BENEFIT PACKAGE INCLUDES:**

- Medical/Dental/Vision Insurance
- Paid Time off (PTO)
- 401(k) Retirement Plan
- Basic Life Insurance & Tuition Reimbursement
- Paid Holidays... and much more!

**To APPLY for MEDICAL POSITIONS -  
Contact Maria Partridge**

**[mpartridge@geogroup.com](mailto:mpartridge@geogroup.com)**

**To APPLY for FOOD SERVICE/COOK -  
Contact Luz Ferez**

**[Luz.ferez@geogroup.com](mailto:Luz.ferez@geogroup.com)**

**APPLY ONLINE [jobs.geogroup.com](https://jobs.geogroup.com)**

**EQUAL OPPORTUNITY EMPLOYER**







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**Associate or Full Professor (WOT),** Department of Pediatrics,  
Division of General Pediatrics (Center for Child Health, Behavior and  
Development and Center for Pediatric Nursing Research)

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**Organization:** Pediatrics

**Title:** Associate or Full Professor (WOT), Department of Pediatrics, Division of General Pediatrics (Center for Child Health, Behavior and Development and Center for Pediatric Nursing Research)

**Position Description**

Application link: [https://ap.washington.edu/ahr/position-details/?job\\_id=108789](https://ap.washington.edu/ahr/position-details/?job_id=108789)

The Department of Pediatrics at the University of Washington is seeking a full-time PhD Nurse Researcher at the rank of Professor or Associate Professor WOT (without tenure by reason of funding) to join the Division of General Pediatrics, and the Seattle Children's Research Institute (SCRI) Center for Child Health, Behavior, and Development. Additionally, the individual will be a member of the Center for Pediatric Nursing Research.

Academic rank at the time of appointment is commensurate with experience and qualifications. This is a 12-month service period position, on the Faculty Scientist Pathway. Associate and full Professors WOT hold indefinite appointments that align with a 12-month service period (July 1-June 30). Faculty with 12-month service periods are paid for 11 months of service over a 12-month period (July-June), meaning the equivalent of one month is available for paid time off. Anticipated start date is Fall of 2023. All University of Washington faculty scientists engage in teaching, research and service.

The base salary range for this position will be: Associate Professors \$12,917 - \$15,834 per month (\$155,004- \$190,008 annually), Professors \$15,000 - \$20,000 per month (\$180,000 - \$240,000 annually) commensurate with experience and qualifications, or as mandated by a U.S. Department of Labor prevailing wage determination.

**The successful applicant will be expected to:**

*General expectations*

- Continue their current research and grow a research program that can impact child, family, and community health with a particular interest in or experience with health equity.
- Build an independent research career at Seattle Children's and the University of Washington with a focus on child and family health that integrates and uses methodologies consistent with equity, diversity, inclusion, and anti-racism

- Mentor trainees and early career faculty in child health and/or pediatric nursing research
- Participate in relevant committee service for CHBD, SCRI, or at the division, department, or school-level.

### *Research*

- Identify opportunities and actively participate in scientific investigations and collaborations.
- Apply for and obtain extramural grant support and provide mentorship to faculty and trainees in scholarly work.
- Maintain academic productivity commensurate for track and rank.

### *Education*

- Support training and education in nursing research within the hospital, UW, and SCRI

### **Qualifications**

The successful candidate will have earned an RN and a PhD (or foreign equivalent) in a relevant field.

### **Instructions**

Interested applicants should upload a current curriculum vitae, a personal cover letter and statement of past and planned contributions to diversity, equity and inclusion (i.e., diversity statement).

### **Equal Employment Opportunity Statement**

University of Washington is an affirmative action and equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, creed, religion, national origin, sex, sexual orientation, marital status, pregnancy, genetic information, gender identity or expression, age, disability, or protected veteran status.

### **Benefits Information**

A summary of benefits associated with this title/rank can be found at <https://hr.uw.edu/benefits/benefits-orientation/benefit-summary-pdfs/>. Appointees solely employed and paid directly by a non-UW entity are not UW employees and are not eligible for UW or Washington State employee benefits.

### **Commitment to Diversity**

The University of Washington is committed to building diversity among its faculty, librarian, staff, and student communities, and articulates that commitment in the UW Diversity Blueprint (<http://www.washington.edu/diversity/diversity-blueprint/>). Additionally, the University's Faculty Code recognizes faculty efforts in research, teaching and/or service that address diversity and equal opportunity as important contributions to a faculty member's academic profile and responsibilities (<https://www.washington.edu/admin/rules/policies/FCG/FCCH24.html#2432>).

### **Privacy Notice**

Review the University of Washington [Privacy Notice for Demographic Data of Job Applicants and University Personnel](#) to learn how your demographic data are protected, when the data may be used, and your rights.

### **Disability Services**

To request disability accommodation in the application process, contact the Disability Services Office at 206-543-6450 or [dso@uw.edu](mailto:dso@uw.edu).

### **COVID-19 Vaccine Requirements and Information**

Under University of Washington (UW) [Policy](#), University-compensated personnel must be fully vaccinated against COVID-19 and provide proof thereof, or receive a UW-approved medical or religious exemption. This requirement will be a condition of any offer associated with this recruitment. For more information, please visit <https://www.washington.edu/coronavirus/vaccination-requirement/>.





## Faculty Positions for the Prelicensure Programs Medical-Surgical Nursing/Critical Care

The School of Nursing in the College of Science and Health at DePaul University seeks to fill three full-time tenure-track faculty positions for the prelicensure programs in the area of medical-surgical nursing/critical care. All positions are 10-month at the rank of Assistant professor.

### Job Responsibilities

1. Responsible to model the University Mission through dedicated job performance, service excellence to constituencies, respectful collaboration, and active support of the University's Mission in Catholic and Vincentian higher education.
2. Providing didactic and clinical instruction of nursing students primarily in the prelicensure programs depending on experience and qualification
3. Engaging in course development, updating and submission of course syllabi in required format, assessment of student outcomes, research and development of resources for instruction, and utilization and development of instructional design methods that include technology.
4. Serving as lead faculty for main courses and mentor adjunct faculty
5. Maintain active research
6. Advising prelicensure students
7. Serving on committees

Qualifications. Doctoral degree in nursing or related field required. Equivalent of three years of full-time clinical experience as a RN required. Licensed as a RN to practice in the state of Illinois or eligibility for same with application in process required. Experience in teaching prelicensure students preferred. Proven scholarship and publication preferred.

DePaul's School of Nursing offers BSN, Master's Entry into Nursing Practice, MSN-specialty, RN-MSN (online), DNP, and Nurse Practitioner tracks and certificates. Nursing Programs emphasize community engagement, service learning in vulnerable communities, social justice and excellent safe quality nursing care. Students are in clinical sites at over 50 health care institutions.

The College of Science and Health is the third largest college at DePaul, enrolling over 3,000 students. The college includes programs in mathematics, psychology, physics and astrophysics, environmental science and studies, chemistry and biochemistry, biology, neuroscience, health sciences and nursing. The College of Science and Health provides high quality, personalized, accessible science and health education to a diverse student body, grounded in the values of St. Vincent de Paul. Our teaching and research advance knowledge and service to society. The College is located on DePaul's Lincoln Park campus.

With an overall enrollment of over 22,000 students, DePaul is the nation's twelfth largest private non-profit university. While the university is large, the class size in the department typically does not exceed 40 students. We seek candidates with a demonstrated record of effectiveness as the instructor for a variety of courses or teaching environments, ability to teach graduate-level courses in analysis and/or applied mathematics, a demonstrated commitment to continued development as an educator, and active engagement in high-quality research.

### Contact Information:

**Dr. Suling Li, PhD, FNP-BC**, Professor  
CNO and Director, School of Nursing

DePaul University | College of Science and Health | 990 W. Fullerton Ave, Suite 4000 | Chicago, IL 60614



# PNAA CAREER CENTER

**UAB** SCHOOL OF NURSING

Faculty Position  
Nurse Midwifery

JOIN OUR TEAM

For the complete position description, please visit:

<https://uab.peopleadmin.com/postings/18074>







# PNAA CAREER CENTER

**UAB** SCHOOL OF NURSING

Faculty Position - Nursing  
Simulation Coordinator

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For the complete position description, please visit:

<https://uab.peopleadmin.com/postings/17779>





# PNAA CAREER CENTER



Faculty Position  
Director of Care Delivery

# JOIN OUR TEAM

For the complete position description, please visit:

<https://uab.peopleadmin.com/postings/18075>





# National Coalition of Ethnic Minority Nurses Health Policy Summit 2023

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



**L to R:** *Sasha Rarang, Igor, Marlon Saria, Velma Yep, Cathy Rubio, Letty Hermosa, Gloria Beriones, Josie de Jesus, Vickey de Leon, Clarita Miraflor, Janette Moreno, Marie Navarro, Jay Larrosa, Maria Sagun, Mindy Ofiana.*  
**Back row:** *NCEMNA president Debra Toney & Sherwin Imperio*

It's a wrap! The National Coalition of Ethnic Minority Nurses (NCEMNA) Health Policy Summit "Leading the Way to Health Equity" was held at the California Endowment Center in Los Angeles on March 13-14, 2023. The keynote speaker was Dr. Richard Besser, MD CEO of the Robert Wood Johnson Foundation, who spoke on "Building a Culture Rooted in Equity".

NCEMNA is a unified force advocating for equity and justice in nursing and health care for ethnic minority populations. NCEMNA, Inc. comprises five national, ethnic nurse associations: Philippine Nurses Association of America (PNAA), National Black Nurses Association (NBNA), Asian American Pacific Islander Nurses Association (AAPINA), National Alaskan Native American Indian Nurses Association (NANAHINA), and National American Hispanic Nurses Association (NAHN).

The goal of this collaboration is to support ethnic nurses' diversity; advocate for culturally competent, accessible, and affordable health care; promotion of the professional and educational advancement of ethnic nurses; education of consumers, health care professionals, and policymakers on health issues of ethnic minority populations; development of ethnic minority nurse leaders in areas of health policy, practice, education, and research; endorsement of best practice models of nursing practice, education, and research for minority populations.

Presenters from PNAA were: Dr. Gloria Lamela Beriones, Ph.D., RN, NEA-BC, PNAA President Board Member, National Coalition of Ethnic Minority Nurse Associations, Dr. Leticia C.

Hermosa, JD, Ph.D., RN, PNAA Past-President Vice President, National Coalition of Ethnic Minority Nurse Associations, Dr. Leo-Felix M. Jurado, Ph.D., RN, APN, NE-BC, CNE, FAAN, PNAA Past President Founding Dean & Professor, College of Health Professions Commonwealth University of Pennsylvania Nurse Associations, Dr. Velma Yep, DNP, MSN, GNP-BC, PNA Southern California Board Certified Nurse Practitioner-Gerontology Lead NP Urgent Care, International Medicine and Geriatric Medicine Department, Chaparral Medical, and Dr. Sasha Rarang, Ph.D., MSN, CCM, RN.

Dr. Beriones was one of the panelists in the "Presidents Panel," along with the presidents of the other associations. Dr. Jurado joined the "Deans' Perspectives on DEI, Health Disparities, and Nursing Workforce Issues" and deans from nursing universities: UCLA, Duke University, and the University of Alabama. Dr. Yep presented on "Advocating for Full Practice Authority for Nurse Practitioners" and Dr. Rarang's poster presentation was "Creating a Diversity Task for a Professional Ethnic Minority Nursing Association." Dr. Hermosa was the emcee for the program. A well-attended event with a significant representation from the Philippine Nurses Association of Southern California. The other PNAA board members of NCEMNA are Dr. Marlon Saria, Ph.D. RN, FAAN, and Dr. Mary Joy Dia, DNP, RN, FAAN.



L to R: Antonette Nunez, Gail Jones, Mindy Ofiana, Emma Cuenca, Cathy Rubio, Maria, Sagun, Vicky de Leon, Leilani Unite, Marie Navarro, Josie de Jesus



Felix Jurado, Cathy Rubio, Velma Yep, Gloria Beriones, Letty Hermosa, Mr. Beriones, Marlon Saria, Jay Larrosa



Velma Yep



# The PNAAF 6th International Collaborative Conference, Vigan, Ilocos Sur

By **Alicia Tullo**, MSN, RN, CPC  
Inside PNAF Associate Editor &  
Past President, PNACF (2020-2022)



The PNAAF 6<sup>th</sup> International Collaborative Conference was planned by the Philippine Nurses Association of America Foundation (PNAAF) for 2021, but the COVID-19 pandemic halted it. Fortunately, when travel opened up, we were finally able to hold it in the historic city of Vigan, Ilocos Sur, on January 20 & 21, 2023. Several delegates from the PNAAF and the PNAF traveled from the USA to attend this great event in collaboration with the University of Northern Philippines and PNA Ilocos Sur.

Day 1. While several of our members felt comfortable traveling across the Philippines alone, I was not; therefore, it was comforting to know that a bus trip was scheduled for us so we could all travel from Manila to Vigan, which was an 8-hour bus ride as a group. It reminded me of my field trips when I was still a student. On January 19, 2023, we gathered in the Bonifacio Global City (BGC) area, and after our luggage was loaded took the road toward the north. We stopped for lunch at *Matutina Restaurant* in Pangasinan and were welcomed by PNAF Past President Dino Doliente, who is from the area. We arrived in Vigan just in time for a lovely

dinner sponsored by Dr. Rhoda Redulla, who was born and raised in Vigan; where we checked into the historic Vigan Hotel located in the center of town close to a historic cathedral in a town square where a town fiesta is being celebrated.

Day 2. The following day, January 20, 2023, our bus took us for a ride to Saud Beach, further north to the town of Pagudpud, in the province of Ilocos Norte, and enjoyed a lovely and pristine beach where we also enjoyed a delicious lunch of local food. When we returned to Vigan, we were bussed to the Vigan Convention Center for the Dinner in Honor of Filipino Nursing Leaders of America, sponsored by the Dr. Carl E. Balita Foundation, Inc. It was an event that included the *Gawad Banyuhay Awards*, MOA signing for Collaborative Projects between the PNAAF & Dr. Carl E. Balita Foundation, and the launching of a film by Dr. Carl Balita Production and the Philippine Nurses in celebration of the PNA's 100<sup>th</sup> anniversary titled "Siglo ng Kalinga." Several of our nurse leader delegates received awards for their contributions to the PNA: Nancy Hoff, Merlita Velasquez, Ernie Rosas, Phoebe Andes, MJ Garcia -Dia, Dino Doliente, Leo Jurado, Pete Calixto, Clarita Miraflor, and others as well as other nurse leaders in the Philippines. This evening was filled with awards, recognitions, and accolades. I felt very proud to be sitting in a room with a high concentration of Filipino nurse leaders.

Day 3. The first day of the 2023 International Collaborative Nursing Education Conference opened on January 20, 2023, at the Provincial Farmers Livelihood Center. Attended by the Vice Governor of the Province of Ilocos Sur, the Hon. Ryan Luis Singson, the City Mayor, Hon. Jose C. Singson, President of the PNA, Melvin Miranda, President of the University of the Philippines, Dr. Erwin F. Cardon, Dean of the College of Nursing, Dr. Francis Don Nero, College of Nursing Faculty, students and US delegates from the PNA and PNAAF.

The day's event started with Dr. Carl E. Balita as the keynote speaker, who presented "Empowerment with Innovations for Successful Entrepreneurship." Dr. Balita is a graduate of the University of Santo Tomas, a registered nurse and midwife, educator, broadcaster, and entrepreneur who is widely recognized for his education enterprise of established review centers in the Philippines and an advocate for nurses.

He was followed by a PNA Past President, Dr. Dino Doliente, who presented "Leading with Gratitude: Transforming the Way we lead in Healthcare." He proposed that if nurse leaders want to retain great talents and to better engage their staff, showing gratitude might be the easiest, fastest, and most inexpensive way to boost performance. Dr. Doliente listed and discussed eight powerful gratitude practices to guide leaders in boosting engagement and innovation, thus improving performance, which leads to success.

Dr. Michael Joseph Dino, who is currently leading several projects on the Fourth Industrial Revolution Technologies (also 4IR, FIRE) for health, and a second-year Ph.D. student at Johns Hopkins University, was the perfect presenter for the topic "Technology & Innovations in Nursing Research: Changes, Challenges, Chances, and Choices." With the emergence of the 4IR, Dr. Dino asserts that technologies continue to revolutionize the healthcare system providing exciting opportunities and inevitable challenges in nursing practice. He shared evidence-based insights, technologies such as robotics and artificial intelligence, research examples, and various creative and proactive solutions to maximize the benefits by this industry shift and mitigate the potential perils for quality and human-centered nursing care.

The fourth speaker was Alex Levantino, MSN. Affiliated with St. Luke's Medical Center, Global City, under the Quality and Patient Safety Group, he is responsible for overseeing, monitoring, and coordinating patient safety. He was well suited to address the topic "Nursing Competencies, Challenges, and Directions." He emphasized the importance of clearly defining competency and



developing nurses' perceptions and experiences as they play key roles that affect patient care outcomes. He added that nurses should be fully engaged in collaborating with other healthcare professionals, organizations, and policy-makers in redefining and redesigning care, utilizing innovative strategies to create a better future for nurses.

Dr. Leo-Felix Jurado, the Founding Dean & Professor of the College of Health Professions at the Commonwealth University of Pennsylvania and Past President of the PNAA and Fellow of the American Academy of Nursing, completed this day's event. With several years of experience in academia, he was the perfect speaker on the topic: "Resilience in Education: The Intersection of Challenges and Opportunities." He described the impact of the shocks and stresses on the educational system, conceptualized the relationship between education and resilience, and explored the contribution of education and building resilience.

Oh, but the day was not over! We returned to the venue in Filipiniana attires for dinner and a celebration of "*Pabuya Kultura-Ilokana and Governor's Night*," where we were entertained with various Filipino cultural dances and songs by the talented nursing students and faculty of the University of Northern Philippines. The evening culminated in a parade of all men and women wearing a Filipiniana and the selection of the best male and female cultural attires won by Ret. Col. Bob Gahol, his blue embroidered Barong Tagalog and PNAAF President Dr. Nancy Hoff in her elegant *jusi* fabric long dress. This was truly a wonderful evening to remember.

Day 4. January 22, 2023, is the second day of the conference. Dr. Mary Joy Garcia -Dia, immediate Past President of the PNAA, opened this education event with her inspiring keynote presentation: "Celebrating Our Successes and Soaring in the Future." Dr. Rebecca Graboso, a recently-retired Vice President and Chief Nursing Officer at Hackensack Meridian Health at Riverview Medical Center in Red Bank, New Jersey, followed Dr. Garcia-Dia's presentation. With her extensive experience, Dr. Graboso shared her topic with the audience, "Creating a Healthy Work Environment." She asserts that a healthy work environment impact nurse satisfaction and patient care outcome. She proposes that nurses must be provided with an environment supported by authentic transformational leadership.

Dr. Rhoda Redulla, a native of Vigan City, inspired the audience with her topic on "Creating a Professional Roadmap: Dream it, Wish I, Do it," by narrating her career growth and sharing her success stories as well as evidence-based strategies on professional development, and on becoming an expert. She listed practical strategies for managing change, including career transitions and acclimating to the USA as a new nurse immigrant.

Dr. Sarla Ferrer Duller, an educator and published author whose current research interest and advocacy is Advanced Practice Nursing spoke about the Status of Advanced Nurse Practice in the Philippines. She explained that the dearth of human resources for health and the inequitable distribution of health facilities in the Philippines were the same factors that led to the creation of the Advanced Practice Nursing (APN) role in the United States. The roots of APNs in the Philippines were a joint effort of the Philippine Colleges of Nursing and the Philippine General Hospital (Ortin, 1978). The role was geared towards clinical specialization in a clinical setting. Unfortunately, it has not gained support among physicians and political leaders.

The final topic for the day was: "Leveraging Health System Challenges Toward Nursing Opportunities: WHO State of Nursing Report. A Global Strategy for Health Human Resources was presented by Dr. Wilfrida S. Chavez, a nurse leader, and educator from Canada. She shared the need for the nurses to sit at the policy-making table and proposed forming a "Canadian Chapter of the PNAA" to form an alliance and strength as an organization.









When the delegates returned to the convention center for dinner, they were greeted by a live band playing wonderful love songs and dance music. It was a Gala Event where the attendees showed up in party dresses. At the heel of each delegate was a male and female dance instructor who was ready to take each one for a spin on the dance floor. Some took the microphone to sing a song or two, which reinforced that Filipino nurses cannot only soar as experts in their chosen fields of specialization but also dance and sing at every opportunity they get.

Day 5. This entire expedition of travel, collaboration, and learning ended with another bus ride back to Manila with a lunch stop in *Natalna*. *This open-air seaside restaurant* offered the best assortment of seafood dishes on the shore in San Fernando, La Union. The experience was made even more meaningful by knowing that one of our PNAAF Executive Board members, Mindy Ofiana is from this area. How sweet it is!

The bus arrived in the Global City at 7:00 pm, where we all unloaded our luggage and departed in multiple different directions. This is one experience that will remain in my memories for a very long time. New friendships were formed, old acquaintances renewed, and relationships bonded. I am glad I took the courage to fly alone for 22 hours across the USA and the Pacific from Florida to Manila. It was well worth the trip. I encourage all PNA/PNAAF members to do the same the next time we collaborate with another university in the Philippines, where the PNA all started 100 years ago.









# What's in it for me?

## Helpful hints for successful recruitment and retention

By Lorelie Sta Ana-Perez  
PNA Central Florida President 2014-2016



'What's in it for me?' is the question most people ask when they are being recruited to become a member of an organization. In other words, "When I pay my dues, what do I get in exchange?". The question can be intimidating for a new recruiter, and it might take a few seconds before the recruiter can think of something to say. The potential member can perceive the hesitancy as a lack of positive things in the organization and will decline the invitation.

Most experts will say that an organization goes through a growth phase after it is established, but without its members' commitment or lack of engagement, it will fail within 5 years. PNACF, as an organization, was no exception to this statistic. In fact, after 5 years from its inception in 2000, it went dormant for 4 years. In 2009, it was resurrected with a different focus, and to this day, it continues to adjust with the times.

It appears PNACF is going strong and has passed the 5-year "itch" multiple times. Yet, despite its success, recruitment, and retention of members continue to remain challenging tasks. In Orlando and nearby cities, thousands of Filipino nurses work in different institutions, various specialties, and diverse positions. However, the members of PNACF represent only a fraction of this population. Thus, begs the question: Why is it so difficult to recruit or retain members in an organization?

According to research, lack of communication, family activity, and lack of time are the top reasons for the decline in membership in several nursing organizations (White and Olson 2004). However, with careful planning and practice, we might still be able to win them over.

What did I learn as chairman of the PNACF Membership Committee?

1. You need to know our organization well. Do you know the Mission and Goals by heart? Why do we exist? What is our purpose? We should be able to tell our recruits how our organization differentiates from the others.  
*Helpful hint:* Practice what you will say if someone asks you the question.
2. Establish rapport. Once rapport is established, subtly start introducing the organization. Remember, these recruits are normal people. Would you rather join an organization of a new friend or an aggressive recruiter?  
*Helpful hint:* People will forget what you did but won't forget how you made them feel (Maya Angelou).
3. Be prepared to recruit actively. **Every missed opportunity is a lost member.** When I was the chair of the membership committee, I always carried several membership brochures. At any chance, I would take the opportunity to introduce someone to our organization. If they showed any interest in membership, I would immediately process and register the recruit. *Helpful Tip:* Always try to recruit on the first encounter. Don't let them go home to ponder and change their mind.

4. Be persistent. Asking once or twice may not be enough to convince someone to join. Gloria, a member of our Executive Board, is one of our top recruiters. Through her diligence, she was able to accomplish her 3-year journey of recruiting an important candidate as a member of PNAACF. *Helpful hint:* Incentivize members, e.g., free one-year renewal fees or free tickets to association events if they recruit a certain number of members. It can bring out the competitive side of members.
5. Expand on sought-after benefits with your recruit. When your recruit asks the question: “Why should I join?” Instead of immediately enumerating the benefits, ask, “What are you looking for in an organization?” A typical recruit may seek educational offerings and community service opportunities or simply want to strengthen their resume, move up the *clinical ladder*, etc. Utilize their answer as a selling point to catch their attention. Then you can expound on what other benefits we are offering. *Helpful hint:* It is important to catch their attention first. Then, be sure to remind them frequently of these benefits.
6. Follow up and continue to build rapport. In any organization, a member is more inclined to participate the more comfortable they feel. It is important to make members feel included and not conned for their money. Use this opportunity to invite new members to social settings. Social settings will later translate to organizational settings i.e., assembly or executive board meetings. *Helpful hint:* Remember you are their point of contact, and members will incline to respond to you more than someone they do not know.
7. Translation. How do we move from a social setting to an actively engaged member? Invite them to attend one of the EB meetings. Let them witness what we do, why we do it, how we do it, and when we need to have it done. Ask for their input. It will stir their interest if they are part of the planning and know their ideas are considered in the process. *Helpful hint:* This will be a great opportunity to ask them to join one of the standing committees.
8. Work continuously to enhance any events. Plan way in advance to be able to invite credible speakers and interesting topics to draw in attendees. Be creative and introduce new activities and entertainment to make them come back year after year. Remember our leadership retreats? First, we camped when none of the other 50 PNAA chapters had done before. Then, we followed with a cruise and brought in our activities with what was available on the island. Didn't we have so much fun and non-stop laughing? Then we camped more and did a scavenger hunt under nature's canopy. We closed the event by competing in the pool, which brought more laughter. We were exhausted, but our hearts were full of joy. *Helpful hint:* Allow members to bring free guests to some of our activities to convince someone new to join the association. The key phase is preparing, advertising, and communicating early.
9. Communicate often through e-mails, text, phone calls, traditional mail, social media, and website. *Helpful hint:* It is important that our website is up to date on the latest news, events, and other offerings.
10. Feedback is a good way to tell us what we are doing right or what we are doing wrong. After they signed up, it is important that 6 months later, we go back to them and say, “You mentioned when we first invited you to join us that being... is important to you as a member. “Are we meeting your expectation? It shows that we are listening to their needs and may even tell their friends about it and a means of recruitment. *Helpful hint:* Don't let their membership lapse before getting their feedback; it might be too late to retain them

Equally important is to pay attention to negative feedback. Recently, we conducted an anonymous survey of our members to give us perspective on what our members are feeling or thinking about our association. Expectedly, most of the responses are very favorable. One interesting comment, though, was, “PNAACF leaders and officers tend to congregate only with their fellow officers.” Do you remember when you were a kid, and your parents brought you to an event where you didn't know anyone? You might be looking at some kids playing and feeling bored, and you cannot wait to go home. Until a kid approached you and asked you to join them, then you cried when it was time to go home. *Helpful Hint:* Play musical chairs during social gatherings so each EB will have a conscious effort to have a personal interaction with new faces and seldom-seen faces.

11. But most of all don't forget – “work hard, play harder!”

These helpful hints seem to be a lot, but recruitment should come naturally with practice and conscious efforts. Now, are you ready to answer when someone asks you, “What is in it for me?”



# The Prayer Warrior Group: Faith, Hope, Solace, Serenity

By **Ampy A. De la Paz, MSN, RN**  
9th PNAA President (1996-98), Advisory Council



The Year 2020 will forever be remembered as the year that brought America and the whole world to its knees as the Coronavirus swiftly spread globally across the seas from China. The fast and steady rise in the number of Covid 19 cases in the United States, particularly in the East Coast, was unprecedented. By late February into March, frantic phone calls, text messages and emails from PNAA colleagues and friends started pouring in.... all about family members, loved ones, relatives and friends who were afflicted with the virus. Soon, the fast-moving and deadly virus was declared a Pandemic! As one of the PNAA Advisers to the Covid 19 Task Force, I was tasked to compile the list of nurses, especially frontliners, who were sick, and those who lost their lives while saving others. My prayer list for nurses and friends, grew longer each day, sending my fear and anxiety level sky high. The heartbreaking loss of nurses and friends losing their lives to the virus, some very young and gone too soon, was devastating and overwhelming. I was anxious for all the nurses and personally for my family....my children at their jobs, grandkids in schools, and my 5 nieces/nephew, all frontline nurses, in the East Coast. I prayed and cried like I never have prayed before, asking our Almighty God for strength of faith, confidence in my hope, and courage to cope with my fears and anxieties. I felt so alone in my prayers, pleading to our Lord, the Blessed Mother Virgin Mary and all the Saints in heaven for comfort, peace of mind and calm. The Lockdown Ordinance further added to my stress. It stopped and isolated me from in-person interactions with my nurse friends and my many other friends to know as to how they were coping with the unwelcomed pandemic.

The Almighty God, heard and answered my prayers with an email from Araceli Antonio, PNAAF Past President and a dear friend, inviting me join her and help recruit other nurses to form a Rosary Prayer Group to collectively pray for all nurses, especially those at the frontlines and their families, for strength, fortitude and protection from the virus. The invitation to join the prayer group could not have arrived at a better time, when my fears and anxieties were off the grid. My three nieces in New Jersey and New York were hospitalized for Covid and soon after, my youngest daughter, came home with the Covid virus from her job-related flight/travels to various cities in the country. I clung and prayed to God for His loving mercy to heal my loved ones, for comfort, for my peace of mind, for solace and serenity ....and for the end of the pandemic. Unhesitatingly, I joined the PNAA Prayer Warrior Group (PWG) on the very first day it started on March 28, 2020.



Now, three year later, the PNAA Warrior Group, a much bigger group, celebrated its 3rd Anniversary. The nightly prayers for PNAA and its Executive Board and for the hundreds of nurses, caregivers, loved ones, relatives and friends for varying special intentions continues to this day. We have received countless "Thanks You" and words of appreciation and gratitude for those who were granted healing and recovery. The PWG has conducted yearly

webinars on Spiritual Health and Wellness. The recitation of the Holy Rosary, 9-day Novenas on the Feast Day of the various saints and other special intentions, with other PNAAL leaders/nurse friends all across for America, has been a great source of strength and courage for me. Our intercessory prayers has since expanded to include not only those with Covid 19, but also for those sick with cancer, medical/chronic illnesses, going for surgeries, and for all our departed loved ones and friends. Being a part of the PNAAL Prayer Warrior Group is a blessing! It gives me comfort, solace and serenity, while strengthening my Faith, my Hope and my Trust for blessings yet to come. I am grateful, I am joyful .... and ready to ... Spread Hope, Spread Love!

**The History and Legacy of Prayer Warrior Group (PWG)**

On March 28, 2020, nurses from all PNAAL chapters members to join her to pray the rosary when the Covid19 pandemic was starting. Requests for prayers started coming in from nurses all over the country for their colleagues who were working at the frontlines, for those who were sick with Covid19, as well as, friends and relatives who were ill, and those who have died. The **Rosary** and the **Oratio Imperata** were the two powerful prayers said consistently every day at 6 PM PST. As time went on, more nurses joined the prayer group. The PWG has prayed various Novenas for different feast days throughout the year. Soon, PWG expanded prayers to include other special intentions such as for people diagnosed with cancer, medical, and emotional illnesses, and those who have died. To date, the PWG has sponsored three zoom webinars on Spiritual Health & Wellness to promote health, mindfulness, and healing among our PWG members and all nurses. The PWG has prayed nightly for three years during the whole duration of the pandemic and continues today praying daily for those who are requesting their prayers.

**Members:**

- Ampy Dela Paz
- Cherina Tinio
- Roger Bueno
- Tess Estrin
- Fe de Jesus
- Mila Viernes
- Araceli Antonio
- Pureza Belza
- Eufemia Chua
- Pons Cordero
- Elena de Jesus
- Nelly Domingo
- Aida Cortez
- Berna Fung
- Estee Mansukhani
- Kathy Abriam-Yago
- Jenny Aying
- Ophelia Frazier
- Erlinda Gonzalez



# Camp Aruga

*Wisdom, Excellence, Collaboration, Advocacy, Respect and Equity*

By Lorelie Sta Ana-Perez  
PNACF President 2014-2016



The temperature was in the mid-'30s. These were the coldest 3 days and nights from January 16-18, 2023, at Wekiwa Spring, a 7000-acre Florida State Park situated in Apopka, Florida. The State Park is 20 minutes north of the bustling city of Orlando FL and an hour away from the major theme parks. The park offers a serene, lush, tropical hammock, clear azure spring water, and wildlife viewing including bears, deer, alligators, herons, egrets, and manatees along with a great camping site: a perfect location for a leadership retreat.

Dr. Gloria Briones, PNAA president 2022-2024, has the vision to develop strong chapter leaders and strengthen relationships among regional chapter members of PNAA. She was inspired by a leadership camp executed by PNACF that she attended years ago when she was still the VP for South Central Region. She was hoping she could replicate the same experience at different regions of PNAA. She discussed the idea with her Executive



Board and *Camp Aruga* (means care) came into being. She chose South Central Region (SCR) to pilot the program and the Philippine Nurses Association of Central Florida (PNACF) as its first executor.

PNACF was the ideal choice since PNACF had done 2 leadership camps in the past at a smaller scale. This time, 19 chapters participated, with a projection of 100 participants. Manny Ramos, current SCR VP was designated as the Project Director while former PNACF president, Rosie Antequino, was chosen as the SCR Project Leader. Rosie Antequino readily formed a PNACF planning team to undertake the daunting task. The first job to tackle was to find a camp which can accommodate 100 people for 3 days and 2 nights that is also suitable for the planned activities. Wekiwa Spring Youth Camp fits the criteria. Aside from the real atmosphere of a camp, it also provides modern amenities like large conference rooms, temperature-controlled cabins, and cushioned beds with indoor and modern outhouse bathrooms.



Logistics came next. The team anticipated the weather would be cold, so there was a need for at least a hundred thick blankets and a couple of hundred pillows. But, how about the food for 5 meals? What kind of food to serve and how can the food be delivered from outside? What supplies will be needed and who will order them? How about the program? What will be the topics and who will be the speakers? How about the audio/visual, and application for CEUs? Who will prepare and clean up the 20 cabins: the aftercare in the kitchen, the dining room, and the

conference room? Who will be responsible for the campfire, the welcome night, and decorating the place for each event? Should we order personalized tote bags, t-shirts, pens, mugs, and pins? Every little detail was tackled, and work committees were formed to facilitate the execution of the plans.

## **Day 1, Monday January 16**

The day of the event. We requested the camp director to allow us to start as early as 10 am to give us time to prepare the place prior to the arrival of the campers. But guess what? The campers arrived earlier than expected and graciously helped with set up.

At 3 pm, some of the campers joined the 1 ½ hour tram ride tour offered by the park ranger to get a glimpse of behind-the-park scenes. They also received immersive nature education about the native flora, and fauna such as gophers, tortoises, the black bear, owl, panthers, and bobcats as well as prescribed burns in Florida.

The 5 pm orientation was followed by a sumptuous dinner. Everyone enjoyed the first dinner of sotanghon soup, chicken pastel, BBQ pork and chicken, garlic rice, green salad, and dressings, with Biko (rice cake) plus fresh fruits for dessert.

After dinner, all attendees proceeded to the Luau-decorated pavilion to enjoy the Welcome Night. As the guests entered, they were greeted by a Hawaiian lei. The program was opened by the entrance of the Hawaiian King and Queen of the night: Dr. Marlon Saria and Dr. Gloria Beriones, accompanied by their court: former PNAAC presidents, Dr Leticia Hermosa and Betty Miranda. It was followed by a dance presentation of the host chapter - an interpretative dance to the tune of *Colors of the Wind*. Being nurses and natural leaders, every chapter rendered either a planned or spontaneous presentation with the president of each chapter to introduce their delegates. *It wouldn't be a Filipino crowd without tons of pictures taken.* It was fun-filled night of camaraderie.



*"I disengaged myself for a while, but this has brought me back. In fact, I woke up early this morning and wrote my plans of things to do for our chapter"*



The welcome night was extended at the campfire. The surroundings were pitch black with little lights coming from a distance. The campers braved the bitter cold as they gathered around the bright warm bonfire to share their stories of how they became a member of PNAAC and the significance Camp Aruga meant to them. The night was closed with a late snack of crispy turon, hot coffee, and warm puto.

## **Second day, Tuesday January 17**

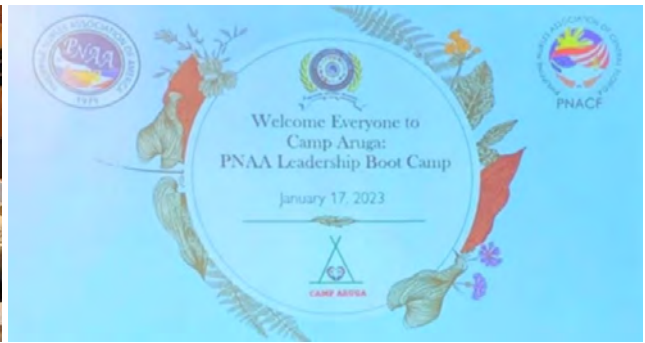
The campers were awakened by the aroma of strong coffee and bacon coming from the dining room. The campers were surprised to find the chef and his assistant were also camped in to ensure the food would be served timely and hot. Oh yes, there were two resident chefs who prepared the fresh meals right from the kitchen of the dining hall from day one till the end. Campers feasted on pancakes, scrambled eggs, sausages, various fruits, juices, hot arroz caldo, and creamy champorado!

One group of attendees had a broken thermostat in their cabin and were not able to sleep well. They were provided with additional thick blankets and there was a Divine Intervention as the temperature started to warm up for this date.

If the attendees were still sleepy after breakfast, it was easily turned around by an opening pep rally presented by PNACF delegates with participation from Dr. Gloria Beriones, Dr Leticia Hermosa and Dr. Marlon Saria.







The whole day was packed with equally superb, engaging speakers and super fun interactive activities. Dr. Letty Hermosa's lecture on *Know Your Organization* stirred so much interest, especially on the topic of 501c6 and 501c3. She concluded her lecture by offering her contact information for further inquiries. She was followed by Dr. Marlon Saria who was intriguing on *Equity, Diversity, and Inclusion* while Dr. Mary Doise Ramos was insightful with her presentation on the *Developing Care Partner Activation Program Among Filipino Americans*.

The long morning was interrupted by another savory lunch of pansit, menudo, pinakbet, rice, and macaroni salad with delectable cassava cake for dessert. A comment from one of the attendees: *"I never had so much food in a conference. The ones I attended in the past are usually very expensive and food is limited but here there are so many delicious choices."*

The afternoon was opened by Dr. Liwliwa Villagomez. She presented an engrossing topic on *Knowing Thyself: The Impact of Personality Types on Team Effectiveness*. Dr. Victor Vapor delivered an Oscar acting performance as a prelude to his lecture on *Emotional Intelligence*. He kept the audience engaged throughout his lecture. Not to be outdone, Aga Sta Romana presented a competitive game on his topic of *Resiliency*. Manny Ramos tied up everything with his lecture on *Board Competencies for Effective Governance*. Dina Hussein closed the conference by sharing her thought-provoking experience on *Advocacy*.

*"What an inspiring conference! Thank you for all the work you put into this. Content, methodology, and speakers are super excellent"*

*"Excellent topics and Stellar speakers. I would like to see more empowered and influential Filipino American nurse leaders from South central region"*

After dinner, the attendees marched for their graduation. They were bestowed with a pin, designed with the Camp Aruga logo, a certificate of attendance, as well as 7.5 hours of CEU's. There was never-ending picture-taking!!! Filipino nurses are hardworking people, but they know how to party as well. It will not be a celebration without Karaoke and line dancing. There was so much energy, and no one showed exhaustion despite the long day of activities. Everyone has a grin of happiness

*"Good job! Thank you for hosting such a very informative and interesting topic. The boot camp in Camp Aruga is an experience to remember. The knowledge learned will be put into my experience and skills. Good luck to all of you. P.S The food is very good. High 5 chef!!"*

*"Thank you for having this event and the opportunity to participate. It is obvious that there was so much work put into this to prepare and get ready for this plus the entire event itself. I learned so much and is ready to implement in our practice."*



*"I learned a lot! Fun, educational, camaraderie. Let's do it again"*

**Last day, Wednesday, January 18**

Parting is such a sweet sorrow but everything has to come to an end. Campers packed up, turned up the mattresses in their cabin, and headed back home. Some stayed at local hotels to spend a few more days in the nearby Theme parks.



Rosie Antequino summed up Camp Aruga by saying, "While we have challenges in preparing, planning and implementing our program, still it is a successful boot camp in promoting unity and enriched relationships amongst chapters; particularly the leaders which is the basic goal of this camp."









# A Tribute to PNASD Founding President - Eulogy to Fem Ramirez

By **Dr. Carmen B. Galang**  
PNA and PNASD Past President

I am Carmen Galang, representing the Philippine Nurses Association of San Diego (PNASD) and the Philippine Nurses Association of America (PNA). Today, we are here to pay respect and tribute to Fem Ramirez, who meant a great deal to our professional organizations, and to express our deepest condolences to Dan's family, Dale and Evelyn, and relatives of Fem.



I have known Fem for over 30 years. I remember her as a kind-hearted, caring nurse who was always concerned for the welfare of others. With the growing numbers of Filipino nurses in San Diego County, she saw the need to uphold the professional nursing practice and the professional image of Filipino nurses. She formed the Filipino Nurses Association (FNA), now called PNASD. Fem invited a few nurses at Paradise Valley Hospital on June 1974 to assemble, organize and create the Officers and Board of Directors. Fem served as president for two terms, 1974-1976. Fem's leadership incorporated the organization as a non-profit, tax-exempt status. Fem was also an action-oriented person, an activist, you may say, who appeared to fight for or against political issues affecting nursing, either State or Federal regulations and laws.



Ten years after the formation of PNASD, and through the invitation of the National Organization of Philippine Nurses in the United States (NOPNAUS), now called PNA, PNASD made its first representation in a national conference held in New Jersey in 1984. I was then the vice president of FNA, and Laura Avendano was President. Fem, Sally Cabotaje, Elvie Magsarili, and other

members and non-members attended. Fem's daughter Evelyn and my daughter Charlottes came to see New York. When talking with Evelyn last night during the viewing, she mentioned they had a good time touring New York, including a visit to Radio City. After the conference, we went to New York to do some shopping. Fem would buy nothing for herself but her children, Dale and Evelyn. I think she should have bought something for Dan (sorry, Dan, you did not give her enough budget to spend). Fem was a very thoughtful and giving person. During the conference, we met the PNA founding members and had excellent exchanges about the status of our respective associations.

When Fem saw the potential in me as an active member of the SD community, she encouraged me to run for PNASD president, and I was elected for two terms (1985-1987). Since then, I became involved with PNA events and various offices before becoming PNA president in 1994-1996. I highly credited Fem for motivating me to be my best. Fem was a good mentor.





Fem formed a Home Health Agency, the second agency in San Diego County. While working at Mercy Hospital, Fem came to see me and asked me to work for her since the licensing agency needed someone with a PHN certificate. I considered this option because of the growing trend of cutting hospital stays due to DRG regulations, a healthcare system cost-cutting measure. Home health nurses continue to care for patients discharged early from the hospital. Fem also hired the PNAA founding president Dr. Miraflor to work in her second Home Health Agency based in Los Angeles and another RN to direct her third agency in Ventura County. When Fem saw the need for home caregivers to have respite care, she established two adult day care centers, where caregivers would take their aging parents while caregivers could have free time.



Home visits were flourishing and increasing, so Fem hired more Filipino nurses to work on a contractual basis to supplement their income from their regular jobs. Our

patients came from all over SD County. I remember making home visits as far as Ramona and Escondido (about thirty miles away-one away from each location). Although the travel was exhausting, I enjoyed returning to the office in National City, where I wanted the family-type atmosphere. I could see Dale and Evelyn running around in the office after school and Don quietly working there.

I quit after over three years because of my ambition to pursue graduate education. I graduated with my master's degree in 1991 and my Doctorate in 1995. Since then, I have been preoccupied with school-related activities, caring for my aging parents, and working at SDSU and CSULB as a faculty member. I would only see Fem and Dan at PNASD annual events.

I felt sad to hear the news when I learned she passed away through Dan's message to PNASD member Vickie Berbano. Fem, you have done so much in your life, and God did not want you to suffer any longer. We will never forget your legacy. I want to quote what you said in the PNASD history "Let us continue to maintain and promote our Professional Organization for the professional growth and development of our members, ourselves, and our profession."

From all of us, goodbye, Fem, and may you now rest in peace.



## Are your patients at risk for **latent TB infection?**

Anyone can get TB, but your patients might have a higher risk for TB if they were born in or frequently travel to countries where TB is common, including those in Asia, Africa, and Latin America.

It is estimated that up to 13 million people in the United States live with latent TB infection. Without treatment 1 in 10 will develop TB disease. CDC recommends testing people that are at increased risk for TB infection and using shorter rifamycin-based treatment regimens to prevent TB disease.

**Talk to your patients about their risk.**

[LEARN MORE →](#)





POETRY CORNER

# PRUDENT NURSES... AN INSPIRATION TO EVERYONE\*

*(In commemoration of April 2023 "Inspiration" Theme)*

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

*With their stethoscope on, and while wearing their scrubs...  
They assess, plan, implement and evaluate their action goals for their patients  
Making sure that nothing is missed, and that everything is in order.*

*With the Nightingale Pledge as their guiding principle...  
They render utmost nursing care and services to their recipients of tender loving  
care  
Thus, making a difference in the lives of both their patients and significant others.*

*Being Prudent Nurses...  
They are an inspiration to everyone  
Serving as angels here on earth...  
To nurture, to assert, to listen and be an advocate for their sick patients.*

*They are super heroes...  
Who lives among their fellowmen  
Cleverly, patiently and diligently embracing them as their own families  
Regardless of race, color, and socio-economic status.*

*They are indeed the Modern Florence Nightingale...  
Past, present and future generations  
And through their self-less love for mankind...  
They continuously serve, commit, devout and dedicate themselves  
As men and women for others by their noble profession  
For God and country.*

*\* The writer dedicated this poem to his two sisters who are also nurses namely  
Lalaine Clemente-Ballelos, RN, Mary Jacqueline Clemente-Yeosock, RN, and other  
nurses worldwide who inspired, and motivated him to be an RN for more than  
three decades.*

## FEATURE

# My Chosen Profession

By Carmencita Santiago, BSN, RN



The idea of nursing started way back in my childhood,  
From an injured sister playing in the neighborhood,  
She sustained severe burns on both lower extremities,  
She faced with long-term care, suffering & uncertainties.

The only nurse in town visited our home every day,  
Helping my mother care for my sister day by day,  
Applying bandages and giving shots were few of her chores,  
Paying particular attention to her draining sores.



As I went through high school, I finally decided,  
To look after people and be a nurse, I felt motivated.  
To wear a white uniform and cap was also a big reason,  
To reaffirm my desire for a long-lasting ambition.

I was accepted to the University of Santo Tomas College of Nursing,  
For a young girl from the province, quite intimidating,  
I went on a 5-year course and became an RN,  
This profession is rewarding, I would highly recommend.

My first job was in Psychiatry, to me a new situation,  
But an advantage to polish my skills in communication.  
An opportunity arose to leave for the United States of America,  
Landed working in Tucker, GA., a suburb of Atlanta.

I completed my contract and decided to transfer,  
To a bigger, progressive hospital that gave me an offer,  
Stayed employed with them for thirty-nine years,  
Eventually retired from a lifetime fulfilling career.

Let me tell you about my job participations,  
Oncology, Pre-certification, Case Management, and Infusion,  
It was a great journey as I learned new practices,  
Nursing experiences at their best sharpening my expertise.

I became a PNAA member in the year two thousand,  
Recruited by then PNAGA president-elect, Lorna Buntichai.  
Served in various board and committee positions of the local chapter,  
Currently editor in chief of our PNAGA StethoScoop Newsletter.

Strongly advocate getting involved with your professional organization,  
Priceless experiences and learning, achieving a great aspiration.



## FEATURE



# PNASC Members Share their Inspirations in Becoming a Nurse

Collected and Arranged by **Antonette Nunez, MSN, AMB-C, BSN, CJCP**

**Sonia Sabado, MSN, RN, FNP-BC** - My inspiration to become a nurse is my mom, who was a nurse herself. She made me realize what a vital role nurses play in health care. She also emphasized the job security it would provide for me.

While working in Mental Health, I realized I could make an impact by continuing higher education. I studied for a Master's in Nursing for a Family Nurse Practitioner degree with the intent to provide primary care for mentally ill patients. I was fortunate to be able to have my aspiration come to fruition. With support from my Chief Nurse, I created and developed a Primary Care Clinic in an Outpatient Mental Health setting. Fourteen years after I started the clinic, it now has 3 full-time providers addressing the medical conditions of mentally ill patients in an environment conducive to promoting trust and compliance with their treatment!



**Cora Manapat, MSN, FNP** -

My mother encouraged me to take up nursing. I am inspired by Florence Nightingale's oath and the people I care for. I experience a feeling of confidence and gratitude when I am able to make a difference in people's lives.

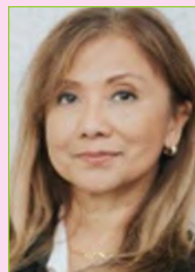


**Dorianne Tillano, MSN, NP-C, PMHNP-BC**

Being a family member of a loved one admitted to the hospital inspired me to be a nurse. The nurses who cared for my loved ones were compassionate yet knowledgeable about their patients and the complexities of their health issues and needs. They were great humans to those who were in a vulnerable conditions. In my career, I am able to share kindness, compassion, relief, and difference in the lives of others. Being a nurse inspires me to always be a better version of myself every day.

**Dr. Marichu Gan, DNP, MAN, RN, CCRN**

My mother inspired me to become a nurse. When I was in grade school, during school breaks, I tagged along with her in the Rural Health Center and helped out by calling patients, weighing them, packing their medications in paper bags, etc. The doctor gave me one peso when I would help out. My mom could deliver babies in her nightgown when fetched at night, and I once came with her.



**Dr. Velma Yep, DNP, GNP-BC, RN**

My mother, former Dean and professor of the Far Eastern University Institute of Nursing, inspired me to become a nurse. Her unwavering compassion, altruism, sense of volunteerism, wisdom, and candor.

# Why Nursing?



**Mindy Ofiana, MSN, RN**



I entered inside these huge gates as a naive high school graduate. I was made to understand that you were to be part of my life for many more years. It goes without saying that I am grateful to you for all the sweet and sour memories that I have had with you that played a crucial role in shaping my nursing career. I am grateful to you for the discipline and values that you have imparted that actually made you one of the best university in the nation.



As I am grateful to you, I am so much more grateful to my mother, Angelita B. Cubas, for introducing me to you - one of the best decisions she has taken for me.



**Dr. Marlon Garzo Saria, PhD, RN, AOCNS, NEA-BC, NPD-BC, FAAN**

I became a nurse not by design but by happenstance. I choose to stay because of the opportunity to make an impact...an opportunity that does not come once but is renewed every day and with every interaction.



**Mary Reyes-Gonzales, MSN, RN-C, BSN**

I am a nurse because it is a career that involves human caring and kindness. As a nurse in management, it is my goal to care for nurses so that they can care for their patients and family members by providing quality care and patient safety in mind. As a nurse leader, I am a nurse to mentor and support other nurses. The goal is always to be kind.



**Pacita Lovely Chu, RN, retired nurse**

The fastest way to go to the USA was through being a nurse. That inspired me to take up Nursing because I wanted to help my family financially. I also wanted to be able to send my younger brother to the medical school he wanted, the University of Santo Tomas (UST). I am very proud that he successfully graduated from UST.

**Bella Manalang, BSN, RN**  
Knowing that my personal touch, no matter how big or small, saves lives... every day, all day!







**Marigold Paredes, NP, RN**  
I want to make a difference in a person's life.

**Dr. Gail Jones, DNP, PHN, RN-BC**

As a child, I would accompany my mom to work at a hospital. The nurses inspired me. I observed how they provided care and were able to make a difference in improving the quality of life of their patients. This experience motivated me to contribute to society by helping with the well-being of those who cannot help themselves through support, comfort, and compassionate care. Also, a nursing career has endless possibilities, such as Nursing Informatics, which is the work I do now.



**Dr. Janette Moreno, DNP, RN, NA-BC**  
My mom, who never finished high school due to poverty, is my inspiration. She's always dreamt of being a nurse, and I am inspired to fulfill her dreams each and every day. She will always be the best nurse, raising 10 children with compassionate and loving care.



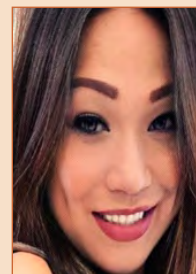
**Dr. Melanie Tallakson, DNP, MPH, FNP-BC**  
My inspiration for becoming a nurse came from my personal cancer survivor experience. After my treatments, I undoubtedly knew that my calling was to support patients and their families as a nurse. Also, having a mother who was an amazing role model in critical care nurse sealed the deal on my becoming a nurse.

**Roland Santos, MSN, RN**

My motivation to be a nurse was a result of my father, who, when I was in high school, had several strokes in a matter of a few years. He eventually passed away, but I was determined that I would make a commitment to provide care that is not only first class but with a goal of always helping patients who are acutely ill and suffering. The course changed, of course, because I switched to management for the rest of my career. So, my goal is to help nurses value their role in the patient's healing process and develop leaders that will do the same.



**Vernita Goodlett, MHA, PHN, BSN, AMB-BC, NE-BC**  
When I was 15, my great-aunt was hospitalized after suffering several strokes. The nurse was so caring and attentive, not only to her needs but she was also reassuring to our family.



**Dr. Sasha Rarang, PhD, MSN, CCM, RN**  
What inspired me to become a nurse is to make a difference in the lives of future nurses and to be able to represent underserved and underrepresented transgender individuals in the field of nursing. It is also an inspiration to see my legacy through my work as a Filipino American nurse helps in creating a more diverse, equitable, and inclusive nursing profession.



**Maria Sagun, MSN, NE-BC, RN**

As early as I can remember, I was “assigned” to be the nurse in the family. My eldest sister was to become a physician, the second a pharmacist, the third a dentist, and yours truly, the fourth, was to be a nurse. Fortunately for my parents, all four of us chose the professions set for us. I wish I had a more moving and emotional story of why I chose to be a nurse so I could answer this question with passion and conviction. I, however, with passion and conviction, can tell you how I chose to remain in this noble profession. I chose to remain in nursing because serving others brings me joy and a sense of fulfillment. This profession has given me the opportunity to make a difference in people's lives every single day. In the space that I currently occupy, I have the opportunity to serve, to inspire, and influence not only individual nurses but the profession as a whole.



**Leilani Unite, MSN, RN**

What inspired me was the idea of helping people. To help them manage their physical, emotional, and mental well-being and understand the available support they have.

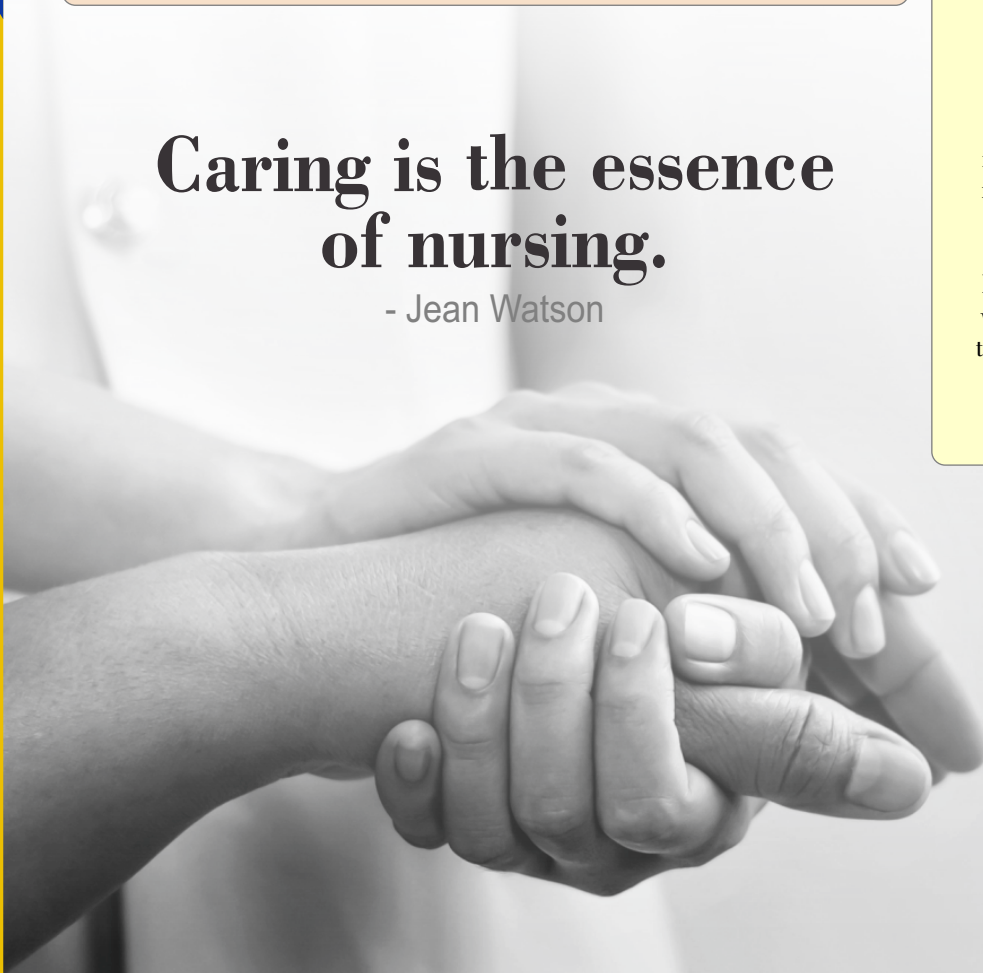


**Andrew San Diego, MSN, BSN, PHN, RN**

I was a kid who was always sick when I moved here to America from New Zealand. The doctors never believed me. And neither did the school officials. Whenever I was admitted to the hospitals, it was always the RNs who advocated for me. I wanted to be that person for patients who had the same experience as me and be their advocate.

**Caring is the essence  
of nursing.**

- Jean Watson





## FEATURE

# Going Back to School to Become a Future PMHNP: A Path to Promoting Diversity, Equity, and Inclusion by Advocating the Underrepresented and Vulnerable Transgender Population in the Futurer

By **Sasha A. Rarang**, PhD, MSN-Ed, CCM, RN, PMHNP student

PNAA Board Member, 2022-2024

PNASC Board Member, 2022-2024

Chair, Future of Nursing 2020-2030: Path to Health Equity Through Diversity,  
Equity, Inclusivity, Belongingness and Social Justice Task Force



Becoming an equity minded nurse means not only having the desire to help and advocate for those who needs help but be that nurse who can help and advocate because you have the right knowledge and skills and ability to represent those whom you serve. One of the essences of becoming an equity minded nurse is to ensure that as a nurse, one can promote gender-affirming environment in his or her own nursing practices. Approximately 25 million people around the world identify as transgender individuals, the numbers are growing because of the changing mindset of the society about the concept of transgenderism. While the visibility of transgender communities has increased, significant healthcare disparities remain. Transgender individuals report being less inclined to share their sex assigned at birth due to fear of stigmatization and mistrust of the medical and health care community in general. The mistrust and inequity experienced by transgender individuals are not limited to clinical care and may extend to research as well as well as in education.

Deciding to go back to school and become anxious once again about learning new things, attending classes and clinical trainings, and especially getting all of the requirements for admission be submitted on time and become part of the thriving number of nurses entering the world of Psychiatric/Mental-Health Nursing Nurse Practitioner occurred to me in mid-2022. Many of my friends and colleagues asked me why are you doing this? Well, the answer to that is simply, I am determined to be the best nurse I can be and to be that person of knowledge and skills who will be able to advocate for those who needs assistance the most, the transgender individuals who may suffer from their trauma and difficulties as individuals. To advocate for them, it requires not only an assurance, but an individual who is experience with their situation and can empathize when nobody cannot. It is one of the immense deed I may be able to do as a nurse, to serve the transgender communities as a professional healthcare provider equipped with not only the desire to help but with appropriate knowledge and skills .

To be able to provide representation for the transgender people in nursing practice and as future advance practice nurse is another way of advocating by becoming a role model. Having a transgender

person like them, who is available to help and equipped with the right knowledge and skills in assisting them with their mental health care needs whether to help them with their diagnosis, treat them, as well as caring for their existing mental problems or assist them in the process of their own transitioning is significant in promoting gender-affirming healthcare environment, a way to promote health equity for all. The ability to not only represent, but to be there and truly work with transgender individuals with their mental health needs is a societal commitment. The lack of individuals who can congruently understand the flight of transgender individuals and their mental health needs drove me to go back to school and enter the world of clinical nursing once again. At this time not as nurse leaders only, but as an advance practice nursing student who in the future can completely advocate for the vulnerable and underrepresented transgender individuals in our society as their primary care provider.

To study Psychiatric/Mental-Health Nursing and be license or certified as future PMHNP, I have to enroll in an accredited program recognized by the California Board of Registered Nursing as well as accredited by the Commission of Collegiate Nursing Education program (CCNE). The Post-MSN Psychiatric Mental-Health Nursing program of one outstanding university is a combination on an online (didactic) learning and 500 hours actual clinical experience under the preceptorship of qualified and willing Licensed PMHNP, Psychiatrist, or Clinical Psychologist. Finding a willing and nurturing preceptor who is inclined at helping others to become part of this practice is not easy. Hours of writing letters and sending information to multiple mental health practitioners can be daunting and seem endless. However, if one's yearning is true and positive towards helping others, the Almighty father is always there to guide and put you to proper direction. I am thankful to one of my colleagues at the Philippine Nurses Association of Southern California (PNASC), Inc. for directing me to one of her friends to accept me for my clinical. My PNASC family supports me emotionally and supportive of my advocacies. With their cheers and support, I am positive that I can do this journey, no matter how much it would take me (time, effort, and money) to complete this endeavor to ensure that another nurse, another health warrior for diversity, equity, and inclusion can be made and be that instrument for change for others.

Applying for a scholarship through PNASC did not come to my mind at all. I know about this since I am once the chair of this committee in the previous leadership. However, a colleague of ours, Ms. Antonette Nunez believes in me so much that she thinks I deserve to receive a scholarship grant from PNASC. The organization that became my second home. I am thankful to Ms. Nunez and confident that her hopes in me will not go wasted. I am confident that with my gained new knowledge and skills that in the future it will provide me with the ability to help the more patients and most importantly, be that nurse patient's advocate and champion their health and well-being during a time when they cannot do it for themselves. I firmly believe that as a nurse, it is our duty and commitment to be the model of empathy and compassion. This is what makes the best nurse and can make the most dramatic difference in patient's life especially when they are at their most vulnerable situation. This is the essence of being a PNASC/PNAA nurse, to be able to advocate and be that instrument for a change, be that equity minded nurse. It is my dream and goal to be that nurse that can truly promote not only health among patients, but also be that nurse who can champion culturally congruent care among transgender individuals in treating and caring for their mental health issues. With some support from PNASC scholarship grant, this will help me tremendously in buying books needed in preparation for my PMHNP certification/licensure. I would like to end my narrative by thanking PNASC and our mother organization, the Philippine Nurses Association of America for this opportunity that an individual who needs support to further his/her causes in order to help others can become a reality through the grant that these two organizations provide. Kudos to PNASC and Mabuhay PNAA.



## FEATURE

# Inspired By a Life Dedicated to Nursing

By **Geraldine A. Perez, BSN, RN, RNC-NIC**  
President, PNANT-Dallas 2022-2024



Inspiration. Such a very simple word, but it carries a lot of weight in what drives a person towards their destiny. One of the main influences that I have had in my nursing career and in my leadership journey has been Carmencita M. Abaquin, RN, Ph.D. To the people that were close to her, she was known simply as Meng, but to my family, she was our beloved Mommy.

People often ask if I entered Nursing because my mother was a nurse. I always say both yes and no. In elementary school I didn't envision myself becoming a nurse. However it was hard not to be inspired and influenced by my parents who are both very hard working and devoted to their careers. I found myself in high school seriously contemplating getting into the nursing field.

My journey into nursing will always be entwined with my memories of me and my mom. My brothers and I grew up attending Christmas parties, lantern parades, alumni reunions and summer outings with our UPCN family. My elementary and high schools were both in Manila, and so after school, I would find myself waiting for my mother to finish work at the Nurses Home of the Philippine General Hospital or her faculty room at the University of the Philippines College of Nursing on Padre Faura and much later when the college moved to Pedro Gil. UPCN was my after school tambayan growing up. I would finish my homework and poke around Mommy's faculty room reading nursing journals or textbooks. My mother and I talked a lot during our going home commute, even when I was in college or when I was already working in PGH and drive her home.

I know my mom worked long hours, she stayed up late preparing for her lectures, grading test papers or student journals. That was the one aspect I didn't like about her job. I promised to myself if I was going to be a nurse I would be working in the clinical setting so I do not have to bring my work home. Despite her very busy schedule, she still found time to spend time with her family. I remember weekends spent going to visit museums, eating at the local ice cream parlor or visiting the aquarium. She was truly the expert in work-life balance, but she lived, and breathed for the Nursing Profession. Never did we feel that we were neglected as kids, but consciously aware too that we share our



mom with her nursing students, her work at the university or her work with the nursing organizations she was a part of.

With her example I found myself drawn to nursing. My mother didn't even blink when I told her that my first choice in the UPCAT was Nursing many years ago. I never had mommy as my professor, it was a conscious decision on Mommy's part, to avoid whispers of favoritism or cheating. But at home she helped me when I had questions. During our first year, she practiced with me after school for nursing lab. I could miter corners of bedsheets, don sterile gloves correctly because of her coaching. I wasn't a great student, actually I am not the best test taker. She would always say I overthink the tests. But she always remained supportive, never once asked me if I thought I made the wrong choice in college. Being labeled "anak ni Professor Abaquin" wasn't really bad, I was really proud of my mom and her accomplishments. Her former students would often tell me her exams are always pretty hard. She was very mild mannered as a professor, also very humble. She had a wealth of knowledge and experience that she was willing to share not just with the students of UPCN, but she also taught/lectured in other colleges. She was also invited throughout the country and internationally to be a guest speaker. She was a published author, and was the recipient of numerous awards and citations. After I graduated from college I worked as her research assistant as she was finishing her dissertation "PREPARE ME" Interventions and Quality of Life of Patients with Advanced Progressive Cancer. Even now as I am writing this article, I find myself blown away by her curriculum vitae, by her contributions to the field of nursing in the Philippines and find myself hoping that I may someday do the same.



My mom taught Medical-Surgical Nursing and Oncology was her specialty. She was very involved in the UPCN alumni association as well as various nursing organizations like PONA, GNAP, ADNEP and the PNA. It was through

her that I learned to be involved, to be an advocate and learned the importance of giving back to my university and profession. In fact she encouraged me to become active in our local PNAA chapter, North-Texas Dallas.

I went into Neonatal Nursing, partly because I did not want to be compared to her, those are some really big shoes to fill. But mainly, because I love Pediatric Nursing, particularly taking care of critically ill infants and their families. She respected my choice of specialization and was very happy that I found my niche. Over the years and even when I moved to Texas, I remember my mom and I would still find time to talk and compare notes about what was happening in the nursing profession despite our very divergent fields of practice. I still cherish memories of those conversations, text messages and shared emails. She was my first mentor, my first boss, and truly an inspiring nursing leader.

My mother took on the position of Chair of the Board of Nursing, during a very tumultuous time in Philippine Nursing. She had just started settling into retirement when she was appointed for the position. With her leadership, and with the help of the entire board, they were able to restore the reputation of Philippine nurses. Their board was instrumental in the promulgation of National Nursing Care Competency Standards as well as the implementation of the Competency-based Test Framework for the Nurse Licensure Examinations.

My mother was also deeply religious. She was a member of the Secular Order of Discalced Carmelites (OCDS) in Manila for 20 years. Always a teacher at heart, she was also a formator for those entering the order. She became President of OCDS in 2017. She lived a very prayerful life and taught her children to always pray for guidance. She practiced this prayerfulness and humility in everyday life, and always embodied servant leadership.

This April marks the second year anniversary of her death. She passed away in 2021 from COVID-19, when the Philippines did not have access to vaccines for the rest of the population. We lost our beloved mother that day, but we also believe that her passing was also deeply felt by those in the nursing profession that knew her. It is my hope that someday, I too will leave a mark in my chosen field, and be an inspiration for others.



## FEATURE

# Inspiration

By Alicia Tullo, PNAACF President, 2020-22

What does this word mean? According to Merriam-Webster, *Inspiration* has an unusual history in that its figurative sense appears to predate its literal one. It comes from the Latin *inspiratus* (the past participle of *inspirare*, “to breathe into, inspire”) and in English has had the meaning “the drawing of air into the lungs” since the middle of the 16th century.



## noun

in·spi·ra·tion

Who remembers the 60's? All *baby boomers*

would because that was when we were in our teens. I turned 13 in 1965 and I was a sophomore in an all-girls Catholic high school. Our school always showed 'family-friendly' movies and that year, all students in both Girls and Boys Department were escorted to the local movie theatre to watch the *Sound of Music*. Many songs from the musical have become standards, including "Do-Re-Mi", "My Favorite Things", "Edelweiss", "Climb Ev'ry Mountain", and the title song "The Sound of Music". I thought that was the best musical ever! We loved the songs and sang them repeatedly until we had every song in that movie memorized. With six children in my family, we even acted like the Von Trap Family Singers in our own living room to entertain our parents. We were definitely inspired! Gemini 3 Mission was successfully launched by the American space program with the first two-man crew into the Earth's orbit. On March 23, 1965, astronauts Virgil I. "Gus" Grissom and John W. Young participated in

the first crewed Gemini flight. I, along with millions of others, became interested in the moon and the space program. Many became inspired to become astronauts! The Second Vatican Council of the Roman Catholic Church closed by December 1965. It was decided at this Council that the Church would become more open and relaxed toward the modern world, allowing for more use of vernacular languages and many changes to the liturgy, music, art, and architecture of the Church. The priest

who is officiating the mass can now face the congregation and we did not have to pray in Latin any longer. It was also the time when the Beatles were in New York. These young rockers inspired every young person to wear the "Beatles" haircut, including me. I wore my bangs until my fifties. In American television, they had the first Charlie Brown Christmas and the first Peanuts special. These became a Christmastime tradition for millions of viewers. Those were happy moments in 1965. But it also ushered in a time I feared the world was coming to an end when in March of that year, the U.S. President Johnson ordered 3,500 U.S. Marines to Vietnam. They were the first official combat troops deployed to Vietnam when America became involved in that war. (<https://takemeback.to/year/1965>).

The year that followed, 1966, was a year of turmoil. It began with civil rights and ended in Black power. Thousands of African Americans

embraced a strategy of nonviolent protest against racial segregation and demanded equal rights under the law. Martin Luther Kings, Jr. sought equality and human rights for African Americans, the poor and all victims of injustice through peaceful protest. Inspired by the success of the civil rights movement and boosted by the money pouring into the music and youth industries, young people in the US and the UK began to think of another way of life, that didn't involve being like our parents. It began with pop and ended in rock. Many strands of art, music, and entertainment were all coming to the same point by different means: the total focus on the instant that is the hallmark of many eastern religions; the happening; the drug experience; the ecstasy of dancing. The music by the Mamas and the Papas, the Beach Boys, the Monkees and the Beatles filled the soundwaves. They were beginning to envision what the future might be. (<https://www.theguardian.com/culture/2015/nov/15/1966-trip-good-vibrations-pop-revolution>). So too was the song by the Righteous Brothers, "(You're My) Soul and Inspiration," first recorded in 1965 and released February 26, 1966. And some of the lyrics are the following, (goggle the song to listen to the melody):

**I never had much goin'  
But at least I had you  
How can you walk out knowin'  
I ain't got nothin' left if you do?**

**Baby, you're my soul and my heart's  
inspiration.  
You're all I've got to get me by  
You're my soul and my heart's inspiration.  
Without you baby, what good am I, oh what  
good am I**

Can a person really be an inspiration? Merriam-Webster stated that before *inspiration* was used to refer to breath, it had a distinctly theological meaning in English, referring to a divine influence upon a person, from a divine entity, this dates back to the early 14th century. The sense of *inspiration* often found today ("someone or something that inspires") is considerably newer

than either of these two senses, dating from the 19th century. The Merriam Webster dictionary defines inspiration as something that makes someone want to do something or that gives someone an idea about what to do or create; a force or influence that inspires someone - a person, place, experience, etc., that makes someone want to do or create something - a good idea. So, what gives someone inspiration? Or if used as a verb, what inspires you and me? According to Dr. Alexandra Domelle, "*Inspiration does not just come at an appointed hour. Inspiration is always there. Waiting patiently, and the source is stillness, in silence. It is in silence between thoughts, between words, between breaths.*" Well, that is poetic.

According to Psychologists Todd M. Thrash and Andrew J. Elliot, "*The heights of human motivation spring from the beauty and goodness that precede us and awaken us to better possibilities.*" They have noted these core aspects of inspiration: evocation, transcendence, and approach motivation. Inspiration is evoked spontaneously without intention and is also transcendent of our more animalistic and self-serving concerns and limitations. Thirdly, inspiration involves *approach motivation*, in which the inspiration involves both being inspired *by* something *and acting on* that inspiration. They found that inspired people were more open to new experiences and reported more absorption in their tasks. Inspired individuals also reported having a stronger drive to master their work but were less competitive. Interestingly, work-mastery also came before inspiration, suggesting that inspiration is not purely passive, but does favor the prepared mind. Inspired people view themselves as more creative and show actual increases in self-ratings of creativity over time.



## FEATURE

# Inspired to serve our community

By **Mark Buan-Lagazo**, BSBA, BSN, RN, PHN

Corresponding Secretary

Philippine Nurses Association California Capital City Chapter (PNAC3)



Since childhood, I have enjoyed volunteering and providing services to the community. Whether it was serving food to the hungry at shelters during the holidays, running to feed the hungry with Sacramento Food Bank & Family Services, donating food or supplies, or cleaning parks and other public spaces, I genuinely looked forward to providing these services again and again, year after year.

Now as a PICU registered nurse, I provide services to the community in an entirely different aspect. Jane Pena, a Nurse Manager at UC Davis Health (UCDH) and Board of Director for the Philippine Nurses Association, California Capital City Chapter (PNAC3), informed us that Asian Resources Inc. (ARI) reached out searching for volunteers, and I quickly responded that I was interested, even though I was scheduled to work a shift the night before. On

February 5th, 2023, I arrived at the Vietnamese Martyrs Church with my spouse Nico Buan-Lagazo, a Nurse manager at UCDH and Vice President for PNAC3. We met with other PNAC3 members and had the opportunity to meet members of ARI and Walgreens to provide COVID-19 and flu vaccines before, during, and after the church's masses. It was intriguing to see that after three years of this pandemic, many individuals were getting their COVID-19 (and the flu) vaccine for the first time, but nonetheless was reassuring and exciting as well.

Throughout the day, I met many individuals who were excited and happy to get their vaccines. I am pretty sure they were excited to get their free gifts from Walgreens, too. During break times, we were invited to enter the church and eat. Inside were tables of food and drinks, including Vietnamese coffee, a variety of drinks with boba, pho, spring rolls, egg rolls, and many more! I wanted to get one of everything, but I only got coffee, which was absolutely needed after my night shift. After the last mass, we closed up shop and hung out for a bit to chat with members of ARI, Walgreens, and the church. Even though I was tired from the night before, I was genuinely happy to meet so many people and continue to provide services to the community. Younger Mark probably

would not believe it if you told him everything he was doing now, and I am so proud of him for being so involved with the community. The smiles on everyone's faces are why I continue to do this again and again, year after year.



## FEATURE

# What Inspired Me to Become a Nurse

By Gurleen Sinha, RN, BSN, FNP Student



One of my primary motivations for becoming a nurse was my desire to help others. Nurses play a crucial role in patient care and are often the first line of defense in identifying and addressing patients' needs. The opportunity to positively impact people's lives was a significant motivator for me.

Another inspiration for becoming a nurse was the diversity of roles and specialties within the field. Nursing offers a range of opportunities to work in various settings, including hospitals, clinics, schools, and community health centers. Nurses can specialize in areas such as pediatrics, geriatrics, oncology, or critical care. I had the opportunity to work with Velma Yep, NP, who showed me the role NPs have in primary care. I was inspired by the compassion and care that Velma, NP, provided and the knowledge and skills she possessed.

Finally, nursing is a highly respected profession that provides job security and stability. Nurses are in high demand, and the job outlook for the field is excellent. Nurses can also advance their careers through continuing education and professional development, which provides opportunities for growth and advancement within the field.



## FEATURE

# Mothers Know Best

By **Venus Soriano, BSN, RN**  
PNA Georgia

Being a nurse was not my dream. When I was in fifth grade, I envisioned myself as the secretary to the President of the Philippines. I was fascinated by the inner workings of the government. In my third year in high school, my father reminded me to be already thinking about college and what degree to pursue. I remember like it was yesterday how I glared at him thinking, what college? I was having fun with my high school friends and the good-looking boys I had crushes on.

High school graduation came and I had to face the fact that I was going to college. I divulged to my parents that I was going to study Foreign Service to align myself with a Philippine government job. Before I can tell them my goals and dreams, my mother stepped in and told me that Nursing would be best for me. Besides, I would be the second child to have the distinction of being a nurse in the Del Monte village where we lived. She was firm, she told me “no ifs or buts about it,” and that I was to enroll at the University of Santo Tomas. She further told me that Nursing was a noble profession and most of all, a clear pathway to go to America for better opportunities instead of being here spoiled and rotten.

Suddenly, my dream as Secretary to the President precipitously vanished. I did not answer my mother, instead, I went to my room very upset and disgusted. The thought of me being a nurse attending to a sick patient, placing the bedpan, and emptying the poop after was nauseating. My wise and loving father calmed me and eased my mind and told me to try nursing first and if I did not like it, then I can follow my dream. Left with no choice, I acquiesced but the naughty part of me negotiated with my mother for my allowance to be twice my brother's, extra allowance for shoes, bags, and clothes every three months, and to my aghast, she agreed. My guess is that my Mom was saving face as she already told her friends I am going to nursing school.

Well, UST College of Nursing here I come. I was fortunate to have had a compassionate nursing professor whom I admired that said, “Nurses make a real difference and quite literally, you save lives every day!” That made an impact on me and slowly, the thought of assisting a



patient with the use of a bedpan was no longer nauseating. I was learning so much and I was beginning to appreciate this career. I am finding it most rewarding.

True enough, I am blessed to have had the opportunity to further my nursing career in the United States. I came to Georgia in 1974 and never left. I came proud to be a nurse and remain proud to this day! This pride and joy spilled over more when our local PNAGA became a PNAA chapter in 2000. I was awed by all the successful and highly achieved Filipino nurses all over the US. The leaders of PNAA then and now are role models to all nurses. I admire their dedication to promoting professional excellence through education and all their efforts in unifying all Filipino-American nurses, to name a few of what they do. I have retired but I continue to be active, continue to encourage members to participate, and have a voice.

Looking back, I am reminded of Jo Koy's repertoire, “there are a lot of you Filipino Nurses here tonight, I know being a nurse was not your dream, it was your mother's dream.” Today, I can't think of myself being anything else but a nurse. Were it not for my mother's pushing, encouragement, and support, I would not have been a recipient of numerous awards such as “Nurses Make Difference” from the Georgia Hospital Association in 1989, “Nurse of the Year” of Atlanta Medical Center in 2010, “March of Dimes Nurse of the Year” in 2011 and “Florence Nightingale Award” from the Philippine Nurses Association of Georgia in 2017. For all that, I have my mother to thank, and yes dear children, listen to your mothers for they know best!

## PNAA relief to victims of Typhoon Paeng in Maguindanao

By Femarie Bedona & Nini C. Jurado  
PNAA Community Outreach Committee

On 28 October 2022, Typhoon Nalgae, locally known as "Paeng," brought havoc to the people of Southern Philippines, particularly in the municipality of South Upi, Maguindanao which was severely ravaged. It devastated the people's lives, properties, and livelihoods, resulting in calamities. Houses were damaged especially those that are situated near the riverbanks.






The PNAA Community Outreach Committee unanimously decided to donate \$2000.00 to our "kababayan" who were severely impacted by the typhoon. On January 27, 2023, PNAA member Femarie with her husband Atty. Von Lovel Bedona went to Upi, Maguindanao to endorse the donation to a Non-Governmental Organization [NGO] (Notre Dame of Upi Batch '75 Association), headed by its President Noel Octaviano. The money was handed over in the presence of Mayor Ma. Rona Cristina Piang-Flores. The mayor and the NGO officers were so touched and appreciative as they were trusted to disburse the financial assistance from the Philippine Nurses Association of America.

The donation will give some comfort to families whose residences were uprooted by the recent disaster. As agreed upon by the NGO and in collaboration with the PNAA Community Outreach Committee, the donated money will be used for the construction of comfort rooms. Instead of a simple hole in the ground, Pres Octaviano and his officers proposed a more durable and lasting structure that will ensure comfort and be more sanitary. The toilet bowl is porcelain made while the roofing is galvanized iron. Half of the wall will be made of hollow blocks and the upper portion made of plain sheets. The excavation of the septic tank is the shared responsibility of the beneficiary while the construction of the major components is undertaken through a packaged labor arrangement. The project was completed earlier than scheduled and was turned over to 20 beneficiaries on March 16, 2023.





TURN OVER CEREMONY OF 20 COMFORT ROOMS  
 TO LGU UPI MUNICIPALITY  
 PUROK AZUCENA, BORONGTAN, UPI, MAGUINDANAO  
 MARCH 16, 2023  
 2:00PM

ALUMNI ND UPI BATCH 75 ASSOCIATION, INC.  
 THIS SERVES AS AN INVITATION







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



# Where are the Scholars now?

By Dedeem Orola

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



**Name:** Mizpah Amados MSN, PMHNP-BC  
**Chapter:** PNA Metro DC  
**Current work:** TEAMHEALTH – as PMHNP



**Tell us about your journey as a PNA A past scholarship awardee:**

I was awarded the PNA A scholarship in 2020, graduated with honors from Maryville University in May 2021, passed the board certification in June 2021, and accepted my dream job as a **Psychiatric Mental Health Nurse Practitioner (PMHNP)** with TEAMHEALTH a week later.

The PNA A scholarship kept my faith in completing the program requirements with flying colors. The financial reward provided significant relief for my family. I collaborated with professionals interested in the PNA A scholarship program and helped disseminate awareness about this life-saving initiative. I support my community by volunteering and offering free medical services to the uninsured at the Mother of Mercy Clinic in Virginia. As a PNA A scholar, I am proud to serve as Treasurer, Peer-to-Peer support group Chairman, and Ethics Committee Chairman of the Philippine Nurses Association of Metro D.C.

Thank you, PNA A and PNA A Scholarship, for believing in our nurses!

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

Keep your heads up, and hang in there. Know that PNA A is always available to support you. The application may be intense, but it was worth the time and effort.







# Palakpakan CORNER

## Wellstar College Outstanding Early Career Faculty Award

Dr. Mary Dioise Ramos



## 2023 Wellstar College Faculty Awards Recipient

**Congratulations to Dr. Mary Dioise Ramos** for her recognition as the 2023 Outstanding Early Career Faculty Award Recipient at Wellstar College of Health and Human Services. She will receive her award on April 17, 2023.



## Successful Research Defense on Health Literacy

**Congratulations to Dr. Ellen Arigorat** for successfully defending her DNP research on health literacy at Case Western Reserve University Frances Payne Bolton School of Nursing. Ellen is the PNAA Practice Committee Special Interest Group (SIG) Chair in Nursing Informatics. We are proud of her accomplishments.



## President-Elect of PNA San Diego

**Congratulations to Professor Emeline Yabut**, President-Elect of PNA San Diego. She has achieved a tenured faculty position at Southwestern College in San Diego, California. She is recognized as someone indispensable to the success of Southwestern College students. Her accomplishment in an All-District Employee Recognition will be celebrated on Thursday, May 18, 2023, at the SWC Performing Arts Center. Her service and contributions to Southwestern College are greatly valued and respected.



## Outstanding Global Pinay

**Congratulations to Dr. Dely Go**, founder of Nursing Network LLC and professor at William Peterson University, for her recognition as one of the Outstanding Global Pinays. Dr. Go was named New Jersey Nurse Diva for her outstanding nursing leadership. Through executing high standards of healthcare excellence, she was hailed as one of the nine Top Most Distinguished Professionals in the Whole World and earned the Woman of Peace Award for helping poor children worldwide.







## Ang Tambuli-the Rhythm of Nursing Life

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



# On Decluttering and Minimalism- Does it Brings You Joy? Peace?

Yes, it does! It just takes time to manage the emotions and sentiments of whatever you are decluttering. It is a journey toward letting it go and paying it forward. It's about being inspired and motivated to get started. Where do I start-good question?

After I retired from my nursing job, I told myself that this was the best time to get started-get rid of clothes that no longer fit me, business suits, high heels, and purses I may no longer need. I now live in leggings, T-shirts, exercise clothes, sneakers, and the occasional dress and suit. Donate stuff that we no longer use. Our daughters have their own families and children with their own homes. They do not want the fine china and silver we have saved. Not sure if they want the antiques that belonged to my grandparents. All these, I cherish the sentiments and the memories that take me back in time. That's it. Mine, not theirs.

We have been through several downsizing efforts every time the Air Force moved us. St Vincent de Paul, Habitat for Humanity, Goodwill, Salvation Army, shelters, family, and friends have been beneficiaries of our possessions. With our last move, I learned how to sell stuff on Facebook Marketplace. It just takes a lot of time, learning, and perseverance.

There are so many reference materials on decluttering. As I continue this journey, I ask myself some questions as stuff continues to creep back up! From Julianna Poplin's online articles:

1. Do I still love it?
2. Do I use it? If so, when was the last time I used it?
3. Do I still want this in my life going forward?
4. Do I have another one of these?
5. Do I have something else that could serve the same purpose?



6. Is this something I could borrow from someone instead?
7. Would I buy this item again?
8. Did I even remember I owned this?
9. Would I miss it if it were gone?
10. Why have I been keeping this?

My next steps:

1. Declutter my mind of negativity from the news and social media.
2. Have a drop deadline to get these things done.
3. Remove/donate/sell five things per week.
4. Organize my photo albums.
5. Organize my photos on my phone. Download pictures on a thumb drive for each of our daughters and grandchildren.
6. Collect experiences and memories, not things.
7. Will my children keep this when I am gone? If not, it goes.
8. I won't buy anything I don't need. Work in progress!
9. Breathe and enjoy the space and peace.
10. Keep life simple! Travel and enjoy life.

I wish everyone good luck in their decluttering journeys. I may have a Part 2 article when I finally complete my mission.

## **Buy this book, turn the pages and soak up...**

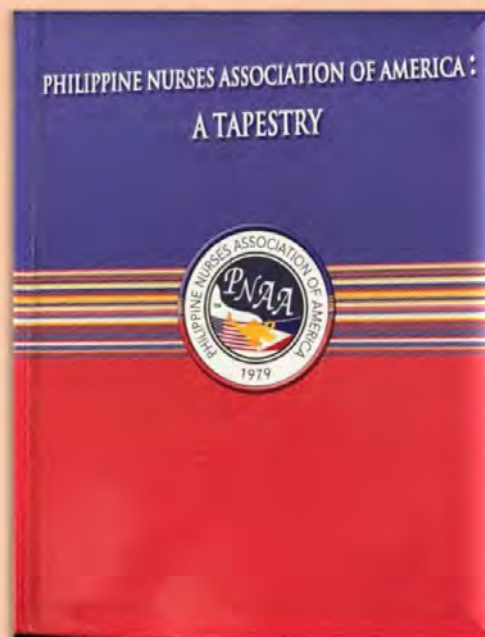
*"The secret sauce of leadership that will extend the PNAA forward and ever higher; learn the exemplars of the values they used to bring the organization to its height of influence."*

**A how-to-book:** *"how to thrive in a foreign country, how to provide a personal quality health care when the majority culture has restricted acceptance of you and, in the beginning, your language, how to build a bridge of travel and growth between the Philippines & America, how to succeed academically and even teach, conduct research, and provide community service in a home away from home; how to transform, with daring ingenuity, your new home while maintaining ties and appreciation for your roots of origin."*

*~ Dr. Beverly Malone, CEO, National League for Nursing, Washington, DC*

**One could say that this book is about how to be a leader...and, yes, it's about the **PNAA outstanding and miraculous early leaders!****

*"There are no limits or restrictions as to how high the PNAA can soar."*



*"There are no limits or restrictions on how to enlist new leaders & remind us all of the greatness of the PNAA's legacy and its future."*

**\$20/book plus shipping & handling (S/H): \$6/book; \$15/4books**

\*\*\*\*\*

Questions and/or book order: W&M Committee: Arlita Pang: [arlitac1@gmail.com](mailto:arlitac1@gmail.com);

Marie Navarro: [geminim67@gmail.com](mailto:geminim67@gmail.com)

Email us your name, address and # of books. Pay by zelle [astervargas.pnaa@gmail.com](mailto:astervargas.pnaa@gmail.com)

**Book sale can be your chapter's fund raising initiative. Sell at a higher cost. Just give PNAA \$20.00, pay the shipping fees and you can keep the rest!!**





# KABALIKAT EMOTIONAL WELLNESS PROGRAM



BUILDING YOUR  
RESILIENCE SKILLS



## What is required of participants?

Attend virtual training for:

Coached Emotional Wellness sessions and Peer-to-peer Support Group meetings – 9 sessions for 2hrs each. (Jan. 14, 2023 at 2 PM, EST then q 2nd Saturday of each month until Sept. 2023)

Length of commitment: 9 months

Chapter Deliverables:

1-2 Facilitators+Support Group Members = 6-10 total members per chapter.

Attend and complete the KEWP sessions until September 2023

## FOR MORE INFORMATION:

**Riza V. Mauricio**

[riza.mauricio@gmail.com](mailto:riza.mauricio@gmail.com)

THIS STUDY IS CONDUCTED BY THE UNIVERSITY OF TEXAS  
CZIK SCHOOL OF NURSING, PNA, AND PNAF

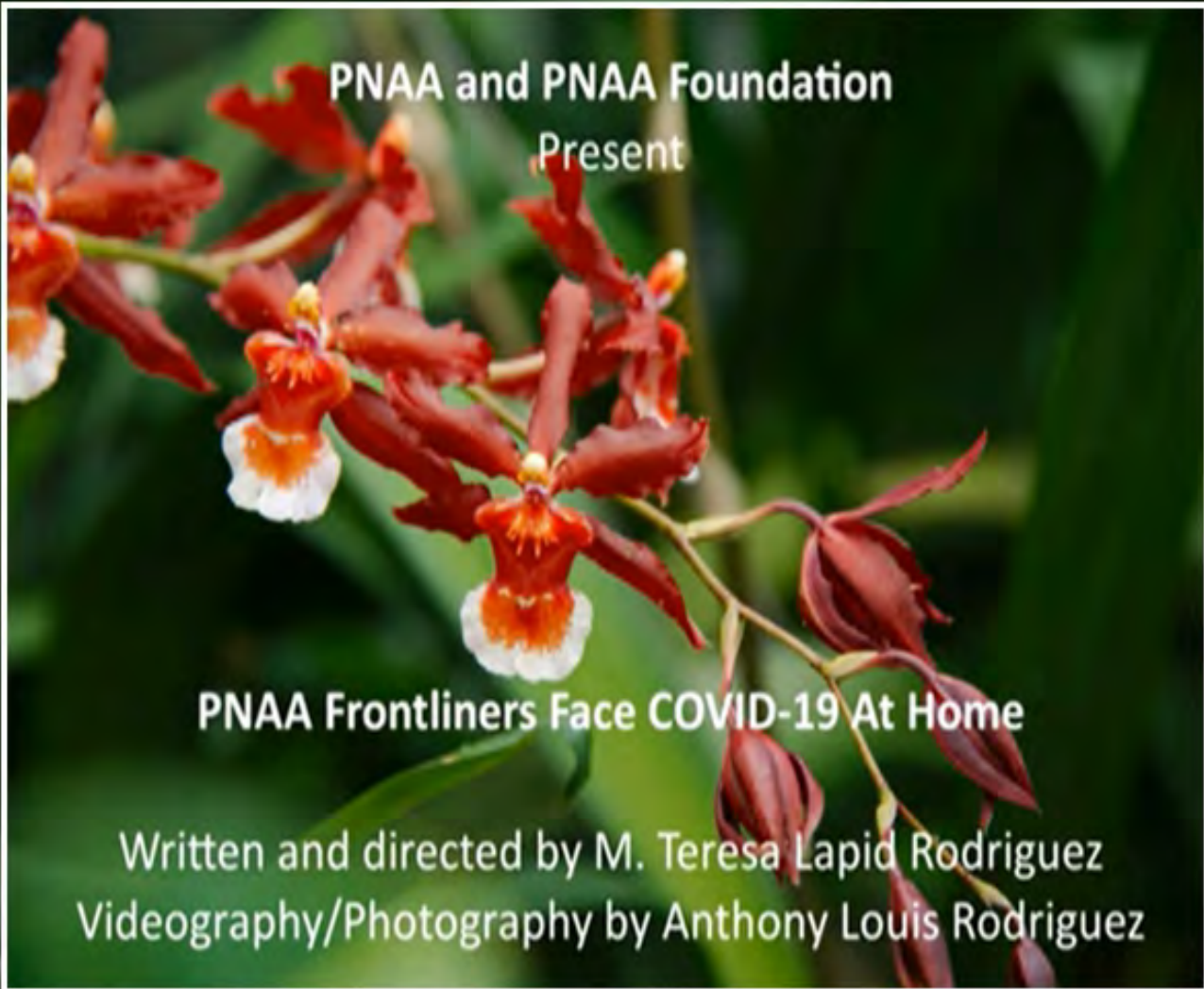


## BENEFITS:

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



**OUR UNITED VOICES**  
HIDDEN EXCELLENCE  
COLLABORATION. SUPPORT. RESPECT. GROWTH.



**PNAA and PNAA Foundation  
Present**

**PNAA Frontliners Face COVID-19 At Home**

Written and directed by M. Teresa Lapid Rodriguez  
Videography/Photography by Anthony Louis Rodriguez

**CLICK HERE**

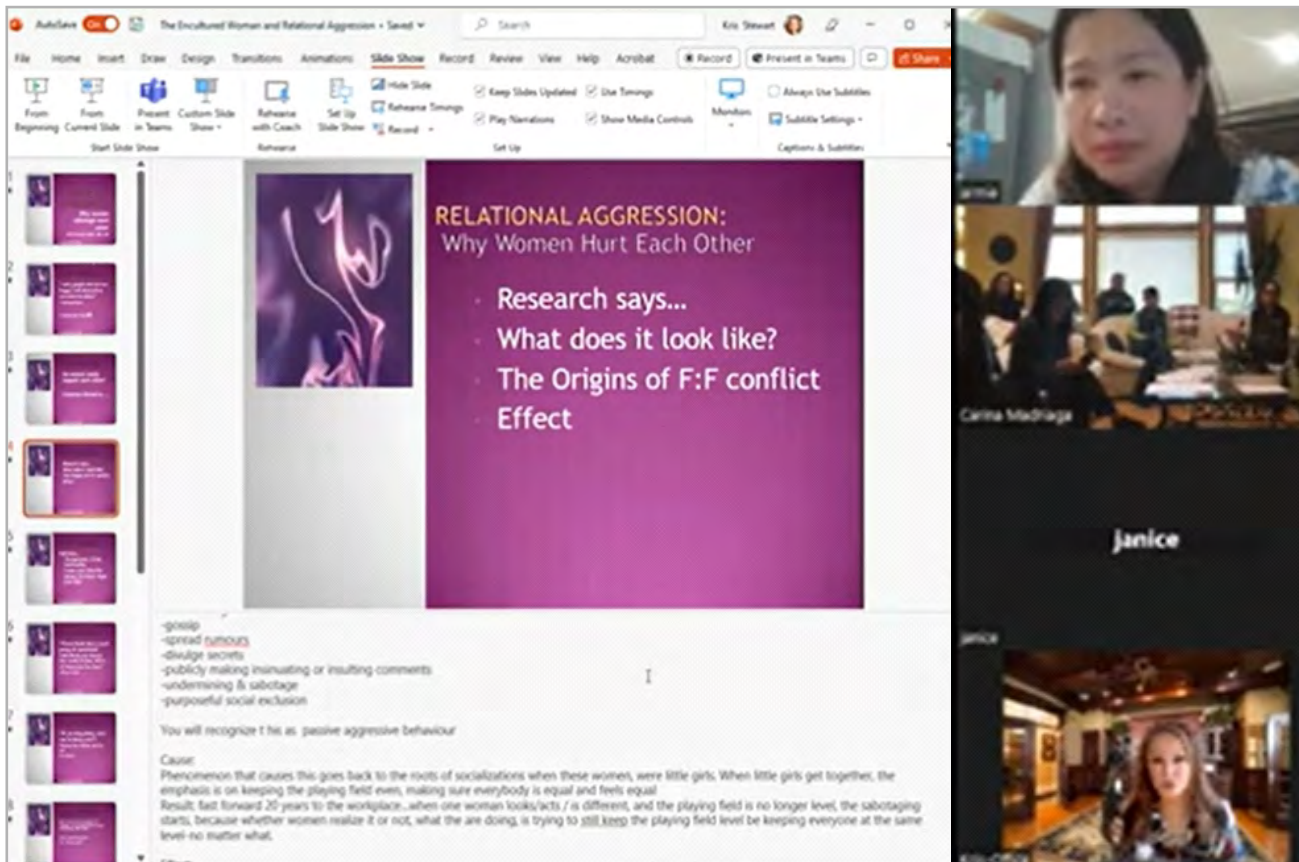






By Carina Madriaga  
PNA Colorado President

## PNA Colorado holds a hybrid educational event



PNA Colorado held a virtual and in-person educational class with CE. The attendees participated by Zoom and those who were able to do so watched, enjoying food and fellowship in one of our members' homes --like a watch party. Move over, Academy Awards! These wonderful nurses are engaged and always willing to learn. We appreciate the teamwork in getting this PNACO-sponsored CE event. Our speaker, Kris Stewart, is a registered nurse based in Canada. We were inspired by her talk. Now we learned more information on how to recognize and stop relational aggression, especially in our workplaces. I am very proud to be a member of the Philippine Nurses Association of Colorado.



Meeting Minutes from **Ces Nalagan**, BSN, RN; PNAGSL PRO 2022-2024  
**Annabelle L. Cosas**, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

## **PNAGSL's Executive Board meeting day was a freezing cold day!**

Our meeting on March 18, 2023, Saturday was held at Josie Veit (PNAGSL President)'s residence. It was the tail end of winter. Temperatures were in the 20s, partly cloudy skies with brisk winds. A good day to stay inside.

Sick were Lori Abuelo (Business Manager) and Alice Torregosa (Recording Secretary). Those who braved the freezing weather and came in “good health” were all geared in “Inuit” clothing. Indeed a good day to stay inside — in the meeting room, we were welcomed with “happy birthday” steamer/ backdrop, balloons and strawberry mousseline cake. As Josie would claim, her “OCD acting up again!” — birthday theme filled the entire room. We brought our favorite meals while Agnes Lewis passed the bubbly. Did we stay sober for the meeting? We can say we were a happy group!

Josie's president report expounded on **(1)** the Patnubay sa Pagtatagumpay Program — a mentoring program for those interested in advancement in nursing education. **(2)** KEWP — an interactive meeting every second Saturday of the month (1-3 p.m. CT); \$1,000.00 due to chapter with 6 participants, 80% attendance of 9 meetings. **(3)** Circle of Presidents (COP) meeting every second Saturday of the month (8:30 p.m. CT). Ces and Marjorie Gamino to attend with Josie. **(4)** PNAGSL re-registration with Secretary of State was approved. **(5)** 501C-3 application being processed — assistance from Richard Veit (lawyer) and Mike Lewis (CPA). **(6)** PNA Convention/Cruise July 16-23. 5K-run donation \$350 (\$35/t-shirt for “ghost runner”); Souvenir Book: Josie to confirm cost.

Treasurer's report: Projected revenues/expenditures **(1) Nurses Week/Education seminar** May 13; speaker, venue available. **(2)** Fun Run/Walk June 4 at James McDonnell County Park — donors, equipment, food, other major/minor details discussed/to be discussed.

**General Assembly** April 29 — with new members; for further discussion.

**Community Outreach:** Mother Teresa Soup Kitchen c/o JenJen Hazelbaker; date TBA. Medical Mission Bohol Jan. 13-15, 2024 — **Fundraising:** Cardinal Games — commit to x5 events, x6 volunteers, x7 hours; training a week before. Specified percentages to organization for food/alcohol sales. The bigger the group, the bigger the stand assigned. Free food/parking. Josie to submit dates selected.

**Camp Aruga** (NCR Indiana) June 16-18: Leadership retreat. To attend: Josie, Evelyn Oller, Joy Deatherage, Agnes, Ces. To carpool or take train. PNAGSL assigned for Zumba session; Ces and Agnes to lead.

It may have been cold outside but inside, warm company — full of bright ideas — prevailed!





*Champagne toasting for birthday celebrants;  
with PNAAG spouse support*



*Advisory Board support: JenJen, Cynthia,  
Jean (Marjorie left early)*



*Front, L-R: Agnes, JenJen, Evelyn Behind,  
L-R: Marjorie, Joy, Ces, Josie, Annabelle, Jean, Cynthia*



*From left: Celebrants Josie, Ces, Evelyn, and Joy*



*From left: Josie, Ces, Evelyn, and Joy with individual birthday  
cupcakes and with spring lillies*



*EB, from left: Joy, Ces, Josie, Agnes, Evelyn, Annabelle*



By **Joy Deatherage**, BSN, RN; PNAGSL Corresponding Secretary 2022-2024  
**Annabelle L. Cosas**, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

## PNAGSL Volunteerism: St. Louis Area

**PNAGSL Outreach activity:** A group of nurses volunteered their time on Tuesday, March 7, 2023, at St. Louis Area Foodbank. Their shift was from 8 a.m.-10 a.m. Several other groups were there and each group was assigned a particular task. Our nurses stuffed the bags (like a plastic grocery bag) with “Fill a Bag — Help Feed Families” cards while another group filled each bag with food items and the high school group added fruits. These bags are loaded in a big truck that distributes them door-to-door to specific sites.



[Source: **St. Louis Area Foodbank**, Bridgeton/Earth City, Missouri] Together with our partners, the St. Louis Area Foodbank helps to supply, coordinate and hold food distribution events around the bi-state area each month.

**Food Insecurity** means having to choose between food and other household essentials such as medicine, transportation, or housing. Families facing these challenges often have trouble knowing where to begin. The St. Louis Area Foodbank has services and resources available to them.

**Everyone deserves access to food and the promise of a healthy diet** — the Foodbank is committed to ensuring access to the foods and resources our neighbors need to thrive. Through our network of partners and programs across 26 counties in Eastern Missouri and Southwestern Illinois, we are working to revolutionize the hunger relief system.

**Everyday is a new opportunity to feed families facing hunger** — Providing families with food, the most basic human need, helps them hold jobs, excel at school and become better citizens. A donation of \$1.00 can help provide 4 meals.

### **GROUP VOLUNTEERING** <[volunteers@stlfoodbank.org](mailto:volunteers@stlfoodbank.org)>

Volunteers work in our Volunteer Repackaging Center sorting and packing food for distribution in our community. This can include building various food boxes, sorting food drive donations, packaging produce into individual family size portions, or other relevant projects contributing to the Foodbank mission. Volunteers must at least be 16 years old to report without an adult. Please note that volunteers will be on their feet for their shift. Some volunteers may be asked to lift and/or move boxes of food weighing up to 50 lbs.

The world's first food bank was St. Mary's Food Bank in Phoenix, Arizona, founded by John van Hengel in 1967. For nearly 50 years, the St. Louis Area Foodbank has been working to create a pathway to nutritional security for those in our community. We've come a long way, but there is still work to be done.



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

## **PNA Gulf Coast Florida celebrates 24th Anniversary**



It is with great pride that PNA Gulf Coast Florida reached its 24th year in March of 2023! We commemorated our 24th year with a get-together with our members at a picnic at A. L. Anderson Park, Shelter 4 in Tarpon Springs, Florida.

PNAGF was founded on March 27, 1999. It became the 23rd chapter of PNA of America. Our first induction was held on August 19, 2000, at Heritage Pines Clubhouse with Merly Santos- Llanto as the founding President and our current Executive Director.

We started with Welcome Remarks by yours truly, followed by an Invocation by Teresita Rivera, our President-elect. We invited a guest speaker, Dr. Thuy Boardman, a clinical psychologist. Her topic was “Leading with Authenticity and Agility,” and Team building activities. Everyone enjoyed her lecture and we had so much fun with the Team Building activity. Dr. Boardman expressed her desire to be able to help our members in their leadership roles in their workplace and the community.

The members were asked to bring gifts for raffles and we also gave door prices. There were lots of sumptuous foods brought by our Executive Board and our members to share. It was also a Membership Drive Day. We were able to recruit 3 new members and 2 renewed their membership.



Overall, it was an enjoyable afternoon to celebrate PNAGF'S 24th Anniversary! We would like to thank our Executive Board and Members for their support, commitment, and dedication to our organization. Mabuhay tayong lahat!



PNAGF Officers and Members ...



PNAGF 24th Anniversary  
From left to right: Cecile Santos Medenilla  
& Dr. Thuy Boardman

PNAGF 24<sup>th</sup> Anniversary Celebration... Officers and with new members...



PNAGF 24th Anniversary Celebration .... Guest Speaker,  
Dr. Thuy Boardman, Leading with Authenticity and Agility,  
and Team building activities.





*PNAGF 24th Anniversary ...Great teamwork and so much fun ... We learned from each other ...*



*PNAGF 24th Anniversary Celebration ...  
Certificate presented to Dr. Thuy Boardman*



*PNAGF 24th Anniversary... Raffles... gifts ... prizes....*







By **Lea Agaton**, BSN, BSBA, RN, PNAI BOD  
Chairperson, Community Outreach Committee  
Co-Chairperson, Communications/Publications/Social Media

## **PNA Illinois educational presentation on Chronic Kidney Disease and Hyperkalemia**



Dr. Linda Freeman gave a presentation regarding the overview of Chronic Kidney Disease and Hyperkalemia. This well-attended education dinner presentation was sponsored by Vifor Pharm on March 8, 2023, at the Perry's Steak House and Grille in Oakbrook, Illinois. Other guest speakers were also at the event, such as Kiyoko Czech, the Senior Development Manager of the American Cancer Society, Inc. in Chicago, and discussed the relay for life program for the Gold Together team for childhood cancer; Alma McCormick Senior Talent Sourcing Consultant- Critical Care & Emergency Room - Nursing Advocate Aurora Health Care presented the benefits of becoming a member of the Advocate team and had expressed her assistance to nurses who would want to pursue careers with Advocate.









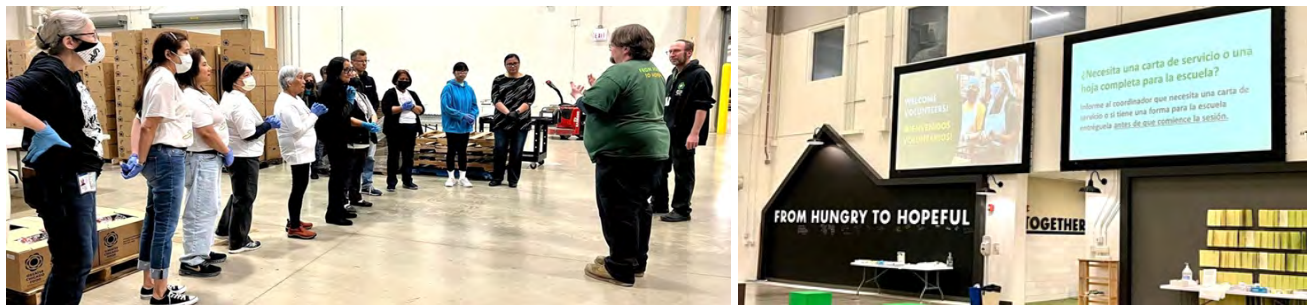
# PNA Chapter NEWS



By **Lea Agaton, BSN, BSBA, RN, PNAI BOD**  
Chairperson, Community Outreach Committee  
Co-Chairperson, Communications/Publications/Social Media

## PNA Illinois volunteers at the Greater Chicago Food Depository

The Philippine Nurses Association of Illinois had a productive and fulfilling day at the Chicago Food Depository. PNAI members and volunteers were able to help re-pack food items consisting of 2,484 lbs. of bread=207 cases; and 33 cases of carrots=1155 lbs which totaled 3,033 meals.







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

## PNAMH General Membership Meeting and Educational Offering: A commitment to the Members

February was known as “the heart month” but PNAHM had a twist in offering 1.0 contact hours for all members who attended the general membership meeting titled “ Rethinking the ABC's: The Forgotten Breath”. The speaker Jennifer Amos was excellent and the interaction with live demonstration made the educational offering left a lasting impression to the attendees. The general membership meeting was graced and attended by our PNA president Dr. Gloria Beriones. PNAHM was honored of her presence knowing her hectic schedule. Everyone enjoyed the abundant food brought by the sponsor company Vapotherm. What a way to celebrate PNAHM February birthdays during the GMM.



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

## **Community Outreach: PNAMH Represents at MFC- Medical Mission 2023 (Malabuyoc, Ginatilan, Samboan – Cebu, Philippines)**



Medical Mission 2023 by Missionary Families of Christ went to 3 towns of Cebu, the Philippines last February 3, 4, and 5, 2023 to provide free medical care and services to the underserved population. Two of our very own PNAMH members - Ann Sabino Tongol and Gina Shankar were part of the team who participated in this event. The residents of Malabuyoc, Ginatilan, and Samboan, Cebu were teary eyed and grateful for the medical supplies and services they received. The residents received free supply such as medications and eyeglasses along with services such as blood pressure screening, dental care, and tooth extractions. According to Ann, being a part of this medical mission was a great and humbling experience. The team of volunteers were comprised of nurses, doctors, dentists, and other skilled healthcare workers.

PNAMH continued to serve not only within Texas and the USA but also internationally. PNAMH Mission: “The mission of the Philippine Nurses Association of Metropolitan Houston is to be a united force, supporting its members who are committed to providing opportunities for educational and leadership development, research activities and community outreach for its members, thus making a difference in the society”.

Thank you PNAMH volunteers Ann Sabino Tongol and Gina Shankar for your unselfish time and dedication to serve. PNAMH is very proud of you.









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

## **PNAMH All Out for Membership Drive @ Gerry's Grill Houston**

Membership is the core of our organization. PNAMH value the contribution of each member and fulfill the benefits of being a PNAMH member. February 17, 2023 was a memorable day for PNAMH. We held our 1st membership drive for 2022-2024 term at Gerry's Grill Houston. With the leadership of our very own Reyman Herrera- PNAMH membership committee chair was phenomenal we can say that the event was a success. Collaborating with Gerry's Grill Houston was a no brainer as the restaurant is a well- known gathering hub for the Fil-am community of all ages. Gerry's Grill Houston was very kind in collaborating with us by giving discount to all nurses present during our event. The band who played during the event was an added feature to the membership drive. There were lots of door prizes and not to mention the major prizes for Josie Marie Chan Houston concert and Ely Buendia of Eraserheads band. PNAMH also showcased the fundraising T-shirt for the first time.



The event was a huge success as the attendees had so much fun and excitement. The bottom line of the membership drive was to recruit new members, renewals and attract potential members. PNAMH was able to recruit 14 new members that night. The membership drive was not only for nurses but also for family members, friends and all Houstonians wanted to have fun and network with other Fil-am in the surrounding areas of Houston. To our surprise, the event was also attended by non-Filipino nurses and guests. The true spirit of



camaraderie, friendship, and most of all the energy was present that night. Big Kudos to PNAMH executive boards and members who made the event a success. Serving as a President of PNAMH for 2022-2024 is truly an honor. The unwavering support from the advisory council, stellar executive board members and active PNAMH members made the organization RISE (Rebuild, Innovate, Service, Empower). For that, I am GRATEFUL!







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

## **PNAMSEF SPARKS: Filipino Nurses – What inspires me to be a nurse?**

Nurses' week is celebrated in May to honor the nurses for their dedication and compassionate care. The World Health Organization declared 2020 as the Nurse of the Year. The nurses are well known for their kindness and compassionate care, especially Filipino nurses. During the pandemic, the nurses came to work and fearlessly faced the challenges. As nurses, we take good care of our patients like our families. They were with the patient holding their hands until their last breath. They are also the liaison between the patients and their families. In our culture, we care for our families and relatives. I remembered growing up I have to help my mother in taking care of my brothers and sisters. I learned how to give a sponge bath, take temperature and even give medicine. When my mother got sick and was in the hospital there was a nurse who is very kind and helped us to find a way how to pay for the hospital bill and save us a lot of money. Her act of kindness inspired me to become a nurse so I can help people in their time of need. My parents also inspired me in spite of the many challenges they worked hard to support us to have a better life. Because of their dedication to us, I studied hard and strive to be an excellent nurse. In our culture, we take care of our parents when they get old. We are blessed to have a loving family who stays together. When I came to the USA, I admire those nurses who help their fellow nurses cope with the stress of their job. They inspire me to be a mentor and educator, training new nurses. I learned that when you inspire others you motivate them to be great leaders. Inspiring others is one of the characteristics of good leadership. Aspire to be an authentic leader.

### **PNAMSEF Community Activities**

PNAMSEF leaders collaborated with Darren Mendoza a Board member of Filipino American Chamber of Commerce and owner of Lutong Pinoy restaurant to promote and sponsor the movie "Take Me to Banaue" on February 26, 2023. We met the director, and actors of the movie. It was a romantic story and it showcase the



Asian Cultural Festival – March 4-5, 2023



beautiful places in the Philippines and the culture of how we take care of our family in times of hardship and joy. It is a beautiful movie and heartwarming. After the movie, we had dinner at Lutong Pinoy restaurant. They served delicious food and we had singing and dancing. We had a fun and exciting night, networking with new friends with the same vision to support the Filipino community. The attendees are Cristina Umbac, Priscilla Molas, Myrna and Vic Macatangay, Myrna and Raji George, Freda Arzadon, and Luisa Yu.

PNAMSEF volunteered at the Asian Cultural Festival in Tropical Park. We did blood pressure monitoring, and health teaching, recruit members, and held the PNAMSEF meeting. The attendees are the Past President Vilma Ortiz, Sehnie Talisayon, Priscilla Molas, Present President Leah and Hubert Alcausin's daughters Haley and Hannah, Freda and Bong Arzadon, Myrna and Vic Macatangay, Myrna and Raji George, Cristina and Sam Umbac, Kristen Regalado and son Michael, April Planas, and Lem Ibasan, Susie Ojano, Joshua HO- Program director Asian American Advisory Board, Winnie Tang President FAS, Darren Mendoza Board Member Filipino American Chamber of Commerce. The event was highlighted by different cultural dances, arts and crafts, and delicious authentic cuisine. The mayor of Miami Danielle Levine Cava delivered her speech recognizing the cultural diversity and inclusivity to promote a healthy community As One in Miami Dade County.



**Camp Aruga Leadership Boot Camp January 16-18, 2023**

PNAMSEF President-Elect Maria Cristina Umbac and Vice-President Dina Hussein attended the Camp Aruga Leadership Boot camp at Wekiwa Springs State Park Apopka, Florida. **Congratulations. You did it. You are great Leaders. Ready to serve. United as One!**







## PNA North Houston's sixth educational activity

The PNA North Houston Education Committee 2022-2024 delivered another successful presentation during their 6th Educational Activity held on March 30th, 2023, at Mia Bella Trattoria - Vintage Park. The topic, entitled "The Reality of Women Trafficking," was presented by a remarkable speaker, Ms. Taz L. Pemberton, RN, in which she shared her expert knowledge on ways to combat human trafficking successfully by educating the public, raising awareness, and training individuals in recognizing signs of trafficking when they see them.

The presentation included a sumptuous dinner sponsored by Mr. Scott Kirsch of Fresenius Medical Care North America. Congratulations again to the Education Committee for yet another excellent work!





PNA Chapter  
**NEWS**



By Jingle Alcazaren, MSN, APRN, AGPCNP-C, CAPA  
PNA North Houston PRO

## PNA North Houston president recognized

### ONE PHILIPPINES CELEBRATES WOMEN'S HISTORY MONTH

Featuring Outstanding Filipino American Women Leaders in Texas and The Missions of Their Organizations



**TESS TUAZON**  
*Chairman*  
**Philippine Kalayaan Houston (PKH)**

PKH is a nonprofit organization. It aims to organize and facilitate the annual celebration of the Philippine Independence Day in the Greater Houston area in coordination with the Philippine Consulate General in Houston and Filipino-American organizations, for the purpose of promoting the preservation of Philippine traditions, heritage, and culture.



**ATTY. AILEEN LIGOT DIZON**  
*Region Chair*  
**Philippine American Chamber of Commerce, Texas - Greater Houston Region**

At the Philippine American Chamber of Commerce, TX, we inspire the spirit of entrepreneurship among Filipinos, Fil-Am's, and their friends, to promote the growth of business and professions, and to be of service to our communities. We also support and promote trade, investments, tourism, and other economic relations and activities between the Philippines and the US.



**GLORIA LAMELA BERIONES, PHD, RN NEA-BC**  
*President*  
**Philippine Nurses Association of America, Inc. (PNAA)**

PNAA has a mission to uphold and foster the positive image and welfare of the Filipino-American nurses, promote professional excellence, and contribute to significant outcomes to healthcare and society through education, research, and clinical practice.



**ARLIENITA R. BERAYA, BSN, RN, MSN, CNL**  
*President*  
**Philippine Nurses Association of San Antonio Inc, Texas**

The mission of the Philippine Nurses Association of San Antonio (PNASA) Inc. is to uphold the professional positive image and foster the welfare of Fil-Am nurses in San Antonio, TX and nearby counties. It seeks to champion the ARB Mantra to Align, Respond, and Belong; ALIGN its programs and projects with other organizations; RESPOND to relevant needs of the Filipino nursing community; and BELONG to organizations that generate camaraderie and engagement.



**CAROL TULUD**  
*President*  
**Gawad Kalinga USA**

Gawad Kalinga USA aims to uplift the Philippines as a nation; to build a country full of hope. It envisions a nation made up of sharing and caring communities dedicated to eradicating poverty and restoring human dignity. Gawad Kalinga USA has significantly contributed to building 3,000 cohesive communities across the Philippines. Over 5,000 local leaders work in solidarity with poor communities, volunteers, local government



**MA. LOURDES AMISTAD CRUZ, MSN, RN PMHN-BC**  
*Immediate Past President*  
**San Antonio Psychiatric Nurses Association (SAPNA)**

The mission of SAPNA is to promote Mental health for all and eradicate mental health stigma of our psychiatric patient population, educate and provide free psychiatric informational support service to the masses, and be the voice of psychiatric patients and their families seeking access to quality, affordable and coordinated care. SAPNA provides educational and professional advancement to all its members.



**ALEZA G ESPINOSA MBA-HCM, BSN CVRN-BC**  
*President*  
**Philippine Nurses Association of Metropolitan Houston**

The mission of the Philippine Nurses Association of Metropolitan Houston is to be a united force, supporting its members who are committed to providing opportunities for educational and leadership development, research activities and community outreach for members, thus making a difference in society.



**DR. MILA SPROUSE, EDD, MSN, RN, CCRN-K NE-BC**  
*President*  
**Philippine Nurses Association North Houston, Vice President of Patient Care Services, Baylor St. Luke's Medical Center**

Our mission is at the Philippine Nurses Association North Houston is to uphold and foster Filipino-American nurses' positive image and welfare, promote professional excellence, and contribute to significant outcomes for healthcare and society through education, research, and clinical practice.

The month of March was indeed a Women's Month for our dearest president Dr. Mila Sprouse as she received back-to-back recognition for her exceptional work and contribution as a leader.

In their March 2023 issue, the One Philippines News Texas Magazine honored Dr. Sprouse and other Filipino American women leaders in Texas to celebrate Women's History Month. She was recognized for her outstanding leadership in continuing to uphold our organization's mission to foster Filipino American nurses' positive image and welfare, promote professional excellence and contribute to significant outcomes for healthcare and society through education, research, outreach programs, and clinical practice.

## 2023 AACN Circle of Excellence Award Recipient

Up to 25 individual recipients from across the country will be honored at the American Association of Critical Care Nurses, National Teaching Institute Convention in Philadelphia, May 2023



27071 Aliso Creek Road | Aliso Viejo, CA 92656-3399 | 800 899-2226 | 949 362-2000 | info@aacn.org | www.aacn.org

Dear Mila Sprouse,

Congratulations! As a **2023 AACN Circle of Excellence (COE) award** recipient, you have been chosen because you model a healthy work environment: skilled communication, true collaboration, effective decision-making and meaningful recognition. You have also achieved measurable results that validate the impact of individual leadership contributions to organizational excellence, including influencing and mentoring.



Further, Dr. Mila Sprouse was awarded the Circle of Excellence Award by the American Association of Critical Care Nurses (AACCN) for her excellent leadership in creating actionable plans with the quality department to create sustainable improvements in medication titration documentation in the critical care units at Baylor St. Luke's Medical Center (BSLMC) that included improved communication, a buddy system, and a built-in escalation process. BSLMC saw a steady increase in compliance, up to 95% in October, and achieved the best practice for the entire division.

Dr. Sprouse is living up to her mantra of being bold and unstoppable! This is a great honor for our president and a proud moment for our organization. Congratulations, and thank you, Dr. Sprouse, for your great contribution to our profession and to the community.



By Cora Marasigan  
President, PNA Richmond Virginia

## PNA Richmond Virginia's new beginning



On February 25, 2023, we had a wonderful celebration of the end of a term and the beginning of another journey of PNARVA. President Agnes Kirton presented the progress and achievements of her 4-year term as president. PNARVA had been blessed with so many dedicated and committed nurses that make this organization a special one.

During our induction ceremony, we were blessed with the presence of the VP of Mission Bon Secours Andrew Burrichter. He anointed our hands with aromatic oil which is a sign of strengthening and renewal of our vows to our profession as a nurse. In many ways, the work of our hands becomes the work of God to those we cared for.

The year of our journey starts with the first of its kind for PNARVA:

1. We now present our members and prospective members with our online/digital applications.
2. We will now have our first PNARVA scholar.
3. We will strengthen our fundraising efforts to serve underprivileged communities.
4. We will try our best to engage our members more with the collaboration of our communities as well as other organizations.
5. We will strengthen our community outreach programs.
6. We welcome our International nurses with a cultural connection event.
  - a. Brief new nurses on how to adapt to a new culture, society, and environment
  - b. Help minimize culture shock
  - c. Help them understand and effectively communicate in a diverse environment
  - d. Help them with their immediate needs.

Wish us the best of luck with the new journey!



By **Vivian Sanderlin**, PHN, BSN, RN  
PNASD Board of Directors

## **PNASD collaborates with BUKAS**

The Philippine Nurses Association of San Diego County, Inc. (PNASD) partnered with BUKAS (Buhay Uunlad Kalusugan Alalayan mga Seniors) Dance for a Healthy Heart at Escondido Women's Club on February 18, 2023, to coincide with the feast of St. Valentine. PNASD Board of Director and Marketing Chair Vivian Sanderlin coordinated the blood pressure and health education for seniors event with Mr. Ely Bananal, BUKAS President, and Lorna Delos Santos, BUKAS Advisor. President Perly Aguinaldo also was present during the event, and Elena Watkins volunteered as the assistant clerk who wrote down seniors' information and acquired consent.



PNASD served 35 clients for the 4-hour event, which included educating seniors on the importance of taking their medications, regular check-ups with their health providers, exercise, good sleeping habits, and a properly nutritious diet. Most of the health education and referrals were well received by the seniors, especially those with high blood pressure and a history of coronary artery diseases. PNASD volunteers also advised them on the importance of flu and Covid vaccination boosters. Two candidates with the lowest and healthy blood pressures, a male and a female, were recognized as Mr. and Mrs. Bukas Sweethearts with a presentation in the program of a bouquet and sash for the female and a sash for the male presented by PNASD nurses and everyone was encouraged to dance for a healthy heart.





Overall, the event was a success, and a great exposure of PNASD in helping the seniors promote the general welfare, encouraging them to maintain good health and well-being, and advising seniors to attend the PNASD Mental Health Advocacy Fair on May 20, 2023, the flyer placed on the Bukas souvenir advertisement brochure. We sincerely thank all the seniors who participated in Bukas Blood Pressure Drive and Health Education. PNASD is honored to be invited and to be of valuable service in promoting health to the community of our senior citizens.

## *Congratulations & Best Wishes*

♥ *BUKAS of San Diego, CA, Inc.* ♥  
*and to Miss Bukas Sweetheart 2023*



PHILIPPINE NURSES ASSOCIATION  
 OF SAN DIEGO COUNTY, INC.  
 MENTAL HEALTH ADVOCACY (MHA) COMMITTEE

Presents

*Mental Health Awareness  
 and Resource Fair*

Your Mental health is as Important  
 as Your Physical Health

**SAVE THE DATE**  
 May 20, 2023  
 10:00 AM-4:00 PM

Sweetwater Union  
 High School  
 2900 Highland Ave.  
 National City, CA 91950

For inquiries, please  
 contact:  
 jalarrosa22@gmail.com  
 ldeperio@cox.net  
 www.pnasd.org

Come join PNASD anytime  
 between 10:00 AM and 4:00 PM as  
 they raise awareness and share  
 resources on mental health!  
 More info to come on schedule of  
 activities but here are what  
 you can expect that day:  
 -Important information shared by  
 mental health experts  
 activities promoting mental health  
 such as yoga and dancing  
 booths providing information, resources,  
 and services on mental health  
 food vendors  
 opportunity drawings



By **Vivian Sanderlin**, PHN, BSN, RN  
PNASD Board of Directors

## PNASD joins the Love Your Heart Campaign

The Philippine Nurses Association of San Diego County, Inc. (PNASD) partnered with Aetna/CVS for the Love Your Heart Campaign for four days, from February 13-16, 2023. PNASD created a station in CVS pharmacy and offered free blood pressure screenings and health education in several locations in San Diego, serving underserved communities in East County and Ramona. A total of 26 PNASD volunteers provided 120 hours of volunteer time and served 306 clients during the 4-day event.



Michelle Blas, a student at Southwestern College and one of the volunteers, wrote her experience as “while to some this may seem like a straightforward nursing skill, it's the commitment, devotion, and a sense of purpose that make every volunteer experience special.” She further stated that President-elect Emeline Yabut, a faculty member at Southwestern College, inspired her to join the PNASD and informed her that the organization organizes many community-benefiting drives every year. The Love Your Heart campaign is one of those efforts. The goal of PNASD is to empower the neighborhood to take control of their health by making them aware of their BP numbers.



Michelle also added that not everyone knows the normal blood pressure range; systolic and diastolic measurements of less than 120 and 80, respectively, are considered average blood pressure values. Some people know that their number is high, but they are unaware of the ramifications for their general health. At this stage, Love Your Heart provides the person with information and health recommendations. A person with high blood pressure is more prone to suffer from medical conditions, including heart attack, kidney failure, and peripheral and coronary artery disease, and can be avoided by following a healthy diet, exercising regularly, limiting alcohol intake, quitting smoking, and ensuring they take their medications as prescribed. In addition to free BP checks, the clients who participated at each location received complimentary gift insulated bags, umbrellas, drink cups, hand wipes, and educational handouts. Michelle encourages others to join PNASD to volunteer, give back to the community, and collaborate to promote a healthy lifestyle.

To summarize, PNASD's role in teaching at the Love Your Heart Campaign made an impact on the vast majority of clients in increasing their knowledge on improving/promoting their health and wellness, prevention of heart disease, and awareness of Health Equity or Access to Health care moving towards Global Health. PNASD appreciates Aetna/CVS for the opportunity and is thankful to all the PNASD volunteers who made it successful.





# All of Us RESEARCH PROGRAM



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

### What is precision medicine?

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

### What is the *All of Us* Research Program?

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

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

There are two ways to join:

- Visit the *All of Us* website [JoinAllofUs.org](https://JoinAllofUs.org).
- Download the *All of Us* app.

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

### What will you ask me to do?

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

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

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

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

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

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

### What will you do to protect my privacy?

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

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

 [JoinAllofUs.org](https://JoinAllofUs.org)

 [AllofUsARC@asianhealth.org](mailto:AllofUsARC@asianhealth.org)

*All of Us*, the *All of Us* logo are service marks of the U.S. Department of Health and Human Services.





# ALZHEIMER'S ASSOCIATION



## WEBINAR SERIES



### Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

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

*Understanding Alzheimer's and Dementia*



### Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

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

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



### Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

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

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



### Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

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

*Understanding and Responding to Dementia-Related Behaviors*



REGISTER

<https://qrco.de/bdkUwH>



Scan to register



[mypnaa.org](http://mypnaa.org)



@mypnaa



@pnaa



@mypnaaNurse





# 44th PNAA NATIONAL CONVENTION

JULY 16-23, 2023



ABOARD ROYAL CARIBBEAN'S WONDER OF THE SEAS

**OUR UNITED VOICES:**

*Anchoring Our Culture of*

**WE CARE**

WISDOM . EXCELLENCE  
COLLABORATION . ADVOCACY . RESPECT . EQUITY

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

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

PORT CANAVERAL FLORIDA . COCO CAY BAHAMAS . ROATAN HONDURAS .  
PUERTO COSTA MAYA . COZUMEL MEXICO



HOSTED BY THE PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA



Walk for a  
Chance to  
Participate in the



“Cruise for Hope”

**PNAAF 5K WALK  
CHALLENGE**

**2023**



**\$35.00**  
per walker



**44th PNA National Convention**

*Host:*

**PNA CENTRAL FLORIDA**

**July 22, 2023**







# 5K WALK

## CRUISE

# 2023



### PNA CENTRAL FLORIDA 44th PNA National Convention



### \$35 T-SHIRT

PLEASE SUBMIT YOUR  
CHECK OR MONEY ORDER PAYABLE TO PNAAF



SCAN ME  
to register

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Contact# \_\_\_\_\_  
 Donation Amount: \_\_\_\_\_ Signature: \_\_\_\_\_ Solicitor: \_\_\_\_\_  
 T-Shirt Size: \_\_\_\_\_ Run/Walk: \_\_\_\_\_ In-person \_\_\_\_\_ Virtually \_\_\_\_\_  
 Chapter: \_\_\_\_\_ Region: Eastern/SCR/NCR/Western

REGISTER HERE

[mypnaafoundation.org](http://mypnaafoundation.org)

TAG US on SOCIAL MEDIA

Check Payable to: PNAAF

Send to: **Wilma D. Ortiz MSN,RN**  
**2021-2023 PNAAF Treasurer**  
 9500 SW 128 Street  
 Miami, Florida 33176  
 Contact No: 305-984-1855

or Send your Donations Via ZELLE  
 (586) 344- 9880

#mypnaaf  
 #mypnaa  
 @pnanewyork  
 Philippine Nurses Association of America Foundation  
 Philippine Nurses Association of America  
 Philippine Nurses Association of New York, Inc.







# Philippine Nurses Association of America Foundation, Inc.

## A 501 (c)(3) ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

*Advocate Through Philanthropic Giving, Caring and Collaborating*

### PNAAF OFFICERS 2021-2022

#### Trustee Officers

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Nancy N. Hoff

**Vice President**  
Aniceta A. Vista

**Recording Secretary**  
Rosano P. Estrada,

**Corresponding Secretary**  
Mindy Ofiana

**Treasurer**  
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**Assistant Treasurer**  
Tessie Ocullo

**Auditor**  
Tina Salvador

**Executive Director**  
Aniuerfina Castro,

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| Mindy Cariay   | Luz Newell    |
| Teresa Damito  | Sue Repolente |
| Ophelia Frazer | Tina Salvador |
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**Immediate Past President**  
Merlita A. Velasquez

**Advisers**  
Phoebe C. Andes  
Araceli D. Antonio  
Ernesto L. Rosas

**Legal Counsel**  
Rev. Arnedo Valera, Esq.

January 21, 2023

Dear Friends and Supporters:

The Philippine Nurses Association of America Foundation, Inc. (PNAAF), cordially invites you, your company, and/or organization to be part of our slate of sponsors to support the Annual PNAAF/PNAA 5K Walk/Run Wellness Challenge that will be held during the 44<sup>th</sup> Philippine Nurses Association of America, Inc. (PNAA) National Convention in Orlando, Florida on July 16-23, 2023. This will be a great opportunity to showcase your company, products, and services to over 5,000 PNAA members all over the country through our website, newsletter, and other social media platforms.

PNAAF and PNAA promote nursing excellence in education, clinical practice, research, leadership development, and community service. The PNAAF/PNAA 5K Walk/Run Wellness Challenge is our effort to raise funds to financially support the mission of both organizations. We are counting on your participation in this event that will support our mission for Nursing and healthcare.

Enclosed are the levels of sponsorship and promotional opportunities that you can select from. PNAA Foundation is a 501(c)(3) tax-exempt non-profit organization. Your donation is tax-deductible.

We are looking forward to your generous support. Please mail the completed form by June 15, 2023.

Sincerely,

Nancy Hoff, MSN, RN  
President, PNAAF, Inc.

Wilma Ortiz, MSN, RN  
Chairperson, PNAAF 5K Committee



## Philippine Nurses Association of America Foundation, Inc.

**A 501(c)(3) ORGANIZATION**

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

*Advocate Through Philanthropic Giving, Caring and Collaborating*



### 5K RUN/WALK PNAACF/PNAAF WELLNESS CHALLENGE

#### LEVELS OF SPONSORSHIP AND PROMOTIONAL OPPORTUNITIES

| LEVEL OF SPONSORSHIP CATEGORIES<br>PROMOTIONAL OPPORTUNITIES                    | DIAMOND<br>\$5,000.00                 | PLATINUM<br>\$3,000.00                  | GOLD<br>\$2,000.00                      | SILVER<br>\$1,000.00                   |
|---|---------------------------------------|---|---|--|
| Name /Company Logo on 5K Brochure and posting on PNAAF website and social media | Yes<br>(additional 1-year post event) | Yes<br>(additional 6 months post event) | Yes<br>(additional 3 months post event) | Yes<br>(additional 1-month post event) |
| Name/Company Logo in Video Presentation during the convention                   | Yes                                   | Yes                                     | Yes                                     | Yes                                    |
| Full Page Sponsor AD in convention souvenir program                             | Yes                                   | Yes                                     | Yes                                     | Yes                                    |
| Walk/Run T-shirts during the event  | 6-Tshirts                             | 4 -T-Shirts                             | 3- T-Shirts                             | 2 -T-shirts                            |





## Philippine Nurses Association of America Foundation, Inc.

A 501(c)(3) ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

*Advocate Through Philanthropic Giving, Caring and Collaborating*

### SPONSOR LETTER OF ACCEPTANCE

Dear PNAAF,

We accept your invitation to be a sponsor in the 5K Walk/Run Wellness Challenge (Orlando, Florida) scheduled on July 19, 2023, during the 44th PNA National Convention.

Indicated below is our selected level of sponsorship. Enclosed is a check payable to PNAAF.

\_\_\_\_\_ Diamond Sponsor \$5,000.00

\_\_\_\_\_ Platinum Sponsor \$3,000.00

\_\_\_\_\_ Gold Sponsor \$ 2,000.00

\_\_\_\_\_ Silver Sponsor \$ 1,000.00

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Please print all entries:

NAME: \_\_\_\_\_

Company's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel no: \_\_\_\_\_ Fax no. \_\_\_\_\_

E-mail \_\_\_\_\_

Please send application and check **payable to PNAAF** before **June 10, 2023** to  
Vilma Ortiz, MSN, RN  
PNAAF Treasurer  
9500 SW 128 Street  
Miami, Florida 33176



44<sup>th</sup> PNA NATIONAL  
CONVENTION & CRUISE  
**CALL TO PORT**  
**ALL NOMINATORS AND APPLICANTS**  
NURSING EXCELLENCE AWARD

*It's Your  
Moment*

OPEN FOR APPLICATIONS:  
FEB 13, 2023 - MAY 1, 2023

NATIONAL EXCELLENCE ACHIEVEMENT AWARDS WILL  
BE PRESENTED DURING THE  
PNA ANNUAL CONVENTION UNDER THE FOLLOWING CATEGORIES:

- A. CLINICAL STAFF NURSE**
- B. NURSING ADMINISTRATION**
- C. NURSE RESEARCHER/SCIENTIST**
- D. NURSE EDUCATOR**
- E. NURSE ENTREPRENEUR**
- F. COMMUNITY & POPULATION HEALTH NURSING**
- G. INFORMATICS**
- H. ADVANCED PRACTICE REGISTERED NURSE**
- I. DAISY NURSE AWARD FOR ADVANCING HEALTH  
EQUITY - TEAM AWARD**

For instructions and access to electronic submissions, please visit  
<http://bit.ly/3GOyEqY>





## 2023 Instructions for PNAA Nurse Excellence Awards

### 2023 National Excellence Achievement Awards Description: (from Policy 6.1)

PNAA National Excellence Achievement Awards will be given out to selected awardees every year during the PNAA Annual Convention in the following categories:

- a. Clinical Staff Nurse
- b. Nurse Administration
- c. Nurse Researcher/Scientist
- d. Nurse Educator
- e. Community & Population Health Nurse
- f. Nurse Entrepreneur
- g. Advanced Practice Registered Nurse
- h. Nurse Informaticist
- i. The DAISY Nurse Award for Advancing Health Equity - Team Award

### Call for Nominations:

- Award candidates are invited to submit applications that address the criteria of their chosen award category.
- Submission **Deadline midnight EST May 1, 2023**
- The PNAA National Excellence Achievement Awards are presented to the recipients at the Annual **PNAA National Convention July 16-23, 2023. Recipients must be present to receive award.**

---

### ELIGIBILITY CRITERIA

From (Policy 6.1)

### PHILIPPINE NURSES ASSOCIATION OF AMERICA CRITERIA FOR NATIONAL EXCELLENCE AWARDS

#### Category I: Clinical (Staff) Nurse (Refer to scoring rubric within Policy and Procedure)

##### Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed nurse practicing in the role of clinical staff nurse a minimum of two (2) years.
- C. Provide evidence of significant contributions to the practice of nursing as a generalist nurse within the last two (2) years.
- D. Be publicly recognized by a professional organization and/or PNAA for meritorious contributions as a generalist nurse within the last two (2) years.
- E. Maintain current practice through education (formal or contact hours) pertinent to the clinical (staff) nurse role.

#### Category II: Nurse Administrator/Manager (Refer to scoring rubric within policy and procedure)

##### Nominee must:

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in

- good standing.
- B. Be a current U. S. licensed nurse practicing in the role of nurse administrator, director, or manager for at least two (2) years.
- C. Provide evidence within the last 10 years of innovative, impactful leadership in any healthcare setting (i.e., acute, chronic, ambulatory, community, or long-term care) within the last five (5) years.
- D. Be publicly recognized for significant contributions to nursing leadership/management and/or PNAA within the last ten (10) years.
- E. Maintain current in role through education (formal or contact hours) directly related/relevant to the nurse administrator/manager role.

**Category III: Nurse Researcher/Scientist (Refer to scoring rubric within Policy and Procedure)**  
**Nominee must:**

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed nurse practicing nurse in the role of nurse researcher (individual or team) for the last five (5) years.
- C. Provide evidence (i.e., study or manuscript abstract) of their role as a principal or co-investigator of a completed research study or evidence-based project in a health care setting within the last ten (10) years.
- D. Be publicly recognized for significant contributions through research to the practice of nursing and/or PNAA within the last ten (10) years.
- E. Maintain current in role through education (formal or contact hours) directly related/relevant to the nurse researcher/scientist role.

**Category IV: Nurse Educator (Refer to scoring rubric within Policy and Procedure)**  
**Nominee must:**

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U. S. licensed nurse educator/faculty affiliated with a School or College of Nursing or practices in an in-service/continuing education role for the last two (2) years.
- C. Provide evidence (i.e., curriculum development, teaching plan, Awards of teaching and learning project) of their role as nurse educator within the last five (5) years.
- D. Be publicly recognized for significant contributions through nursing education to the practice of nursing and/or PNAA within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the nurse educator role.

**Category V: Community & Population Health Nurse (Refer to scoring rubric within Policy and Procedure)**  
**Nominee must:**

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current practicing U.S. licensed community and population health nurse for at least two (2) years.
- C. Provide evidence (i.e., president/chairperson/project leader of at least one (1) established professional nursing, civic, or community organization) in their role as community and population health nurse within the last five (5) years.
- D. Be publicly recognized for significant contributions through community and population health nursing on the image and quality of life for the Filipino community at large to the profession and/or PNAA within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly



related/relevant to the community and population health nurse role.

**Category VI: Nurse Entrepreneur (Refer to scoring rubric within Policy and Procedure)**

**Nominee must:**

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current practicing U.S. licensed nurse entrepreneur engaged in a health-related enterprise for at least two (2) years.
- C. Provide evidence (i.e., Business model for legal nurse consultant, wellness coach, nurse staffing, nurse blogger/free-lance writer) in their role as nurse entrepreneur within the last five (5) years.
- D. Be publicly recognized for significant contribution to the professional and personal growth and socioeconomic well-being of person(s) and/or PNAA directly related/relevant to the nurse entrepreneur role within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the nurse entrepreneur role.

**Category VII: Advanced Practice Registered Nurse (APRN) (Refer to scoring rubric within Policy and Procedure)**

**Nominee must:**

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed and Board-certified Advanced Practice Registered Nurse in the role of Certified Registered Nurse Anesthetist (CRNA), Clinical Nurse Specialist (CNS), Certified Nurse Practitioner (CNP), or Certified Nurse Midwives (CNM) for at least two (2) years.
- C. Provide evidence (i.e., Practice Guidelines, Care Protocols) of significant contribution through evidence-based development of innovative ideas and programs to improve patient care access and diagnosis, nursing practice, health promotion and disease prevention in their APRN role within the last five (5) years.
- D. Be publicly recognized for significant contribution to the practice of Advanced Practice Clinical Nursing and persons served and/or PNAA directly related/relevant to the APRN role within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the APRN role.

**Category VIII: Nurse Informaticist (Refer to scoring rubric within Policy and Procedure)**

**Nominee must:**

- A. Be an active paid PNAA member and the affiliate chapter for at least two (2) years and in good standing.
- B. Be a current U.S. licensed practicing nurse informaticist or nurse informatics leaders within a non-nursing health care organization for at least two (2) years.
- C. Provide evidence (i.e., clinical system development, implementation and/or optimization of patients/consumers and/or uniquely applied clinical systems tools and techniques impacting clinician workflow/productivity) of significant contribution to health-care systems within the last ten (5) years.
- D. Be publicly recognized for significant contributions to the practice of nursing informatics and/or PNAA within the last ten (10) years.
- E. Maintain current practice through education (formal or contact hours) directly related/relevant to the nurse informaticist role.

**Category IX: The DAISY Nurse Award for Advancing Health Equity - Team Award (Refer to scoring rubric within Policy and Procedure)**

**Nominated Team must:**

- A. Be active paid PNAA members and the affiliate chapter and in good standing.
- B. Collaborate with a designated team leader or a chapter leader in community health initiatives to advance health equity.
- C. Be comprised of a minimum of five (5)-chapter members (may include chapter officers)
- D. Function as role models of collaboration and teamwork during community health initiatives as evidenced by submitted community nominations.
- E. Create initiatives in the community promoting health equity that address social determinants of health (i.e., economic stability, education access and quality, health care access and quality, neighborhood and build environment, social and community context)
- F. Demonstrate a culture of compassion, trust, respect, stewardship, professionalism, integrity, and excellence with the target community and/or population as evidenced by submitted community nominations.

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**INFORMATION FOR ON-LINE APPLICATION PROCESS (AKA "Checklist" A)**

1. Current members may apply for the National Excellence Achievement Awards each year
  - a. **Note:** May apply to a different Category three (3) years after the date of any previous PNAA Nurse Excellence award acceptance.
2. The application for the PNAA Awards is online **ONLY** through **Google Forms**.
3. To bring some ease to the process, please read the instructions below when completing the application.
4.  The deadline for submitting applications is **MONDAY MAY 1, 2023, at these times:**
  - a. 6:00 p.m. Hawaii Time
  - b. 9:00 p.m. Pacific Time
  - c. 10:00 p.m. Mountain Time
  - d. 11:00 p.m. Central Time
  - e. 1200 Midnight Eastern Time
5. **Note:** After the deadline listed above, Google Forms STOPS ACCEPTING applications. The Awards Committee only accepts applications that are date-and time-stamped by Google Forms on or before the deadline.  
***If you are in the middle of completing the online application and are past the deadline (date and time), you will not be able to submit your application. It is highly advised to apply early; and not wait until the last minute. AND to attend scheduled coaching/working zoom sessions for applicants (contact your chapter president and/or RVP for further information)***
6. The Awards Committee is **NOT** responsible for late submissions or inability of applicants to submit through Google Forms due to issues with Wi-Fi, internet, Google software (e.g., the system is down), etc.
7.  **ONLY** documents with clear texts/images will be reviewed. Any documents deemed unreadable, blurry, distorted, etc., by the Awards Committee, will **NOT** be reviewed.
8.  **To promote consistency and equal opportunity,**



- a. **ONLY** applications submitted via the **official Google Forms platform** are reviewed. All other form of submission (e.g., postal mail, email, hand delivery, printed/texted copies etc.) are ineligible for review.
- b. Additionally, the **years/time frames within category** criteria are provided to help the awards committee **determine currency of nursing practice**. It is **NOT** intended to **put a limit** on eligible years of nursing practice for the application. Often the question arises, "What does it mean in APRN role/award category when it asks for evidence of contribution within five (5) years and evidence of recognition within ten (10) years? (See individual category criteria for specific practice years.

This criterion means that a nurse who provides evidence in their application of **contribution** after at least 1 year into their nursing practice within the last five (5) years of application **AND** evidence of **recognition** at least 1 year into their nursing practice within the last ten (10) years will be reviewed favorably.

c. **Working Definitions:**

**CONTRIBUTION:** What YOU, as the applicant, have given/offered to the DISCIPLINE/FIELD of nursing. For example, articles, practice guidelines, and volunteer time in professional nursing roles locally or nationally.

**RECOGNITION:** What OTHERS have noted/acknowledged/endorsed about what YOU have given/offered to the PRACTICE/METHOD/TRADITION of nursing. For example, local or national award (s), new/renewed certification by a professional nursing organization, promotion/advancement in your nursing role.

**ELIGIBILITY:** Based on review/award criteria, each applicant achieves a minimum score of 90/100

(5 points membership, 5 points licensed RN, 40 points contribution, 30 points recognition, 20 points education for total possible of 100).

9. If selected as one of the recipients of the PNAA Excellence Nursing Awards, each recipient will receive a **letter of notification** from the Awards Committee Chair **no later than June 1**.
10.  Award **recipients must be present** during the Awards Ceremony at the PNAA National Convention to receive the award.

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### INSTRUCTIONS FOR ON-LINE GOOGLE FORM SUBMISSION (Checklist B)

1. Application occurs through **Google Forms platform**. This requires that you log in to your Google account (e.g., Gmail) to complete the application form. **If you do not have an existing Google account, PLEASE CREATE one before accessing Google Form.**
2. **All documents uploaded online must be in PDF file format, except for your headshot photo. It must be in a JPEG file format.**
  - a.  **One (1) PDF file of your COMPLETE application will be uploaded.**
  - b.  We highly recommend you SCAN all your documents as PDF and save them **FIRST** within a master WORD (or other word processing program) and then convert/save as **one (1) SINGLE PDF file for upload within Google form.**
  - c.  Give your "master application file"/document a title. Name your file using the following naming format:
    - last name, followed by your first name, the award category, and date of submission
    - Example:** Angel.Ocampo\_clinicalstaffnurse.day-month-year

- We recommended creating a folder on your computer for all your application documents. This will facilitate collating your documents to scan and convert to the pdf file you upload in Google Forms.
3.  **Email Address:**  
Provide the email address where you want to be contacted about the outcome of your application. Preferably the "new" or existing Gmail email you use for this application.
  4.  **Your Photo:**
    - a. Dress in business attire for your photo. Failure to comply with this requirement could result in disqualification. *DAISY team award, submit one team photo.*
    - b. Save your photo as a JPEG file following the naming format your.name\_awardcategory. (i.e., nurse researcher) date of submission
    - c. Sign the Photo Release Consent within the online application in Google Forms.
  5. **DAISY team award applicants:** Follow prompts within on-line application.
    - a.  Name your team. We recommend it be descriptive of your team project.
    - b.  Include nominator endorsement of how well the team demonstrated the criteria.
    - c.  Identify the health determinant(s) focus for your project from the following: economic stability; education access and quality; health care access and Quality; neighborhood and built environment; Social and Community context.
    - d.  Within your focus of health determinant(s) describe the **OUTCOME(S)** that demonstrate how the team (see criteria):
      - i. Promoted Equity by **Improved perception** among key stakeholders
      - ii. Influenced/Implemented **Change** by describing outcomes.
      - iii. Taught others by describing how effective quality improvement and/or community programming **reduced gaps**.
    - e.  Feel free to include pictures and/or stakeholder comments in your write up.
  6. **Personal Statement section of application: (not required for DAISY team Application)**
    - a.  The 500-word statement should address the quality, breadth, and depth of your professional persona relevant to the award category. Answer the question *"To what degree do my contributions AND recognitions make me highly eligible for the award I am applying for?"*
    - b.  **LABEL** this portion of your application with the heading "Personal Statement" and save file.
    - c.  **Nominator Statement section of application:**  
Nominators work with the applicant to construct a 350 word or less statement that is a brief focused summary describing the degree to which the nominee/applicant, achieved the criteria for the category. Nominators should include a brief example of sustained and/or potential sustained involvement with PNA and/or Affiliate chapters. Avoid simply listing contributions and recognitions. These are included in the applicants' submission. Nominators should answer the question *"To what degree has the applicant demonstrated, via evidence of contributions and recognition, (see definitions above) that they are highly eligible for the award they have applied for?"*
    - d.  **LABEL** this section of your application "Nominator Statement" and save the file.
  7. **Contribution Section of your application (40 points):** What **YOU** have given/imparted to your nursing practice/ discipline of nursing. **(Not required for DAISY team Application)**
    - a.  Gather your chosen exemplars of contributions made within the specific timeframe stated in the criteria for your award category.
    - b.  Scan and save into a SINGLE PDF file ALL CONTRIBUTION relevant items to verify your nursing contributions in your chosen award category (i.e., articles in peer-reviewed



journals, chapters in reference books/textbooks, posters presented, and newsletters written for a professional organization, hospital/unit, Inside PNAA, etc.).

- c.  Then copy and paste this pdf collection of documents as evidence, into your "Master application file". LABEL
  - d.  LABEL this section of your application "Contributions".
  - e. **NOTE:** The Awards Committee cannot provide exhaustive examples of types of contribution documentation. Please **consult with your nominator** about what to include in your application as evidence of contributions that accentuates how you meet the criteria that positions you as a highly competitive applicant in your chosen award category.
8. **Recognition section of your application (30 points):** What **OTHERS** have noted/acknowledged/endorsed about what you have given/imparted to your nursing practice/discipline of nursing. **(Not required for DAISY team Application)**
- a.  Gather and submit your chosen exemplars of current recognition relevant to the award category (see specific timeframe within the criteria) i.e., certificates for WOCN, CNE, OCN, APRN-BC, letters of recognition, promotion. Nominations for recognition awards in lieu of actual recognition are acceptable forms of recognition.
  - b. **NOTE:** BLS, ACLS, PALS, etc. are **NOT** acceptable documentation of recognition because they are certifications necessary to maintain your nursing license and position in a particular role. They are not what OTHERS note as exemplary about your work as a nurse.
  - c.  Scan and save into a SINGLE PDF file ALL documents of recognition such as certificates of award/recognition or any form of document that verifies how OTHERS have endorsed your nursing achievements specific to your chosen award category.
  - d. Then copy and paste this pdf collection of recognition documents into your "Master application file".
  - e.  LABEL this section of your application "Recognition"
  - f. **NOTE:** The Awards Committee cannot provide exhaustive examples of types of recognition documentation. Please **consult with your nominator** about what to include in your application as evidence of recognition that accentuates how you meet the criteria that positions you as a highly competitive applicant in your chosen award category.
9. **Continuing Education section of your application (20 points) (not required for DAISY team Application):**
- a.  Gather and scan relevant continuing education documents within the specific timeframe stated in the criteria for your chosen award category (i.e., evidence of completed contact hours, course units with grade, recent degree diploma).
  - b.  Add up the TOTAL NUMBER of contact hours you wish considered and include this number in your application.  
**Rather** than submitting all contact hours certificates, **create a table** that lists
    - i. Topic/title of offering
    - ii. Date and place of offering
    - iii. Total Number of contact hours completed (minimum 20 hours).
  - c.  LABEL this section of your application "Ongoing education"
  - d.  Then copy and paste this pdf collection of continuing education information into your "Master application file".
10. **Confirmation of Information and submission:**
- a. You will be required, in the on-line application, to attest that the information you provide/submit is true to the best of your knowledge.
  - b. After you click the **SUBMIT** button, **do not refresh, do not click the back button, or close your browser: you will LOSE YOUR ENTRIES** and you will have to re-start the online

application process. Depending on your internet connection, it may take several minutes for the online form to be submitted. **BE PATIENT!**

- c. You know you have successfully completed the online application when you see a message like the one below.



- d. You will also receive a confirmation at the email address you provided on the online application. This is the same email where you will be contacted of the outcome of your application.

**FOR DETAILED SCORE SHEET REFER TO  
Attachment 4 of POLICY 6.1 located on PNAA Website**

**ACCESS GOOGLE APPLICATION FORM VIA THE INDIVIDUAL LINKS FOR EACH  
AWARD CATEGORY ON THE NEXT PAGE**

**FOR BEST RESULTS**, copy and paste the complete URL/link into a fresh internet browser

**REMEMBER THE DEADLINE IS MONDAY MAY 1, 2023, MIDNIGHT EST**

See info within Check list A above for your specific time zone

**A. Clinical Staff Nurse**

<https://forms.gle/VeuPJCPQWeGQYdPXA>

**B. Nurse Administrator**

<https://forms.gle/5D38Ju86xEuNQTi2A>

**C. Nurse Researcher/Scientist**

<https://forms.gle/BKXHhDcpfFWGkD7L9>

**D. Nurse Educator**

<https://forms.gle/7UCuHyEv7GZa2ihU6>

**E. Community and Population Health Nurse**

<https://forms.gle/84euclF1CHGHUpfy6>

**F. Nurse Entrepreneur**

<https://forms.gle/PxxCDZTQS8mQ7DcL7>

**G. Advanced Practice Registered Nurse**

<https://forms.gle/Unwk8og4ZtnqsX9q8>

**H. Nurse Informaticist**

<https://forms.gle/y2Zmictuuexe7i3y8>

**I. The DAISY Nurse Award for Advancing Health Equity - Team Award**

<https://forms.gle/5ipBxrA4DLpZ6h5G8>

**QUESTIONS??**

Email Jet Zabala, PNAA Excellence Awards Chair at [jetczabala@gmail.com](mailto:jetczabala@gmail.com)

or

Dr. Leli Pedro Drake, co-chair at [leliwp@gmail.com](mailto:leliwp@gmail.com)



# UPDATED COVID-19 VACCINES: FAQ



## What are the updated vaccines?

The updated vaccines now available from Pfizer-BioNTech and Moderna target the Omicron variant, which is the COVID virus infecting people today. They're an additional dose for people who've completed their primary vaccination series.

## Who should get an updated COVID vaccine?

Vaccinated people 6 months and older should get an updated vaccine when eligible. It's especially important for the following people to get an updated vaccine because they are at increased risk for severe illness from COVID:

- People age 50 and older
- Residents of long-term care settings
- People with certain underlying medical conditions
- Pregnant and recently pregnant people

## When should I get an updated COVID vaccine?

When to get your updated COVID vaccine depends on your age, how many vaccine doses you've already gotten, and when you got them:

- Get your updated COVID vaccine now if you're vaccinated and your last dose was before September 2022 (October 2022 for kids 6 months – 11 years).
- Otherwise, wait until 2 months after you complete your primary vaccination series to get your updated vaccine dose. Completing your primary vaccination series means you got your first 2 doses of the Pfizer-BioNTech, Moderna, or Novavax vaccine or your 1 dose of Johnson & Johnson's Janssen vaccine.
- If you recently had COVID, you should wait 3 months from when you got sick to get your updated vaccine.

Children aged 6 months–4 years who received an original 3-dose primary series are recommended to get an updated Pfizer-BioNTech vaccine to stay up to date.

Source: <https://wecandothis.hhs.gov/resource/frequently-asked-questions-about-covid-19-vaccine-boosters>

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

# COVID-19 Testing



## Ano ang Self-Test o At-Home Tests?



**Ang Self-tests o At-Home Tests para sa COVID-19 ay:**

Nakapagbibigay agad ng mabilis na resulta

Maaaring gamitin kahit saan kahit ano ang iyong vaccination status, maging ikaw man ay may sintomas o wala

Nakikita ang kasalukuyang impeksyon nangyayari

**Disclaimer:** <https://www.cdc.gov/covid19/qa/covid19-self-test-qa.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 five-year cooperative agreement award totaling \$3,500,000 with 100 percent funded by CDC/PHS. The contents are those of the author(s) and do not necessarily represent the official views of, or an endorsement, by CDC/PHS or the U.S. Government.



# COVID-19 Testing



## Ano ang Self-Test o At-Home Tests?



Hindi nakikita ng self-tests ang mga anti-bodies na nagmumungkahi na nagkaroon na ng dating COVID impeksyon ang katawan.

Hindi nito kayang tukuyin o sukatin ang level of immunity.

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# COVID-19 Testing



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



Disclaimer: <https://www.cdc.gov/immzoo/covid19/testing/faq-frequently-asked-questions.html>  
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# COVID-19 Testing



## Ibig Sabihin ng Resulta ng At-Home Test

### POSITIVE

- Nakita ang virus sa iyong test at ikaw ay may COVID-19 impeksyon.
- Manatili 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 tulad ng N95 o KN95 respirator kung ikaw ay napapaligiran ng mga tao.
- Humingi kaagad ng emergency care kung ikaw ay mayroong emergency warning signs.

**Disclaimer:** <https://www.cdc.gov/coronavirus/2019-nCoV/pressroom/20220803-phs-covid-19-22-0014.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 \$3,500,000, with 100 percent funded by CDC/HHS. The opinions are those of the author(s) and do not necessarily represent the official policy or position of CDC/HHS, or the U.S. Government.

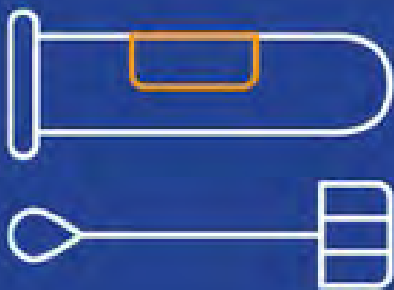




# COVID-19 Testing



## Ibig Sabihin ng Resulta ng At-Home Test



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

**Disclaimer:** <https://www.cdc.gov/coronavirus/2019-ncov/need-to-know-questions.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 Technical Assistance award totaling \$1,500,000, with 700 percent funding by CDC/HRM. The contents are those of the submitter and do not necessarily represent the official views of, or endorsement by, CDC/HRM, or the U.S. Government.

# COVID-19 Tests



## Kailan ko dapat gamitin ang mga tests?



### Gamitin ang at-home tests:

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

5 araw pagkalipas 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.

**Disclaimer:** <https://www.cdc.gov/media/releases/2021/s0916-covid-19-tests.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 \$3,000,000 with 100 percent funded by CDC/HHS. The contents are those of the applicant and do not necessarily represent the official policy or endorsement by CDC/HHS or the U.S. Government.



# COVID-19 Symptoms



## Kailan dapat humingi ng Emergency Medical Attention

Humingi agad ng emergency medical care kung mayroong isa sa mga warning signs ng COVID-19 tulad ng:



- Hirap sa paghinga
- Masakit o mabigat na pakirandam sa dibdib
- Kawalan ng kakayahang magising, manatiling gising, o pagkalito
- Namumutla, kulay-abo o asul na balat, labi o mga kuko

**Disclaimer:** <https://www.cdc.gov/media/releases/2020/s110520-covid-19-symptoms.html>  
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# SAVE THE DATE

**21<sup>st</sup> PNA  
Eastern Region Conference**  
***OUR UNITED VOICES:  
Bridging Gaps to  
Health Equity through  
Collaboration and Advocacy***



*Hosted by the*  
**Philippine Nurses Association of North Carolina**  
**November 3 – 5, 2023**

**Crowne Plaza Hotels & Resorts**

1 Resort Drive  
Asheville, NC 28806



More information to come





SPRING 2023  
EDUCATIONAL CONFERENCE  
(HYBRID)



***Our United Voices Making A Difference:  
Legislation, Education, Clinical Practice and Leadership***



**MAY 17, 2023 | WEDNESDAY**

**8:30AM - 4PM**

***DoubleTree by Hilton***

***275 S Airport Blvd, South San Francisco, CA 94080***



**REGISTER NOW >**



- ***\$75 - PNANC member (in-person), Early Bird Rate until 4/30/23***
- ***\$85 - PNANC member (in-person), starting 5/1/23***
- ***\$50 - Pre-licensure student (in-person)***
- ***\$90 - Non-member (in-person), Become a member and get the Member Rate***

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- ***\$50 - PNANC member and non-member (online)***
- ***\$40 - Pre-licensure student (online)***

**<https://www.pnanorthcal.org/event-5205494>**

**Accreditation:**

PNANC is an approved provider by the California Board of Registered Nursing,  
CEP # 17067 for 6.3 Contact Hours.

**Cancellation Policy:**

Up to 30 days before the event is subject to a 25% charge; and cancellation.  
15 days before the event is subject to a 50% charge.

No refunds granted 7 days before the event.

All cancellations and inquiries must be emailed to Igor Mocoerro [igmocoerro@dons.usfca.edu](mailto:igmocoerro@dons.usfca.edu)

**To become a sponsor/exhibitor:**

All inquiries must contact Rowena Patel (650) 255 - 8671 / [rowenapatell@gmail.com](mailto:rowenapatell@gmail.com)

The Philippine Nurses Association of Gulf Coast Florida, Inc  
invites you to their 2023 Nurses Week Celebration!

## HEALTH & WELLNESS 2023

**Achieving Balance: A Nursing Challenge**



Our Lady Queen of Peace  
Catholic Church Classroom  
5340 High Street  
New Port Richey, FL 34652

**SPEAKERS**  
Medina Madrinan, MAN, RN  
Ma. Janua Coeli Navarro, BSN, RN, CCRN  
GENERAL MEMBERSHIP MEETING FOLLOWS

May 13, 2023 11am – 4pm  
Attire: PNAGF Green Shirt  
Food: Catered  
Cost: \$10  
Active Members - FREE



PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA  
with the PNASC West Los Angeles Subchapter

# Invite You TO THE 2023 NURSES WEEK CELEBRATION

JOIN US ON ALL OUR PLATFORMS



@PNASC

DATE: MAY 20, 2023

VENUE: ALMANSOR COURT  
700 S. ALMASOR ST., ALHAMBRA,  
CA 91801

[HTTPS://WWW.MYPNASC.ORG/](https://www.mypnasc.org/)



# Save the Dates !



# CAMP ARUGA

## LEADERSHIP BOOTCAMP



PHILIPPINE NURSES ASSOCIATION OF AMERICA

## Camp Aruga

**North Central Region**  
**June 16-18, 2023**  
**Angola, Indiana**

Project Director  
Manny Ramos  
Project Manager  
Rocila Antequino

**Eastern Region**  
**August 25-27, 2023**  
**Luray, Virginia**

Members  
Bob Cahol  
Manoita Dayon  
Dr. Wally Remegio  
Dr. Mary Dione Ramos  
Anita Peng

**Western Region**  
**October 20-22, 2023**  
**Sausalito, California**

Advisers  
Dr. Gloria Berlonis  
Dr. Marlon Sarla  
Dr. Lao-Felix Jurado

Contact your RVPs for Registration



PNA A AWARDS COMMITTEE

# It's Your Moment to Learn!

JOIN WEEKLY VIRTUAL COACHING SESSIONS



**RECEIVE FOCUSED COACHING FOR  
2023 PNA A NURSE EXCELLENCE AWARDS  
DEADLINE FOR SUBMISSION: MAY 1, 2023**

Classes Begins  
April 3, 2023

Every  
MONDAY

08:30 PM - 09:30 PM  
EST

- Scan the QR code to Register in advance for this Zoom meeting.



- Learn to Leverage and make visible your existing excellence as a Nurse via PNA A Recognition;
- Come with Questions and Be Ready to Engage;
- Review Criteria and Submission Instructions to make the most of the hour-long coaching session.

for more info

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