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inside PNAA

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

2023
HAPPY

NEW YEAR

FEBRUARY

AMERICAN

Heart Month



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





EDITORIAL

Aloha, PNAA! I hope your 2023 is off to a great start and you are still going strong with your new year's resolutions. This month, we are celebrating "American Heart Month," and our focus is on the health and wellness of our members, especially cardiovascular health. Heart disease remains a leading cause of death in the U.S. More than 650,000 people die yearly. As nurses, we must continue to raise awareness of the risks of heart disease and educate others on the risk factors such as high blood pressure, bad cholesterol, smoking, obesity, and diabetes. We must also care for ourselves, avoid unhealthy lifestyles, and reduce stress.

I applaud Dr. Riza Mauricio's efforts to help build our members' resilience through the "Kabalikat Emotional Wellness Program." One of the goals of this program is to provide our members with a reflective support group meeting forum where they can build their resilience skills. Dr. Sasha Rarang's article "Managing and Coordinating Depression: An approach to Health Equity by APRNs" is also an important topic. She talks about the major depressive disorder and its link to chronic illness. It's absolutely true that most chronic diseases can be physically, psychologically, emotionally, and financially exhausting to patients, their families, and caregivers. As healthcare providers, we have an essential role in ensuring high-quality and safe care for these patients. And speaking of care, Maria Cristina Jusay's article "Your care is best" is an inspiring story that promotes compassionate care. The little things we do for our patients mean so much to them. Enjoy this month's newsletter, and let's make our health a priority!

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Our Vision:

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

Our Goals:

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

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President's Message

Greetings to my beloved PNAA colleagues! January 2023 went by like a breeze. Congratulations to PNAA Foundation for a successful 6th International Collaborative Conference, held at The Vigan Convention Center, January 21-22. Now we are enjoying the month of February where most of the countries throughout the world, people are celebrating Saint Valentine's Day on February 14. A day for expressing one's love and affection to show their appreciation to loved ones with flowers, chocolates, love letters, personal visits, virtual greetings, and various social media. Indeed, there is love in people's hearts and spirits. Notably, Valentine's Day celebration is not only remembering our loved ones but also honoring and showing the people we work with in our workplaces, how much they really mean to us. A simple love note and loving kindness to colleagues and friends that you care about are forever treasured. The month of February is not only for showing our love to our families, friends, and significant others but also to take care of ourselves "self-care" is just as important. Many of us after a long period of being away from our native land the Philippines, we visited our families and friends and spent memorable times with them. Many of our colleagues and their families took the time to explore the beautiful country sides and beaches by hiking, biking, swimming, and other healthy heart activities.

Did you know? The U.S. has designated the month of February as American Heart Month. The annual celebration started in 1963, by President Lyndon B. Johnson to bring people's attention to fight cardiovascular disease. The purpose is to raise awareness and for people to focus on their cardiovascular health and well-being. The Center for Disease Control and Prevention (CDC) is making everyone aware about heart disease and stroke. According to the Heart, Lung, and Blood Institute, heart disease is the leading cause of death in the U.S. and likewise the World Health Organization (WHO), cardiovascular diseases (CVDs) are the leading cause of death globally with an estimated 17.9 million lives every year (www.who.int).

Our role as nurses on health promotion and disease prevention is more than ever important to our families, friends, patients, and communities we serve. Teaching and role modeling in eating healthy diet, increase physical activities, adherence to smoking cessation and reduction in the use of alcohol are evidence-based practice for us and the public. Let us continue to spread LOVE and promote Healthy Heart to prevent cardiovascular diseases as we celebrate Valentine's Day and American Heart Month.

Sincerely,

Gloria Lamela Beriones, PhD, RN, NEA-BC

President 2022-2024

Philippine Nurses Association of America, Inc.

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Time Flies When You Are Having Fun

To my husband, Ronald Parado Allado, Class '80

By **Dalisay Reyes Allado, BSN, RN**
Board of Director, PNA Tampa

Someone must have pushed the fast-forward" button. It seems like it was just yesterday when our childhood friendship began. It turned out to be an excellent preparation for our lifetime relationship. Outside the classroom in primary school, we had endless conversations and spent every free moment together. In high school, we were inseparable. We ruled the streets of Dingras. The whole poblacion was our play station. We played, climbed trees, biked, and skated. We laughed, shared secrets, and were each other's confidants. You even let me date my crush during our sophomore year. You were the shoulder I cried on when I broke up with him. You were always there for me and accepted me in all my perfect imperfections. In class, you copied on my exams and looked on my way for clues during recitations. In our junior year, you returned the book you borrowed from me with a wedged love letter. You should have seen my reaction when I saw it. I was quite unprepared; my stomach lurched, and I had chills. I was unable to study that night. I played "hard-to-get," but we were still BFFs. It was the genesis of "us." You gave me a small box of "curly-tops" chocolates on Valentines 1979. The best chocolate ever! No match for the fancy boxes of Godiva chocolates you are giving me today (I still appreciate the thought!). You always gave me bunches of mangoes from your trees when in season. I think its the equivalent of the bouquets of roses that you are giving me through the years.



In college, you followed your dream and became an engineer. After nursing school, you became my soulmate on October 28th. The world became our classroom, and we live happily ever after. Thank you for all the time and the life experiences we are sharing. Thank you for love between us that keeps growing. I will always love you not only till death do us part but till life after death. Lord Jesus Christ, we thank you for bringing us together in holy matrimony. Thank you for blessing our marriage and bringing us peace and joy. Increase our faith and trust in You. Thank you, Lord, for your kindness, tolerance, and patience with us when we fall into sin. May your prudence continue to guide our lives and our love. In Jesus name we pray. Amen" Happy anniversary to my husband, thank you for standing the test of time, facing the storm, and enjoying the ride with me. As we grow older, every wrinkle signifies a beautiful memory that we have shared together.

PNA TAMPA Honors Founding President, Dr. Liwliwa Villagomez

By **Gealdina Irvine**, MSHSA, BSN, RN
PNA Tampa Executive Board

Dr. Liwliwa Villagomez is the founding president of The Philippine Nurses Association of Tampa Bay (PNA Tampa) on its inception in 1989 along with the other group of nurses. Liw as she is familiarly called by her families and friends is the guiding force of PNA Tampa in keeping this organization vital, viable and visible throughout for over thirty three years and still keep on going in spite of her very busy professional work and family life. She finished her doctorates degree in Philosophy and became one of the best nursing professor for the nursing students while continuing to build PNA Tampa to where it is today. She is also very active nationally with the Philippine Nurses Association of America (PNA) where she had been invited as speaker, led team projects and other activities in the PNA South Central Region.

Most of the PNA Tampa officers look up to her for guidance when making organizational decisions and they respect her opinions in almost all matters that affect the organization. Liw creates an inspiring vision of the future of PNA Tampa, motivates and inspires people to engage with that vision, manages delivery of the vision, coaches and builds a team of active members to achieve the organizational mission and goals.

Liw takes pride in the successes and accomplishments of its members either locally or in the national arena. She mentors the younger members of the organization to become more proactive in PNA Tampa one member at time. She believes that the younger generation is the hope of the future in continuing the longevity of PNA Tampa in achieving its mission and goals. Liw is also very creative in PNA-Tampa's fundraising events to be more financially stable. She had launched several fund-raising events like selling raffle tickets, creatively made donation-based digital program books, led dinner-dances events and other events that helped PNA Tampa financially.

PNA Tampa is like her own "child" that she cared for and nurtured to its maturity that she will always guide in the coming years. She is very generous to a fault and will always have a helping hand to this organization either financially or giving herself wholly where it counts the most. Liw goes the extra mile for the members that she lead. She knows that people want to feel special, important, and valued and that making the added effort for them give her as much satisfaction as the members that she is mentoring.

Here are some of what other PNA Tampa leaders said about Liw:

"Liw possesses the spirit of stewardship, shows true and resilient leadership and will always have a mentoring heart" from current PNA Tampa President, Maria Bautista-Smith, APRN, FNP-C

"Liw always inspired me and she is my role-model when I was elected PNA Tampa President in 2014-2018. Liw works better under pressure until the project is completed. She has a good heart, generous with her time, talent and treasure" from PNA Tampa Past-President and current Vice-President, Maribel Soriano, BSN, RN

“Thank you for being a blessing to the Philippine Nurses Association of Tampa Bay. Without your unselfish desire to form this association many years ago, there would not be any blessings and graces that we show to others. You are an amazing person, works hard, and do so much for us. I am more than grateful more than words can say. Thank you for being kind and being such an amazing and wonderful person that you are. I know I am touched and lucky to have you as a friend in my life” from PNA Tampa Advisor, Crispina Hermano, BSN, RN.

**“We love you, Liw and we will continue to support your dreams and passion for PNA Tampa”
From PNA Tampa Officers and Members**



Liw Villagomez with PNA Tampa President Maria Bautista-Smith at the PNAA National Conference July 2022 in New York



Liw Villagomez and PNA Tampa President-elect Marites Calvelo met with Geal Irvine August 2022 to give her Special Recognition Award from the Editor-in Chief Bob Gahol



Liw Villagomez with Marites Calvelo proudly showing the PNA Tampa Award from the last PNAA National Conference July 2022



Liw Villagomez, Marites Calvelo and PNA Tampa VP Maribel Soriano showcasing their “ternos”

Filipino Nurses Answer the Call for More Leadership and Representation in Health Care

By Coleen Santa Ana
Treasurer, PNA Virginia

This article is the first in a series that look at how to move into leadership positions and grow your reach over time.



Look around you. Are there more Filipinos in your workplace on the front lines instead of in leadership roles? Are you meant to be the one who rises above the ranks?

Let's play through a scenario that might sound familiar. You're a dedicated, high-performing member of your team. The peers and leaders in your organization notice the highest quality of care that you provide as a nurse, as well as your ability to collaborate. Likely you've even been approached and encouraged to apply for a leadership role. This is quite the compliment. How do you react? Do you jump at the opportunity or reject it because you don't feel "ready" or the situation is not "perfect."

Well, let's start with exactly why you *are* an ideal leader! Filipino nurses bring an array of positive characteristics to the health care setting, including compassion, resilience, and dedication. These key qualities not only make you a natural-born leader, but also very successful with patient care and team management in the health care industry.

You also bring a strong work ethic, attention to detail, and effective problem-solving skills. In addition, you possess an inclusive and collaborative approach to management, which allows you to effectively lead teams and drive positive change within your organization.

With all of these positive qualities and characteristics on display, you have what it takes to be an excellent nurse leader. Not to mention, you already have a team of supporters invested in your growth! So now what can we do to get you ready? Consider these next two steps:

Create a Vision

If you don't have one yet, you will need a personal vision for your career path and leadership potential. Without a vision, it is difficult to identify your goals or have the motivation to achieve them. You need this for both your career and your life outside of work. Ask yourself:

- What are *your* dreams for yourself?
- What does reaching your greatest potential look and feel like?

- What's driving your decision-making – fear or passion?
- What's the vision for the team you're on or the one you want to join?
- What type of team culture and work environment do you want to create?
- What does success look like at home and at work?

Sitting down and writing out your vision for yourself and your team can help you identify your strengths and weaknesses. It will also help identify gaps in your skill set to build upon.

Tell People You Want to Grow

Let your leadership know that you want to continue growing in your current position and take on more responsibility and learn new things.

Sometimes people are held back from growing because they are tied to daily responsibilities and not actively given opportunities to participate in work outside of the norm. However, it's important to speak up and be honest about your openness to grow beyond current expectations. This helps you create a plan for your future by laying out the steps you need to reach your goals, and by giving you the confidence to approach your leadership and ask for the things that you want.

Here are some examples of obtaining experience outside of your current role:

- Participate or lead Shared Governance
- Participate or lead department or organization-wide committees
- Ask to become a mentor
- Ask to be mentored
- Join more professional organizations (bonus points for already being in PNAA!)
- Volunteer your time in leadership roles
- Sharpen your leadership and technical skills
- Build your network
- Attend relevant conferences, workshops, and webinars

Leadership requires a growth mindset and is a constant learning evolution. It can only be developed through action.

The Filipino representation that you will see in the future starts with your generation of leaders who are building pathways for our kababayans to join us in the future.

Let's work together to get you from here to where you want to be. Contact me at coleen@luminarylens.com and share your feedback and questions. Stay tuned for upcoming articles that cover other practice tips, such as prioritizing values, imposter syndrome, building your network, sponsorship vs. mentorship, and any other suggestions you might have.

And be sure to join the Patnubay sa Pagtatagumpay program through the PNAA!

Coleen Santa Ana is a certified leadership coach and member of the John Maxwell Leadership Team. She is a former hospital president and draws on more than 20 years of experience in health administration to support others in reaching their aspirations. Coleen is also a proud member and Treasurer of the PNAVA.

Managing and Coordinating Depression: An approach to Health Equity by APRNs

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

A chronic illness is characterized by occurrence of the illness for at least three (3) months or longer up to a year. Reynolds et al. (2018) defined chronic illnesses as conditions that occur for long duration, progresses slowly, and non-communicable. Hence, most of these illnesses can be physically, psychologically, emotionally, and financially exhausting to the patient, their families, and caregivers. Most chronic illnesses have the tendency to get worse over time and although most chronic illnesses are physical in nature, there are also chronic illnesses that involves the mood as well as psychological aspect of an individual. An example of this is major depressive disorder (MDD). Understanding how MDD can be managed and coordinated with its care by an advanced practice registered nurse (APRNs) is important in ensuring equitable, safe, and quality patient care.

Depression occurs as a sequela to some individuals suffering from chronic physical illnesses. According to the National Institute of Mental Health (2021), MDD may continue even when the physical problem has been resolved. The exact causes of MDD are unknown. In the 5th edition of the Diagnostic and Statistical Manual Disorder (DSM-5), MDD is defined as a feeling of being in depressed mood for at least two weeks (National Institute of Mental Health). The individual may exhibit loss of interest with daily activities and experiences other symptoms notably trouble sleeping, lack of appetite, low energy, poor concentration, as well as feeling of worthlessness (National Institute of Mental Health, 2022). In addition, the risk factors involved in MDD development include family history of depression and occurrence of major life events such as trauma, highly stressful event, and significant loss. In addition, individuals who are suffering from chronic medical illnesses such as heart ailments, diabetes, diabetes, cancer, or other neuromuscular diseases are also high risk to the development of MDD from poor coping.

Incidence, Prevalence, Management, and Care Coordination

In 2020, an estimated twenty-one (21) million adults in the United States (US) have suffered at least one major depressive episode in their lifetime. This number of people represents approximately 8.4 % of the total population (National Institute of Mental Health, 2022). It is noted that there are more female adults inflicted at 10.5 % compared to males at 6.2 % in comparison to the total US population. Age group wise, MDD is highest among individuals aged 18 to 25 years old (National Institute of Mental Health). Hence, if this ailment cannot be managed well, it can bring great devastation, high cost not only to the individual involve, but to their families and to the healthcare system overall due to budget exhaustion.

According to Keshavarz et al. (2022), the average cost of managing MDD in the United States was \$ 2717.41 per patient in 2020. The US society shoulders most of the costs for mental health disorders management through public disability programs (The White House, 2022). People with psychiatric disabilities depends on the Social Security Disability Insurance (SSDI) and as of 2020, there was an increase of 18% of SSDI beneficiaries who suffers from certain types of depression

(The White House). Thus, an optimum care coordination is necessary in ensuring the quality of care and cost efficiency of managing individuals suffering from MDD.

The management of MDD requires an interdisciplinary team approach. Bains et al. (2022), stated that MDD requires a team effort of a primary care physician (PCP), an advanced practicing registered nurse (PMHNP) focusing on the management of psychiatric/mental health issues, and psychiatrists. Also included as significant members for the team are mental health workers, therapists, social workers, and case managers. These medical professionals form the integral aspect of collaborative services that can be provided to a MDD patient. In majority of MDD cases, the PCP or PMHNP serves as the initial care provider to whom the patient presents mostly bodily complaints (Bains et al.). However, it is imperative that depression screening test can be completed during the initial consult if the patient demonstrates signs and symptoms of possible depression. Early planning and prompt intervention such as performance of routine screening using depression rating scales such as PHQ-9 is valuable in the early diagnosis and intervention of the illness. Therefore, using a system thinking approach in planning for patient care coordination can improve the overall outcome of MDD patients.

Application of CCCR Model in the Management of Major Depressive Disorder

The application of Care Coordination Clinical Reasoning (CCCR) system model that involves organize system thinking and prioritization helps in the management of patient's care goals. Care coordination issues related to MDD can be spearheaded by the PMHNP through the promotion of early assessment, intervention, referral, and psychoeducation (Bains et al, 2022). Having the ability to look at the overall picture, the PMHNP can create a holistic plan, which plays an important role in promoting medication compliance and adherence through psychoeducation. In addition, the PMHNP can serve as an educator for the patient and their caregivers about lifestyle adjustment. A very important aspect of MDD management.

According to Bains et al. (2022), the promotion of relaxation exercises, early screening, medication, and referral for counseling can help improve depressive disorders. In addition, PMHNPs are at the frontline in assessing patients for their increased risk of suicide (Bains et al.). By performing close monitoring, and follow up with mental health workers, PMHNPs have the ability to secure safe and compliant mental health treatment. The PMHNPs collaboration skills with families and patient's care giver, may also promote better overall mental health treatment outcomes. Hence, CCCR model being applied to MDD patients' situation can support optimum outcomes compared to traditional way of compartmentalized care.

The Cost, Barriers, Challenges, and Resources of Managing MDD in Los Angeles

The challenges of caring mentally ill patients in the United States including a county such as the greater Los Angeles area include access to affordable mental health care. According to Mental Health America (2022), more than half of adults with mental illness in the United States receive inadequate mental health treatment. The most prevalent barriers involve lack of access to affordable mental healthcare and the stigma that goes with the disease. These barriers result to increased acuity of burden in managing MDD and other mental health disorders.

To attend to the mental health needs of patients in the Los Angeles (L.A.) area including those of emergency related cases, the country created an easy access number to dial. Patients and their

families can dial 988 if experiencing mental health related distress including suicide and substance abuse crisis (Los Angeles County Department of Mental Health, 2022). In addition, the *Miles Hall Lifeline and Suicide Prevention Act* (AB988), passed within the California legislature and signed into law. This will transform the management of behavioral health crisis assistance in the state of California. In L.A. County, the increase in number of psychiatric mobile response teams (PMRT) and stabilization of these services is being promoted to ensure that people needing the care have access and support (Los Angeles County Department of Mental Health).

In summary, mental health care management can be challenging due to the lack of access, scarcity of quality services, and lingering social stigma. However, with the proper knowledge and skills of an APRN in systematic care and knowledge in care coordination, the challenges and barriers can result in cost effective and quality mental health management. Hence, a support to those who suffers from chronically related mental health disorders such as Major Depressive Disorder.

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Your Care Is The Best!

By **Maria Cristina Jusay, RN, BSN, CCRN**
PNA New Jersey Somerset Subchapter



I was taking care of a patient who had an open heart surgery five days prior when out of nowhere he asked me this question, “Where are you from?” There were so many thoughts that rushed to my mind but I replied, “Bridgewater.” In a soft voice he then continued asking, “Which country?” I was debating inside my head as to why he needed to know my origin. Was my accent too strong? Did I speak broken English? Did I look like Hispanic or did I look like Chinese? What did I do wrong? Bewildered, I said, “Philippines.” His face brightened up and uttered, “I thought so!” I was astounded while he was exclaiming, “Your care is the best! The other nurses made me feel that I am bothersome.” I didn’t know the best words to say at that moment. I had to be careful because I was representing my unit and the whole hospital. It was fluttering but I knew that I had to do some service recovery. In response I said, “I am sorry about that but I am here to take care of you and to help you.”

What difference did I make to prompt the patient to acknowledge my care? Was it the use of AIDET (Acknowledge, Introduce, Duration, Explanation and

Thank you)? But all of us were trained or taught to use it. It must be how I deliver it. I remember greeting the patient with a smile when we entered his room for bedside reporting. My colleague introduced me to him and as soon as we're done with the report, I asked him if there's anything that I could do for him. He actually needed a lot of little things like flipping his pillow, stretching his linen, removing his support stockings for the night, adjusting his bed, covering his feet with a warm blanket and more. I also assessed his pain level which was the reason why he was in the ICU. He was not breathing properly secondary to the pain in his midsternal incision causing him to drop his Oxygen level. He needed to use high flow nasal cannula. I informed him of all the different types of pain medications ordered for him, its classification, side effects, frequency, dose and the time that he could take each. After delightfully (no exaggeration) attending to his needs, he expressed how he appreciated my help. I told him to call me anytime and if I was not able to come right away, I must be in my other patient's room and to please wait. In an hour he did not ring the bell only once or twice but more than that, yet, I pleasantly responded to all his calls and thanked him for waiting. That was the time that he began asking me about my race. I was really astonished when he associated my roots of being a Filipino to “the great care” as he described that he received from me. I didn’t expect it. The whole shift, he never stopped complimenting my care until before I went home. He repeatedly said these words to me, “Your care is the best!”

As a result of that circumstance, I realized that every little thing that you do for a patient could mean something really big for them, especially if it is done from the heart and with respect. Unintentionally, it doesn't only reflect your inner self but also your roots where you came from and the institution that you are representing.

SPECIAL



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POSITION STATEMENT ON GUN VIOLENCE

The Philippine Nurses Association of America (PNAA) joins the American Nurses Association (ANA), American Association of Nurse Practitioners (AANP), Emergency Nurses Association (ENA), Society of Trauma Nurses (STN), American Medical Association (AMA), and many other nursing, medical and hospital organizations in the advocacy to pass common-sense policies at the state and federal level that will stop gun violence and to affirm our role as nurse advocates to abate the adverse effects.

Gun Violence in the United States (US) is a public health crisis.¹ According to Gun Violence Archive, in 2021, the total number of US Gun Violence deaths is 45,034. While mass shootings gain national attention, and deservedly so, they are responsible for just a tiny fraction of gun violence in America. It's important to remember that gun deaths include homicide, suicides, accidental shootings, and other tragedies affecting thousands of families across the country. Of that number, 111 die: 42 are murdered, and 65 die by suicide; one is shot, and killed by accident, another is shot by law enforcement, and the other dies of an undetermined cause.

The gun violence statistics are even grimmer when it comes to kids: every day, 22 children aged 17 and under are shot. Five died, three were murdered and two were killed by suicide. Eight are shot by accident and survive and left unsecured and unattended at home.¹ More recently, on October 22, 2022, on a Saturday morning, a parolee with an ankle monitor opened fire inside a Dallas hospital, killing two nurses before responding cops shot and wounded him.¹

PNAA stands to uphold endeavors to reduce gun violence, build safer and healthier communities for all, and address the public health crisis of gun violence with research, prevention, and policy. A balanced approach to the epidemic of gun violence includes thoughtful, sensible, evidence-based programs developed with a focus on safety and gun injury prevention for all communities, addressing immediate risks and expanding into more profound cause-related frontiers. We commit to collaborative partnerships dedicated to ending gun violence and to the support of those caring for victims of gun violence.

It is PNAA's stance that:

- All forms of gun violence must not be allowed unconditionally from any source.



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POSITION STATEMENT ON GUN VIOLENCE

PAGE 2

- We will join/support other organizations in encouraging the Congress and state legislators on the ban of the manufacture, sales with stricter background checks, and possession of assault weapons.
- We support improved access to mental health care for individuals and families, including all individuals with mental health or substance use disorder.
- Education to healthcare professionals and workers such as security personnel is important to increase understanding and awareness of the issue of gun violence, to develop skills to avoid, advocate, and intercede, when necessary, increase security measures, and report violent incidents without fear of retribution for the analytical role in risk management.
- As nurses, we have ethical obligations to our patients and communities, advocate for patient health and speak out on the prevention of firearm-related injuries and death.

We applaud our legislators who took action to begin addressing a defining public health crisis by introducing H.R. 1195/S4182, Workplace Violence Prevention for Healthcare and Social Service Workers Act. However, more work must be done to prevent insensible deaths. As advocates, nurses can use the credibility and power of the profession to promote the approval of the bills by calling or writing letter of support to our legislators. We believe that hospitals, medical centers, schools, grocery stores, clinics, and the many other locations that have witnessed tragic gun violence shall be rebuilt to be once again safe. We owe this to our patients, healthcare providers, and communities.

¹ <https://www.americanprogress.org/article/gun-violence-united-states-public-health-crisis/>

² <https://www.bradyunited.org>

³ <https://nypost.com/2022/10/22/two-nurses-shot-at-dallas-medical-center-suspect-in-custody/>

Submitted By: Legislative Committee 2022-2024
November 16, 2022



PNAA CAREER CENTER

UAB SCHOOL OF NURSING


Faculty Position - Nursing
Simulation Coordinator

JOIN OUR TEAM

For the complete position description, please visit:

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





**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

WATCH IT ON YOUTUBE

<https://youtu.be/fj-AfTZ3EUA>



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 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



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 PNAF; SELF Care;
- Build Resilience skills; Improve leadership skills.

FOR MORE INFORMATION:

Riza V. Mauricio

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



OUR UNITED VOICES

WOUND CARE
NATIONAL NURSING ASSOCIATION

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/coronavirus/2019-nCoV/faq-testing-at-home.html>
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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



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/2022/s021922a0001.html>

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COVID-19 Testing



Ibig Sabihin ng Resulta ng At-Home Test

NEGATIVE

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

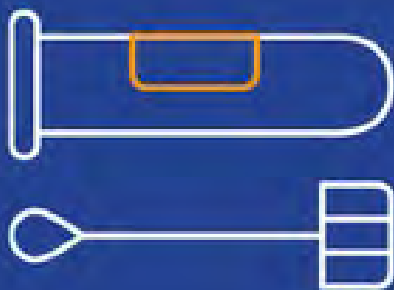
Ulitin ang test sa loob ng 24-48 na oras. Ang pagkakaroon ng multiple negative tests ay nagbibigay ng mataas na katiyakan na ikaw ay hindi infected ng virus na nagdudulot ng COVID-19.

Disclaimer: <https://www.cdc.gov/coronavirus/2019-nCoV/faq-frequently-asked-questions.html>
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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

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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-testing-at-home.html>
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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/covid/19/covid-19-symptoms.html>
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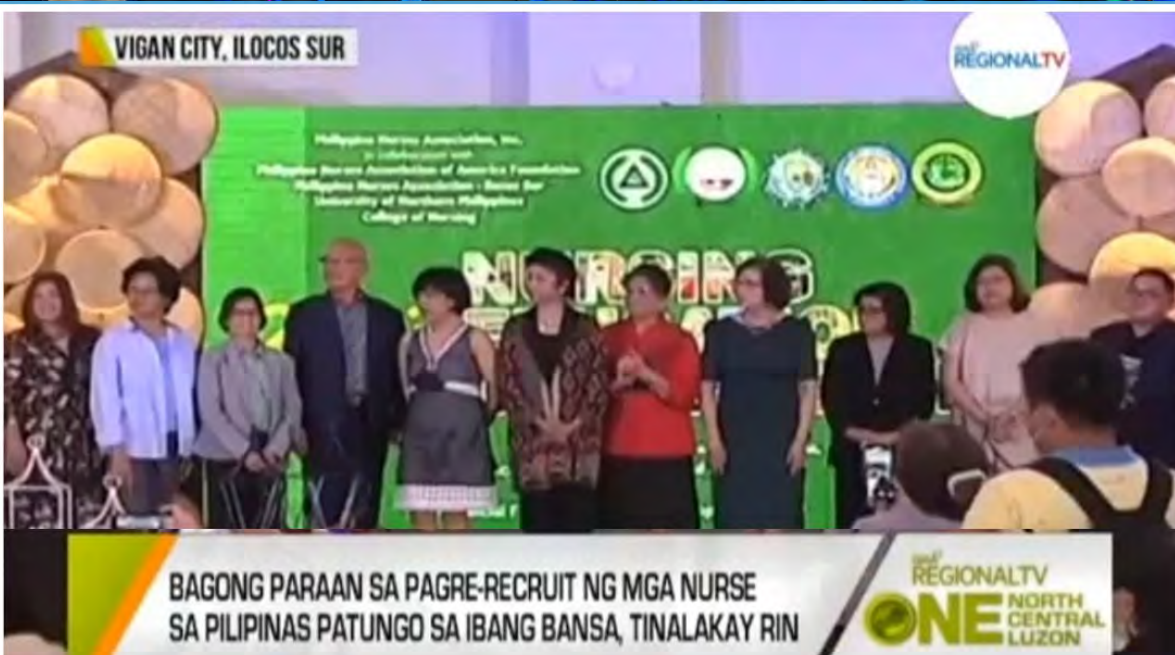
GMA Pinoy TV strengthens partnership with the Philippine Nurses Association of America and Philippine Nurses Association of America Foundation

GMA Network, the leading Philippine broadcast company, through its flagship international channel GMA Pinoy TV and headed by GMA International FVP Joseph T. Francia, welcomed officials of the Philippine Nurses Association of America (PNA) and Philippine Nurses Association of America Foundation (PNAAF) last January 28, 2023. As of February of 2023, the PNA has over five thousand members across the US.



Watch the Unang Hirit news feature [HERE](#)

Their visit was further made memorable when the PNAA and PNAAF united to represent Global Pinoy Nurses in an upcoming episode in Family Feud.



Watch the GMA Regional TV feature here!





Ang Tambuli-the Rhythm of Nursing Life

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



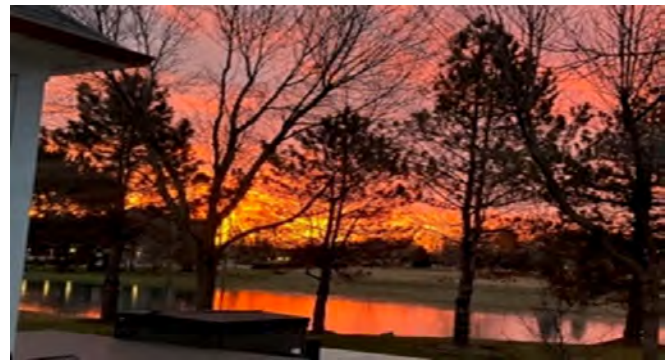
Aging With Purpose and Thought

Random thoughts on my 71st birthday....always grateful to celebrate life with family and friends, living life to the fullest while I still can, pursuing unfulfilled dreams, learning from past mistakes but never regret, remembering to pay it forward, letting go of toxic people, cherishing happy memories, life is too short to be unhappy, laugh when you can, dance like there's no tomorrow, sing your heart out, take chances, travel while you can still walk, stop and appreciate simple things and acts of kindness, prayers help and inspire, breathe in the amazing and beautiful, share your stories, always remember that life goes on!



Photo: With my brother, Dr. Luis Ignacio, celebrating my 71st birthday on January 6, 2023, Virginia Beach, Virginia.

I love watching the sun rise and when the sun sets! It's life at its best-spectacular even on gloomy days. We celebrate new beginnings every day. I read this in a social media posting: Someone once said to me, "I don't know how you do it." I told them, "I was not given a choice." It builds character, so they said.



God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
and **Wisdom** to
know the difference...

Being a military wife and a nurse, provide great training ground for courage, strength and survival. Balancing motherhood, a nursing career, a military wife's responsibilities, moving through various states, graduate school and life in general are blessings as well as a challenge. Retirement brings in a breath of fresh air! A new chapter and journey with its own excitement, passion, living the dream and doing things I have placed on hold for over 44 years. Of course, aging surprises me with aches and pains that just happen to pop up. Somehow, I did not realize that these happen sooner than later. Oh well! Just happy that we have health insurance, Tricare for Life and Silver Sneakers.

The Serenity Prayer has been my lighthouse throughout these years! When the going gets tough, I pray this prayer! It works. Try it.

Sharing....

This caught my eye one evening, as I was scrolling through my social media pages. It really hit a home run. I met Tony Meloto several years ago, as he visited Dayton, Ohio and spoke at our Philippine- American Society of Greater Dayton Induction. As the head of Gawad Kalinga, his profound thoughts and humility really inspired me. His words of wisdom resonated with our daughters, Monica and Jasmine, who were also present at this event.



*Photo: At the Philippine-American Society of Dayton Induction in 2009.
Mr. Tony Meloto, seated on right, was our guest speaker.*

Today, I'd like to share Tony's visionary and transformational thoughts:

LEAVE THE BEST BEHIND

Tony Meloto

January 9, 2023

This new year is the beginning of my final journey home.

I am turning 73 on January 17, 2023.

I resolve to celebrate the remaining years of my life - while the mind is lucid, the eyes can see, the legs can walk and the hands can drive - creating joyfully and willfully the best legacy I can leave behind to my family, community and the generation that will come after me.

One can deliberately plan with clarity of vision and a deep sense of purpose once our compass is set on the exciting end in sight. And we can go high gear faster once we unload our baggage of bad memories, past grievances, unforgiveness, guilt and fear we've burdened ourselves with over the years that will slow us down.

The first step is to hang on to good memories only.

God will heal the wounds of our heart and give us amnesia over painful events in our life if we desire and pray for it.

My mother lived to be a hundred years old and remained lucid and peaceful in her last 20 years remembering only the happy milestones with people she loved. It didn't matter anymore as she aged that she raised with great difficulty two severely retarded children and grieved deeply the loss of three of them to cancer at the prime of their life - the eldest son at 37, the second son at 44 - each leaving 4 young children behind. The third one was a daughter who died at 33. Her greatest pleasure in her advanced years was collecting the newspaper and magazine articles about the homeless we gave shelter to and my speeches in local and foreign universities and the numerous awards Gawad Kalinga received for the heroism of our countless volunteers and the generosity of our numerous benefactors and partners. She was proudest when I received the Ramon Magsaysay Award in 2006 and enjoyed immensely my interviews with Boy Abunda and Kris Aquino.

The second step is to create a caring environment around us.

We surround ourselves with people who sincerely care for us and those we genuinely love. At our age, we should avoid meaningless arguments with our spouse. It's better to love than to be right. To be wise is to tame our ego and our tongue and let love rule. I have gained much freedom and peace in recent years by making it my day to day goal to make my wife happy.

The third step is to cultivate a forgiving heart.

We must forgive everyone, including those who have not forgiven us. Definitely, this is easier said than done. Some wounds are just too deep, the painful memories keep recurring and the anger resurfacing.

Daily Prayer, Mass and Rosary can liberate us as a slave of guilt, pride and unforgiveness. They are a source of grace for sins we commit from lapses of sanity caused by forces we did not understand or tempers we could not control.

At the heart of God's love is forgiveness. It is also the deepest expression of our love for God that we must constantly pray and strive for.

The fourth step is to celebrate life with good friends we can dance and sing with, feast on food we love and travel to places we enjoy.

Friendship sweetens life, fellowship lengthens it.

Men particularly need the company of other men to live longer. Loneliness kills the zest for life and the will to live, as the loss of virility saps the elderly men of vitality and value. Regular morning coffee and hike among Senior men and hearty conversations over whiskey or brandy at night can give more life to our remaining years.

Women gain more freedom to enjoy life to the fullest after their child-bearing years, with less motherly chores and more time and money to travel and shop and serve in worthy causes with amigas. This is their longevity edge generally by nearly a decade over men.

The fifth and final step is to live with a noble purpose that gives us pleasure and peace.

It must be meaningful enough for us to make our day worth living for and our sleep at night restful.

This year is the beginning of my second childhood and I would like to approach it with childlike enthusiasm and awe in the company of other Seniors who want to achieve the most with the least in their timeline.

First in my bucket list is to grow the Seniors Faith Club Movement in every town in Batangas in the next 3 years.

Next is to make Paraiso Village Farm the happy home for Seniors and the premier destination for Senior tourists from all over the world. There will be barako coffee and lomi daily with music for dancing at the Seniors Sunrise Park.

There are presently available 13 Senior-friendly Bed and Breakfast rooms and a swimming pool with hot jacuzzi amidst the rustling bamboo trees where mahjong tables and card games can be set up. Revenue raised from our Agri-tourism will help provide a better life for our elderly.

Next is to grow the Paraiso Red Barn Social Enterprise, delivering the best quality fruits, vegetables and other farm products to the plush villages in Metro Manila to raise revenue to improve the lives of our farmers and also help fund our programs and benefits to our Senior Citizens.

In line with our Kabuhayan Program, we will create a Perma Farm in Paraiso ran by Seniors and hopefully open the Paraiso Seniors Cafe along the San Jose Highway to Batangas City to offer the best delicacies made by Seniors from the different towns of the province - Taal Tapa, Tanauan sinaing na tulingan and tawilis, Cuenca biya, Ibaan lomi, Bauan caldereta, and many more.


Finally, open the Paraiso Hope Village next year with initially 20 homes for retiring corporate friends from the big city looking for a healthy and happy life as hobby farmers. We will give priority to those who are willing to support and serve our SFC Movement in Batangas.

As I write this piece, I have in my thoughts fond memories of my dear friends I lost recently - Bobby Joseph, Vic Magdaraog, Melo Villaroman, Buddy Firmacion and Tom Achacoso. May they rest in peace.

And as we thank God for the gift of long life, let us strive harder to make our world kinder, safer and happier while our time is not yet up.

I was born a slave to poverty in Bacolod City. Now I only wish in my little way as an ordinary elderly to help set captives to material and emotional poverty free in Batangas and finally rest there peacefully among the white bougainvillas and lilies in the fields of Paraiso Village Farm - leaving only the best of myself to those with the least.

Thank you, Tony Meloto! Aging at its best.



**PNAA honors its
Fil-Am CRNAs
across the nation
celebrating CRNA
Week 2023.
Mabuhay ang
ating kababayans.**

A proud history of Certified Registered Nurse Anesthetists (CRNAs) and nurse anesthesia students across the country. The highly respected profession of nurse anesthesia traced its origins to the 1860s when nurses eased the suffering of wounded soldiers in the Civil War. Saturday concludes the celebration of the profession's annual National CRNA Week, recognizing the efforts and contributions to our patients, families, and health system. This year's CRNA week theme was "CRNAs: The Original Anesthesia Experts."

Since 2000, National CRNA Week has celebrated our nation's CRNAs and nurse anesthesia students. Today, there are nearly 66,000 CRNAs and nurse anesthesia students nationwide and in the military services.

CRNAs administer more than 50 million anesthetics to American patients yearly and currently make up more than 50 percent of the anesthesia workforce. CRNAs are known for their specialized skills in airway management, intubation, and advanced patient assessment, including excellent patient safety records. Because of temporary changes in the law during the height of the Covid pandemic, they were able to "step up and safely fill essential healthcare needs in a time of national crisis.

On behalf of all the Fil-American CRNAs nationwide, thank you for all the collaboration and engagement.



Palakpakan
CORNER

PNASC Members Recognized for Excellence in Healthcare

By **Joe Arciaga RN BSN PHN**
PNASC West Los Angeles Subchapter



On Nov. 12, 2022, three members of the Philippine Nurses Association of Southern CA (PNASC) were awarded the prestigious Healthcare Excellence Award at a Gala event in Los Angeles by the non-profit organization, Health-E-Charity, based in Thousand Oaks, CA. Nurses Roselyn F. Arciaga, Catherine Rubio, and Belinda Mendoza were recognized for their passion, commitment, and enduring, dedicated service in healthcare during the COVID pandemic. They were nominated by their peers and chosen by the organization's board of directors.

Founder & CEO of Health-e-Charity, Carlo Reyes, MD, Esq., is making history organizing medical professionals in Southern California for the benefit of medically-underserved people in the Philippines and other countries. Dr. Reyes graduated from Chicago Medical School in 1998 and received a dual emergency medicine and pediatrics certification from UCLA. From 2003 to 2009, he served as Clinical Assistant Professor in Emergency Medicine and Pediatrics Departments at Olive View/UCLA Medical Center. In 2010, Dr. Reyes graduated from Southwestern Law School, and is a healthcare attorney at Schaeffer Cota Rosen, LLP in Oxnard, California. He is also the assistant Medical Director of Emergency Medicine at Los Robles Hospital in Thousand Oaks, California.

Health-e-Charity (HEC) will conduct mobile medical mission clinics in various locations, growing from four locations in February 2023 to 8-10 in the first two years. While in the Philippines for the missions this February and March, HEC will also treat human sex-trafficked victims housed by Cameleon Association and launch Bodhi Connect, the first cloud-based global virtual medical specialty platform which connects frontline physicians and nurses with medical specialists throughout the world eager to donate their professional services to care for patients in need all over the world. Roselyn Arciaga, RN, BSN, has been designated as the Lead RN for the February 2023 mission to Iloilo and Metro Manila.

For more information and to support the medical missions, please contact: www.health-e-charity.org

PNAA Community Outreach Committee visits the PNAA Gawad Kalinga Village in Barangay Piel, Baliuag, Bulacan

By Iluminada "Nini" Jurado, MSN, RN
Chair, PNAA Community Outreach Committee



The chair of the PNAA Community Outreach Committee, Nini Jurado, the Committee's adviser, Dr. Dino Doliente III, and PNAA allies visited the PNAA Gawad Kalinga (GK) Village on February 11, 2023. They distributed Health kits for the 50 families & alcohol pads for the community health center. In addition, at least 80 children were treated to the local favorites "Jollibee" meals and a pair of new slippers. Students from Baliuag University came to do blood pressure screenings for the residents. This is the first visit of the PNAA Community Outreach Committee since the pandemic.

The PNAA leaders were met with a warm welcome by the officers of the PNAA GK Community headed by Roy Angeles & Ma. Elena Espedillon. They were also joined by the Dean of the College of Nursing of Baliuag University, Elizabeth Roxas & faculty members Lourdes Cano Policarpio, Teresita Dela Pena, Ms. Lorna & Engineer Surio. There was a short program that included a "turnover ceremony" of the newly constructed pantry & toilet donated by three PNA New Jersey subchapters: Hudson, Middlesex, and Somerset Subchapters.

The PNAA leaders had a gratifying visit to the PNAA GK Village. They were able to see the many improvements of the village infrastructure that have been cumulatively donated through the years such as

the cemented pavements, electrical and water connections to every house which was sponsored by local government officials, a water station, and a bakery provided by French volunteer students. There is also the Livelihood Center donated by PNA Central California which was blessed & "turned over" on January 28, 2023, with the presence of Alice Andam, Guia Caliugan & Lenny Icyan. The PNAA Community Center will now resume its operation next month and Baliuag University nursing students will have a weekly clinic starting in March 2023 after some renovation of the center.

There's still much to be done to promote community health & livelihood resilience in our PNAA GK Village. All we need to do is simply keep "giving care!" As the adage goes "No one has ever become poor from giving." Thank you to many PNAA chapters/sub-chapters who have contributed greatly to this community through the years.



The PNAA Human Rights Committee

Four webinar series on INTERNATIONAL NURSES RECRUITMENT

In response and efforts to mitigate the nursing shortage, hundreds of Filipino nurses were recruited by Staffing Agencies and have now arrived in the United States. The recent arrival of Filipino nurses to the United States and the problems encountered by the nurses as they began their work prompted PNAA to present this webinar to educate Filipino nurses in their work migration mainly.

The first series of the webinar described the process of LABOR RECRUITMENT FROM A GOVERNMENT PERSPECTIVE presented by the Philippine Overseas Labor Office, Labor Attache Atty. Angela Librado describes the role of the Philippine government in implementing Philippine Labor Policies and Programs to protect the rights and welfare of overseas Filipino workers. This involves proper vetting of foreign recruitment agencies applying to recruit workers in the Philippines, ensuring the observance of the ethical process of recruitment. In addition to their role, POLO assists workers in mitigating complaints or concerns they brought forward.

UNDERSTANDING CONTRACTS was presented by Atty. Felix Vinluan. He addressed employment contracts and their provisions as well as breach of contract. Labor trafficking and its entities were also discussed, as this could be utilized by employers to trap the servitude of nurses.

Human Rights Committee advisor Virginia Alinsao shared RECRUITMENT STORIES of nurses' struggles, such as difficulties managing workloads, contracts, and on-boarding issues.

The 2nd webinar series focused on NARRATIVE OF NURSES: LESSONS LEARNED.

The speakers were Kaye Mendoza and Jessica Camello. Both nurses shared their recruitment and migration stories. As they began their journey, they recounted the difficulties with work, Staffing agencies, emotional stress and loss of support. Overcoming all these gave them life lesson to do better and inspired to share to others what they have learned through the process.

Cases dealt by PNAA' Human Rights Committee were presented. Understanding terminologies such as TRAVEL NURSE, BREACH OF CONTRACT, NON-COMPETE, would give a nurse a better perspective of a situation that can be avoided.

Atty. Magen Kellam discussed a critical part of the immigration document., FORM 9089. It is a set of documents where the employer/ petitioner's information is found along with the

state's prevailing wage that a nurse will be receiving as salary. This document will show the educational and professional backgrounds of the nurse applicant. This form has to be signed by the prospective employer, the company lawyer, and by the nurse. The nurse must get a copy of FORM 9089 and a signed contract.

The 3rd webinar series was RESOURCES FOR NEWLY ARRIVED NURSES. PNAAs President Dr. Gloria Beriones presented “STRATEGIES AND TOOL KIT for INTERNATIONALLY EDUCATED FILIPINO NURSES' TRANSITION TO PRACTICE in the U.S. This study emphasized the importance for institutions to provide institutional and unit-specific orientation. It also calls for an established support system from management, preceptors, co-workers, and friends.

CGFNS and The Alliance were represented by Attorney Mukul Bakshi and Thomas Alvarez. The survey showed that the Philippines is the main resource for nurse recruitment. CGFNS is instrumental in the credential evaluation of the educational and professional backgrounds of nurses who are foreign graduates seeking employment in the U.S.

The ALLIANCE under CGFNS created the HEALTH CARE CODE for ETHICAL INTERNATIONAL RECRUITMENT and EMPLOYMENT PRACTICES. The CODE describes the Recruiter and Employer accountability in adherence to ethical recruitment principles as well as documenting the rights and responsibilities of migrant workers. THE ALLIANCE gives certification to Recruitment Agencies that prove compliance with the guidelines prescribed by the CODE. Publications by THE ALLIANCE on recruitment are excellent resources for nurses to use when planning for migration. The PNAAs HANDBOOK FOR FILIPINO NURSES IMMIGRATION TO THE U.S. provides detailed information on the nurse's journey.

Atty. David Seligman of the TOWARDS JUSTICE FOUNDATION reiterated Filipino nurses' vital role and contributions to the healthcare industry and service to the community.

PNAAs, in advocating for the welfare of Filipino nurses, continuously collaborates with various agencies and organizations, such as CGFNS, Philippine Overseas Labor Office, and Towards Justice, to strengthen the validity and recognition of PNAAs as a professional organization.

NOTE:

The recorded session of the webinar and FAQs are available on our website.

The 4th webinar series will be on March 3rd. Stay tuned.



COMMITTEE UPDATES

The PNAA Practice Committee

By **Velma Dumag Yep, DNP, MSN, GNP-BC**
PNA SoCal VP 2022-2024
PNAA Practice Committee Member

A recap from last year's introduction of the ICAN Act or Improving Care and Access to Nurses Act. This bill allows other healthcare providers besides physicians to provide certain services under Medicare and Medicaid. This bill will remove barriers that will impede progress in healthcare.

Sen. Jeff Merkley (D-OR) introduced the ICAN Act in the Legislation in September of 2022. This legislation would improve healthcare access for Medicare and Medicaid beneficiaries by removing federal barriers to practice for nurse practitioners (NPs) and other advanced practice registered nurses (APRNs), including nurse anesthetists, clinical nurse specialists, and nurse midwives. This bill (1) allows a nurse practitioner or physician assistant to fulfill documentation requirements for Medicare coverage of special shoes for diabetic individuals; (2) expedites the ability of physician assistants, nurse practitioners, and clinical nurse specialists to supervise Medicare cardiac, intensive cardiac, and pulmonary rehabilitation programs; and (3) allows nurse practitioners to certify the need for inpatient hospital services under Medicare and Medicaid (AANP, 2022).

The current practice restrictions significantly affect APRNs' ability to fully provide care to the full extent of their education and training. For many services, Medicare and Medicaid will only recognize a physician's signature. Many Medicare and Medicaid recipients are in dire need of healthcare services and cannot obtain care in timely care. In some communities, APRNs are the only source of healthcare delivery. The ICAN Act passage will alleviate this healthcare problem and improve patients' quality of life.

However, there are concerns that this bill faces challenges from opposition, such as the American Medical Association (AMA). We have seen that the COVID-19 epidemic revealed weaknesses in the medical workforce, including high rates of burnout and physician shortages, particularly in rural areas. The pandemic proved, however, "that when nurses are allowed to practice to the fullest extent of their education and training, access to care increases and patient choice is broadened.

In a report titled "The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity," the National Academy of Medicine recommended "enabling nurses to practice to the full extent of their education and training by removing practice barriers that prevent them from fully addressing their patient's needs, which would improve healthcare access, quality, and value." (IOM, 2010).

Moreover, professional nursing organizations support this bill, including the American Nurses Association (ANA), the American Association of Nurse Anesthesiology (AANA), and the American Association of Nurse Practitioners (AANP). The bill has now been introduced to the US Senate.

How can we support this bill:

Show your support for this bill by contacting your state legislators and senators.

Also, advocating for our roles as nurses and change agents by addressing social determinants of health and providing effective, efficient, equitable, and quality care for the patients we serve,

Let us all support one another as we venture to the current and future deployment of all levels of nurses across the care continuum and address the challenges of building a culture of health.

References:

- <https://www.aana.com/news/press-releases/2022/12/08/ican-act-increases-patient-access-to-high-quality-healthcare>
- <https://www.aanp.org/news-feed/aanp-applauds-senate-introduction-of-ican-act>
- <https://nurse.org/articles/ICAN-act-expand-nursepractitioner-aprn-authority/>



The PNAA Practice Committee

LEGISLATIVE UPDATE

By **Velma Dumag Yep**, DNP, MSN, GNP-BC
 PNA SoCal VP 2022-2024
 PNAA Practice Committee Member

NEWSFLASH! An exciting update on the AB 890 Full Practice Authority in California. California now joins 23 states in the United States with "Full Practice Authority" for their nurse practitioners. California Governor Gavin Newsom signed AB 890, the 'Full Practice Authority (FPA) for nurse practitioners (NP) in California, into law on September 2020. However, there are two categories or provisions for NPs to function within a defined scope of practice without a standardized procedure.

These new categories of NPs are:

- 103 NP – Works under the provisions outlined in Business and Profession Code Section 2837.103. This NP works in a group setting with at least one physician and surgeon within the population focus of their National Certification
- 104 NP – Works under the provisions outlined in Business and Professions Code Section 2837.104. This NP may work independently within the population focus of their National Certification.

The law requires an individual to work as a 103 NP in good standing for at least three years before applying for a 104 NP. Therefore, a 103 NP will not be able to apply to become a 104 NP until 2026, at the earliest (CA BRN, 2023).

The Institute of Medicine (IOM) made recommendations for an action-oriented blueprint for the future of nursing. The report states that limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. Furthermore, according to the Future of Nursing 2020-2030, "The Future of Nursing" explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system . Nurse utilize the most potentials of their education, training, knowledge and skills (IOM, 2011).

Therefore, the passage of AB890 into law is a big step in healthcare in California moving forward.

Whys is FPA important?

- Implementation of the Affordable Care Act (2010) enabled more than 30 million people to have

- California has a growing provider shortage (Family Practice Medicine), and the underserved and rural communities desperately need access to quality health care.
- The aging population requires more healthcare resources.
- Increase older population, increase chronic problems
- More patients require critical care services, and physician numbers are not keeping up with this growing need.
- Need to improve access to care while creating greater flexibility for developing patient-centered healthcare homes and other emerging care delivery models.
- Increasing homelessness, underserved and vulnerable populations
- This is the model recommended by the National Academy of Medicine, formerly called the Institute of Medicine and the National Council of State Boards of Nursing.

How does FPA affect patient care?

- Adopting FPA for NPs provides patients with full and direct access to all the services that NPs are equipped to provide.
- Improves Access — FPA creates greater access to care, especially in underserved urban and rural areas.
- Streamlines care and makes care delivery more efficient.
- FPA allows patients to see the health care provider of their choice. FPA removes anti-competitive licensing restrictions that interfere with patient-centered health care.
- FPA removes delays in care created when dated regulations require an NP to be part of an unnecessary regulatory-mandated contract with a physician as a condition of practicing their profession.
- Decreases Costs — FPA avoids duplication of services and billing costs associated with outdated physician oversight of NP practice. Comparable savings are associated with NP compensation.

Half a century of research demonstrates that nurse practitioners (NPs) provide high-quality primary, acute, and specialty healthcare services across the lifespan and in diverse settings, including NP-owned practices (AANP, 2020).

Resources:

- American Association of Nurse Practitioners (AANP)
<https://www.aanp.org/about/all-about-nps/whats-a-nurse-practitioner>
- California Board of Registered Nursing (BRN)
<https://www.rn.ca.gov/practice/ab890.shtml>
- California Association for Nurse Practitioners (CANP)
<https://canpweb.org/advocacy/ab-890-implementation/>
- Institute of Medicine (US) Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine. *The Future of Nursing: Leading Change, Advancing Health*. Washington (DC): National Academies Press (US); 2011.



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



Where are the Scholars now?

By **Maria B. Hipolito**, BSN, RN
PNAA Scholarship Committee Member – Greater Saint Louis

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



Name: **Velma Yep**, DNP, MSN, GNP-BC
Chapter: PNA Southern California
Current work: Chaparral Medical Group

Tell us about your journey as a PNAA past scholarship awardee.

The journey as a past PNAA scholarship awardee continues. Learning and excelling in what I do is an endless opportunity. I am blessed to have the support of my family, my association, my colleagues and most of all my faith in a higher power. Nursing is my passion and being a nurse practitioner is a professional commitment to provide accessible healthcare to deserving patients. Therefore, I continue this journey where I find passion and commitment.

Moreover, I enjoy what I do as I see the positive results of my passion in my profession. My patients are satisfied with the care they receive. I inspire student nurse practitioners, and I have good rapport with my medical colleagues. The journey is endless and exciting as science continues to evolve.

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

Find balance in your career, family, and lifestyle. Continue to have the passion in the nursing profession, and strive to succeed. Be persistent, enthusiastic and practice collegiality with colleagues. Continue to be active within your associations and be thankful for PNAA!

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

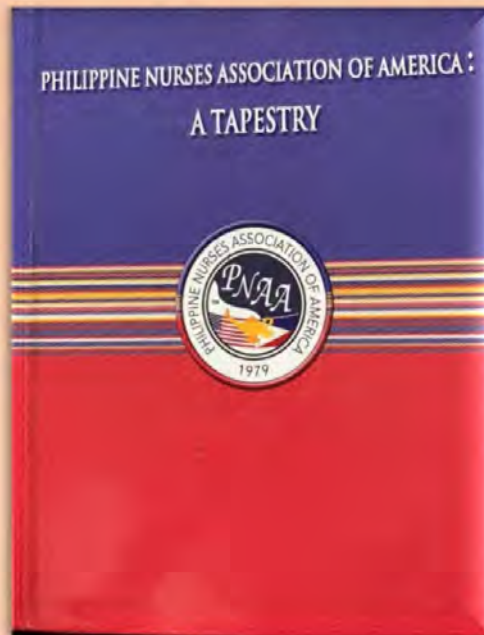
“The secret sauce of leadership that will extend the PNAA forward and ever higher; learn the exemplars of the values they used to bring the organization to its height of influence.”

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;

Marie Navarro: geminim67@gmail.com

Email us your name, address and # of books. Pay by zelle 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!!



44th PNAA 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
PNAA 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.

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.

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 is 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

or

Dr. Leli Pedro Drake, co-chair at leliwp@gmail.com

PNAAC Chapter NEWS



HGFFA VOLUNTEER NURSES'

"Every nurse was drawn to nursing because of a desire to care, to serve, or to help"-Christine Feist-Heilmeyer RN, MSN. A very well-known quote of Feist-Heilmeyer from her book Nurses are From Heaven, this is eternalized by the PNACC board leaders and members. The PNACC organization makes it our mission to care, serve and help! We aim to not only excel as nursing leaders, but also excel in aiding our community in any way we can. Amongst the countless volunteer and fundraising hours that our organization engages in, the food distribution at the Holy Ground Family Fellowship of America (HGFFA), is one of the many volunteer opportunities that the PNACC looks forward to every month. Why? This is due to the inspiring origin of the efficiency that the HGFFA put into their food distribution. As nurses, we aim to take part in every resourceful idea to help our community.

The HGFFA started right here in the central valley in July of 2002, which was led by Pastor Eddie Chua. In the beginning, there were only 5 families doing house to house Bible studies. Today, it has over 250 members with a diverse range of experience in life. However, it's not until 2015 when they started their food distribution, Daniel's Pantry, named after the prophet Daniel. They started with a handful of help, with members of the church donating extra canned goods from their own pantry. This eventually led to asking for donations from the community. With that, three years later they partnered with the California Food Bank. Currently, they have the capacity to serve 250-300 families in need. We find it heartwarming to know that a majority of the church members who elevated the quality of this food distribution are in fact Filipino nurses. The HGFFA food distribution is set to take place every first Tuesday of the month, starting at nine a.m. To be even more efficient, packing of the goods starts Friday afternoon.

PNACC has been joining the HGFFA food distribution since July 10, 2021, and has been consistently helping with both packing and food distribution. To the naked eye, it is astonishing to see how smoothly Daniel's Pantry operates. We, however, are not surprised, as it was led by some of the strongest and hardworking Filipino nurses in the central valley. The PNACC is honored and proud to be a part of this humble service. As Feist-Heilmeyer said, "We chose to be a nurse because we have the desire to care, serve, and help. Not only in words but in deeds."

FEBRUARY 2023

SHEILA GUANSING BSN,RN,CMSRN
PNACC EXECUTIVE BOARD MEMBER

PNA Chapter NEWS



By **Mayflor N. Chokshi BSN RN**
PNA Georgia

PNAGA Caroling



Pasko na naman! The Philippine Nurses Association of Georgia is back in the rhythm of things and we're delighted to have brought back our popular Christmas caroling fundraising event! Hitesh and I were elated and honored to have ushered in the association's holiday celebrations. Thank you to Pam and Bob Peterman for hosting on December 10th!

On December 3rd, the Nurses first visited the Our Lady of Perpetual Help Home to sing to the residents. It's such a blessing to bring the joy and raise the spirit of Christmas to residents after weathering another year through a global pandemic. Afterwards, celebration continued on at our residence. The following week at the Peterman's residence, Patsy Puyot invited the new nurses from the Philippines to the caroling. They are so happy! You feel homesick especially in the Christmas season away from your family. Earl Puyot strumming his guitar, and Myrna's son in law played the saxophone to entertain our guests.

Our Christmas celebrations would not have been a success without the musical expertise and piano accompaniment of Marites Pellicer. She was excellent and very patient considering COVID put a halt to our singing practice. We are so grateful to the carolers who spent time and effort in bringing our communities together. As always, when people come together in joy, laughter is inevitable. It was beautiful and nostalgic to reflect on the Pasko back home in the Philippines. As we all know, Filipinos love food and our festivities would not have been complete without plenty of feasting. Many of the nurses prepared delicious home cooked meals and our guests had a great time. We're so blessed to have generous friends to support us both in singing and the numerous line dances that followed afterwards!

All in all, the PNAGA fundraising event was a festive success! Thank you to Anita Granada, our president Myrna Gacusan, our carolers and our generous donors. We did it!

Christmas is about love, giving, sharing and making more memories. Let's continue this beautiful tradition.

Maligayang Pasko sa inyong lahat!

By **Mary Ann Neely, BSN RN-BC**
PNA Georgia

Holiday Traditions

“Mom, can we go to midnight Mass again this year?” That question was asked by my middle child, Raven, over 20 years ago. Since then, whenever the whole family is together, you can count on us going to midnight Mass on December 24. Previously, we went when it was convenient because of my holiday rotation at the hospital. My holiday work schedule alternates from the year before. Now, it doesn't matter which day I'm scheduled to work. I ensure I can still go to Midnight Mass with the family.



Christmas has always been about family and togetherness. It's the only time of year when everyone takes time away from all the hustle and bustle of the holidays. We try and find something we can do together. One year, we went on a parol making workshop. I have never made a parol before and was excited to learn how. Even my apos joined in and made their own parol. Another tradition we do is to go to Fernbank Museum and see the Festival of Trees exhibit. It's fun and educational to look at all the beautiful Christmas trees, each one showcasing the art and culture of the country it represents.

On Christmas Eve, I will usually cook a simple traditional meal – pansit and puto. When we get back home from Mass, we are a little hungry. I also cook arroz caldo for a midnight merienda. Since December 24 is also my oldest child's birthday, a cake is also on the menu. We will eat dinner early and take a nap so we can stay awake during the Mass. When we arrive home after Mass, the kids are ready to open their presents. Usually, Raven will be Santa and pass out the gifts for everyone. Once all the gifts have been distributed, it's frenzy as everyone opens all their gifts. Once the gifts are all opened, the floor is no longer visible as Christmas wrappings are hurled everywhere! Everyone proclaims their favorites and thanks are heard from all. Extra batteries are on hand for the kids to try out all their new toys. By then, the adults are exhausted. The kids stay up and play with all their toys. They eventually go to sleep in the early morning. Our Christmas morning tradition is not complete until a hearty breakfast of homemade waffles, eggs, bacon and rice is consumed. These are all the traditions my family and I look forward to doing every Christmas ... Merry Christmas everyone!

By Lorna Buntichai, BSN RN
PNA Georgia

Tis The Season To Be Jolly



Christmas is my favorite holiday! Very often we lack understanding of what really Christmas is all about. We tend to focus on superficial and material things for instant gratification that will quickly fade away. God has given us such a beautiful gift to celebrate this Holiday with our families and friends.

On December 18, 2022, PNAGA Executive Board and Advisory Council members hosted a Christmas party at the Brightwater Clubhouse in Snellville, Georgia. We had about 70 attendees of members, families and friends. Gemma catered our luncheon with 4 main courses of chicken pansit, pork asado, beef menudo and shrimp mixed vegetables. Rice and leche flan completed the menu. A beautifully holiday decorated homemade cake by Elsie Vidanes capped the evening's dessert.

Our president Myrna Gacusan, welcomed everyone followed by Pam Peterman's invocation prior to dinner. Venus Soriano led some games for everyone to participate with plenty of prizes to the winners. Carmencita Santiago coordinated the white elephant exchange. It is a great party game where participants can really be amused of what they get as a gift or disheartened when someone kidnap that gift and had to pick another one which may not be to her/his liking. Our new members also received welcome gifts.

The Cobb Chicks, led by Berna Bray, surprised us with 2 special dance numbers. The holiday celebration would not be complete without Christmas Carols. Erle Puyot provided the guitar accompaniment as everyone sang Christmas songs. We sang our Filipino carols with abandon, our hearts were flooded with joy and memories of Christmas with our families in the Philippines!

What a night... as I was giving my closing remarks to end the evening, I felt very blessed to be surrounded by my family and friends. I am grateful for another year, thankful to all our donors and the working committee who made this affair festive, enjoyable and successful. Everyone had a great time and it was a very nice way to end 2022 for PNAGA.

By Teresita Gallano Rivera
PNAGF President Elect 2022-2024

The Philippine Nurses Association of America SCR Camp Aruga Leadership Retreat



On December 02, 2022. Camp Aruga was announced during the inspirational speeches by Dr. Beriones and Manny Ramos at the PNAGF Induction Gala night. Some of us were interested, decided to attend, and saw what it was all about.

The preparation and coordination via email were efficient, and Rosie Antiquino was up to date to relay the messages and answer all the questions regarding reservation, facilities, and allowing spouses to go and participate.

Camp Aruga is a Leadership Boot Camp with a theme/emphasis on nurturing self and environment. PNAGF chapter attendees included Betty Miranda, Cecile & Manny Medenilla, Teresita & Nicolas Rivera, Orpha Mineque & Napoleon Duey, and Edwin & Lisa Latras.

Day 1. The event started meeting with delegates from three (3) Chapters from Texas, one (1) from Tennessee, and five (5) from Florida representing Miami, Tampa, Gulf Coast, Jacksonville, and Orlando (Host). We had a tour of the park on an open wagon pulled by a pickup truck with Dr. Beriones, Atty. Hermosa and Dr. Saria. It was a great opportunity to explore nature and mingle with other delegates.

The tip of the Florida cold evening temperatures (30's feels like it in the 20s) started with the Hawaiian style motif with fun activities for each chapter's introduction. Most of us were not prepared to make an impromptu, fun presentation. The results were no surprises. It was a wow factor to witness every delegate's proven uniqueness and creativity in presenting their respective chapter. It was full of fun and laughter. Superb comradeship experience.

To add to the end of the first night conference was the Bonfire (unique). Dr. Beriones lead the sub-chapters delegates to speak and share their own perspective experiences of past and present leaders. Sharing thoughts of dedication, aspiration, success, failures, and shortcomings caused everyone to be involved and engaged in the mission and vision of each chapter. There were Inspiring stories of leadership.

The only challenging part was sleeping in the cabins with malfunctioning heaters and only screened windows with the outside temperature in the upper 30s. Oh! Exposure to living with nature in Florida before A/C & heater, freezing temperature Brrrrrrrr.... it was an adventure. However, Manny Ramos provided a hospitable service, bringing extra blankets/comforters to us.

Day 2: The effective presentation and professionalism of the speakers/ presenters were great. The topics discussed are valuable tools to pass forward the plans, to support our organization and the Future of Nursing 2020-2030.

1. Dr. Leticia Hermosa, Esq.: 501 (c)3 and 501(c)6 ... (The difference between the two and IRS regulation)
2. Dr. Marlon Saria: Equity, Diversity & Inclusion
3. Manny Ramos: Board Competencies for Effective Governance
4. Dr. Liwliwa Villagomez: Knowing Thyself: The impact of Personality Types on Team Effectiveness
5. Dr. Mary Dioise Ramos: Alzheimer's & Dementia (Funding & Acknowledgement, she received support from the Rutgers Univ. Asian Resources Centers for Minority Aging Research Center under the NIH/NIA grant)
6. Dr. Victor Vapor: Emotional Intelligence
7. Aga Sta. Romana: Resiliency
8. Dina Hussein: Advocacy

It was a long stretch of leadership seminars and workshops lasting 12 hours. However, it was very informative, productive, and creatively fun with group participation. Excellent presentations group learning games, strategies in developing leadership skills, innovative ideas & solutions, collaboration, and engagement: The positivity of involving and recruiting new and actively engaging members to participate.

The PNAA Leaders uphold the Mantra of Everyone having the Right Opportunity to be Healthy. Camp Aruga symbolizes collaboration in strengthening the unity between chapters and regions for effective communication and governance, enhancing the engagement of members (which is the main life source of an organization to exist and prosper).

Leadership seminars are vital for every leader and active member to acquire new knowledge, review methods to improve, and accept new ways of thinking.

The event host Orlando Chapter (Manny, Aga, Rosie & EB members) did a great hospitality service and coordination. Filipino food was excellent, from breakfast, lunch, dinner, and late-night merienda. I enjoyed the experience and wished for more opportunities for other PNAGF active leaders and members to join in upcoming events.

Maraming Salamat Po at Mabuhay tayong lahat.



Camp Aruga Registration



Camp Aruga Tour



*Camp Aruga PNA-GF chapter attendees:
Back row from Left to right: Manny Medenilla , Edwin Latras,
Napoleon Duey, Nicolas Rivera. Front row from left to right: Lisa Latras,
Orpha Ale Mineque, Cecile Medenilla & Teresita Rivera.*



Camp Aruga Leadership Seminar & Workshop



Camp Aruga Leadership Games and Winners



*Camp Aruga presentation
of leadership certificates*

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

Philippine Nurses Association of Gulf Coast Florida sponsored the third Santo Niño Prayer Novena night



The PNAGF Executive Board proved once again that we could deliver with flying colors! It was a successful 3rd day, Sto. Nino novena prayer night co-sponsored by PNAGF and Zephyrhills / Wesley Chapel organization. There were 438 people in attendance tonight at the church. And the social hall was packed! People had to sit outside the main social hall because the room was filled up.

Our food was more than enough for the people that came. Our desserts were never-ending! Everyone left with a big smile, thanking us for serving dinner. Some took out pancit and chicken!

I want to thank all of you who joined us to celebrate the 3rd night of Sto. Nino novena prayer. Also, those who donated money for this event, thank you! Thank you for the food and dessert donors. Not everybody can come, but they still sent food donations for the event. We missed you but thank you!

Thank you for the rosary, novena prayer, readers, Don Bronto, and the choir! Superb job! Thank you, Alma Asuncion, member of the Advisory Council and Past President, for chairing the first PNAGF Community Outreach initiative for 2023. Kudos to us!

And last but not least, thank our EB's husbands Manny, Carlos, Ding, Viven, and families for your support of our cause. Looking forward to more successful PNAGF activities/ events this year, 2023. We can and will do it with all your help, cooperation and commitment! Go PNAGF! Mabuhay tayong lahat!



PNA Chapter NEWS



By Divina Telan Robillard
PNA Hawaii

January 2023's Earliest Memories: Kired and PNA-Hawaii's Christmas/Holiday Party

The use of a newborn to signify the New Year traces its earliest employment to the ancient Greeks. This particular babe – 2023 - had just been wiped dry of amniotic fluid, quickly Apgar'ed and measured while warming under a heat lamp. It's just a few days old, and already, people's minds are being flooded with newly-minted memories. Take last month - December's – images: still fresh, as if made only yesterday, and there were many to be made because December's events were plentiful!

In celebration of Sakada Day 2022 ...

present

KIRED

Sakada Through the Years
Written and Directed by Raymund Llanes Liongson

kired /kɛ red/ (Ilocano) n. strength, vigor, endurance
adj. strong, vigorous, robust, durable

Sunday, December 11, 2022 | 5:00 pm
Filipino Community Center
Waipahu, Hawaii

\$20 (includes bento dinner and a bottled water)

For questions, call Allan, (808) 392-8230; Bernadette, (808) 342-8090;
or Inocencia, (808) 377-7650

FOR TICKETS

Flyer for the event, "Kired: Sakada Through The Years" where some nurses with sakada roots received the posthumous commendation of their relatives.

There were holiday parties, shows (remember Hamilton?), art presentations, remembrances. Celebrating *Sakada* Day in Hawaii last month, was up close and personal for some members of PNA-Hawaii whose *sakada* ancestors were remembered, especially in a play reenacting life and events in Hawaii's plantations. Because of their unique place *sakadas* have in Hawaii's social and economic development, *sakadas* deserve the special honor given them. Through the joint efforts of the Philippine Celebrations Coordinating Committee of Hawaii and the Philippine Consulate General, "Kired: The Life of the *Sakada*," a play written, produced, and directed by retired Leeward Community College professor, Dr. Raymund Liongson, was staged using acting talent from every walk of life on Oahu. "Kired" is an Ilocano term to denote strength, vigor, endurance; as an adjective, it means strong, vigorous, robust, durable.

With just a few weeks of rehearsals, the play was held on December 11, 2022 at the Filipino Community Center. After the play, living descendants of the *sakadas* received posthumous certificates of honor/recognition of their relatives from the Hawaii State Legislature and the City Council of Honolulu. Among the *sakadas* so honored were the relatives of PNAH members Tina Salvador, Tina Fernandez, Emilyn Ramones, Edel Matias, Cielito Matias-Schwartz, Grace Matias-Dowd, and Dr. Nancy Atmospera-Walch.

When asked what lesson her *sakada* father taught her that would guide her life, Nancy remembered, without hesitation: "My father exhorted me to study hard since he believed education would be the only thing that no one can take away from me. He labored long hours to save for my studies so that I would not have to work as

hard as he did, for so little pay.” The number of professional nurses emerging from these *sakada* families indicates that this same lesson must have been internalized by all these women.

Meanwhile, as the play was going onstage, the First Aid booth staffed by the PNA-Hawaii Committee on Community Outreach (CCO) was being covered by President Cielito Matias-Dowd. The FA booth is a regular service offering of the PNAH CCO.



Aside from receiving their relatives's commendation, the PNAH nurses also manned the FA booth for the event.



Past President Emilyn Ramones received this commendation for her father.

The following Sunday, on December 18, PNA-Hawaii members, dressed in all shades of Christmas red and other colors, arrived ready to party at the Waialeale Golf and Country Club. Months of planning the party by the Membership Committee of Emilyn Ramones and her members culminated in a delightful program that had something for both keiki and kupuna. With bells, ribbons, tinsels, and bling worn every which captivating way, the PNAH family filled a corner of the restaurant with a cacophony of animated talk, thrilled shrieks, and eye-twinkling oohs and aahs.



Ho ho ho! Santa Claus waits for a PNA-Hawaii member!



PNA-H member Gary Abegonia and son ham it up for the photo booth



Past President Tessie Oculito and member, Edna Higa, arrive and already they are in snickers!

Party-goers rushed through the registration table to a photo booth where young and old hammed up for a souvenir photo of the evening's party. On the other side, Santa Claus was only too happy to listen to everyone who'd sit on his lap and whisper their Christmas wishes. A couple of uniformed handsome Marines smiled their thanks to everyone who took the trouble to bring an unwrapped, new toy for their Toys for Tots bins, which they promptly hauled away mid-party to their base for distribution to local kids. The Christmas tree in the foyer of the club stood guard over the buffet table and played background to many photos taken that evening!

There were games, games, and more games (and prizes) for the kids as well as their parents. New PNAH members were specially chosen to play the fun game of scooping legal tender mixed in among the non-legal, while blindfolded. Call their winnings a benefit of membership! Rose Magsino's daughter, Sandy, entertained the crowd with her captivating rendition of contemporary ditties.

Lou Vergara-Marcelo's staff from her health care school acted as helpful menehunes making sure that the kids had fun playing their games. President Cielito Matias-Schwartz welcomed the membership



Uniformed Marines guard over a bin of new toys for distribution to local kids as part of the Marine Corps "Toys for Tots" program.



Rosa Magsino's daughter, Sandy, is a different kind of "Nightingale:" the singing kind!

to the party while Lou Marcelo prayed for blessings. Western Region's Veep Bob Gahol encouraged the audience to help recruit more members to PNAА/PNAH in order for Filipino nurses to realize their enormous potential for social and political power.

On and on, the program went through the early evening until, exhausted by all the merriment, and with lighthearted steps, the membership dispersed into the evening that was sprinkled with a light dusting of misty rain, and trailed by echoes of joyful voices imprinted on wondrous memories.

And, in a few days, the New Year was born.



PNAH new member scoops bills – real and fake – into her platter!



President Cielito Matias-Schwartz welcomes Western Region Veep Bob Gahol to address the audience.



Lou Vergara's staff members (aka menehunes) help out with the kids games.



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

PNA Metro Houston Updates



December of 2022 was a busy month due to the holidays and end-of-the-year obligations. Despite of the hectic schedule, PNAMH is committed to serving. The Star of Hope is an annual community outreach event on our schedule of activities with five other organizations, including the Filipino Cancer Network of America (FCNA-MH). This event was interrupted only during the pandemic and last month was the first time in three years that we held the event in person. We were extremely excited to have it going again. We hosted a Christmas party for the kids of families in need from infants to 17 years old. Altogether, there were over 150 children in attendance. You can see the joy in their faces as they played games, ate a delicious meal, sang Christmas carols, and most of all opened gifts and presents. It is an indescribable feeling to give back to those who are less fortunate and support our community. We are looking forward to hosting another one of these events this coming December.

On the other note, our annual Christmas party celebration was held in Pearland, Texas. It was hosted by the president-elect, Jonathan Gecom, at his residence. We had a good attendance turnout, and we could play games, share a meal, and exchange gifts. It was also enjoyable to celebrate our achievements and plan for the upcoming year. We had a chance to meet the family of our members and officers. This is

a suitable time to strengthen the bond among officers, members, and our families. Having this event is one way to return to being normal again after three long years of not being able to spend time face-to-face with one another. We also recognize the fact that we are fortunate to have weathered the pandemic and come out stronger and better as individuals and as an organization. PNAMH is looking forward to serving its members and the community more than ever.





By **Veronica Ramirez, PhD**
PNA Metropolitan DC

Building Healthy Aetas Community

***PNAMDC goes for the Big Push:
10 Toilets and Baths and a Health Hub for Aeta Indigenous People***

People still cannot believe that Filipino nurses in America who are already comfortable in life actually funded the construction of 10 Toilets and Baths and a Health Hub for the Aetas they have never met in a place they have never been!

Twelve years ago, the Aetas of Mambugan requested government to provide one toilet for their use. After the long wait, it was the Philippine Nurses Association of America – Metropolitan DC Chapter that responded to this request! To the surprise of the Aetas, 10 (3x3 meters) and not only one T&B were constructed for their use. And because they are nurses who are always concerned about people's health, a Health Hub (5x8 meters) was also constructed in the Aeta community!

It can be recalled that in 2021, the PNAMDC installed 22 jetmatic hand pumps, hygiene kits, groceries and rice to 100 Aeta families or 430 individual recipients in Castillejos, Zambales. Having access to water certainly improved the health of Aeta families. As Aeta Junior said, "Dati minsan lang sa isang lingo maligo dahil walang tubig. Ngayon, araw-araw na!"

In 2022, PNAMDC supported the Aeta Capability Building project of the Esposo-Ramirez Family Social Responsibility. Six different skills trainings were organized from May to July 2022 providing 62 trainees rudimentary knowledge on Motorbike Maintenance (5 trainees), Hair and Nail Care (2), Sewing (8), Adult Literacy (12), Health Emergencies (18), and Ube Production (22). With their newly acquired skills, chances they could get work for livelihood significantly grew. Furthermore, the PNAMDC's donation of 19 sets of Portable Solar lights and water containers brought light and cleaner life to 19 families or 60 individuals.

In 2023, they solved the problem of health and lack of sanitation by funding the construction of community-based Toilets and Baths and a Health Hub.

With great effort, the PNAMDC lovingly responded to the basic human needs of the Aeta families! In the Health HUB, a marker reads, "*Sa panahon ng COVID-19 pandemya, naranasan ng mga kapatid na katutubong Aeta and pangangalaga ng Philippine Nurses Association of Metropolitan DC, USA.*"

Beyond basic human needs, physical comfort, and good health, the nurses have become partners in community development and the promotion of human dignity through their generous support. Indeed, to recognize the human dignity of indigenous people through sincere commitment is a noble act! Aquinas teaches us, "Human persons are imprinted with free will and a fundamental capability to

express generosity of spirit, kindness and compassion which they can know and develop through their intellectual being.” Nurses distinctly possess these attributes. In fact, respect for human dignity and person-centered care are deeply rooted in the nursing practice.

Self-actualization, as described by humanistic psychologist Abraham Maslow, is the “process of becoming “everything you are capable of becoming.” This is expressed in the guiding motto of PNAMDC, “Be the LIGHT: Leading with Innovation, Grit, Humility, and Transparency. This mantra will light our way in the next two years as we champion through leadership, membership growth, continuing education, and community outreach” <https://pnamdc.com/president-message/>

Yes, more than stating it, our nurses showed they are becoming everything they are “capable of becoming” by going beyond their comfort zone.

Purok 6, SITIO MAMBUGAN, SAN PABLO, CASTILLEJOS, ZAMBALES

Magandang Araw po sa inyo.

Kami po na mga residente ng Sitio Mambugan, San Pablo, Castillejos, Zambales ay lumalapit sa inyong mabuting tanggapan upang humingi ng tulong na mabigyan kami ng palikuran at paliguan.

Sa loob ng mahigit sampung taon namin naninirahan dito ay mukhang nakaligtaan na kami ng gobyerno. Wala kaming pera na panggastos pagpagawa nito sapagkat inuuna na mura namin na maghanap-buhay upang may makain ang aming mga anak.

Kami po ay nag-aalala sa kalinisina ng aming kapaligiran at kalusugan ng mga tao sa aming komunidad, sapagkat ang lugar na dati po namin pinagdudumihan ay binakuran na ng may-ari. Ang mga matatanda, bata, at mga buntis ay kinakailangang sa malayo pa pumunta upang dumumi.

Nawa ay mapagbigyan ninyo po kami sa aming kalitangan.

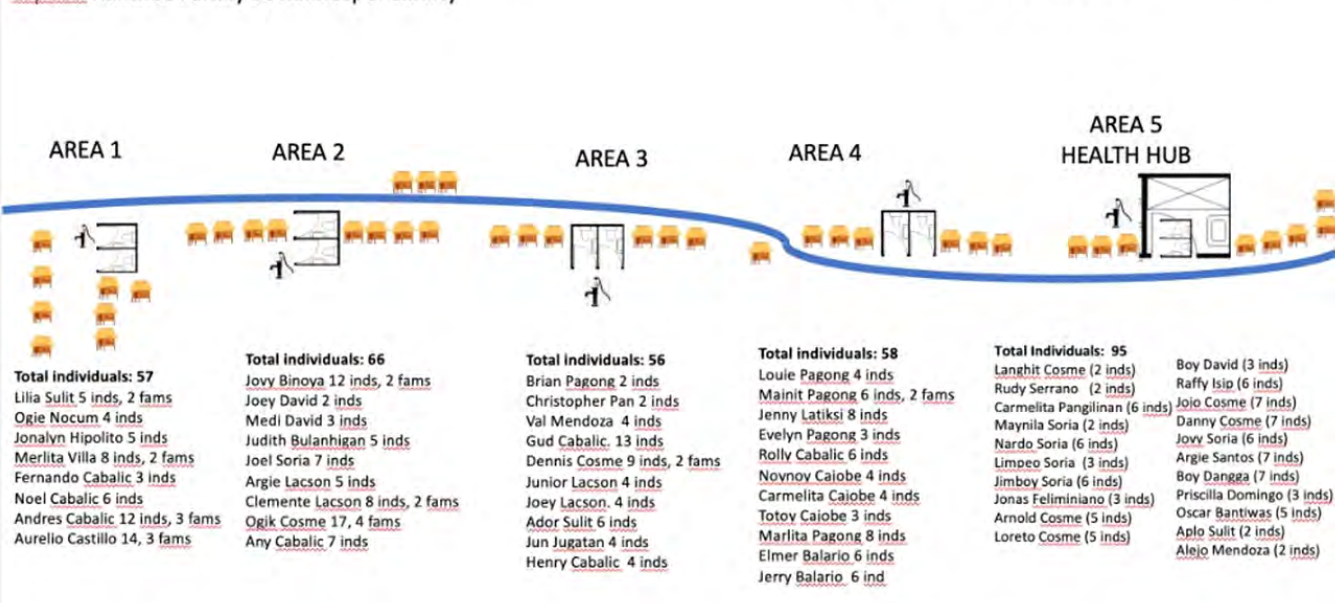
Maraming salamat po at Pagpalain kayo ng Atiny Pong Maykapal.

Labos na Gumagalang,
CABALIC
FERNANDO CABALIC
 ELDER

Health Hub, Toilets and Baths PROJECT

Philippine Nurses Association Metropolitan DC, USA
 Esposito-Ramirez Family Social Responsibility

Mambugan, San Pablo, Castillejos, Zambales
332 individuals





Fernando Cabalic Area 1



Irwyna Cosme Area 2



Carlito Pagong Area 3



Lita Cabalic Area 4



Limpio Soria Area 5



On January 30, 2023, 8 PNAMDC nurses and their families came to Sitio Mambugan, Castillejos, Zambales to turn over ceremoniously to the community of 332 individual Aetas these 10 Toilets and Baths and Health Hub. Catholic Priest Fr. Joel Huerto celebrated Holy Mass at the San Isidro Chapel with the PNAMDC officers, members and donors, the Aeta families and their community development partners, Lambert and Bett Esposito Ramirez.

The actual blessing of the T&Bs and Health Hub located in five different areas followed. A simple turnover celebration attended by more than 300 Aetas, a representative from the National Commission on Indigenous Peoples (NCIP), barangay and tribal leaders, catechists, and other guests took place in a makeshift put up by the community for the occasion. Tribal elder Fernando 'Tagalog' Cabalic chanted a Dororo Dahal (prayer) and the elderly women Lita Cabalic, Ligaya Sulit and Nita Caseria, thanked everyone with a tribal dance in which PNAMDC nurses gamely joined. Lunch packs, groceries, rice, and hygiene kit were given away by the guests to the Aetas.

Following the short, but meaningful turnover, some guidelines on the use of the facilities were agreed on. Each area where the T&B is located will have an area leader for maintenance and cleanliness. The users, particularly the children, were taught how to use the toilet and the adolescents were instructed from now on to bathe inside the T&B.



Area 1



Area 2



Area 3



Area 4



Area 5 - Health Hub and Toilets & Baths

As for the Health Hub, pre-natal consultation, vaccination, and vital signs check can be done. Ms. Melanie Gonzales of the Barangay San Pablo Health Center will be available for consultations on common illnesses of the Aetas such as cold, flu, cough, fever, diarrhea, skin disease, wound infection, sore throat, headache, stomachache and allergies.

Referral to doctors will be given to those who contracted conjunctivitis, urinary tract infection and anemia. On Saturdays, Learning Sessions can be held on health topics such as personal hygiene, teen-age pregnancy, symptoms and causes of infectious diseases, diarrhea, and first aid for sprain, burn, high blood pressure, dog bite, snake bite, and dengue.

Meanwhile, Ms. Irwyna Cosme, is also available for physical therapy and will act as the custodian of the health hub. Occasionally, there will also be doctors and nurses to be invited to speak about special topics. Needless to say, medical missions for Aetas may be held in the Health Hub.

External partner Dr. Bett Esposo Ramirez remarked, "We are forever grateful to President Carol Robles and PNAMDC for their great gift of human dignity to the Aetas. My favorite quote from the Aetas is, "Ramdam na ramdam namin na niyakap kami ng mga sponsor natin!" May God keep you always healthy, bless your good work and reward you for your kindness!"

PNAMDC President responded, "It's so heartwarming to see the smiles on the Aetas' faces, and we felt their sincere gratefulness. The tribal prayer and welcome dances were so special. It feels good that we have done something to address health equity and promote a healthy Aetas community. . . The Healthy Aetas Community project wouldn't materialize without the support of the generous donors who believed in this project. Maraming salamat sa inyong lahat! Please don't worry- we will support the Health Hub's operation through PNAMDC or personal support. After all, Sitio Mambugan is our adopted community, and the Health Hub carries our name."



By **Margie Hernando**, MSN, RN, CNOR, PRO
Grace Evangeline Ver Vicente, BSN, RN, President

The Nashville Chapter of The Philippine Nurses Association of America Holds Their Third Executive Board Induction Ceremony



Nashville, January 5, 2023 — Members, their families, and the invited guests of the Philippine Nurses Association of Nashville, Tennessee, gathered at Maggiano's Little Italy restaurant in Nashville's historic West End for their third biennial Inauguration and Induction of Officers and Board Members for 2022-2024. Invited guests included officers from the PNA-TN Chapter in Memphis. The sixty-four attendees enjoyed the three-course Italian family-style meal.

Messages from PNA Leadership

Messages from the National PNA leadership team were presented. A written message from Marlon Saria, PhD, RN, NEA-BC, NPD-BC, FAAN (PNAA President-Elect) was read by Mark Cordero, BSN, RN. A video from Gloria Beriones, PhD, RN, NEA-BC (the Chapter's Adviser and the current PNAA President) was also presented.

Keynote Address and Induction Ceremony

During the event, Chad Cashion, MBA, BSN, RN, RN-BC, the TriStar Southern Hills Medical Center CNO, presented the keynote address, "Dealing with the Challenges that Nurses Face."

The newly elected Executive Board was honored to be introduced and sworn in by Manny Ramos, MSN, RN, the PNAA South Central Region's Vice President. He also presented Maria Famela Stutzman, BSN, RN, the outgoing Chapter President from 2020-2022, with the Presidential Award from the Philippine Nurses Association of America.

Heart & Soul Award Presented During Event

“In addition to the actual induction ceremony, these events allow us to celebrate the previous Executive Board's accomplishments and cast vision for the next two years,” said Maria Famela Stutzman. “But one of the highlights of the evening was presenting the Heart & Soul Award to a well-deserving member, and this year it was given to Mark Cordero, the organization's incoming Treasurer.” The Heart & Soul Award is a special legacy recognition created in memory of Ma. Siony B. Tamon-Sayco, MAN, RN (the founding PNA Nashville President who passed away in 2020). It is awarded to the Chapter member who has shown a “never give up” attitude during the term of the last two years. “Siony's heart still beats strongly throughout our organization, and we are proud to honor her legacy in this way,” stated Grace Evangeline Ver Vicente, BSN, RN, the incoming Chapter President for 2022-2024.

Incoming Executive Board vows to further organization's mission

As part of the oath of office, newly elected officers and board members committed to furthering the mission of PNA Nashville, which is “to be a united force making a difference in society by supporting its members through opportunities for educational advancement, leadership development, research activities, and community outreach.” With 2023 marking the start of PNA Nashville's fifth year in existence, the organization's future looks bright! We congratulate the officers and members of PNA Nashville, TN!

Congratulations to the newly inducted PNAN-TN Officers

- President** - Grace Evangeline Ver Vicente, BSN, RN
- President-Elect** - Dave Balbarada, MSN, MPS, ACNPC-AG, CCRN-CSC/CMC
- Vice-President** - Thessa Brown, BSN, RN
- Secretary** - Barbra Dela Merced, BSN, RN
- Treasurer** - Mark Cordero, BSN, RN
- Auditor** - Marilyn Buyao, BSN, RN
- Business Manager** - Desiree Dy, MSN, FNP-BC
- P.R.O.** - Margie Hernando, MSN, RN, CNOR

Board members:

- Liza Balingit, BSN, RN | Theresa Diamante, BSN, RN | Jerome Española, BSN, RN | Brenda Kane, BSN, RN
- Ma. Thea Heidi Labitan, BSN, RN | Jolly Rose Rondubio, BSN, RN | Isabel Tomasete, BSN, RN
- Adviser** - Maria Famela Stutzman, BSN, RN

PNA NASHVILLE
Executive Board 2022-2024



 Grace Evangeline Ver Vicente BSN, RN President	 Dave Balbarada MSN, MPS, ACNPC-AG, CCRN-CSC/CMC President-Elect	 Thessa Brown BSN, RN Vice-President	 Barbra Dela Merced BSN, RN, CRRN Secretary	 Mark Cordero BSN, RN Treasurer	 Marilyn Buyao BSN, RN Auditor	 Desiree Dy MSN, FNP-BC Business Manager	 Margie Hernando MSN, RN, CNOR Public Relations Officer
 Liza Balingit MSN, RN, CRRN Board Member	 Theresa Diamante BSN, RN Board Member	 Jerome Española BSN, RN Board Member	 Brenda Kane BSN, RN Board Member	 Ma. Thea Heidi Labitan BSN, RN Board Member	 Jolly Rose Rondubio BSN, RN Board Member	 Isabel Tomasete BSN, RN Board Member	



By **Maia Santarina, MS, RN**
PNA New York

PNANY Holds Holiday Toy Drive for Migrant Children

The Philippine Nurses Association of New York (PNANY) Executive Board 2022-2024 Community Outreach Committee initiated the organization's first project of the term by spearheading a holiday toy drive and providing assistance to migrant families in New York City in partnership with Fr. Julian Jagudilla, O.F.M., Parochial Vicar and Director of the Migrant Center of St. Francis of Assisi Parish.

With tens of thousands of newly arrived immigrants seeking shelter in New York City, PNANY has been moved to respond to the community's most pressing needs. The association led by President Janet Cuaycong; Advisers Carmen Meliton, Mary Joy Garcia-Dia, and Lolita Compas; Executive Board Officers Nora Eusebio, Maia Santarina, and Joji Jalandoni; donated clothes and other essential items to a clothing and food drive at St. Francis on November 5, 2022. Despite it being a very busy day for everyone due to the association's Strategic Planning Meeting, it all paid off, seeing how happy the staff members of St. Francis were to receive the donations.



Although the migrant families were being accommodated and assisted by volunteers as best as they could with whatever resources they had, it was evident that the parents with their children of all ages needed more than just clothing. Fr. Julian voiced his concerns for the families as their church can just do so much in assisting them spiritually, emotionally, and physically. After multiple conversations with Fr. Julian, PNANY Committee Chairs and members decided to continuously donate to the church's community outreach initiative and hold a toy drive for Christmas.



As the holidays were fast approaching, the toy drive was launched on November 17, 2022. All members of the Executive Board and Advisors were on a mission to deliver toys for the migrant children and invited others to participate in the project through an email flyer, social media, and word of mouth. Fr. Julian collaborated with the committee, providing the number of children that registered as well as their ages, ranging between five and 16 years old, to ensure each child received a Christmas gift.

PNANY Past Presidents May Mayor and Lolita Compas were among the first to deliver gifts followed by Community Outreach Committee members Maia Santarina, Nora Eusebio, and Femarie Bedona. In addition, Vice President of

Clinical Services and Community Outreach Member Mary Grace Asufrin led the effort and participation of The Plaza Rehabilitation and Nursing Center in collecting toys for the toy drive. It was really heartwarming to receive the toys by mail or drop offs as well as cash donations which were used to purchase additional gifts. Fr. Julian and the church's staff were truly amazing in accommodating our hectic schedules since toy deliveries were made after work hours.

The holiday toy drive culminated in a Christmas party for the migrant families hosted by Fr. Julian on December 17, 2022. PNANY President Janet Cuaycong; PNANY Past Presidents May Mayor and Mary Joy Garcia-Dia; officers Jacqueline Juele-Schuster, Nora Eusebio, Maia Santarina, Jodi Jalandoni; as well as members Femarie Bedona and Teri Pido were in attendance and assisted in sorting the toys and distributing them to nearly 100 children as families exited the venue. It was an amazing feeling seeing the joy on the children's faces as they opened their bags of toys and treats.

PNANY looks forward to continuing this partnership with Fr. Julian and St. Francis to compassionately help those in need.



By **Quimberly Villamer**, BSN, RN, CMSRN, and **Ellaine Marie Laureta**, BSN, RN
PNA New York

PNANY Inducts New Officers



PNANY Executive Board Officers, Advisory Council, and Board of Directors.

Overlooking Queens through Terrace at the Park, the 2022-2024 Philippine Nurses Association of New York (PNANY) officers commence the term with Broadway music, cultural performances, and speeches from nurse and community leaders during the 27th PNANY Biennial Induction and Awards Night on October 22, 2022.

The event celebrated the achievements of PNANY members and the association as a whole over the past two years in the midst of the COVID-19 pandemic under the leadership of outgoing Chapter President Dr. Warly Remegio.

Dr. Mary Joy Garcia-Dia, the Immediate Past PNAA President, served as the event's keynote speaker while Philippine Consulate General New York Vice Consul Paolo Marco Mapula, PNAA President Dr. Gloria Beriones, and Past PNANY Presidents Veneranda Bacolot, Susan Gador, and Leonila Navarro-Mariazeta delivered messages to the event's 280 attendees.

The inductees included Janet Mary Cuaycong (President), Laarni Florencio (President-Elect), Jacqueline Juele-Schuster (Vice President), Nora Ruth Eusebio (Rec. Secretary), Maia Santarina (Corresponding Secretary), Joy Bautista (Treasurer), Rolando Gatilao (Treasure-Elect), Davy Diongson (Auditor) as well as Aubrey May Agcon, Adrian Artista, Josephine Jalandoni, Liezel Vince Cruz, Quimberly Villamer, Dr. Elvy Barroso, Dr. Laura Garcia, Potrirankamanis Queano Nur, and Jona Caparas for the Board of Directors.

Awards were also conferred to Femarie Bedona for Excellence in Clinical Nursing, Dr. Maria Rosario-Sim for Excellence in Nursing Education, Dr. Brigitte Cypress for Excellence in Nursing Research, Jocelyn Juele-Cesario for Excellence in Nursing Administration, and Dr. Laura Garcia and Jose Planillo for Excellence in Community Outreach.

Chapter President Cuaycong's theme, "STRIDE for Nursing Excellence", serves as PNANY's direction over the next two years. In addition to furthering the association's mission and vision, PNANY's initiatives will be reflective of the acronym S.T.R.I.D.E.—Strength, Transformation, Resilience, Innovation, Diversity, and Equity.



Newly inducted PNANY President Janet Cuaycong delivering her inaugural address.

"As a collective group of dynamic, resilient nurses, PNANY's strength is what we have demonstrated during the pandemic and why we have emerged as 'heroes'," Cuaycong shared during her inaugural address as she acknowledged the grit and talent found in its 250 members and leaders. "PNANY has inspired so many people; our stories and we will continue to be the standard of excellence."

Cuaycong also highlighted the association's commitment to support nurses in all settings as they navigate the ever evolving health care system and deliver high quality care to patients; advocate nursing self-care and mental health; provide opportunities for educational and professional growth for PNANY members in an engaging community; cultivate relationships with governmental organizations and agencies that champion workplace diversity and partnerships to support ethical recruitment, a better workforce, and migration practices; and promote nursing practice that upholds the values of equity and diversity.

The Fall-themed event was well-attended by guests including those who flew from other states to support the new PNANY leadership.





PNA Chapter

NEWS



By **Adrian Artista**, BSN, RN

PNA New York

PNANY Raises Funds for Maguindanao Typhoon Relief



Tropical storms and typhoons are not new to Filipinos. According to a 2013 article by TIME Magazine, the Philippines is the country most exposed to tropical storms, with approximately 20 entering the Philippine Area of Responsibility every year.

On October 29, 2022, Severe Tropical Storm Nalgae, known locally as Paeng, entered the Philippines.

In the Province of Maguindanao, the intense and torrential rainfall wreaked havoc on the area, causing flooding, flash floods, and landslides resulting in enormous damage to properties, loss of livelihoods, and, sadly, loss of lives.

Femarie Bedona, a Philippine Nurses Association of New York (PNANY) member who grew up in Maguindanao, initiated a fundraiser together with PNANY's Community Outreach Committee to help our kababayans in Maguindanao and raised one thousand dollars to assist affected families.

The typhoon relief fundraiser was conducted at the same time as when PNANY's Community Outreach and Ways and Means Committees were in the beginning phases of projects to help with the migrant crisis in New York. These initiatives are a true testament to PNANY's commitment to providing humanitarian aid to alleviate suffering and maintain human dignity for victims of natural disasters and man-made crises.



By Elvy Barroso, PhD, MD, MSc, MPH, MS, RN
PNA New York

PNA New York Outreach Event to Ukraine Refugees



The PNA-NY has joined the Department of Health and Mental Hygiene Bureau of Tuberculosis Control (DOHMH BTBC) Outreach Team in collaboration with Razom for Ukraine in providing outreach services to Ukraine refugees. The event occurred at 59 Cooper Square, New York, on December 17, 2022, from 11 am to 4 pm.



PNA-NY provided blood glucose and blood pressure screening, while DOHMH BTBC conducted a TB screening using a blood-based test, the QuantiFeron test. The screening was well attended. 121 Ukraine refugees came for TB screening, and 24 were submitted for blood glucose and blood pressure screening by the PNA-NY.



By Joel Clemente, MAN, RN
PNA North Texas

PNANT-Dallas Nurses: Catalysts For Life

“As we love and serve our fellow men, we live both commandments. By helping God's beloved children, we show our love for Him. By serving our family, neighbors, and enemies, our love for them grows. The Bible teaches us how to serve others, follow Jesus, and find joy.” -ComeuntoChrist

The heartwarming messages of Greta Pardue (2005 Founding President), Teresita Remo (2020-2022 President), and Geraldine Perez (2022-2024 President) last December 3, 2022 during our PNANT-Dallas General Assembly, Christmas Party and Induction of Executive Board Officers for 2022-2024, has resonated within me and I have come to realize that our community of exceptional nurses are catalysts for life.

Catalysts because our PNANT-Dallas nurses have gone a long way in making a difference in the lives of the people we serve. From community service to praying, loving, and supporting each other in the spirit of camaraderie, friendship and fellowship, we had proven to the universe that “united we stand,” and we're here to help ameliorate peoples' lives in the best way we can by our words, deeds, and actions. Being catalysts for life, selflessly we inspire others to live life to their fullest extent. Thus, in one way or another, living fulfilling and productive lives. We had traveled “the road less traveled” to fulfill the mission and vision of both our association and profession, and will continue to do the same as we journey through life.

Greta Pardue planted the seed of our chapter seventeen years ago. Despite her busy schedule, she is still very active not only in attending programs and activities, but also in giving support, advice, and in giving a pat in the shoulder to both our officers and members.

Teresita Remo and Geraldine Perez have demonstrated their resiliency, leadership skills and are excellent role models. They personify what it takes to be at the forefront of our group. By leading and organizing PNANT events like the bowling tournament, sponsoring concerts, volunteer work through Feed My Starving Children, and conducting stroke awareness programs, - these accomplishments truly inspire nurses.

Our caravan of prudent nurses hereby serve as the voices for those who cannot speak, the eyes for those who cannot see, and the ears for those who cannot hear. The meaningful, fruitful, and wonderful experiences we have as a group speak of our collective effort in making our world a better place to live through our humble ways.

After all, no man is an island. We are here for service. Encouraging, motivating, and inspiring our fellow nurses not only to join our organization, yet most importantly for community service involvement, providing education, leadership development, networking; representing our fellow Filipino American nurses in the PNA. All of which are ways of our giving back to the community particularly to our countrymen. Hence, concrete proofs that we are all in this together for God and country.

PNA Chapter NEWS

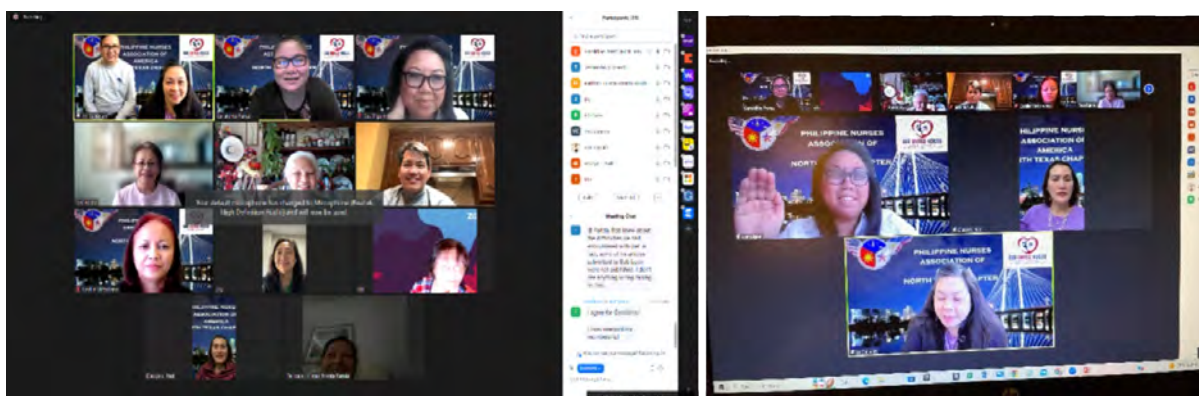


By **Geraldine A. Perez, BSN, RN, RNC-NIC**
President - PNA North Texas -Dallas 2022-2024

PNANT-Dallas starting out strong in 2023

STRATEGIC PLANNING

The New Year has just started and PNANT-Dallas is already forging ahead with several activities to ensure that it remains focused on aligning our organization with the PNA's initiative for "The Future of Nursing 2020-2030."



It all began with the first meeting of the newly inducted Executive Board last January 14, 2023. Board Members Cat Amposta and Gladys Paredes were virtually inducted by PNA Board Member and member of the PNANT-Dallas Advisory Council Melissa Jarque-Cunanan BSN, RN. PNANT President Geraldine A. Perez BSN, RN, RNC-NIC led the meeting through the initial strategic planning phase and reviewed the PNA's goals for the organization. The second phase of the strategic planning will be on February 11, 2023 to map out the PNANT-Dallas activities for the year.

KABALIKAT EMOTIONAL WELLNESS PROGRAM

On the afternoon of January 14th, PNA's Kabalikat Emotional Wellness Program (KEWP) kicked off its first coached Emotional Wellness Session for the Chapter Facilitators and Support Group Members. It was a very informative and productive afternoon with discussions and lectures led by Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, FCCM and Eileen T. O'Grady PhD, NP-BC. The participants interacted with one another through break-out sessions and small-group discussions. The PNANT-Dallas KEWP Group is led by Greta Pardue MSN, RN and Teresita Remo BSN, RN, PCCN; with the following support group members: Emelita Bennett, Joel Clemente, Alma Cruz, Ida Laboga, Gladys Paredes, Geraldine Perez, Kat Siaron and Cecille Victoriano. The overall goal of KEWP is to provide immersive training for Chapter leaders and the support group to eventually serve as resource for their chapter members for resilience skills building and facilitating the emotional well-being of their members.

CAMP



ARUGA



The following week, PNANT-Dallas sent four of their leaders to attend PNAAs Camp Aruga Leadership Bootcamp in Wekiwa Springs State Park in Apopka, Florida. The group joined other chapters from the PNAAs South Central Region in a three day retreat with the following goals: 1) Strengthen unity between the chapters and regions through collaboration and effective communication; 2) Strengthen board competencies for effective governance; 3) Increase engagement and resiliency of chapter members; and 4) Identify action plans to support the Future of Nursing 2020-2030; Charting a Path to Health Equity. The PNANT-Dallas delegation was comprised of Geraldine Perez-President, Cecille Victoriano-Secretary, Mary Joy Sia-Treasurer and Teresita Remo-Advisory Council Member.



PNANT delegates with Dr. Beriones and Dr. Hermosa



PNANT with Dr. Saria

Camp Aruga was led by PNAAs President Gloria Beriones, PhD, RN, NEA-BC and Manny Ramos South Central Region Vice-President and was hosted by the PNA Central Florida chapter. The first day was kicked off by a tour of Wekiwa Springs, followed by orientation to Camp Aruga. After a sumptuous Filipino dinner, it was followed by the Luau themed Networking Night and Bonfire. This was an opportunity for all the attendees to mingle, get to know one another and share their talents with the group. The PNANT-Dallas team got a chance to sing “Love is the Answer” by Raymond Hannisian which was a very beautiful and meaningful song—fitting for the Goals and Aspirations of Camp Aruga and of PNAAs WE CARE Mantra. PNANT-Dallas President Geraldine Perez explained that the lyrics “though we came by different roads, now we walk together...” was very symbolic of how all of us nurses started their career graduating from different universities, practicing in various hospitals and different facets of health care, and then we all became united under one organization, the PNAAs.



PNANT's presentation during the Networking Night



PNANT during a breakout session

The following day started off with an early morning Zumba session, then followed by a very filling breakfast to get our minds and bodies ready for the all-day Leadership Bootcamp. We listened to our distinguished speakers talk about topics such as “Knowing Ourselves”, “Knowing Your Organization”, “Diversity, Equity, Inclusion and Justice”, “Board Competencies for Effective Governance”, and “Advocacy” among others. That evening the participants were given their Pins and Souvenir Cups for completing the course and the night continued on with dancing and karaoke.

The final day started with some Yoga and Tai chi led by PNANT-Dallas, and a farewell breakfast which gave us the chance to thank our hosts and bid adieu to our fellow campmates. It was truly a memorable experience for all of us. It gave us chapter leaders a chance to interact with the leaders of the National Organization in a more casual atmosphere, it also gave us a chance to bond with other chapters in our region. We witnessed firsthand how PNAAs leaders really believed in growing the organization, and how invested they are in developing chapter leaders that will be the future of PNAAs. We all left Florida with a renewed zeal and passion for PNAAs mission, and carry within our hearts the values of Wisdom, Excellence, Collaboration, Advocacy, Respect and Equity.



Texas Leaders with PNAAs President Dr. Beriones, PNAAs Parliamentarian Dr. Hermosa and Manny Ramos SCR VP

(Photo credits: Geraldine Perez and Cecille Victoriano)

PNA Chapter NEWS



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

The Future Looks Bright for PNANT-Dallas



The Philippine Nurses Association of North Texas-Dallas held its Christmas Party and General Assembly last December 3rd at Seasons 52 in Dallas, TX. Members gathered that afternoon to celebrate the chapter's achievements over the past year and to induct the new set of officers for 2022-2024.

The luncheon was hosted by Homer Capiral, MBA, BSN, RN, CVRN-BC PNANT-Dallas Past President and member of the Advisory Council. Melissa Jarque-Cunanan BSN, RN PNA Board Member, PNANT-Dallas Past President and a member of the PNANT-Dallas Advisory Council led the invocation to start the event. Founding President Greta Pardue MSN,

RN, gave an overview of the humble beginnings of PNANT when it was founded 18 years ago and how it has grown to be the organization it is today.

Immediate Past-President Teresita Remo BSN, RN, PCCN gave her report of the organization's achievements for 2020-2022, some of which include our annual volunteer work at Feed My Starving Children, the One Warm Coat event, our annual bowling fest, several educational offerings, as well as our community linkages including the PCCI International annual health fair, our continued membership with FILCON and also our participation in Lonestar Palengke. She then handed out awards to well-deserving PNANT-Dallas members who were instrumental to the success of the organization these last two years. President Remo has been credited



Advisory Council members Homer Capiral and Melissa Jarque-Cunanan



Guest Speaker Dr. Riza Mauricio



for her leadership and dedication, as well as keeping this organization vibrant and flourishing amidst the many challenges it faced during the Pandemic. Under her leadership, our chapter has increased its membership to 96. For her contributions to the Organization, PNAA President Gloria Beriones, PhD, RN, NEA-BC and Manny Ramos South Central Region Vice-President presented President Remo with the PNAA Leadership Excellence Award.

PNAA Board Member Dr. Riza Mauricio PhD, APRN, CPNP-PC/AC, FCCM introduced the PNANT-Dallas Community the Kabalikat Emotional Wellness Program which was launched in December 2022, by the PNAA. The goals of the program are: to conduct immersive Emotional Wellness training for facilitators from each chapter and to promote building/

rebuilding resilience skills through reflective support group meetings geared towards its members. We are proud to announce that PNANT-Dallas will be sending 10 of our members to receive the training and act as Chapter Facilitators of the program.

The Induction of Officers for 2022-2024 was presided over by PNAA Board Member Melissa Jarque-Cunanan BSN, RN. These are PNANT-Dallas Officers for 2022-2024: Geraldine Perez-President, Virgilio Cunanan-President-Elect, Cecille Victoriano-Secretary, Kat Siaron- Assistant Secretary, Mary Joy Sia-Treasurer, Ida Laboga-Assistant Treasurer, Emelita Bennett- Auditor, Eric Napule-PRO, and Board Members Cat Amposta, Nenita Cuellar, and Gladys Paredes.



Addressing the PNANT-Dallas community as PNANT-Dallas President, Geraldine Perez BSN, RN, RNC-NIC reminded everyone that one of the challenges of PNA for 2022 is to keep our organization growing and to work harder as a group to ensure its future. Part of PNA's goals for our organization is to grow our membership by 15%. But apart from growing membership, President Perez stressed the importance of sustaining the interest of its members and keeping them engaged and involved in the organization. She reminded everyone that all of us have varying reasons for joining PNANT-Dallas. Everyone has their own level of commitment. Some are here to get CE's. Some want to be a part of a nationally recognized organization. Some are here because of their career ladder at work. Others joined for the chance to develop themselves as nurse leaders. Some are here to enjoy social events, and some are here because they find fulfillment in giving back to the communities we serve. Whatever the reason, President Perez emphasized that PNANT-Dallas has all that to offer and more; and that she truly hopes that each member will find their own reason to stay. She also invited everyone to join the various PNANT-Dallas committees to participate and support the various projects lined up for the next two years.

As another chapter unfolds in the history of PNANT-Dallas, its future looks bright. With emerging leaders like the new set of officers and an experienced and inspiring Advisory Council, PNANT-Dallas can look forward with excitement for what lies ahead.



(Photo credits: Earl and Geraldine Perez)

SA PAGSIKAT AT PAGLUBOG NG ARAW

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

Namumutawi –tawi namin ang pagsikat ng araw

Sa may dakong silangan...
Dala ng panibagong pag-asa
At buhay sa bawat tao.
Tulad ng gulong ng palad...
Paminsan-minsan nasa itaas at ibaba.

Sadyang ang liwanag ng araw...
Ay tunay nagbibigay ng walang humpay na
Kulay at kapayapaan sa sangkatauhan.
Tulad rin ng mga ibon malayang lumilipat sa himpapawid.

At sa paglubog ng araw sa may dakong hilaga...
Ito'y nagpapahiwatig lamang ng katahimikan
Sa puso't-isipan ninuman...
Habang lumilipas ang kadiliman ng gabi.

SUNRISE, SUNSET

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

Translated from the poem "Sa Pagsikat At Paglubog Ng Araw"

We utter and watch the rise of the sun
In the east...

Bringing new hopes and new life to each person.
Like the wheel of life...

Rolling in up and down motion from time to time.

In reality the light of the sun...
Truly gives never ending color
And tranquility to the entire human race.
Just like the birds freely flying in the air.

And as the sun set in the north...
This signifies quietness to each
Individual's heart and mind...
While darkness transient the night.



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

PNANT-Dallas Brings Christmas Cheer to DFW Kids



PNANT-Dallas celebrated their Christmas Party and General Assembly on December 3rd, 2022. As one of the traditions of PNANT-Dallas, members donated unwrapped toys to drop off at Toys for Tots to distribute to children in need in the DFW Metroplex.

Our big red wagon was filled with an assortment of toys for kids of various ages. Members of the PNANT-Dallas Executive Board and Advisory Council were present during the turn over event, among them were Geraldine Perez-President, VJ Cunanan-President Elect, Cat Amposta-Board Member and Advisory Council Members Tess Remo, Melissa Jarque-Cunanan and Farida Minner.

Thanks to the donations from PNANT-Dallas, we were able to fill one box of toys that were dropped off at the Valley Ranch Association Toys for Tots location.



By **Gemma Rio**, DNS, CPH, APRN, GNC-BC, FCN
PNA Northeast Florida (PNANEF) Past President and Advisory Council

PNA Northeast Florida's Advocacy during the Holidays

Christmas is our favorite time of the year when we all gather round and celebrate the holiday cheers! Since 2004 our PNA family joined in honoring traditions of getting together, attend the Simbang Gabi 9 days novena as well as making time for those in need.

PNANEF kicked off December by Charitable Giving Grocery Collection for UCOM Urban Service. UCOM has been working since 1979 to make sure no one faces hunger or crisis alone by: providing food services to individuals and families living with food insecurity; delivering daily meals provided by Aging True's Meals on Wheels and FNEF's Shared Meals program; and providing case management for families and individuals to help end their cycle of crisis.

- December 1: Jar of Peanut Butter
- December 2: Jar of Jelly or Jam
- December 3: Box of Cake Mix
- December 4: Bottle of vegetable Oil
- **Some members contributed 1 Jar of Peanut Butter, 2 Jars of Jelly or Jam, 3 boxes of Cake Mix and 4 bottles of Vegetable Oil*
- December 5: 2 cans of cream of soup
- December 6: 2 cans of green beans
- December 7: 1 big can of Pork and Beans
- December 8: 1 box of Spaghetti
- December 9: 1 jar of Pasta Sauce



A Christmas party potluck was held at the Tamaya Clubhouse on December 10. Grocery collection for UCOM Urban Service was brought in for delivery. The Executive Board did an excellent job with decoration, food preparation and executing the Christmas games. An all-time favorite



was the Christmas Left Right game for gift exchanges. There were several invitations from local Fil-AM and PNA sister chapters' events. It was such a busy month, but some members of the organization were able to represent PNANEF.





For 2022, we did not lose sight in assisting newly arrived nurses in Jacksonville, Florida and advocating for ethical practices in recruitment of international nurses. PNANEF participated in meetings coordinated with the PNAA Human Rights and Global Affairs Committee. A series of webinars will be hosted by PNAA to educate all chapters regarding the new wave of recruitment of foreign nurses to the USA.

Romy & Victor with new talented nurses from the Philippines

PNA Chapter NEWS



By **Jenilee Candari Macavinta, MPH, BSN, RN**
PNA Ohio

PNA Ohio Updates

The Philippine Nurses Association of Ohio (PNAO) has a rich history and a successful run of events in the past thirty-one years. Founded in 1992 by Alicia Anloague Tupaz in Northeastern (NE) Ohio, PNAO has enjoyed steady and active membership despite being one of the smaller organizations within PNA.

The past couple of years has been particularly challenging for this smaller organization due to the COVID-19 pandemic. With lockdowns and strict rules regarding gathering in groups, PNAO members and the Filipino community of the Greater Cleveland area could not convene to celebrate our heritage and benefit from the free healthcare sessions that the nurses routinely offered. This also posed some difficulty in recruiting members since there were no events to participate in.

This presented a new obstacle for the incoming president, Dr. Audrey Tupaz Godoy. Having earned her doctorate in nursing practice and specializing in cardiology, she's no stranger to tough challenges. But this challenge is particularly special; her mother is Mrs. Alicia Tupaz, and Dr. Godoy hopes to keep her founding legacy and PNAO alive and strong. So, Dr. Godoy started off her presidency with several initiatives in place and a special team of executive members to implement her plan of increasing membership and activity within PNAO.

With the recent ease of COVID restrictions, PNAO and its new executive board has hit the ground running with many meetings and events. Monthly meetings feature nursing educational updates by members and AHA CPR training. Meet and greets include getting to know members outside the PNAO community, new nurses and nursing students, and incoming nurses from the Philippines. The organization also holds free blood pressure and diabetic screenings throughout Greater Cleveland. PNAO has formed several partnerships and collaborations with the following: AHA Cleveland Chapter, the Cleveland Clinic and Cleveland Clinic Outreach programs, Philippine American Society of Ohio (PASO), American Philippine Physicians of Ohio (APPO), Business Volunteers Unlimited (BVU), Midwest Association of Filipino Americans (MAFA), The Ohio State Pilipino Student Association (OSU PSA), and the Philippine Cultural Garden Proposal.



On Saturday, January 21, at noon, PNAO will have its monthly meeting. Next month PNAO will hold its Cleveland Chapter Induction ball and Valentine's celebration on Saturday, February 11, at six o'clock in the evening at the Philippine Cultural Center in Parma, Ohio. The ball will feature a catered dinner, dancing, and raffle baskets. January and February events also include participation in the PNAAF International Collaborative Conference in Ilocos Sur, Philippines, on January 21-22, the City of Cleveland Health Fair on February 14, and the City of Cleveland Lunch and Learn Heart Health on February 23.



These are only a handful of the several activities that PNAO has to offer. Each month there are several opportunities through PNAO that NE Ohio nurses, students, and members can partake in: meetings, Filipino dinners, networking, volunteering in screening services or outreach programs, and continuing education. This is a truly exciting time to be a part of the Philippine Nurses Association of Ohio. We look forward to witnessing the continued success of PNAO and Dr. Godoy's dream of keeping the organization and her mother's founding legacy alive.

For more information on PNAO and its events or to inquire about membership, please visit Facebook: PNAO, Instagram: pnao.cle, www.pnaohio.com, or contact PNAO at PNAOhio@gmail.com.





PNA Pennsylvania Christmas Party Celebration







By **Marie Navarro, MSN, CCRN**
President, PNASC West LA Subchapter

PNASC & West Los Angeles Subchapter Christmas celebration for a cause



Christmas is a celebration of the birth of our Lord Jesus Christ and a special time of giving. The PNASC & West Los Angeles Subchapter held its yearly Christmas celebration on December 10, 2022, @ Bistro Pilipino. West Covina. It's a party for a cause mainly for the kids @ Siquijor, Philippines. The community outreach committee of the organization is partnering with the UST nursing alumni association for a Medical Surgical mission and dental kit drive scheduled on February 2-6, 2023 headed by Dr. Dan Bernal & PNASC & West LA Presidents Maria Sagun & Marie Navarro, with the special participation of Catherine Rubio President Elect PNASC & Mindy Ofiana as the active PNASC Community Outreach adviser and previous President. The Christmas celebration was also well attended by other PNASC executive Boards, PNA previous President Dino Doliente, USA - Philippines Business Association Adrian Lecaros & our Philippine Consulate Representative Vice Consul Joan Macrise Corrado, Ms. Josie de Jesus, Dr. Emma Cuenca & Mindy Ofiana PNASC previous Presidents & Advisors. Jojo & Alyssa Riguerra also rendered a unique number by signing "Pasko Na Sintá ko." We from the PNASC & West Angeles Subchapter Community Outreach committee are very grateful to our supporters. We wish everyone a Merry Christmas filled with Peace, Joy & Love to all.

PNA Chapter NEWS



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

Philippine Nurses Association of Southern California Education and Research Committee PNASC and UCI MIND Alzheimer's Dementia AHEAD Clinical Trial



Melanie Tallakson, Consul General Badajos, Velma Yep



Once again, the PNASC, in collaboration with the University of California (UCI) MIND Alzheimer's Research project AHEAD Study Trial, provided community education. This time, the community education program was conducted at the Philippine Consulate General Office in Los Angeles, CA. PNASC and the UCI

MIND study personnel were privileged to have the presence of the Consul General Atty. Edgar Badajos at the education program. The program was presented by Dr. Velma Yep and Dr. Melanie Tallakson, nurse practitioners specializing in geriatrics health.

Through education, we as healthcare providers can increase community awareness, information, and knowledge of healthy brain aging, Alzheimer's disease, and participation in research and clinical trials to find possible means to decrease the progress of Alzheimer's disease. To date, there is no cure for Alzheimer's Dementia; there are, however, treatment modalities to augment the symptoms.

The AHEAD Study is the first research study to help prevent Alzheimer's disease at the earliest stage by enrolling participants as young as 55 and using a tailored dosing approach. Lecanemab has been previously shown to reduce the amyloid burden in the brain of patients with symptomatic Alzheimer's disease. It had been indicated for mild cognitive impairment or mild dementia stage disease by reducing the accumulation of amyloid beta plaques in the brain. As of January 8, 2023, the FDA had just approved Lecanemab under an accelerated pathway to be sold under the brand name Leqembi from the Japanese pharmaceutical Eisai. The study is in its phase 3 of the clinical trial.

To participate in the study: Study participants:

- Make a four-year commitment involving in-person and telephone visits with study researchers every two to four weeks.
- Have a close friend or relative who sees and talks with the participant weekly and can serve as their study partner.
- Receive \$50 per visit they attend for their time.

Each study visit includes a discussion and assessment of the following:

- Medications and general health

The PNASC executive board and members continue to be actively involved in community outreach and education as part of their volunteer work to adhere to the organization's mission and goals.

Mission Statement

As the official professional organization of Filipino American nurses in Southern California, PNASC will uphold its constituent members' positive image and welfare, promote professional excellence and contribute to significant outcomes for healthcare and society.

Goals

Promote activities that will unify Filipino American nurses in Southern California. Collaborate with professional organizations and agencies in developing and implementing programs relevant to nursing practice, education, and research. Participate actively in community activities that directly and indirectly impact nursing and healthcare.

PNA Chapter NEWS



By **Arlene D. Layupan, MAN, RN**
PNA Tennessee

Year-end Sparkly Event For PNA-TN



The Year 2022 was great for PNA-TN! Are you interested to know why? Read through the end to know. PNA-TN, as an organization, is actively involved in the activities of its community and, at the same time, meeting its goals and adhering to its vision and mission. Part of the goals of the PNA-TN is to help their fellow Filipino nurses in their community and to increase its membership. Before the year 2022 ended, a good number of Filipino nurses arrived in Memphis hired by different agencies and assigned to various health facilities. Members of the association extended their helping hands and provided for the needs of these new nurses and their families by utilizing their resources. The organization worked together as a community to reach out to these new nurses and their families and help them adjust to the new life in America. You can see in the faces of these Filipino nurses and their families the glow in their faces brought about by happiness and disbelief that Good Samaritan still exists. In addition, the officers and members of the PNA-TN were invited to join the “Christmas get-together” sponsored by Methodist University Hospital. At this event, the officers and members could meet and greet newly arrived Filipino nurses and create connections. Aside from that, the PNA-TN is regularly invited to join the Methodist orientation for their newly hired nurses to educate them that there is an association of Filipino nurses in the city to help them ease homesickness, make them feel supported, and can have somebody to go to whenever they need some assistance and guidance in their new life journey here in the US. Overall, we can say that the PNA-TN association here in Memphis, TN, has started to make a name and be recognized by significant nurse employers in the city.



On the other hand, PNA-TN was successful in its fundraising event too. The most essential and exciting fundraising activity that the organization has done this year was a band concert participated by local Filipino artists. Guess what?

The local artists I am talking to are not just some nurses who are members of the association but nurses' husbands and kids! Would you agree with me that PNA-TN has great hidden talents? Kidding aside, the PNA-TN raised a substantial amount from this event. This fundraising event was actively participated in and supported by the locals from the Memphis area and the neighboring state of Mississippi and Arkansas. Moreover, the members of the board and the officers, spearheaded by their president Ms. Rhodora C. Marquez, had their Christmas party and a year-end meeting last December 2. They have discussed various plans to propel the organization's goal for 2023. They were looking forward to more activities to help the growing population of nurses in Memphis, TN, and to mobilize their members to actively participate in

the organization in achieving its vision, mission, and goals. Lastly, the PNA-TN officers and its board would like to extend their heartfelt gratitude to its members for actively supporting and participating in all activities of their local chapter. We could not have done our accomplishments without your efforts, suggestions/feedback, and, most significantly, their support. We will continue to press on and look forward to more member-centered activities that could help the well-being and welfare of our fellow Filipino nurses. Have a prosperous and happy new year y'all!

21st PNAA WESTERN REGION CONFERENCE MAUI, HAWAII



OUR UNITED VOICES

WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY

Lokahi (United) WE CARE



Empowering Excellence with Aloha

HOSTED BY
PNA MAUI, HAWAII
APRIL 20-23, 2023





LOKAHI (United): WE CARE

Registration

You may register online at www.mypnaa.org
Cancellation Policy: Up to 30 days before the event is subject to a 25% charge, and cancellation 15 days before the days up until the event is subject to a 50% charge.
All cancelations and inquiries must be emailed to:
COL (Ret) Bob Gahol, Western Region Vice President, at bgahol@hotmail.com

Travel Information

Airport Code is OGG (Kahului, Maui)

Distance to Hotel is approximately 9 miles.
Hotel Shuttle service is available. For pick-up, call (808) 877-0051

Hotel Accommodation

Maui Beach Hotel (<https://www.mauibeachhotel.com>); Promo Code: PNAA

Discount code is available for reservations for April 19-24, 2023. Two double or one queen in each room (no rollaway). Rooms are based on availability.



21ST PNAA WESTERN REGION CONFERENCE PLANNING COMMITTEE

CHAIR: DR. GLORIA BERIONES, PNAA PRESIDENT

OVERALL CO-CHAIRS:

DR. MARLON SARIA, PNAA PRESIDENT-ELECT
COL (RET) BOB GAHOL, PNAA WESTERN REGION VICE PRESIDENT
MS. ANGELINA SAIKI, PNA MAUI HAWAII PRESIDENT

MS. ASTER VARGAS, PNAA TREASURER
DR. LEO JURADO, PNAA EXECUTIVE DIRECTOR
DR. MARY DIOISE RAMOS, PNAA EDUCATION COMMITTEE CHAIR
MS. ARLITA PANG, PNAA WAYS & MEANS COMMITTEE CHAIR
MS. CAROL ROBLES, PNAA COMMUNICATION & MARKETING COMMITTEE CHAIR
MS. CARMINA BAUTISTA, PNAA BUSINESS DEVELOPMENT COMMITTEE CHAIR
DR. NINOTCHKA BRYDGES, PNAA ACCREDITED PROGRAM PROVIDER DIRECTOR
MS. MARIA THERESA SAGUN, PNAA WR CIRCLE OF PRESIDENT REGIONAL REPRESENTATIVE

HOST CHAPTER PLANNING COMMITTEE

CHAIR: MS. ANGELINA SAIKI, PRESIDENT
CO-CHAIR: MS. JENY BISSELL, PRESIDENT-ELECT
CO-CHAIR: MS. CHRISTINA LUCY PORTE, IMMEDIATE PAST PRESIDENT
MS. JEANELYN ONNAGAN, TREASURER
MS. ROWENA BAYSA, EDUCATION COMMITTEE CHAIR
MS. BEATRICE RAMOS-RAZON, PNA MAUI ADVISOR

CONFLICT OF INTEREST DISCLOSURES

*THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES.
THE PNAA WESTERN REGION CONFERENCE PLANNING COMMITTEE RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE. IT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY AND/OR PROPERTY DAMAGE TO ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.*



LOKAHI (United): WE CARE

CONFERENCE OVERVIEW

PNA Western Region is dedicated to delivering an educational experience that exemplifies excellence in leadership and exceptional practice together with the rest of the 16 chapters. Our speakers are well-known leaders, subject matter experts, and industry executives. We are thrilled to be able to present this Western Region conference and appreciate PNA Maui Chapter for hosting this wonderful event.

Through our national collaboration with PNA, we are excited to bring this 21st Western Region Conference. Our theme "LOKAHI (United): WE CARE" will bring together participants to promote unity and health equity. The event will also highlight the need for contemporary, evidence-based knowledge, and high impact practices in order to advance advocacy, collaboration, and excellence.

Contact Hours

The 2-day event will award a total of 8.5 contact hours (3.25 contact hours for Leadership Institute Day and 5.25 for Education Day). Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation: P0613. The Planners and speakers have declared no relevant financial relationships with ineligible companies.

Leadership Institute Objectives

At the end of the Leadership Institute Program, the participants will be able to:

- Recognize effective strategies and approaches to build high performance teams.
- Describe the importance of power to positively influence others and the capacity to set stellar standards for workplace practices.
- Discuss the value of aptitude to understand people, inspire others to embrace vulnerabilities, and create a nurturing environment.
- Identify how to create high-performing teams and the qualities of a successful leader.

Education Day Objectives

At the end of the Education Day Program, the participants will be able to:

- Recognize the importance of unity and collaboration in promoting mental health care.
- Describe exemplary evidence-based practices in enhancing nursing care competencies.
- Discuss how nurses can effectively work together to achieve health equity
- Identify strategies in strengthening and providing communities with resources and support to address health disparities.

April 21, 2023

8:00 - 9:30

PNA Executive Board Meeting

9:30 - 11:30

Western Region Meeting

11:00 - 17:00 REGISTRATION

CELEBRATION SCHEDULE

<i>Welcome Night</i>	April 20, 2023 6:00 PM
<i>Networking Night</i>	April 21, 2023, 6:00 PM
<i>Gala Night</i>	April 22, 2023 6:00 PM
<i>Eucharistic Celebration</i>	April 23, 2023 10:00 AM



LOKAHI (United): WE CARE

April 21, 2023 Leadership Institute Program

11:30 - 12:30 **REGISTRATION / LUNCH**

12:30 - 12:35 **WELCOME REMARKS**

BOB GAHOL, MBA, MPA, MMAS, MSS, BSN, RN, COL (RET) US ARMY
WESTERN REGION VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

12:35 - 13:05 **PNAAC COLLABORATION ON THE GO**

GLORIA BERIONES, PHD, RN, NEA-BC
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

13:05 - 13:35 **PNAAF UPDATES**

NANCY HOFF, MSN, RN
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION

13:35 - 13:40 **INTRODUCTION & ANCC DISCLOSURES**

MARY DIOISE RAMOS, PHD, RN
EDUCATION CHAIR, PHILIPPINE NURSES ASSOCIATION OF AMERICA

13:40 - 15:10 **DATA-DRIVEN PROGRAMS: BUILDING HIGH-PERFORMANCE TEAMS WORKSHOP**

MARLON GARZO SARIA, PHD, RN, AOCNS, NEA-BC, NPD-BC, FAAN
PRESIDENT ELECT, PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.

BREAK/ EXHIBIT

15:10 - 15:40

LEADERS TOOLKIT: FOSTERING EMOTIONALLY AGILE LEADERSHIP

15:40 - 17:10 BOB GAHOL, MBA, MPA, MMAS, MSS, BSN, RN, COL (RET) US ARMY

WESTERN REGION VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

DINO DOLIENTE III, DNP, MBA, RN

PRESIDENT OF QUALITY & INNOVATION, ROCKPORT HEALTHCARE SERVICES

LOURDES MOLDRE, MSN, RN, ACNP-BC

PATIENT CARE DIRECTOR, MOUNT ZION HOSPITAL UCSF HEALTH

EVALUATION

17:10 - 17:15

18:00 - 22:00

Networking Night

"Hawaiian Luau"

Christ the King Parish Hall
20 W. Wakea Ave
Kahului, HI 96732

CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES
THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNAAC) (I) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE (II) ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY, AND (III) HEREBY
NOTIFIES ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE



LOKAHI (United): WE CARE

April 22, 2023

Education Day Program

- 7:00 – 8:00** **REGISTRATION/ BREAKFAST**

- 8:00 – 8:05** **WELCOME REMARKS**
ANGELINA SAIKI, BSN, RN
PRESIDENT, MAUI CHAPTER

- 8:05 – 8:35** **STATE OF PNAAC ADDRESS**
GLORIA BERIONES, PHD, RN, NEA-BC
PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

- 8:35 – 8:40** **INTRODUCTION & ANCC DISCLOSURES**
ROWENA "NIKKI" BAYSA, MSN, ARNP, RN
EDUCATION CHAIR, MAUI CHAPTER

- 8:40 – 9:40** **KEYNOTE SPEAKER**
CARL V. HILL, PHD, MPH
CHIEF DIVERSITY, EQUITY, AND INCLUSION OFFICER, ALZHEIMER'S ASSOCIATION

- 9:40 – 10:40** **COLLABORATIVE CARE FOR PROMOTING MENTAL HEALTH CARE SERVICES**
GIULIETTA SWENSON, PSYD
CLINICAL PSYCHOLOGIST, MAUI MEMORIAL MEDICAL CENTER AND INDEPENDENT PRACTICE

- 10:40 – 11:10** **BREAK/ EXHIBIT**

- 11:10 – 12:10** **DON'T LET BURNOUT SINGE YOUR POSITIVE OUTLOOK**
ELIZABETH BERRY, DNP, RN
NURSE EDUCATOR, HAWAII PACIFIC HEALTH

- 12:10 – 13:10** **LUNCH/ EXHIBIT**

- 13:10 – 14:10** **NURSES TRANSFORMING HEALTHCARE THROUGH EVIDENCE-BASED PRACTICE:
ARE YOU READY?**
ROSE HATA, DNP, MBA, RN, APRN, CCRN-K, CCNS, NEA-BC
DIRECTOR, THE QUEEN'S MEDICAL CENTER

- 14:10 – 15:10** **PNAAC MAKING STRIDES IN ACHIEVING HEALTH EQUITY**
LEO-FELIX JURADO, PHD, RN, APN, NE-BC, CNE, FAAN
EXECUTIVE DIRECTOR, PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.

- 15:10 – 15:30** **EVALUATION & CLOSING REMARKS**
BOB GAHOL, MBA, MPA, MMAS, MSS, BSN, RN, COL (RET) US ARMY
WESTERN REGION VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA

- 18:00 – 23:00**

Gala Night

"Somewhere Over The Rainbow"

Maui Beach Hotel Ballroom

CONFLICT OF INTEREST DISCLOSURES

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NOTIFIES ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.

Walk for a
Chance to
Participate in the



“Cruise for Hope”

**PNAAF 5K WALK
CHALLENGE**

2023



**\$35.00
per walker**



44th PNAA National Convention

Host:

PNAA 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

myrnaafoundation.org

TAG US on SOCIAL MEDIA

Check Payable to: PNAAF
 Send to: **Vilma 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

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 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

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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 44th 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.

Vilma 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>
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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



Philippine Nurses Association of America Foundation, Inc.
A 501(c)(3) ORGANIZATION

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

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5K RUN/WALK PNAAF/PNAFC WELLNESS CHALLENGE

LEVELS OF SPONSORSHIP AND PROMOTIONAL OPPORTUNITIES

LEVEL OF SPONSORSHIP CATEGORIES PROMOTIONAL OPPORTUNITIES	DIAMOND \$5,000.00	PLATINUM \$3,000.00	GOLD \$2,000.00	SILVER \$1,000.00
Name /Company Logo on 5K Brochure and posting on PNAAF website and social media	Yes (additional 1-year post event)	Yes (additional 6 months post event)	Yes (additional 3 months post event)	Yes (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



44th PNAA NATIONAL CONVENTION



JULY 16-23, 2023

ABOARD ROYAL CARIBBEAN'S WONDER OF THE SEAS



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

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

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



HOSTED BY THE PHILIPPINE NURSES ASSOCIATION OF CENTRAL FLORIDA