

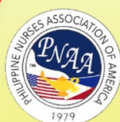


inside PNAA

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



Nurses Month 2023: You make a Difference



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



EDITORIAL



The month of May is a time to celebrate and honor all nurses. This year's theme, "You Make a Difference," is truly fitting for our vital role in optimizing health, advancing health equity, and ensuring all people have access to quality health care. The National Nurses' Month celebration is divided into four weekly focus areas — Self-Care, Recognition, Professional Development, and Community Engagement.

Week 1, Self-Care is dedicated to cultivating and maintaining optimal mental and physical health. Week 2, Recognizing nurses who lead, excel, and innovate in our healthcare systems and communities. Week 3, Professional Development, to improve our skills and knowledge to become better practitioners, excel and lead in our nursing career, or help others in their professional nursing journey. Week 4, Community Engagement, focuses on engaging with our community by educating them on what nurses do besides patient care. Nurses are also involved in advocacy, shaping public policy, or serving on organization boards.

We asked our members to share their perspectives on these four weekly focus areas in this month's newsletter. They shared their thoughts on self-care and emphasized that self-care is about taking care of our physical health and improving our mental well-being. In our Palakpakan Corner, you will read about the inspiring accomplishments of several PNAA members. You will read stories about professional development and community engagement activities in the chapter news and updates section.

I am genuinely proud of this month's newsletter because our members' incredible work for their patients, community, and PNAA is being shared in our newsletter. I hope their stories inspire and motivate you to stay involved in our great organization. Happy Nurses' Month!

Bob Gahol
Editor-in-chief

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ABOUT INSIDE PNAAC

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

Our Vision:

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

Our Goals:

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

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INSIDE PNAAC is published as the Official Newsletter of the Philippine Nurses Association of America, Inc.
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President's Message



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

Happy National Nurses Month! Wow! Indeed, it is a month of recognition and celebration for nurses' significant contributions to healthcare, society, and humanity in the United States and globally. May 1-31, 2023, National Nurses Month Celebration, the American Nurses Association (ANA) selected the theme "You Make a Difference." Notably, we have the whole month of May to rejoice and celebrate the "NURSES!" The four areas that nurses must focus time and energy: **Week 1- Self Care; Week 2- Recognition; Week 3- Professional Development; and Week 4- Community Engagement.** *First week is modeling of self-care behaviors* by staying motivated and inspired to stay healthy and vibrant! *Second week is about recognition*, recognizing our fellow nurses for their outstanding work in providing the best care and services to patients, including those coaching & mentoring new nurses in practice. Let us continue to acknowledge the excellent contributions of our fellow nurses at the bedside, in various nursing specialties, including those in academia. *Week three is nurses' professional development*, valuing nurses' professional advancement through higher education, specialty certifications, membership to professional organizations & attending/participating in nursing seminars & conferences. *Fourth week is community engagement.* Nurses are not only providing patient care they are contributing their time, talents, and resources in promoting health equity to underprivileged people: homeless & those without healthcare access to mention a few. There are exemplary PNAA chapters across the country that are providing free healthcare to indigent people.

The month of May is the recognition and celebration of many contributions of the Asian American Native Hawaiian and Pacific Islander (AANHPI) communities in the rich history of North America and the future advancement of this country. Honoring the AANHPI rich heritage speaks to the true meaning of diversity, inclusivity, and equity that we continue to promote and advance in our practice and daily lives. Since 2020, the PNAA/ PNAAF have partnership with Asian Pacific Islander American Health Forum (APIAHF) through CDC Project Firstline Infection and Prevention Control of COVID-19 and other infectious diseases. The PNAA/PNAAF have conducted series of education & training webinars for AANHPI healthcare workers on infection & prevention control translated in five Asian languages, one of which is Tagalog. A CDC physician was always present during the live webinars : Prevention Control Champions. I am honored to share the good news that awarded, an APIAHF organization award at the 2023 APIAHF Health Washington, DC. Thank you to Dr. Mary Joy Garcia-Dia, Mrs. Nancy Hoff, Mr Saria, Dr. Romeo DeVera, and Dr. Jennifer Aying for their significant contribution to Firstline, infection and prevention control.


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



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

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

Job Responsibilities

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

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

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

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

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

Contact Information:

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

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



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

Organization: Pediatrics

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

Position Description

Application link: https://ap.washington.edu/ahr/position-details/?job_id=108789

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

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

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

The successful applicant will be expected to:

General expectations

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

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

Research

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

Education

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

Qualifications

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

Instructions

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

Equal Employment Opportunity Statement

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

Benefits Information

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

Commitment to Diversity

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

Privacy Notice

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

Disability Services

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

COVID-19 Vaccine Requirements and Information

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

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RN's (FULL TIME)

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

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

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

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Contact Maria Partridge

mpartridge@geogroup.com

To APPLY for FOOD SERVICE/COOK -

Contact Luz Ferez

Luz.ferez@geogroup.com

APPLY ONLINE jobs.geogroup.com

EQUAL OPPORTUNITY EMPLOYER



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

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

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

Talk to your patients about their risk.

LEARN MORE →





PNAA Career Center

Employers:

- **EMAIL** your job directly to nursing professionals
- **PLACE** your job in front of our highly qualified members
- **SEARCH** our resume database of highly qualified candidates
- **MANAGE** jobs and applicant activity right on our site
- **LIMIT** applicants only to those who are qualified
- **FILL** your jobs quickly with top talent

Job Seekers:

- **POST** multiple CVs and cover letters. Choose an anonymous career profile that leads employers to you
- **SEARCH** and apply to hundreds of fresh jobs on the spot with robust filters
- **SET UP** job alerts and get an email when a job matching your criteria is posted
- **RECEIVE** career advice, interview and networking tips, and more

jobs.mypnaa.org



What is Self-Care? from the iPNAA Editorial Team



Photo credit to Teresa Gonzalvo

We all know that nurses are always under pressure due to the demands of the profession. It is our innate nature to always give to others, and not expect something in return. As a result, we experience more stress and anxiety than usual. In this Nurses' Month, the inside PNAA Editorial team emphasizes one of the four focus areas, which is Self-Care. We use Nurses' Month as a personal celebration to pay attention to look after ourselves. Here are some examples:



Keeping my Cup Full

Bob Gahol

Inside PNAA Editor-in-Chief
PNAA Western Region Vice-President
PNAA Foundation Board of Directors

I take care of myself by spending more time outdoors. I am fortunate to live in Hawaii where the weather is warm and comfortable year-round, so do a lot of hiking, golfing and water sports. I also enjoy traveling which helps alleviate my stress. Enjoying nature fills my cup. When my cup is full, I have more to give or share with others.



Self Care is...

Carol Robles, BSN, RN, DNS-CT, RAC-CT

President, PNAADC

PNAA Communications & Marketing Committee Chair

Self-care is....Making time for my friends is crucial for my self-care routine, and nothing beats the pure joy and satisfaction of our one-week cruise from last year. It was an absolute blast, and relaxing and enjoying the company of those closest to me left me feeling recharged and revitalized.



Carol Robles with friends aboard Royal Caribbean's Enchantment of the Seas

What is self-care?

Velma Yep

Associate Editor, inside PNA
PNA Southern California VP 2022-2024

For me, self-care means freeing myself of worries, burdens, and daily routines. Going to the beach on a sunny day, where I feel the sand on my feet, inhale the fresh ocean air, feel the sunshine on my skin, and perform my physical exercises, is one of the self-care regimens I do. Along with this, I use tons of sunblock. This self-care regimen provides mental, emotional, and physical well-being!



The Pause for Self-Care

Teresa Ignacio Gonzalvo

Associate Editor, inside PNA

How often do we take the time to completely pause from our day to day To Do List? When was the last time we stopped to take a deep cleansing breath, read a novel and sit by the pool? Perhaps we may not remember because they are few and far between.

Retirement brings more opportunities for self-care. As a nurse who worked full-time and volunteered on weekends, self-care was unheard of except for the occasional massage and pedicure. Stress was part of everyday life, and most of the time, my cup overflowed. Fast forward as years add up, health concerns multiply, aches and pains remind us of the many birthdays we have had, plus our medicine cabinet is running out of space.

Reality check- take care of yourself! Thus the creation of a meaningful exercise schedule, and a diet regimen, playing with the grandkids, and giving myself permission to take a break and do something I love to do. Nurses, now more than ever before, have to prioritize self-care to balance family life, work responsibilities, and healthcare needs. It is an investment for our future happiness, a focus on wellness and prevention of illness to experience love and be able to give back to the family and community. Pausing more frequently, eating healthy, staying mobile daily, praying, and just breathe! The Serenity Prayer is the source of my strength through the past several decades. While these are baby steps, they are building blocks to better self-care. Try them!



Communing with Nature

Ariel Zabala, MN, RN, CEN
insidePNAAs Advisor

Communing with nature mutes the hustle and bustle of our daily routine as nurses. It is always worth the while when you have reached your destination, knowing that your hard work and resilience have paid off.





Self-Care! Why do it?

By Alicia Tullo

Inside PNAA Associate Editor
President, PNACF, 2020-2022

If you are like me, you probably hear the word “self-care” more often these days. When you type self-care in Google search, you will find several pages of results. I believe it became popular because millions were negatively affected by the pandemic. We are looking for answers to the feelings of misery, loss, loneliness, confusion, lack of motivation, physical weakness, mental fog, etc. I heard people say, “I don't feel right, and I don't understand why?”

According to Dr. Paula G. Lopez, an associate professor in the psychological and educational consultation department at Fairfield University in Connecticut, the need for self-care is because there is an epidemic of anxiety and depression. She says, “Everybody feels it.” Self-care seems to be a part of the answer to how we can all better cope with daily stressors. Whether it's the stress of keeping up with the pace of life related to work, or the increasing demands due to technology, such as emails and messages flooding into our inbox, it appears people are feeling less able to slow down or unwind, lonelier, overwhelmed and more anxious according to many people I spoke to in all walks of life.

So, when your job entails dealing with individuals with physical ailments, and mental and emotional issues, those feelings are multiplied and magnified. Nurses are vulnerable! Nurses are expected to have the physical fitness to be able to carry out the physical activities needed to perform certain tasks necessary to render care. We need to have the mental and emotional strength to deal with the chaotic activities within our shift and remain alert, knowledgeable, sharp critical thinkers, organized, and quick problem-solvers. We as nurses must take care of ourselves in order to be able to care for others. We cannot give something we don't have.

So, what does self-care mean? What does it entail? The World Health Organization defines self-care as: “the ability to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.” This clearly means that self-care includes everything related to being physically healthy, including nutrition, hygiene, and all steps one can take to manage stressors and take care of one's own health and well-being. Research suggests that self-care has the ability to promote positive health outcomes such as fostering resilience, living longer, and being better equipped to manage stress. It means incorporating self-initiated behaviors that people choose





to do to promote good health and general well-being. According to Marni Amsellem, Ph.D., a licensed psychologist based in the greater New York area, “Self-care is anything that you do for yourself that feels nourishing.”

Moira Lawler in Everyday Health (<https://www.everydayhealth.com/>) wrote that paying attention to our well-being involves asking ourselves big questions such as: “What brings me satisfaction?” and looking for ways to get there. She listed the following self-care practices that were well-researched and noted to be linked to longer life:

- **Exercise** People who exercised between two and eight hours per week throughout their lives reduced their risk of early death by 29 to 36 percent.
- **Finding Purpose** According to the researchers behind a 2019 study, having a strong life purpose was associated with decreased mortality rates.
- **Diet** Eating a diet filled with more servings of fruits and vegetables per day was associated with a lower risk of mortality, especially from heart-related issues.
- **Sleep** A study published in 2017 found that too little sleep (less than seven hours per night) was linked with higher mortality rates, though too much sleep wasn't healthy either.
- **Getting Outside** According to a 2019 study, spending time in green space is associated with a lower mortality rate.

To get started with a self-care routine, she listed the following:

- Determine which activities bring you joy, replenish your energy, and restore your balance. Reflect on how you feel.
- Start small by choosing one behavior you'd like to incorporate into your routine in the next week. Build up to practicing that behavior every day for one week. Add more practice when ready.
- Get support through sharing practices from loved ones, a coach, a licensed professional (like a therapist or dietitian), or through your healthcare plan, community, or workplace.

Practicing self-care doesn't need to be difficult. Self-care can positively affect your health and outlook, but it requires a commitment or intention to invest in your well-being. Here are a few ideas to ease you into your self-care journey:

- Start each day by paying attention to your breath for five minutes and setting intentions for the day.
- Don't skip breakfast.
- Put your phone on airplane mode for a half hour before bed each night to release yourself from the flurry of notifications.
- Call a friend just to say hello.
- Take up a relaxing hobby.
- Give yourself a “ME” time.
- Laugh. It's good for your mood, mental health, heart health, and more.
- Journal: three things you're grateful for; write your life story in six words and write three wishes. This gives you the opportunity to process your emotions in a safe, contained space.
- Reflect on what you're grateful for each night. Reflection gives the brain an opportunity to pause amidst the chaos, untangle and sort through observations and experiences, consider multiple possible interpretations, and create meaning.

<https://cla.purdue.edu/academic/english/icap/assessment/purpose.html>



Self-care isn't selfish; it's needed!

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

PNA California Orange County – Immediate Past President 2022-24

PNAAB Kabalikat Emotional Wellness Program (KEWP) Member – 2020–Present

PNAAB Practice Committee Member – 2020–Present

PNAAB iLDP Faculty 2022–Present

PNAAB Scholarship Committee Member 2022–Present



Self-care is a practice that involves taking care of one's physical, mental, and emotional well-being. It is essential to maintain a healthy and balanced lifestyle, especially in today's fast-paced world, where people are constantly under stress and pressure. The need to practice self-care has been more evident during the COVID-19 pandemic, where people have lost so much from the tolls of work, changes in personal and professional demands, and losing loved ones. Thus, practicing self-care can help reduce stress, improve mood, boost productivity, and increase overall well-being.

There are various ways to practice self-care, and each person may have different methods that work best for them. Some common self-care practices include:

1. Taking care of physical health: Taking care of one's physical health is essential for overall well-being. This can involve regular exercise, eating a healthy and balanced diet, getting enough sleep, and practicing good hygiene habits.
2. Engaging in hobbies and interests: These can help reduce stress and increase feelings of happiness and satisfaction. This can involve activities such as reading, listening to music, gardening, and traveling.
3. Practicing mindfulness and meditation: Mindfulness and meditation can help reduce stress and improve mental clarity. This involves focusing on the present moment and practicing relaxation techniques.
4. Socializing and connecting with others: Socializing and connecting with others is essential for maintaining emotional well-being. This can involve spending time with friends and family, attending social event, or even joining a community group.
5. Setting boundaries and saying No: Setting boundaries and saying no to things that are not beneficial or that may cause stress can help reduce feelings of being overwhelmed and improve overall well-being.
6. Seeking professional help: Seek professional help, including talk-therapy and/or medication management, if you are experiencing distressing symptoms. Do not wait until your symptoms are overwhelming. Notify your primary care provider of your concerns, who may be able to provide mental health referrals.



It is important to remember that practicing self-care is not selfish or indulgent, but rather a necessary part of maintaining good health and well-being. By taking care of oneself, individuals can be more productive, creative, and effective in their personal and professional lives. So, it is essential to prioritize self-care and make it a regular part of daily life.



Learning how to advocate for yourself

By Maureen Sain

PNA Metropolitan Houston



As a critical care nurse of 15 years, it has always been easy to advocate for my patients and peers. It was natural that I found myself in a nursing manager position. On April 2020, the unit I led became the designated COVID unit at The Texas Medical Center in Houston. At work, I looked fine. I was the “glue” that kept and led the team together through multiple COVID waves. So when I started struggling, no one understood why or knew how to help me. “Nurse’s heroism” has contributed to the stigma in our nursing profession. No one wakes up one day and says that they’ll advocate for ending the stigma of mental health in nursing. I had to learn to advocate for my wellness and reclaim my life. We owe ourselves gratitude and grace as we heal from the “necessary sacrifices” we made.

The following recommendations come from my own lived experiences:

1. Limit or remove yourself from trauma triggers
 - I stepped away from critical-care nursing and recently joined acute-care nursing.
 - I left the medical center and transferred to a community hospital.
2. Seek a counselor who is trained in trauma and cognitive behavioral therapy.
 - Some sessions can get hard, but stick to your appointments.
 - If you struggle to find words like me, I found music therapy very helpful.
3. Learn to meditate
 - My favorite apps are HeadSpace and Calm.
 - Holding the rosary beads and praying them in a chanting manner helps calm me down.
4. Get your nutrition in order
 - I used food to learn to cope. I sought assistance from a nutritionist
 - Avoid quick fixes from fad diets; choose a slow and steady approach.
5. Keep moving
 - Whatever exercise you choose, choose one you enjoy and will be consistent with
 - My whole family plays Pokemon Go, and we love community days.

Getting Tattooed by Apo Whang-Od, the World's Oldest Mambabatok Tattoo Artist

By Merlyn Foronda, BSN, RN CCRN
PNASD Recording Secretary

I had the opportunity to meet Apo Whang-Od last December 23, 2022, when we went on vacation to the Philippines. It was my son's idea, and he ensured it would be on our itinerary since he wanted a tattoo from her. Apo Whang-Od is famous among people who love tattooing, including my son. And now, Vogue magazine made her more famous worldwide by making her their oldest Vogue cover. She is an Indigenous woman from Buscalan, Kalinga, known for her legendary traditional tattooing technique, "batok."



Picture -Courtesy of Vogue Philippines

From Baguio City, where my husband is from, we drove to Buscalan. It was 10 hours of scenic, winding, scary, and dangerous drive. It was foggy and raining too. We arrived around 9 am and thought we were early enough. But there were quite a few vehicles that came before us. Upon arrival at Buscalan, villagers were waiting for visitors to be the guides. They also told us we needed a guide to go up the mountain where Apo Whang-Od lives is mandatory. These guides were also part of their tribe. We went down the mountain and went up another hill to the village of Apo Whang-Od. It was a moderate hike that took about 45 minutes. When we got there, there were a lot of visitors and tourists already, which we did not expect since it was the day before Christmas Eve. Our guide brought us to one of the houses in the village where some of Apo Whang-Od's grandnieces live. She trained them in her traditional tattooing technique. Initially, I did not plan to get a tattoo, but since we drove so far and hiked two mountains, I told myself I must do this. It is my only chance to meet the famous 106-year-old tattoo artist and the last mambabatok of her generation.

The tattoo designs we had to choose from were unique, mostly symbols from the traditional Kalinga tribe. I chose a modern design that means faith, hope, and love. My husband and two children decided on the more conventional water, sun, and family design. Everyone had to buy a tattooing instrument called "runo," made from bamboo sticks, and the needle was from the thorn of a pomelo tree. Yes, pomelo tree! Less infection and



sharper, they said. It cost one hundred (one hundred) pesos. The price of the tattoo depends on the design; the more intricate, the pricier. But it starts at five hundred (five hundred) pesos. The ink that they used is from charcoal mixed with water. I asked the grandniece where they got the charcoal. She excitedly said that it was from the "uling" outside the pots they used to cook with firewood! I was initially scared, being a nurse who is obsessive and compulsive about sterile technique and fearful of pain because there is no topical anesthesia and because it is my first tattoo! But I always kept reminding myself, "No guts, no glory," so, I did it! It hurt initially, but I got used to it. And the grandniece's tapping or batok technique was exceptionally light too. It also helped me keep talking to her about their cultures and traditions to distract me from the pain.



Merlyn's Family with Apo-Whang OD



Merlyn's tattoo



Family's tattoos

After lunch, we headed to Apo Whang-Od to get her signature three dots' tattoos. The line was long. We were the sixth in the group. The first group had thirty-seven people. We met some tourists from other countries besides the US, and there were Canadians and Europeans, mostly from younger generations. I was the last one in our family to get the three dots. Apo Whang-Od was not even wearing eyeglasses.

She first marked the spot where she would put her signature. Then when she started, I almost cried; it was very painful compared to her grandniece technique. The first dot was bleeding. I almost cried and backed out! But people watching were cheering, and my family gave me encouraging words until Apo Whang-Od finished. The dots cost fifty pesos each, so three dots were 150 pesos. We also gave her red lipstick and chocolates as gifts. I am honored and proud to meet the living legend and have her signature tattooed on my arm. Apo-Whang Od is passing the art of traditional "batok" tattooing to the younger generations by training her grandnieces. As the Vogue magazine quote, "Apo Whang-Od symbolizes the strength and beauty of the Filipino spirit."

A Little Kindness Means a Lot

By **Aquilina Liezl A. Tabora BSN RN BC**
 PNANJ Somerset Subchapter
 Saint Peter's University Hospital NJ

Perhaps you've heard of this phrase numerous times already; and perhaps you might think it's an overused phrase, but let me emphasize it to a higher extent.

I have been involved in a great many numbers of organizing fundraisers being the former Treasurer and currently the Vice President of PNANJ Somerset Subchapter. Our latest Fundraising which we named "Hygienic Products Drive" was an effort to collect donations from different facilities and locations. Our Target Beneficiaries are the Vulnerable Populations, especially the homeless, orphaned, abused, and neglected individuals in Somerset, Hunterdon and neighboring counties. This drive was started mid year 2022 until February of this year. With the initiatives of our energetic President Dianne Bautista, she started to drop off Collection Baskets together with her mother Clara and brother Jerome to several locations around the area which included libraries, grocery stores, fitness centers, community centers, salons and restaurants. We asked these institutions to help us collect hygiene products from their customers, members and supporters. People gladly donated hygiene items like soap, shampoos, conditioner, shaving creams, lotions, hand sanitizers, toothpastes, toothbrushes, and many other more items. Each of these donor locations received a Certificate of Appreciation from PNANJ Somerset designed by Megan Chan for joining our drive. Among them are the following, Raritan Public Library, Middlesex Public Library, JFK Public Library, Milford Public Library, Milltown Public Library, Highland Park Library, Retro Fitness at North Brunswick, Stop & Shop at Easton Avenue, Hackensack Meridian Carrier Clinic, Stoney Brook Grille, Shimon & Sara Birnbaum Jewish Community Center and Grace & Style Salon.

One Saturday afternoon a group of hardworking EB executive boards (Dianne, and Clara Bautista, Elena Holguin and Cris Jusay,) and AB Advisory Boards Past Presidents, (Minda Bathan, Meriam Canares, Nellie Sun, Nini Jurado, Arlene Azores, Hannie Rivero) gathered in our house and volunteered their time to assist in sorting out the collected hygiene products. The work was made easier because everyone has each assigned task to do. We were able to gather a good amount of items which were carefully packaged and divided among five Charitable Institutions and Facilities. For the record, we collected 111 regular size soaps, 164 small soaps, 25 bottles of Full size shampoo, 21 bottles of full size conditioner, 113 small shower gels, 30 bottles of lotions, 17 Baby Powders, 26 bottles of hand sanitizer, 16 toothpastes, 61 toothbrushes, 29 dental floss, 22 deodorants, 5 regular size mouthwash, 38 Razor Blades, 480 Feminine wipes, 372 Sanitary Napkins, 764 individually wrapped wipes, 34 Hair Gels, 4 Shaving Creams, 3 Body Sprays and 78 assorted miscellaneous items. In addition, the Past Presidents donated money to buy Ten Big and Small Towels and 10 Laundry Baskets.

There were five Charitable Institutions which received our donated Products namely Casa Shaw, United Way at Hunterdon, Visions and Pathways, Raritan Valley Habitat for Humanity and Alternative Inc. These institutions help families and individuals who are struggling financially and combating hardship in their daily living. Most of them are homeless, orphaned, mentally handicapped, neglected and abused. Despite the differences in our busy work schedules we were able to find some time to deliver the goods. The said items were distributed in the local communities by the officers of PNANJ Somerset together with some Past Presidents on three different scheduled days. Even EB members Khaila Tan and Mariella De Borja were able to join the team in their spare time from work.

It was fulfilling to see that our organization has made an impact on the lives of these people. The commitment of every member to serve, share their time, effort and resources are essential and key factors for the success of projects that we initiate. The little things we accomplish become significant if it's done with a purpose. The most rewarding part is to see how much our little kindness is appreciated by the community we serve. A Little Kindness means a lot especially if it's coming from the heart. It's clear that a little kindness is not so little after all.

PNANJ
SOMERSET

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Supportive, Empathetic, Resilient,
Visionary, Inclusivity, Charitable, Empowered



Mary Jacqueline Clemente-Yeosock: A Woman of Resilience and Indefatigable Attitude

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

As the fourth child in a brood of eleven, Mary Jacqueline Clemente-Yeosock would sell sandwiches with her Mom and younger siblings in market canteens and cafeterias to make ends meet and augment the meager salary of her military father. Fondly called Jackie by friends and family, she completed her Bachelor's Degree in Nursing at the Western Mindanao State University.



She started her career as a clinic nurse at Cabato Memorial Clinic in Zamboanga City, and moved to Cardinal Santos Medical Center in Manila as a delivery room nurse for four years.

But still financial stability was hard to come by as she was taking care of her retired and ailing father's medicine and footing the bill for her younger siblings' college education at the same time. The opportunity for greener pastures came when the US opened its doors to foreign nurses in the early 80's. In 1986 she migrated to New York to fill the gap left by domestic nurses. She got employed at Harlem Hospital while also working as a PRN nurse at Montefiore Hospital. She subsequently transferred to New York Presbyterian Children's Hospital.

For more than 30 years, to date, she has been on the frontlines of hospitals and emergency rooms. For her commitment and dedication in performing her duties, she was awarded a full scholarship and obtained her Masters (MA) from Columbia University.

Beyond dedication to duty, is her passion and love to give back to her community and the industry she has been called to serve. So when the healthcare industry was brought to its knees during the COVID-19 pandemic, many Filipino nurses answered the call to serve in the frontlines, risking their lives at times without proper protective gear and due compensation. Jackie was one of those who answered the call.

Not content as a bedside nurse, she went above and beyond her call of duty a number of times and also became a leader in her workplace. Her diligence and zeal earned her service awards and speaking engagements in various conventions, seminars, and in-service trainings. She also serves as a focal person of the Filipino-American community in her unit and at the same time serving as a Charge Nurse.

Outside the hospital setting, she is actively involved at St. John Catholic Church and serves as a Eucharistic Minister and volunteers in the parish activities and programs. She doesn't discount the fact that her faith played a big role in her accomplishments.

Her resilience and indefatigable attitude truly empowered her and made her who she is right now. She was able to hurdle all challenges: from being miles away from her family, to stereotypes and competition in the workplace, and sacrificing her personal needs including her love life (as she needed to pay the home mortgage in the Philippines that was on the brink of foreclosure). She got married only when all her siblings finished college.

As a nurse, she exemplifies the values of compassion and quality care. Following in her footsteps, two of her siblings and five of her nieces also became nurses. As a daughter, she is the epitome of unconditional love, not minding her own welfare and not expecting anything in return as long as all family members will have everything they need. Yes, she also made sure that no family member sells sandwiches anymore, as she is now also an entrepreneur and some of her siblings run their family business in the Philippines.

Here is not only a story of a journey that took her miles from the motherland but also an untold story of a heroine who is often unseen in the industry she has loved and elevated.



**The writer's heartfelt gratitude to his sister Jackie, brother-in-law Father Cyrain, and to both his Clemente and Cabuenas families.*

Nurse: You're my Hero
By Janette V Moreno, DNP, RN, NEA-BC, NPD-BC
May 2023

Nurses, our healthcare heroes,
Always put the patient first,
Giving their all, with no fear,
Unwaveringly honest and true.

Their ethics are high, their work is hard,
No obstacles to them,
They bring a calm in the chaos,
And a light in the gloom.

Caring, compassionate and kind,
They are so very brave,
No matter the task, they will rise in the grind
Our healthcare heroes are there to save.

Their dedication and skill,
Is something to behold,
They bring hope and relief,
And care to us all.

Nurses are heroes of healthcare,
Their care and devotion unsurpassed,
The most honest and ethical profession,
To heal and comfort those in need of rest.

Their skill and knowledge so profound,
Their care and patience so admirable,
Dedicated to serving the sick and downtrodden,
Their tireless efforts so incredible.

Their gentle touch, their kind words,
Their empathy and understanding so strong,
These heroes of healthcare,
Justly deserve to belong.

Nurses, our healthcare heroes,
The most honest and ethical profession,
We thank you for all you do,
All your selfless devotion.



Nurses Month 2023
You make a Difference

Nurses Make a Difference

By Diane Josephine Santiago, MSN RN CV-RN CCRN
PNA Northern California Board Member

Happy nurses' month from San Francisco, California. For nurse's month PNANC is planning a spring conference on May 17, 2023, please come if you are in the area! We are also celebrating nurses' day with a movie screening in San Francisco, CA on May 12, 2023 having an event of watching the documentary Nurses Unseen, a documentary on early Filipino nurses who were affected by the COVID-19 pandemic.

The Philippine Nurses Association of Northern California

Join us!

Bay Area Premiere of NURSE UNSEEN

May 12, 2023 | Fri | 7:15 pm
The Great Star Theater, San Francisco
Discount Code: EV346

<https://caamfest.com/2023/movies/nurse-unseen/>

CAAMFest

FILM • MUSIC • FOOD

MAY 11-21, 2023

NATIONAL DAY OF REMEMBRANCE
HONOR FALLEN NURSES AND FIGHT FOR THE LIVING

<https://www.pnanorthcal.org/event-5265465>

ORTHOPEDIC HOSPITAL

Self-Care Dinner with Nurses

Members appreciated the nurse's fun night out to unwind with fellow Filipino nurses in the beautiful San Francisco Ghirardelli square. On April 11, 2023, PNANC was able to set up a dinner learning about Paroxysmal Nocturnal Hemoglobinuria by Apellis. The event was attended by 30 nurses from all over the SF bay area. It was great night of self-care and unwinding with friends.



San Francisco view of Alcatraz
San Francisco, CA

PNANC Membership Committee

WELCOME
Dine & Learn

4/11/23, Wednesday 4:30pm - 7:30pm
844 Cornwell & Baker's
800 N. Point St, SF (Daly City Room)

Learn about
Paroxysmal Nocturnal Hemoglobinuria (PNH)
by Apellis

Thank You Nurses!

Dine and Learn dinner in San Francisco, CA

Professional Development

Twice a year PNANC does professional development for the nurses in the San Francisco CA Bay area. On October 22, 2023 there was a fall conference at University of California San Francisco. The conference was well attended, and topics discussed were nurturing nurses and leading by Josephine Reyes MSN CNE/COO at Kaiser Redwood City. The presentation talked about being a proud Filipino and the first Filipino CNO at Kaiser. The conference was a hybrid and offered in person and online. Sexual orientation and gender identification was discussed and highly informative. The conference offered 6 CEs and a general membership meeting was put in the conference as well.



Fall Conference at UCSF



Executive Board PNANC for Fall Conference 2023

Recognition For Nurses

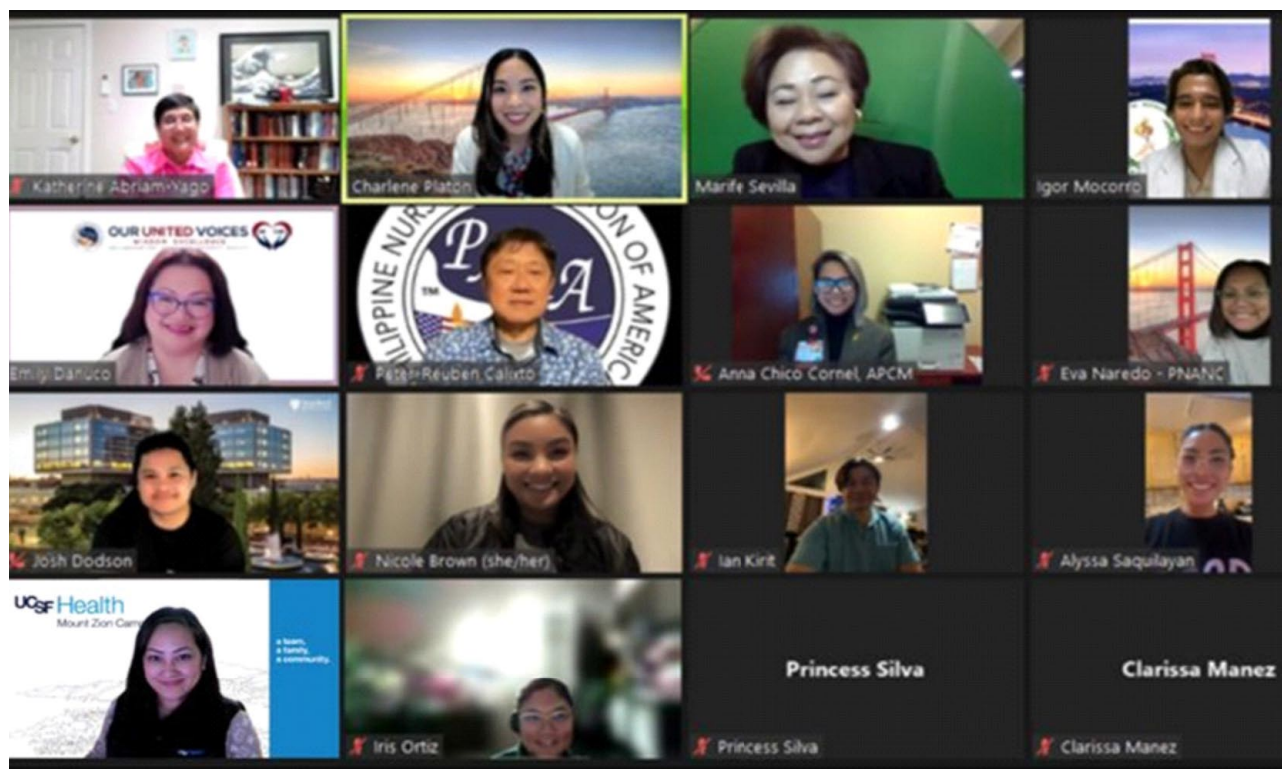
Dr. Kathy Yago is one of the Awardees for the Alice Peña Bulos Legacy 2022 Pinay Visionaries hosted by the Friends of the Filipinos American Community Political Action Committee (FFAC-PAC). Dr. Yago is a long-time member of the PNA Northern California currently a board member and on many committees in PNA she is also a gem in the Filipino American community being involved in various public health and social justice initiatives.



Dr. Kathy Yago, RN Receiving Alice Pena Bulos Legacy Award

Excellence in Innovation Best Membership Recruitment Initiative

Given at Western PNA conference in Maui, Hawaii this April 22, 2023. This was given to PNANC to the group for its presence on social media led by Igor DNP, RN. As well as online meet and greets done with Stanford, Palo Alto, CA hospital and an in person meet in greet on site at University of California San Francisco, CA led by Lourdes, MSN RN.



Stanford Meet and Greet Online to promote membership



Igor M, DNP RN PNANC President receiving award on behalf of PNANC Maui, HI April 2023



PNANC Award for Excellence in Innovation: Best Membership Initiative Maui, HI April 2023



PNANC Executive Board in Maui HI for Western Conference – Dr. Yago, RN, Igor DNP, RN Emily, RN, Lourdes, RN and Marife RN

Community Engagement – Celebrating Earth Day 2023

Celebrating earth day in South San Francisco, California on April 22, 2023, and picked up a total of 526lbs of garbage out of Colma Creek. The event was a sunny day and items found were a shoe, a pillow, garbage and much more. The event was participated by Diane Santiago, MSN RN and Zabrina Fong, MSN RN as well as Lilibeth Fong, RN. It was a wonderful way to give back to our community as well as helping preserve the watershed and decreasing litter from pollutants from getting into the bay, supporting the local ecosystem.



Happy Earth Day!



512lbs of garbage collected

Zabrina Fong, MSN RN, RN, Jhorrell Navarro, Diane Santiago, MSN, RN and Lilibeth Fong, RN

Community Engagement – Doing Community Service Flu Shots and First Aid

Fall 2023 October 8, 2023 PNANC had a health fair in conjunction with Lions Club, Kaiser Filipino Nurse Foundation, and San Mateo County. The event was lead and organized by Vicky Palomar, MSN RN PNANC board member. PNANC gave out flu shots for free to the community with nurses administering flu shots where over 50 shots were given. The event took place to promote Healthy People 2030 goals “increasing the percentage of children and adults who are vaccinated annually against seasonal influenza.”



Advisors: Sol H., MSN RN and Pete C., BSN RN member
Marlon Caballero, BSN RN



Carla P., BSN RN PNANC member

Pistahan Festival

A two-day event in San Francisco, CA where PNANC led a first aid booth. The PNANC members participated in a parade walking all over San Francisco, CA. Other PNANC members gave patient information on diet modification and recipe modifications to make recipes heart healthy. Signs of a stroke were shared with festival walk-ins. The event was a momentous event celebrating Filipino cultures specifically Filipino presence in South of Market first settlers in San Francisco, CA.



*Vicky, MSN RN, Igor DNP RN, Rowena MSN RN
at San Francisco Pistahan Festival*

Pistahan Festival Parade and City Hall San Francisco, CA



*Sol, MSN RN, Pete BSN RN, Rowena, MSN RN
walking Pistahan Festival Parade San Francisco, CA*



*Eva BSN RN and husband walking
Pistahan Festival Parade San Francisco, CA*



Nurses Month 2023
You make a Difference

The POWER of DIVERSITY in PRACTICE

By Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, FCCM
Jenny Aying, DNP, RN, ACNP-BC, ANP-BC

The Practice Committee is composed of advanced practice nurses and nurse informaticists who meet monthly to discuss issues relevant to our nursing practice, and its implication to our members, our profession and the people's health.

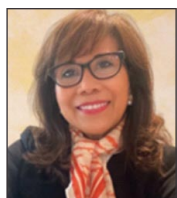
Our team is full of energy and zest, passionate to work hard for the health of the people around the globe. We would like to showcase the critical contributions we have made to healthcare and the health of mankind.

Here's a repertoire of our stories and accomplishments.



Practice Committee Meeting

ADVANCE PRACTICE NURSES



Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, CCRN, FCCM
Pediatric ICU Nurse (PICU) Advanced Practice Nurse Intensivist
Assistant Professor, University of Texas School of Nursing
Executive Board Member, PNAA (2022-2024)
Chair Practice Committee, PNAA (2022-2024)
Director, Kabalikat Emotional Wellness Program (KEWP), PNAA

Stories of people are ubiquitous nowadays due to technology. However, stories of nurses are hard to find. I hope you will agree with me that Nurses, the most trusted professionals on earth, have to have their stories in the front page. Here's the start of our stories...

This Nurses' Month, I would like to anchor my story on my contribution to the Future of Nursing (2020-2030) - Campaign for Action. I took their recommendations by heart and partnered with different stakeholders. As a PICU APN Intensivist, I am collaborating with PICU colleagues to prevent the readmission of technologically dependent children through post-discharge caregiver education. The outcome is expected to save healthcare dollars thus easing the burden of our country's healthcare cost. I represent PNAA to the Texans for Health Care, a collaborative project of more than 60 organizations advocating for the independent practice of APNs in the state. When approved by the Texas Senate, it will significantly increase healthcare access to millions of underserved Texans. As a faculty member, I started an inter-professional educational collaboration with the University of Texas School of Nursing, School Medicine, Dentistry, and Public Health on Poverty and Homelessness. As healthcare providers, our understanding of poverty and homelessness is essential in the delivery of healthcare.

As the Director of KEWP, I am passionate about addressing the emotional wellness of our nurses. With the hard work and passionate support of the Kabalikat Task Force members, the KEWP was launched in January 2023 to enhance the resilience skills of all our nurses. The American Nurses Association Foundation (ANAF) recently published the result of their survey, post-pandemic, reporting 67% of nurses reported stress and 57% are overwhelmed. These are symptoms of burnout. Let us continue to take care of ourselves. Please allow yourself to say "I AM NOT OKAY", and ask support from your friends (this is where the word "Kabalikat" is derived from). Take brief breaks every day and PAUSE physically and emotionally. This will give time for your body to recover from stress. It will ultimately give you the power to focus on your valuable work each single moment of the day.

Commit to Spreading LOVE, PEACE and JOY.



Jennifer Aying, DNP, RN, ACNP-BC, ANP-BC

Advanced Practice Nurse, Plastic Surgery

Co-Chair PNAA Practice Committee & Kabalikat Emotional Wellness Program (2022-24)

Coordinator Balik-Turo Program (since 2008)

Chair PNAA Covid 19 Task Force (2020-2022)

Regional Vice-President, Eastern Region (2018-2020)

Each one of us has a reason or inspiration why we pursue nursing as a career. My mother and our eldest sister were my inspirations to become a nurse. At a very young age, as early as grade four, I was only ten years old then, I was already a caregiver to our oldest sister. My mother taught me how to love and compassionately care for other people beside myself and become a self-sacrificing person. I grew up differently from other children in the neighborhood. I have not played with dolls nor playing hide-and-seek with other kids after school. The firsthand foundations taking care of my sister made my transition, not too difficult to pursue my career in nursing.

Except for financial reason, I survived nursing school. It was hard, but every difficulty was a challenge not a burden, and mother always reminded me of, "a little sacrifice, there is an end to schooling". She was right, as soon as I finished school, I had to find a job immediately as my other four younger siblings were waiting for me to help them. Working in Saudi Arabia for me was a blessing for financial motivation. Moving to the USA was huge leap for my professional nursing career and endeavor. I was fortunate to be in an institution that supported my schooling under the scholarship entity.

My experiences as a nurse for more than four decades were very challenging from a Well-Baby Unit and Emergency Room (ER) in Saudi Arabia, and Surgical Unit and Surgical Intensive Care Unit here in the USA. My most significant experience was when a frantic Saudi mother came screaming to the ER in the wee hour of the night dropped a lifeless infant into my lap. This was the first mouth-to-mouth resuscitation I had done in my career. The infant survived from sudden infant death, and what made it significant was making a difference in people's lives. Nurses save lives and we promote life. At any given time and place, I know that I had a duty to do and I had to be equipped when situations like this happen in my practice. Another significant story was working

in the SICU, coming on my own time on weekends to gather patients scheduled for open heart surgery and did presentations on what they should expect pre- & post-surgery. By doing so, this lessens their anxiety and post-surgery confusion as they go through the surgery. One of my greatest joys working as a NP is the satisfaction of patients to the care and services I rendered, that I helped them manage their diseases and catered their needs physically, psychologically, and mentally no matter how complex it is.

I served many responsibilities in my career e.g., representative/lecturer to the ICU consortium of Boston, member/chair of committees, and many more. I am honored and blessed to be one of the founders of PNA New England and instrumental in the affiliation to PNA. I held many positions in our local chapter since its inception and with PNA from a member to chair 1st APN Forum Chair, reelected Board Member, Chair COVID-19 Task Force, Co-Chair Practice Committee including many recognitions and awards among the latest as one of the PNAAF Bayani Ng Mundo award.

Internationally, I formed a children's feeding program, and maintained the hygiene kits provided to school children yearly. I continued the Balik-Turo "Go Back, Teach Back) program in schools of nursing in the Philippines since its inception in 2008, and able to graduate 2 cohorts of anesthesia care nurse program with Philippine Department of Health.

I would like to greet Happy Nurses' Week /Month to all the amazing, self-sacrificing, and loving nurses for their countless hours of service and loving care to their patients and others. My message to other nurses is for each one of us to practice self-care and engage and embrace our young nurses by sharing knowledge & experiences. We should love and care for each other. I salute you all!!!



Merlie Buenviaje Ramira, DNP, APRN, FNP-C, CCRN, CEN

Emergency Nurse Practitioner and Professor, MSN/FNP Online Program
County of San Diego COVID-19 Advisory Board Member
PNASD Past President
PNA Past Vice-President Western Region
PNA APN Practice Committee
PNASD Adviser COVID -19 Task Force
PNA Western Region Adviser

Nursing is not my first career choice after completing high school. Since my eldest sister could not finish her nursing degree because she got married early, my mother asked if I could pursue nursing to achieve her dream of having a nurse in the family. My parents gave me another choice of attending medical school, but I said no, as it takes ten years or more to be a doctor. After finishing my Master's degree, I did not plan initially to continue advancing my education to a doctoral degree; however, a friend told me it is vital to have an educational investment. I ended up going to school for more years. I am so grateful that I am in the nursing profession as there are so many opportunities to choose from along the way, greater cultural awareness and networking, and a life with more choices and possibilities. As an emergency nurse practitioner, I contribute to expanding access to healthcare in an acute setting for those uninsured or unable to pay or see their primary provider. During the COVID pandemic, I joined a group to provide tele-health visits for clinical interventions, health promotion, and education. It is worth being a Nurse, having autonomy in taking care and providing quality care to our patients. As you advance your education and expand your networks, there will be invitations for you to sit at the long table to share your ideas and vision.



Anecita Fadol, PhD, APRN, FAANP, FHKAN (Hon), FAAN

Associate Professor, Department of Nursing
Advanced Practice Nurse, Department of Cardiology
MD Anderson Cancer Center

Increasing everyone's awareness of the evolving Cardio-Oncology specialty is my top professional priority. Given that cancer and heart disease are the leading causes of morbidity and mortality globally, nurses play a key role in the acute care, community, and public health settings where cancer patients and survivors seek care to

achieve optimum health outcomes and health equity for this unique group of patients that are increasing in numbers exponentially. With my role as a Chair of the nursing workgroup and the nursing research committee for the International Cardio-Oncology Society (ICOS), I am charged with the ICOS Nursing mission "To advance cardiovascular care of cancer patients and survivors by promoting the training and education of Cardio-Oncology nurses around the world".



Ninotchka Brydges, PhD, DNP, MBA, APRN, ACNP-BC, FNAP

Critical Care Advanced Practice Provider
UT Medical Branch, Division of Pulmonary and Critical Care Medicine
Department of Internal Medicine
Clinical Assistant Professor
Adult Gerontology Acute Care Track
UT Medical Branch, School of Nursing Graduate Studies
Accredited Provider Program Director, Nursing Continuing
Professional Development (Voluntary Service)
Philippines Nurses Association of America (PNAA)

The Future of Nursing (FON) 2020-2030 report highlights the critical role of advanced practice registered nurses (APRNs) in improving healthcare outcomes and advancing the nursing profession. In the intensive care unit (ICU), my role focuses on evidence-based practices (EBPs), promoting effective communication, and coordinating care with other members of the healthcare team. It is also critical that I advocate for patients and families who may be experiencing high levels of stress and anxiety, ensure that their needs and concerns are addressed, and that they receive compassionate, high-quality care. This involves communicating with families about treatment options, helping to manage symptoms and side effects, and facilitating communication with other members of the healthcare team. As an acute care nurse practitioner (ACNP), I provide comprehensive, patient-centered care that addresses the complex needs of ICU patients and that patients receive the best possible and culturally competent care.

Furthermore, the FON report emphasizes the importance of ongoing quality improvement and research efforts to advance the nursing profession. By identifying areas for improvement, implementing EBPs, and contributing to research efforts will improve understanding of the best ways to care for critically ill patients. As a clinical faculty member, I strive to prepare the next generation of nurses to be effective advocates and encourage them to participate in advocacy efforts at the local, state, and national level. Also, mentoring students who are interested in pursuing quality improvement projects and/or research studies that address topics on health equity, improve workforce diversity, and enhance interprofessional collaboration is critical. By leveraging their advanced education and training, we can help optimize team performance and improve patient outcomes.

The role of nursing continuing professional development (NCPD) programs in preparing nurses for the rapidly evolving healthcare landscape is also recognized in the FON. The report emphasizes the need for lifelong learning for nurses to ensure that they are equipped with the knowledge, skills, and competencies required to deliver safe, effective, and high-quality care to patients. My collaborative role in the implementation and the success of NCPD programs includes designing and implementing a comprehensive educational program that meets the needs of nurses at various stages of their careers, developing strategies to identify learning needs, formulating relevant and timely topic, and selecting appropriate educational resources. As the APPD, I ensure that the program is aligned with the changing healthcare landscape and the evolving needs of patients and achieving the organizational mission and vision. Moreover, it is important to promote a culture of lifelong learning among nurses. This involves working with nursing leaders and organizations to create incentives for NCPD participation and promoting the value of lifelong learning among nurses.



Sherwin Imperio, DNP, MBA, PMHNP-BC, RN-BC, PHN
Advanced Practice Nurse, Mental Health

My nursing journey was not typical. I didn't see nursing as a career even while I was finishing my undergraduate degree. Instead, it stemmed from my short, but fulfilling experience with a hospice nurse who cared for my mother over 20 years ago. It was her who showed me that I could be in healthcare and help people in need. Fast-forward to 2023, I'm an experienced Psych Nurse Practitioner working for a non-profit organization. I'm both a clinician and member of the management team, directly overseeing other behavioral health providers. Outside of my professional and educational accomplishments, I'm a proud husband to my wife Amy, and father to my two young children (Matthew and Michelle). Within PNAA, I'm the Immediate-Past President of PNA California Orange County. I'm involved in numerous PNAA national committees and programs, including the Kabalikat Emotional Wellness Program. As a Psych NP, I'm an advocate for prioritizing health and well-being. Within the nursing profession, I advocate for nurses to prioritize their own well-being and practice self-care. I believe that self-care is not selfish, but necessary, especially when one works in nursing. In my social media space, I actively talk about mental health in the hopes of helping normalize mental health conversations and ending the stigma often associated with mental illnesses.

#mentalhealth #mentalhealthawareness #selfcare

"You can't pour from an empty cup, take care of yourself" Matthew 22:39



Danilo C. Bernal, DNP, APRN, CEN, CCRN, NP-C, FNP-BC
Assistant Professor of Nursing
California State University Channel Island (CSUCI)

I have been a registered nurse for over 30 years, working mostly as an Emergency Room, Critical Care and Trauma Nurse in different training and teaching hospitals in Southern California. I have been actively practicing as a Family Nurse Practitioner (FNP) in Emergency Medicine and Correctional Healthcare settings during the last 10 years. Currently, I am working as full-time faculty and Assistant Professor of Nursing at the California State University Channel Islands (CSUCI). My scholarly work has focused on developing a program to assist and support inmates with Opioid Use Disorder detained in county jails.

I am currently enrolled for my post-doctoral credential as Psychiatric Mental Health Nurse Practitioner (PMHNP). My educational goals is to help effectively educate my students in the field of Psychiatric and Mental Health, continue my scholarly work on Opioid Addiction, and use this credential in professional and community service activities. When I'm not working, I enjoy fun and adventurous activities with my family and friends. I am a lover of roads and traveling. So far, I have visited 87 countries and still counting. I am very proud to have visited all the New 7 Wonders of the World.



Carmina Bautista, MSN, RN, FNP-BC, BC-ADM
Advanced Practice Nurse, Family Medicine (retired)
Chair, Business Development Office, PNAA (2022-2024)
Executive Director, PNAA (2020-2022)

I am a certified Family Nurse Practitioner with board certification in Advanced Diabetes Management and has more than 20 years of experience in primary care and diabetes specialty care. As a Diabetes Nurse Consultant, I managed complicated patients with diabetes in the inpatient and outpatient settings

including expert care for pregnant patients with diabetes on insulin pumps resulting in positive clinical outcomes. I am an advocate for the importance of diabetes education to empower patients in the management of their disease.

In 2019, I received the Navy Meritorious Civilian Service Award for my work and advocacy for patients with diabetes. The Meritorious Civilian Service Award is the third highest award given to a non-military personnel in the United States Navy and conferred to civilian employees for meritorious service and contributions resulting in high value or benefits for the Navy or the Marine Corps.

Since my recent retirement, I have partnered with Filipino-American community-based organizations to provide culturally congruent free diabetes self-management education classes. I am passionate about the importance of prevention and reducing the burden of diabetes and its complications in the Filipino American community.

I served as the Executive Director of the Philippine Nurses Association of America (PNAA) in 2020-2022 at the height of the COVID-19 pandemic and had been instrumental in the implementation of impactful initiatives to promote COVID-19 education and vaccination among nurses and the Fil-Am community. I am a member of the Board of Health Professions in the Commonwealth of Virginia and currently serve as the Chair of the PNAA Business Development Office.



Cherina Tinio, PhD, RN, CNS

Becoming a nurse was a fulfillment of my parents' wishes. In the beginning, it was tough but as I move forward with my academic years, I'm pleased that I took this route and very grateful for my parent's support throughout my nursing career.

It was during my nursing senior year, that I told myself I wanted to teach nursing in the field of Psychiatry. I decided to take my Master's degree and move on to advance my career to obtain my doctoral degree in education and management. Having obtained these advanced degrees gave me a greater sense of accomplishments in my nursing profession. It further allowed me to share my knowledge, skills, and experience with future nurses.

Happy Nurses Week to All!



Elisa Green, DNP, APN-BC, CME

Advanced Practice Nurse, Family Medicine

Life in the Philippines was a struggle for my 8 siblings and family. We grew up poor and barely made it. My dream is to be a doctor to help, but even with scholarships, I knew it would be costly. I became a nurse and I love every minute of it. I migrated to America in the late '80s. I was able to help my family and though we are only 2 left out of 8 siblings, my brother and I are very happy for what we have accomplished knowing that we started with nothing. I currently work as a nursing professor for graduate students and as a primary care nurse practitioner. I voluntarily mentor NP students to help them with their clinical hours. As an NP mentor/leader, I have received several nursing professional awards for clinical practice, leadership, and community service. I plan to continue to promote self-care, mentorship, and advocacy for the nursing profession. Happy Nurses/NP Week!



Ophelia Empleo-Frazier, MSN, GNP-BC, RN-BC, CDP

I am a graduate in the Geriatric Nurse Practitioner specialty track with a minor concentration in diabetes and her BSN degree at the Saint Louis University in Baguio Philippines. I am also a Wound Care and Dementia Certified Practitioner.

A lecturer in the Adult and Geriatric Primary Care Nurse Practitioner Specialty (AGPCNP) with particular focus in delirium, dementia, falls, geriatric medication management, and end of life care. I assisted the specialty director of the FNP/AGPCNP in recenting the curriculum to be Age-Friendly by creating a competency based new course incorporating the 4Ms Geriatric Model of Care. I am a nurse consultant and educator with the Connecticut Older Adult Collaborative for Health (COACH) program of the Yale School of Medicine Geriatric Department since the inception in 2015 of this GWEP HRSA funded program. Through the COACH partnership with Gateway Community College, has been responsible for providing geriatric education and clinical training to nursing students. I have been providing care for over 30 years to the adult and geriatric population with extensive experience in a variety of clinical settings. I am a Board-Certified Geriatric Nurse Practitioner through the American Nurses Credentialing Center (ANCC).

I have received acknowledgments for my work in nursing, including the 2023 Saint Louis University Alumni Association Outstanding Awards, 2022 Ambassador's Cup by the Philippine Embassy in Washington DC, Preceptor Appreciation Award from YSN, Chapter President Outstanding Leader Achievement Award from the Eastern region of the Philippine Nurses Association of America, Saint Louis University School of Nursing of the Philippines Certificate of Appreciation, 2016 Worldwide Leaders in Healthcare,

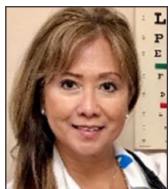
I am a certified yoga teacher, former president of the Cheshire Garden Club, Cheshire Town- appointed Board member of the Cheshire Artsplace, involved in philanthropy at St Vincent DePaul Middletown, and a provider of nursing care to medical mission in the Philippines



Eleanor Pizarro, MSN, FNP-C

Nurse Practitioner, Complete Care Management - Kaiser Permanent

I started a "New Member Orientation Program" at Kaiser Permanente to provide new members with information and education as they transition from being with another facility to now at Kaiser Permanente. Besides being acclimated to the Kaiser system, members get to know their Primary Care Providers and the services they can avail themselves of from other departments. Simple tasks such as getting their appointments without having to walk into the clinic, obtaining their medications via mail-order, and getting them connected to classes that promote health and prevent diseases are all included in the program. I used to show them around the clinic and introduced them to some of the staff from different departments. Stakeholders for this program include patients, providers, nurses, and other staff from various departments like pharmacy, laboratory, and radiology. Member satisfaction has improved, and fewer patients are walking into the clinic as they know how to navigate the system to fill in their needs and requests. As a result of this program, a new department emerged with approximately 10-12 staff members providing new member telephone orientation for patients throughout the San Diego area.



Velma Dumag Yep, DNP, APRN, GNP-BC

Lead Nurse Practitioner Chaparral Medical Group

Geriatrics/ Internal Medicine/ Urgent Care

PNASCVP 2022-24

PNAAP Practice Committee

PNAAP Editorial Committee

Immediate Past President California Association for Nurse Practitioners IE Chapter

Healthcare was my chosen professional path. It is the spirit of doing something for others that drives me. I am a clinician, and it runs in my blood. My mother was a Professor of Nursing and Public Health Nurse who inspired my sister and me to become nurses. My mother was among the first Filipino nurses to become Fulbright scholars in the US. Therefore, this even motivated me to pursue higher education to complete my Master's degree in Nursing from UCLA in 2002 while raising two boys, and I continued to work in almost all specialties in nursing except for Pediatrics and Maternal Health. Moreover, my desire for higher education did not hinder me during the pandemic, in the 6th decade of my life, from achieving the terminal degree of a DNP from UCLA. And became part of the Sigma Theta Tau Honors Society in Nursing Leadership. Moreover, I am looking forward to achieve another goal of having my dissertation be published someday in a peer-reviewed journal.

Healthcare is a constant topic of conversation in the household with my spouse, an advanced practice nurse, and an anesthetist. It was unsurprising that my younger son became a physician, a diagnostic radiologist, who will marry a physician assistant, and my older son, who had married a nurse anesthetist. I am most passionate about the legislative issues affecting our profession and healthcare in general, which led me to be part of advocating for NPs in California and for the passage of our bill AB 890, which is the Full Practice Authority, which is a huge part of the "Future of Nursing 2020-2030". My NP colleagues and I walked the hallways of the California State Capitol and lobbied for our bill. This provides access to healthcare to the underserved population, as we bridge the gaps in healthcare. It is without saying that we also continue to collaborate with our physician colleagues and continue to get the utmost trust from the people we serve. It is with pride, to inspire my former medical scribe, whose parents wanted her to become a physician. She is now an emergency room RN and attending an NP Program. This gives me joy to mentor the next gen! This along with gratitude from my patients when they can have their prescribed medications approved by their health insurance, specifically the underinsured, and when they say "you saved my life Velma" is an ultimate high that no price tag can be attached. I am most satisfied when I can do something for others.

However, as much as I take care of others, I make sure I fulfill a balance life with my husband by international and domestic travels, where we have fun being foodies, enjoy the beaches, dance, cruise, learn new things like pickleball, and volunteer in our community. Most importantly, we pray and thank God for who we are and what we can do for others. My favorite mantra is *"do not let what you cannot do interfere with what you can do."* - John Wooden"

NURSING INFORMATICS



Mary Joy Garcia Dia, DNP, RN, FAAN

Program Director of Nursing Informatics, New York Presbyterian Hospital

Immediate Past President, Philippine Nurses Association of America (PNAAP)

Chair, Nominations and Elections Committee PNAAP (2022-2024)

Advisor, Nursing Informatics SIG of Practice Committee

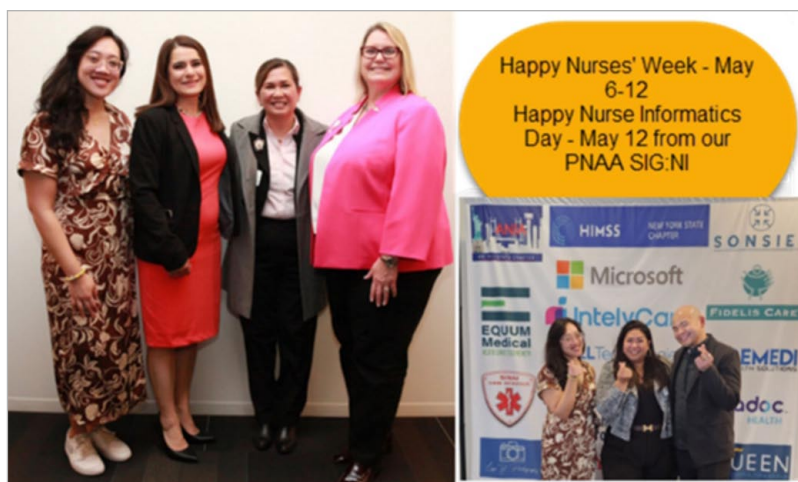
Although many of us who are in the nursing profession understand our value, the public or other industries have limited understanding of what nurses do, much more on what nursing informatics do.

The latest definition of nursing informatics from the American Nurses Association describes nursing informatics (NI) as "the specialty that integrates nursing science with multiple information management and analytical sciences to identify, define, manage, and communicate data, information, knowledge, and wisdom in nursing practice."

Nursing informatics incorporates the fields of nursing, computer science, and information science in order to manage medical data and develop and maintain data systems that are designed to improve patient outcomes as well as boost the overall performance of a healthcare organization.

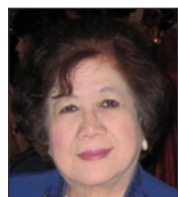
In comparing the latest definition from its original description from Graves and Corcoran, NI has evolved as a specialty. This definition in 1989 "the combination of nursing, information and computer sciences to manage and process data into information and knowledge for use in nursing practice" is still foundational with ANA's description yet is in alignment with emerging technologies. I agree with ANA's broader inclusion of analytical science in driving care and practice as we prepare to embrace and education our clinical nurses on how artificial intelligence, machine learning, and large language model (otherwise known as chatGPT -generative pre-training transformer) can impact nursing science and our ethical practice in research and at the bedside.

I am grateful for PNAA's practice committee in establishing our SIG:NI in 2020. One fun fact is our NI specialty celebrates Nurses Week from May 6-12 with a special focus on May 12 commemorating Florence Nightingale's contribution as the first statistician where she analyzed the mortality rate during the Crimean war. With the use of data, pictures, and charts, informaticists continue to drive change, improve safety, and promote quality care.



Happy Nurses Week Celebration and have a great Nursing Informatics Day!

HIMSS New York State Chapter Conference with L-R: Ellen Arigator, Olga Kgan, Mary Joy Garcia-Dia, Julie Luengas at Microsoft NY Headquarters; PNAA SIG:NI – Ellen Arigator, Alexis Balingcongan, Darren Roy



Rosario P. Estrada, DNP, MSN, RN, NPD-BC, CPN
Practice Committee- SIG: Nursing Informatics, Adviser
Online Editor Journal of Nursing Practice Applications and Reviews of Research (JNPARR)
Philippine Nurses Association of America
Board of Director/Recording Secretary
Research/Grant Committee and Website Committee, Adviser
Philippine Nurses Association of America Foundation, Inc.
Executive Director and Past PNANJ President
Philippine Nurses Association of New Jersey
Professor Emerita and Specialty Director of the Nursing Informatics (Ret.)
Rutgers, The State University of New Jersey

Happy Nurses Week to all our true heroes! My "heartfelt appreciation" for your compassion kindness, dedication, healing touch, and for all you do!

"As a nurse we have the opportunity to heal the mind, soul, heart, and body of our patients. They may forget your name but they will never forget how you made them feel." – Maya Angelou.



Ellen Joy Arigorat, MS, RN-BC, PCCN-K

Program Director of Nursing Informatics, New York Presbyterian Hospital
Chair, Nursing Informatics SIG of Practice Committee (2022-2024)
Secretary, Practice Committee, PNAA (2022-2024)

First and foremost I would like to wish all the nurses far and wide a Happy Nurses Month. Reflecting on this year's theme of YOU Make a Difference, I had many personal and professional accomplishments. As my role of Program Director-Nursing Informatics, I continue to advocate for nursing and patients to ensure that technology implementations are not care burden. The latest accomplishment for me is successfully completing my DNP project focusing on electronic health literacy among Filipino Americans. I continually work to mentor rising nursing informatics students and within the community to educate the importance of education and data representation.



Susan Repotente, BSN, RN

Nurse Informaticist (retired)
Executive Board Member, PNAA (2022-2024)
Secretary, PNAA (2020-2022)

I am a graduate of University of Santo Tomas of Legazpi City, Philippines (formerly as Aquinas University). I have 40 years of nursing experience that includes Office Nursing, Neurosurgery, Practical Nursing Program Instructor, Nurse Educator and Nurse Informaticist. I worked at the Lemuel Hospital Department of Public Health in Boston, Massachusetts for 28+ years. As a Nurse Informaticist, I was the Project Lead for the implementation of the hospital first Healthcare Information System, CPOE/EMAR, interface of Bedside Glucose results in the EMR, and Quality Assurance/Performance Improvement Coordinator for the Nursing Department.

I was the Education Committee Chair of PNA-New England from 2012-2020; PNA-NE President-Elect 2014-2016; PNA-NE Chapter President 2016-2018; Eastern Region Circle of President Regional Representative (COPRR) 2017; Eastern Region Secretary 2018-2020. I served as the National Secretary during the pandemic from 2020-2022. Susan is proficient in Microsoft Office and has provided computer training in the local chapter. A Board of Director for PNAA Foundation co-chairs the Website Committee and Education Committee member, Bylaws Committee member, and Vice-President/ Board of Director of the Filipino Cancer Network of New England Foundation since 2018.

Presently, a Board Member of the Executive Board and Website Chair 2022-2024, collaborates with the RVPs, Committee Chairs, and chapters for any updates to be posted on mypnaa.org and mypnaaconference.org, a planning committee member of the regional conferences, national conventions and international global summits. She is also a member of the following PNAA Committees: Advanced Practice Committee (Nursing Informatics); Business and Development Office, and Mentoring program Patnubay sa Pagtatagumpay (P3) Steering Committee. She will always assist in any IT related/technical capacity when needed.



Aubrey May Boko Agcon, BSN, RN, PCCN-K

I am an experienced nurse specializing in Trauma Clinical data analysis, practice, operations, and performance improvement. Aubrey is an active member of the Philippine Nurses Association of New York, Inc., Board of Directors, and enjoys various hobbies such as hiking, arts and crafts, traveling, and coding. She has a keen interest in nursing informatics, data science, analytics, and software programming and aspires to become a Clinical Data Specialist. Aubrey is graduating with her MSN in Informatics this coming fall, 2023. She is currently working on a process improvement project to develop and build a software application to automate data analysis on the Undertriage and Overtriage of trauma patients using the Need for Trauma Intervention (NFTI) analysis of Injury Severity Scores and Activation Levels of a Level 1 Trauma Center within the NYC Health and Hospitals System.



Meldy P. Martin, MSN, RN-BC

Utilization Review Supervisor, Community Healthy System
President, PNA Central California

Growing up in the Philippines compels you to show up in life every day. Built on the vision that education serves as a keystone in improving oneself to build a better future, we commit to lifetime learning.

I migrated to the US in 1990 with my 2 small children in tow, my husband is the only one working during that time. To help with family expenses, I went to a vocational school to get my Cosmetology license, a profession that I have known ever since I was sixteen. Life was smooth until my husband lost his job. In the meantime, the family is growing, and so thus our expenses. The decision to change career did not come easy. Pregnant with my fourth child with no insurance was not fun, I started taking my nursing prerequisites, it was not easy, but it is doable. The wait to get into the nursing program was a painful process, waited five grueling semesters to get picked into the lottery at Fresno City College. The day had come, and I showed up full of hope. Being in the nursing program, working as a full-time hairdresser, and a mom to 4 growing children is no joke, but I showed up every day! Until I finished and got my RN license. Landed a job in a Skilled Nursing Facility, and there I realized that nursing is an extremely hard and noble profession. I learned so much from my nursing assistants, they became my best friends. A year after, I was accepted at the acute hospital, and went back to school to get my BSN. The following year, I got a leadership position, went back to school again to get my MSN and the rest is history. All of this happened because I showed up.



Nurses Month 2023

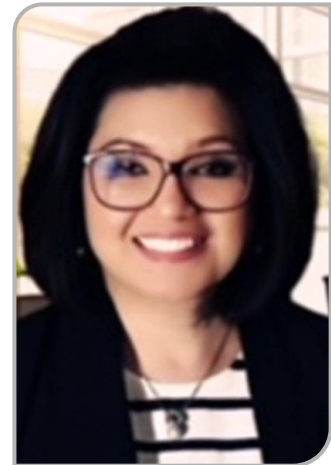
You make a Difference

Unsung Heroes: How Nurses are changing lives every day

By Mindy C. Ofiana MSN, RN

Nurses are a crucial part of the healthcare system, often referred to as its backbone. They tirelessly work to deliver high-quality patient care and frequently go above and beyond their duty call. However, many people are unaware that they also play a significant role in community engagement.

Nurses are involved in community outreach programs, setting up health fairs, and volunteering at local clinics. They are making a real difference in people's lives beyond the confines of medical facilities. Here are some heartening stories of nurses having an impact on their communities.



Meet Nurse Jane

Nurse Jane is a registered nurse who works at a local hospital. In her free time, she volunteers at a local health clinic that provides free medical care to underserved communities. She also organizes health fairs and educational programs to promote healthy living. Through her work at the clinic, Nurse Jane has seen firsthand the impact that lack of access to healthcare can have on individuals and families. She is passionate about providing care to those who need it the most. Her dedication to community engagement has earned her the respect and admiration of her colleagues and patients.

Meet Nurse Mark

Nurse Mark is a pediatric nurse who works at a children's hospital. He is also a member and a volunteer with a local nursing organization that supports families with children with chronic illnesses. Through his work with the organization, Nurse Mark has helped families navigate the complexities of the healthcare system and provided emotional support to parents and children alike. He has also helped organize events and activities that allow children with chronic illnesses to connect and have fun despite their health challenges.

These are just a few examples of how nurses make a difference in community engagement. You may notice some similarities between yourself or people in your social circle and the fictional characters of Jane and Mark. Through your compassion, dedication, and expertise, you are helping to improve the health and well-being of individuals and communities.

As we face ongoing challenges within the healthcare system, it's important to recognize nurses' crucial role in community engagement. Fictional Jane and Mark, your work is a shining example of the impact of compassion and care, and it inspires us all. We thank you for being unsung heroes.

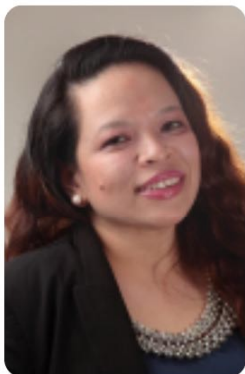
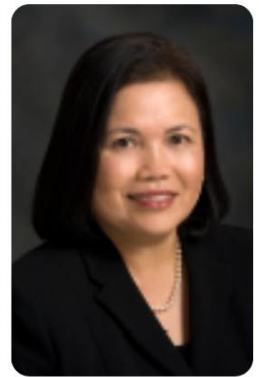


HAPPY NURSES MONTH

You Make a Difference



Happy
Nurses' Month
from the
Kabalikat Emotional
Wellness Team!



OUR UNITED VOICES
WISDOM EXCELLENCE
RESPECTFUL SERVICE UNITED HEARTS

"Taking care of
yourself is the most
powerful start of taking
care of others"
- Bryant McGill



Happy Nurses' Week!



PHILIPPINE NURSES ASSOCIATION OF
ARIZONA (PNAAZ)

Happy Nurses Week!



We make a difference!

PNAC3 California Capital City



Thank you Nurses!



Lifelong Learners

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Happy Nurses Month





- Happy Nurses Week 2023

Shine PNAA Shine from PNAColorado

- WE CARE



Greetings
From PNAGA
Happy Nurses
Week!

Let us keep making
a Difference!



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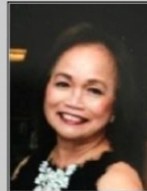
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Recognizing all nurses for their dedication and hard work
Happy Nurses' Week!



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2022-2024**

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Happy Nurses Week!

You Make A Difference!

The Philippine Nurses Association of Hawaii celebrates with you !



<https://www.pnahawaii.com/>



Philippine Nurses Association of Illinois



Happy Nurses Month

Happy Nurses Month!
PNA Maui Hawaii



Lokahi W.E. C.A.R.E.

HAPPY NURSES MONTH

From the Members, Executive Officers
and Board of Directors
of the

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OF MIAMI AND SOUTHEAST FLORIDA, Inc.
(PNAMSEF, Inc.)**

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



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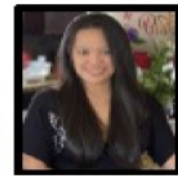
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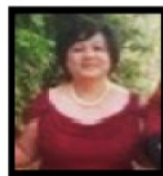
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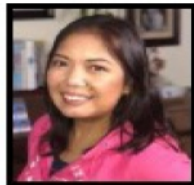


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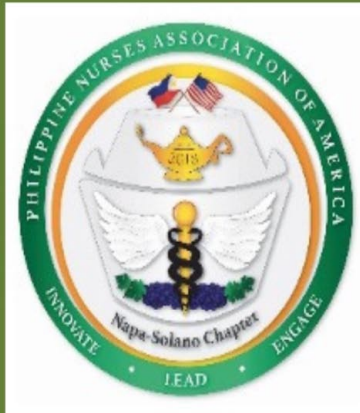
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BSN, RN, CMSRN



Thank you for your support of PNA/PNAMSEF
You make a difference in the lives of many people.
Your kindness, compassionate care and resilience are well appreciated.

Happy Nurses Month

Make a Difference



**PNA Napa
Solano
Chapter**



HAPPY NURSES WEEK FROM PNANT-DALLAS!



We salute all our PNAA Colleagues as
we celebrate Nurses Month!

From the Philippine Nurses Association of North Texas-Dallas
Executive Board, Advisory Council and members!

Happy Nurses Month!

PNA Northern California



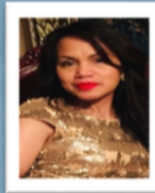
Thank you, Nurses!



Nurses Week 2023 - Thank you Nurses



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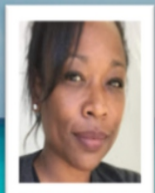
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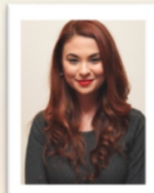
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Happy Nurses' Week to our
PNAA Family, know that
"WE CARE"



Happy Nurses Week 2023!!



Happy Nurses Week from PNASC



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*Happy Nurses Week 2023!!! Thanks a Million For All Your Support!!
From
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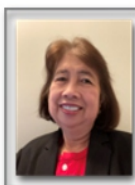
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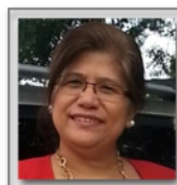
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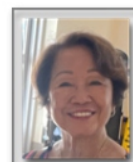
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**HAPPY
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NURSES WEEK 2023**



The Heartbeat Of Healthcare



Thank you for all your hard work
& unwavering compassion.



**PNATCC salutes and celebrates "National Nurses Week"
Nurses make the difference, anywhere, anytime and always.
PNATCC Nurses , your everyday Heroes.♥♥♥**



COMMITTEE UPDATES

Practice Committee

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

Here are current legislative updates provided by the American Nurses Association (ANA) we can keep track of and follow:

Nursing Workforce Programs

For decades, ANA has actively advocated for increases in the Nursing Workforce Development Programs and the National Institute of Nursing Research (NINR). Title VIII Nursing Workforce Development Programs received \$300.472 million in this package. This is a \$20 million increase over Fiscal Year (F.Y.) 2022 enacted levels.

Opioids

ANA Chief Nursing Officer, Debbie Hatmaker, is pleased to report that H.R. 7666, the Restoring Hope for Mental Health, and Well-Being Act of 2021, supports H.R. 1384, the Mainstreaming Addiction Treatment (MAT) Act. This legislation would eliminate the duplicative and burdensome requirement that providers, including APRNs, apply for a Drug Enforcement Administration waiver to dispense lifesaving buprenorphine to treat those suffering from opioid use disorder.

Prescribing Authority

ANA successfully led the charge in 2018 for nurse practitioners' permanent prescribing authority of medication-assisted treatment. A compromise was reached to give five years of prescribing authority to Certified Nurse-Midwives, Clinical Nurse Specialists, and Nurse Anesthetists who take additional continuing education in the SUPPORT for Patients and Communities Act of 2018.

Telehealth

The omnibus continues Medicare's expanded access to telehealth by extending COVID-19 telehealth flexibilities for an additional two years through Dec. 31, 2024.

Pandemic Preparedness

The Strategic National Stockpile to ensure critical pandemic supplies are ready to deploy, which includes the replenishing sale/transfer mechanism that will provide helpful predictability for domestic manufacturing of personal protective equipment. The bill also supports the public health workforce by encouraging investments in the next generation of healthcare workers through grants and public health loan forgiveness.

Source: American Nurses Association. <https://www.nursingworld.org/practice-policy/workforce/>

Governor Inslee Signs Washington My Health, My Data Act into Law

In Olympia, WA, Governor Jay Inslee and Attorney General Bob Ferguson focused on reproductive and healthcare protections. One of the bills, [House Bill 1155, the W.A. My Health, My Data Act](#), is a historic and first-in-the-nation solution aimed at protecting the personal health data of all Washingtonians. Introduced by Rep. [Vandana Slatter](#), D-Bellevue, it also protects the health data of individuals who visit Washington seeking health care, such as reproductive and gender-affirming services.

At its core, House Bill 1155 will modernize Washington's consumer protection framework to regulate better private health data collection, sharing, and sale. Currently, websites, apps, and health-tracking devices lack basic

data privacy protections, much less the protections we expect for sensitive personal health data. Most consumers are completely unaware of it and have no way to consent to the collection and sharing of their private information.

In the aftermath of regressive policies passed by neighboring states and a significant reversal of the Roe decision by the U.S. Supreme Court, this bill is an urgent and critical step to protect the privacy of personal health care decisions.

Source: <https://www.medpagetoday.com>

According to the U.S. Bureau of Labor Statistics nurse practitioners are at the forefront of diagnosis, research, and treatment to ensure patients have access to quality health care. America's 355,000 licensed NPs conduct more than 1 billion patient visits annually.

Five Trends to Watch

- 1. Demand for NPs Is Growing Along with the NP Role** — With an aging U.S. population, the rising incidence of chronic disease, and increasing infectious disease rates, NPs are in high demand and NPs are trusted by their patients. NPs top the list of professions projected to grow the fastest over the next decade, according to the most recent data from the U.S. Bureau of Labor Statistics. The profession is projected to grow nearly [46%](#) by 2031.
- 2. Nearly 100 Million People Now Live in Primary Care Shortage Areas** — and the Numbers Are Rising — According to the U.S. Department of Health and Human Services (HHS), [99 million](#) Americans lack adequate access to primary care — a nearly 20% jump from one year ago — and shortages are more severe in rural areas. A recent survey by AANP found that nearly 50% of patients waited longer than one month — and 25% reported waiting more than two months — for a healthcare appointment in the last 12 months. NPs are poised to address this challenge, with almost 90% of these advanced practice providers trained to deliver primary care. NPs represent 1 in 4 primary care providers in rural practices, with an even more significant percentage in the states that allow them to practice to the full extent of their education and clinical training.
- 3. NPs Are Taking on Leadership Roles in Research and the Diagnosis and Treatment of Illnesses** — NPs served on the front lines throughout the COVID-19 pandemic, which continues as communities face a tri demic of COVID-19, influenza, and respiratory syncytial virus (RSV). Consistent with AANP's long-standing goal of removing barriers to practice and expanding access to healthcare providers in every state, NPs are leading the effort to diagnose and treat illnesses of all types and participating in research to develop new treatments and combat emerging diseases.
- 4. More States Are Giving Patients Full and Direct Access to NPs.** This allows NPs to practice at the top of their education and clinical training and allows patients to benefit more fully from the care NPs provide. New York and Kansas took action; 26 states, the District of Columbia, and two U.S. territories have Full Practice Authority (FPA) laws in place. States that have adopted FPA are ranked among those achieving the best health system performance, access to care, and patient health outcomes in the nation. In most states, outdated licensure laws reduce or restrict patient access to NPs. States that have adopted FPA have better access to primary care, better health access for seniors, and expanded patient choice; in January 2023, California joined these States with FPA.
- 5. Mental Health NPs Are Increasing Access to Mental Health Services.** A [study](#) published in 2022 found that the number of NPs treating Medicare beneficiaries for psychiatric and mental health conditions grew 162% between 2011 and 2019, compared with a 6% decrease in the number of psychiatrists treating Medicare patients. Results from this study also indicated, "... in 2019, these NPs provided 34% and 51% of mental health office visits for [Medicare beneficiaries] in urban and rural areas with the full scope of practice regulations." The study concludes, "PMHNPs are a rapidly growing workforce that may be instrumental in improving mental health care access."

Source: American Association of Nurse Practitioners: [aanp.org](https://www.aanp.org) <https://www.aanp.org>



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



Where are the Scholars now?

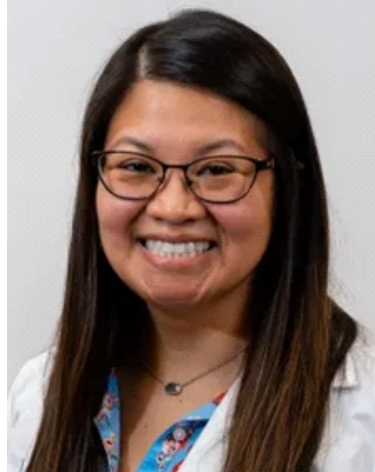
By Aileen Laczi, MSN, RN, CNOR

PNAA Scholarship Committee Member (PNA of North Carolina)

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



Name: Jessamine Endaya Daley DNP, APRN, NP-C
Chapter: Philippine Nurses Association of Greater Kansas City (PNAGKC), North Central Region
Current Work: Gastroenterology / Hepatology Nurse Practitioner



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

I graduated Magna Cum Laude with my Bachelor of Science in Nursing degree in 2010 from the University of Missouri Kansas City School of Nursing. After graduation, I worked at Truman Medical Center (now University Health) in Kansas City, Missouri, where I was a bedside nurse in the Cardiac Care ICU before transitioning to the Surgical/Trauma ICU. I started my Doctor of Nursing Practice, with emphasis on Family Practice journey, in 2013. I graduated from the University of Missouri Kansas City School of Nursing and Health Sciences in the Spring of 2018. I currently work as a nurse practitioner in the outpatient Gastroenterology/Hepatology Clinic at University Health Truman Medical Center in Kansas City, Missouri.

Throughout my nursing career, I have been involved in the local PNAA chapter, PNA-Greater Kansas City. I served as Chapter President from 2014-2016, as well as Chapter Vice President, Advisory Council, and Board Member. I currently serve as the 2022-2024 Chapter Secretary, Publication/Communication Chair, and Editor-in-Chief of Tanglaw, the official publication of PNAGKC.

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

I would advise our future PNAA scholars to continue to dream big and never stop trying to achieve their goals. Do not be afraid to ask for help, as there are many people on your side cheering you on and wanting you to succeed just as much as you do. There will be good days and bad days as you work through your program, but it will all be worth it in the end!





Palakpakan
CORNER

Merit Award for Excellence in Community Service

By Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, FCCM



Ms. Laput was awarded the Merit Award for Excellence in Community Service by the Council of Asian Pacific Americans (CAPA), at the Royalty House, Warren, Michigan, Michigan, on May 13, 2023.

The Asian-Pacific American community of Michigan recognized Reggie for her hard work and persistence in leading the project together with the PNA Michigan chapter. This CDC-funded project aimed to promote Vaccine Equity (P4VE) in the community. PNA Michigan partnered with community leaders and healthcare workers to forge the project. Their goal was to increase vaccination confidence and coverage among young Filipino-Americans and Southeast Indian-Americans in Macomb, Wayne, and Oakland counties in Michigan. The project commenced in June 2019 and was completed in April 2022. Their success was measured by: 1. the number of influencers they trained to promote vaccination in the community-specifically COVID-19 and flu, 2. The development, distribution, and education of their community on culturally and linguistically appropriate vaccine materials; 3. the number of vaccinations administered to Filipino and Southeast Indian communities in partnership with local and state healthcare providers.

Congratulations, Reggie and PNA Michigan Chapter! YOU made a Difference in the lives of the people in Michigan. PNA is proud of your work and dedication to human health.



Top 15 Nurses by the Houston Chronicle for 2023



Congratulations to PNA Metro Houston's very own Pam Windle and Elizabeth Castro Florendo, and PNA North Houston President, Mila Sprouse for their recognition as the Top 15 Nurses by the Houston Chronicle for 2023 for their contributions to nursing and the Houston community



Palakpakan
CORNER

Recipient of the 2021 PNAA Grant Proposal



Congratulations to Shirley Soden, DBA, BSN RN. She is a recipient of the 2021 PNAA grant proposal. Shirley recently graduated from Grand Canyon University and obtained her Doctor of Business Administration with Emphasis in Management degree.

Shirley was the Past President of the Philippine Nurses Association of Arizona (PNAAZ) and currently sits on the Advisory Board. Her research was on “Rural Healthcare Managers' Use of Job Embeddedness Factors to Retain Registered Nurses.”

Here is the Abstract of her research: The purpose of this qualitative descriptive research was to explore how rural healthcare managers throughout the United States describe

the ways they use the concepts of job embeddedness (fit, links, and sacrifice) as strategies to retain RNs to support workforce and organizational stability. Job embeddedness theory provided the theoretical foundation for this study. Three research questions asked how rural healthcare managers describe how they use the concepts of fit, links, and sacrifice as strategies to retain RNs to support the workforce and organizational stability. Eleven participated in semi-structured interviews, and twenty-two participated in the Job Embeddedness Questionnaire® who were recruited from social (Facebook) and professional (LinkedIn) online networking groups. Braun and Clarke's six-step thematic analysis was used for data analysis. The primary data source was the rural healthcare managers' semi-structured interview data. The eight themes were: Promoting and facilitating a team fit approach, Identifying new skill sets of new RNs upon hire to support adaptability skills, Providing opportunities to advance RNs' knowledge and skills, Encouraging RNs to be involved with nursing-led councils and hospital-wide based committees, Establishing trusting and lasting relationships with peers and managers, Promoting and providing monetary and non-monetary incentives as rewards and recognition activities, including increasing RN pay, Making use of and bolstering flexibility of RN schedule, and Offering monetary-related benefits. Although these study findings are helpful and informative to the field, further research is required. This study's implications and contributions promoted the use of job embeddedness concepts to retain RNs locally, effectively, and efficiently.

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

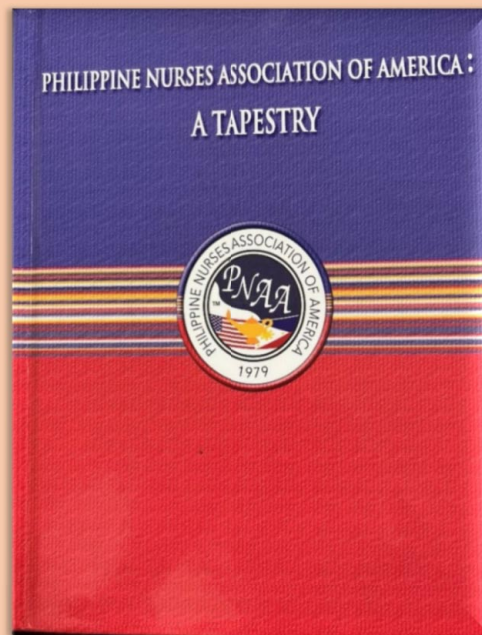
"The secret sauce of leadership that will extend the PNAA forward and ever higher; learn the exemplars of the values they used to bring the organization to its height of influence."

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."

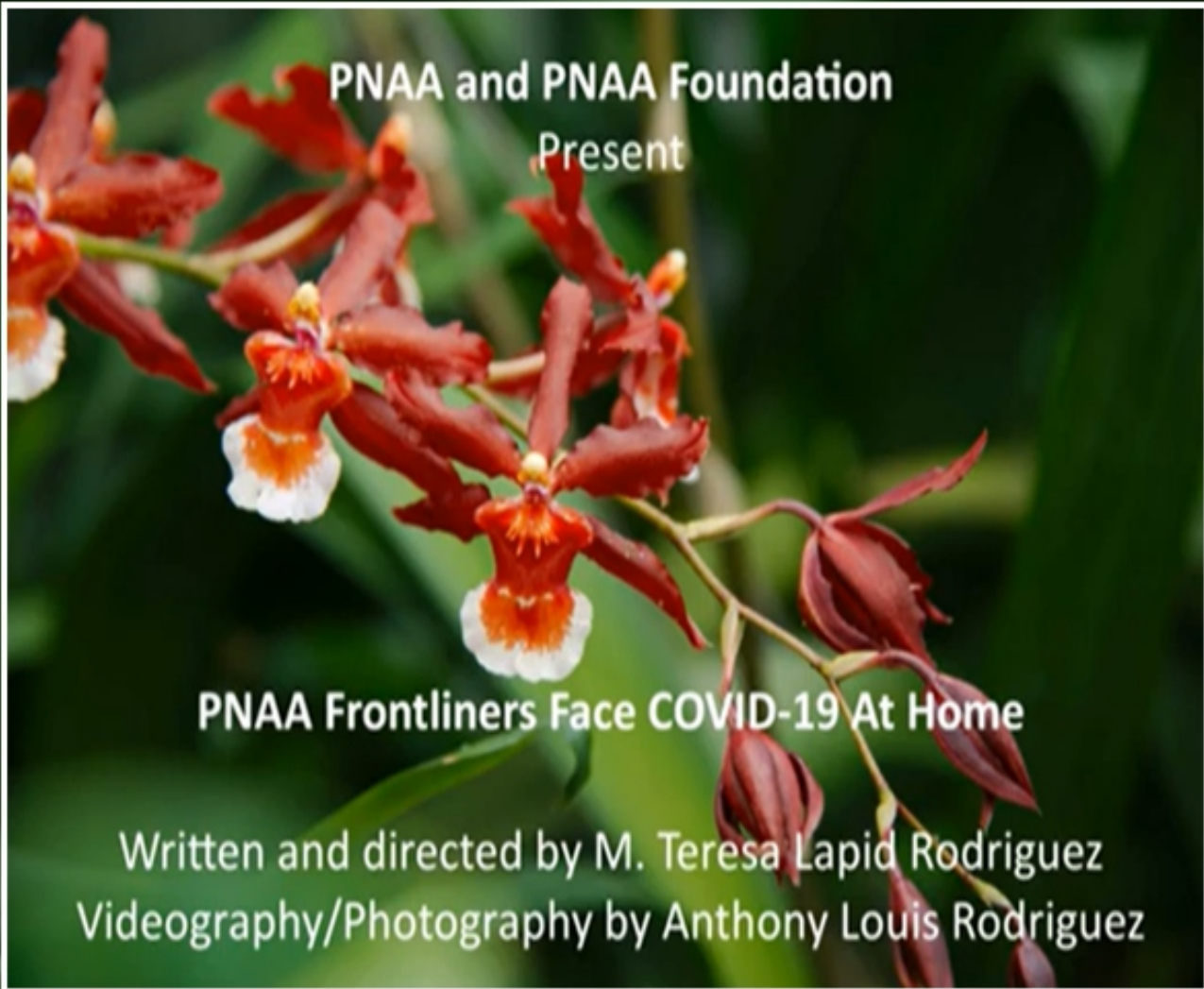
\$20/book plus shipping & handling (S/H): \$6/book; \$15/4books

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!!



**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 q 2nd Saturday of each month until Sept. 2023)

Length of commitment: 9 months

Chapter Deliverables:

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

Attend and complete the KEWP sessions until September 2023

FOR MORE INFORMATION:

Riza V. Mauricio

riza.mauricio@gmail.com

THIS STUDY IS CONDUCTED BY THE UNIVERSITY OF TEXAS
CIZIK SCHOOL OF NURSING, PNA A, AND PNA AF



BENEFITS:

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



OUR UNITED VOICES
WISDOM. EXCELLENCE
COLLABORATION. HONORING. RESPECT. GROWTH

By Carmencita Santiago, BSN, RN
PNA Georgia

Nurses Got Talent: PNAGA Nurses Week Celebration

Saturday, May 6, 2023 was a day of fun and recognition for our PNAGA nurses. We celebrated Nurses' week showcasing our talent in music, dance, poetry and story-telling. The competitive nature of the participants and the talent just bursting to come out was quite a revelation. Proudly we can say that our Fil-Am nurses excel at the bedside as well as in performing arts. We had three judges namely Ms. Marites Fernandez Pellicer, a well-known concert pianist, Atty. Bea Torralba Shakal and Dr. Romy Moriles. They did say that judging was quite a challenge but we have to have winners and prizes have to be given away. Third place went to Cobb Chix dancing to the



PNAGA EB & AC Board

music of "Mamang Sorbetero," complete with an ice cream cart fashioned from a wheelchair. The dancers were Berna Bray, Ava Cabal, Malu Luage, Lillian Madali, Salve Jones, Pretz Schultz, Peaches Ercilla and Lilia Hagler. Most of them are retired but their grace, agility and skill belies their age. Second place was Menchie Santiago reciting her poem "Pilipinas: Bayan Ko," expressing her love of country, the so many beautiful places to visit and that she is proud to be Filipino. The first place went to Ria Rowell whose vocal rendition of "Rise Up," simultaneously in sign language was very touching. A few years ago, Ria was not able to speak resulting from a car accident and she had to go through a rigorous speech and physical therapy. Hers was such a profound performance and you can feel it in every note. Nurses got Talent was so much fun and so entertaining we plan to do it again. Capping the day's program was presentation of certificates of appreciation and the 2023 PNAGA Florence Nightingale award. .

Myrna Gacusan in her president's address informed members on the current state of our organization. PNAGA is financially strong and she encouraged everyone to renew membership and for the newly arrived nurses to become members. Together with her executive board, they have accomplished so much for PNAGA. She spoke about her vision and plans to moving PNAGA forward. She also handed out certificates of appreciation to select PNAGA members. They were Lorna Buntichai, Ria Rowell, Carmencita Santiago, Juvy Dizon, Beth Villanueva, Aileen Alexander, Marichel Lumapas and Jessielyn Faypon. Giovanni Paz received the PNAGA Clinical Certification award.

The high point of the celebration was the awarding of 2023 PNAGA Florence Nightingale award by the Philippine Nurses Association of Georgia Foundation. This year's recipient is May Ann Neely. She was nominated by Lilia Hagler for her "active participation in PNAGA events and her enthusiasm for all projects is quite infectious. Her leadership and boundless energy is palpable. Her fundraising efforts have been successful

with her unique ability to engage colleagues in such efforts. She goes the extra mile in making PNAGA events memorable and fantastic. She is always ready to give of her time, talent and resources for the organization as well as the community she serves.”

Our thanks to Jonjon Tongco, our light and sound person who donated his time for this affair. And not to be remissed our sincere gratitude to our president Myrna Gacusan and her whole family for their endless support. She mobilized them to create and design our unique and lovely decorations. Thank you also to our ever beautiful and engaging program host Venus Soriano for doing a great job.

A single long stemmed red rose was given to each nurse and/or mother to show our appreciation. We enjoyed a catered Filipino cuisine to wrap up the celebration. This is the first in PNAGA history to hold a nurses talent show. It was well received and much enjoyed by everyone. Cheers to the EB and AC boards for hosting this memorable and successful event.



Nursing Attendees



Mary Ann Neely, 2023 PNAGA Florence Nightingale Award recipient



Ria Rowell, 1st place, NGT



Menchie Santiago, 2nd place NGT



PNAGA Nurses Got Talent Judges



Jiovanni Paz, Clinical Certification Award recipient



Cobb Chix, 3rd place NGT



Certificate of Appreciation Awards Recipients



By **Carmencita Santiago, BSN, RN**
PNA Georgia

Wellness: PNAGA's New Mission

What a fantastic way to end the month of April! Saturday, April 29th was a perfect day to go to the park. After so many rainy days, the sun was out and it was glorious. PNAGA is striving to encourage its members, families and friends to practice healthful living. Hiking happens to be a fairly easy and doable activity that we can do to start our wellness program. Miller Trail Park in Dacula, Ga. was the perfect setting for such an activity. The 2.5 mile trail hike was pleasant; the crisp air refreshing, the scent of wild flowers almost intoxicating, the trees now with green leaves a sight to behold. As with any event, there were plenty of Kodak moments.

We ended the day with a picnic lunch under a huge tree. We had a variety of sandwiches, chicharon and a delicious home baked pandan pound cake. We also had time to rehearse our talent presentation for Nurses' week.

Sunday, April 30, 2023 at the Atlanta Motor Speedway Fairgrounds was the place for community outreach. We assisted with data gathering for the "All of Us Research Program" of the National Institute of Health. We joined volunteers from Emory Morehouse and from Black Greek Letter Consortium. PNAGA members will also be volunteering on May 7, 2023. This research is inviting one million people across the U.S. to build one of the most diverse health database in history. It is open to all participants from all backgrounds. Researchers will use the data to learn how our biology, lifestyle, and environment affect health which may one day help them find ways to treat and prevent disease.

It was truly a productive and worthy cause weekend.



By Josephine B. Veit, BSN, RN- PNAGSL President 2022-2024
Annabelle L. Cosas, BSN, RN- PNAGSL Editor; Bylaws/Policies & Procedures Chair

PNA of Greater St. Louis holds its General Assembly Meeting



PNAGSL had its General Assembly on April 29, 2023, Saturday. Josie Veit, President, and members of the Executive Board set-up the Saxony hall. Potluck: various scrumptious dishes, a mix of Filipino and American. All filed then ready for a good meeting of minds.

Agenda rolled along with the President report, treasurer's report; calendar of events; open discussion. Josie announced (1) Alice Torregosa as President-Elect 2022-2024; Joy Deatherage takes Secretary, both Recording /Corresponding; (2) the PNAGSL's reinstatement of incorporation received from the Missouri Secretary of State; (3) the application for 501C-3 is underway with the "pro bono" assistance of spouses Richard Veit (law-yer) and Mike Lewis (CPA).

Events: May 13, Saturday: Education seminar at Maryland Heights Community Center 9:30 am-12:30 pm; Nurses Week/Mother's day lunch treat: salad/sandwich from McAlister Deli. Speaker: Dr. Arturo Taca (psychiatrist) on Mental Health during the pandemic.

Fundraising: (1) Cardinals game — volunteer once a month at food concession (selected schedule for 5 events); sign-up: need six volunteers for the 7-hour shift. (2) June 4, Sunday: Fun Run/Walk at McDonnell Douglas Park. Liability insurance included. Park is reserved for us the entire day. Monetary donations from sponsors; souvenir t-shirt \$35.00. June 16-23: Camp Aruga, Angola, Indiana — 5 delegates going; PNAGSL will bring pens/pad paper; our delegates to lead Zumba

July 16-23: PNA 44th National Convention/Cruise — one delegate going. PNAGSL will give a full ad page for the Souvenir Journal aside from another page from all chapters of NCR.

July 20, Thursday: Education

August 26, Saturday: community outreach — Soup Kitchen, Missionaries of Charity/Mother Teresa

BUDGET: for national conventions/regional conferences/any ad hoc business — will be assessed; Policy and Procedure to be updated.

Meeting adjourned with positive results/many issues resolved and certain ones for further discussion.



By **Josephine B. Veit, BSN, RN**; PNAGSL President 2022-2024
Annabelle L. Cosas, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair
Photos by **Ces Nalagan, BSN, RN**; PNAGSL PRO 2022-2024

Nurses' Week for PNA of Greater St. Louis: Education Seminar

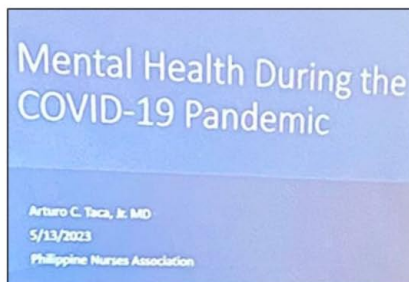
Nurses Week (May 6-12, 2023) celebrated our PNAGSL nurses on May 13, Saturday, with an Education seminar at Maryland Heights Community Center scheduled at 9:30 a.m. This was also honoring nurses for Mother's day (May 14). Joy Deatherage donated coffee and donuts for the early risers. Setting-up the venue is always made easier by the promptness and unselfish cooperation of EB (Executive Board) members.

Evelyn Oller gave an inspiring opening prayer then Josie Veit welcomed attendees: "It's a pleasure to end our Nurses Week with an expression of GRATITUDE for all you do taking care of patients and for all you do to our organization, PNAGSL. I want to thank you for your continuous support with your membership renewal and for your engagement with our activities. Nurses week is an excellent time to remind all of us of the importance of self-care. Provide rest and renewal to yourself, not only so you can help patients have the best outcomes but so you can be your best to your family. Thank you!"

Agnes Lewis introduced our speaker, Dr. Arturo Taca, a psychiatrist and addictionologist.

Dr. Arturo C. Taca graduated from the University of the East Medical School in Manila, Philippines. He completed his psychiatric residency training at St. Louis University School of Medicine. He is adjunct faculty at St. Louis University and continues to teach and supervise residents and medical students. Dr. Taca is also involved in the newly formed Addiction Medicine Fellowship at SLU through the Department of Family Medicine. He is triple-certified and is a Diplomate in Psychiatry, Addiction Medicine and Preventative Medicine.

Dr. Taca has long been at the forefront of developing innovative solutions for persons struggling with mental health issues such as addiction and treatment-resistant depression.



COVID experience exposed the importance of mental health and self-care, that it is not only a health problem but a mental health problem. This virus posed a threat outside China and determined as more than a health crisis.

May 5, 2023 **WHO declares end to COVID global health emergency.** WHO Director-General Tedros Adhanom Ghebreyesus added that “the end of the emergency did not mean COVID was over as a global health threat.” Countries should now manage the virus that killed more than 6.9 million people along with other infectious diseases.

After three years of pandemic operations, May 11, 2023, marks the end of the federal COVID-19 public health emergency. According to the U.S. Dept. of Health and Human Services (HHS), COVID-19 deaths have declined by 95% and hospitalizations are down nearly 91% since the peak in January 2021.

Coronavirus Cases: more than 688,000,000 worldwide. Deaths: 6.9 million; in U.S., 1 in 6 deaths. Take into account how well was country response. SARS-CoV-2, the virus that causes COVID-19, is constantly changing. Prominent variants: Omicron and Delta. Delta cause more severe disease than other variants.

In December 2020, first large scale vaccine out. Vaccine development was followed by a period of hoarding. In grocery stores, shelves were empty; shopping: long lines with masks/social distancing. The argument: those who didn't believe, had different opinions on COVID, misinformation, the politics. “... will get COVID just standing in line.” Included, too, is financial stress. Mental health becomes mental health of the show; mental health burden of COVID.

Rise in addiction during COVID — on opioids, on alcohol resulting in high potency to depression/suicide/deaths • 13% of Americans reported starting or increasing substance use as a way of coping with stress • 41% increase in heavy drinking days for women. • increase in fentanyl usage that continues to rise today

MENTAL HEALTH response during COVID — overwhelming demand for psychiatric/psychological services. The “conspiracies during COVID” — why are some people vulnerable in misconceptions?; extremist views.

MENTAL HEALTH Lessons during covid • mental health — overall wellness • mental health continuing building mental strength is an ongoing process • anyone is susceptible to mental health problems • it's important to have a wide variety of coping skills • telehealth works • trust science • we have the capacity for resilience.

From questions brought up by audience, Dr. Taca also talked on depression. Those on anti-depressants, adjustments of dosage; is there a remission of symptoms? “Misadventure” on depression. It's a natural human experience; the importance of support system.

He hopes to live to the day it's determined that antidepressants don't work. Part of his approach includes genetic testing — a good tool to help psychiatrists select antidepressant or antipsychotic medication for individual patients based on their genetic makeup, how body responds to medications.



Dr. Taca, speaker of PNAGSL's education seminar, is flanked by health care attendees.



PNAGSL Executive Board, L-R: Ces Nalagan, PRO; Josie Veit, President; Dr. Taca; Evelyn Oller, Business Mgr; Annabelle Cosas, Editor/Bylaws, Policies & Procedures; Lori Abuelo, Business Mgr; Joy Deatherage, Secretary; Agnes Lewis, Treasurer



PNAGSL Advisory Board, seated, L-R: Jean Reyes, Didi Calabio. **Standing, L-R:** Evelyn Sullivan, Jonel Maminta, Rosa Williams, Cheri Nievera, Marjorie Gamino, Maria Hipolito, Cynthia Montejo.



Agnes Lewis reads the highly creditable bio-data of our speaker



Dr. Arturo Taca, founder and Medical Director of INSynergy Treatment Center in St. Louis



Jenny Doriman, NP (left), with new member, Nanette Delgiudice, NP.



L-R: Ces Nalagan, Ces Aracaya with new member Jaime Santos, RN, MD.



New member, Nerissa Mayo, RN (right) with husband Cyarth (chaplaincy)



Arlene Johnson, Med Tech (Allied member)



L-R: Ces N, Maria Hipolito, Marjorie Gamino



For the double occasion (Nurses Week/Mothers day), PNAGSL gave our nurses a lunch treat of boxed salad and sandwich from McAlister Deli. Raffle tickets winners received gift bags with numerous assorted items. For the 5-K Run/Walk (July PNAAC convention/cruise) of x10 t-shirts (\$350 to PNAAC), names were also pulled out as “ghost-runners” of the event. Brains filled, gastric filled, it was quite a well deserving good time with PNAGSL!



May 14, 2023 — A blessed Mother's day to all mothers!!
With loving GRATITUDE for your dedication, for your being a teacher and for your unconditional love and sacrifice to your family!!

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

Philippine Nurses Association of Gulf Coast Florida manned First Aid Booth at the PhilFest in Tampa, Florida 2023



It's that time of the year again that PNAGF nurses participated in the biggest Philippine Festival in the East Coast this year 2023. We had 15 nurses volunteer to man the first aid booth during the 3-day event.

So the first day is Friday, March 31, 2023, at 5:00 PM till 11:00 PM. We set up the first aid booth by putting up the First Aid sign and our PNAGF banner and tarps to protect us from heat and rain. There were 3 nurses on duty initially, and one arrived later on.

Our first patient was a 57-year-old female, complaining of dizziness and lightheadedness. She did not eat the whole day before she came to the festival. She was eating a Filipino dessert called "halo-halo" when she arrived. Pt stated she had a Stroke last February this year. We monitored her vital signs until they were stable. She claimed that she felt better and wanted to leave. So she was discharged with her cousins who were ICU nurses from the VA Hospital. Half an hour later, her cousin came back asking for a wheelchair. Apparently, our patient earlier was complaining of dizziness and a near syncopal episode. This time pt was non-verbal and her eyes were glassy and she started to drool. Blood pressure was 75/55, heart rate of 111. Placed in Trendelenberg position while sitting in the wheelchair. Vital signs continuously monitored by 2 nurses. Dr. Alvir from the Philippine Medical Society came to help us. Meanwhile, I called the Emergency Medical Service and requested an ambulance. EMS came after 8 minutes. Report was given to the paramedics. Pt blood pressure was 129/77 HR= 119, blood sugar= 144 when they left. Pt was transferred to St. Joseph's Hospital in Tampa.

Our second patient was a 74 year old female complaining of dizziness, lower abdominal pain and low blood pressure. This time we were able to get a lounge chair that we can use to monitor our patient. Our nurses monitored

her vital signs while I called an ambulance once again. They arrived in a timely manner and took over the patient's care. Patient was taken to St. Joseph's Hospital families were given instructions by EMS.

Second day, April 1st, 2023 was a busy day in the first aid booth with 17 patients all day. Most of the patients complained of heat exhaustion, high blood pressure, headache and near syncope. Many asked for band aids for their minor cut. Another patient was involved in an altercation at the gate with one of the security officers. We cleaned and dressed his bilateral elbow lacerations. Our nurses overlapped so we had about 6 volunteer nurses at one time.

Third day, April 2nd, 2023, Sunday was a break for our volunteers. We only have pts asking for band aids, sunscreen, and BP checks. It gave us a chance to join the street carnival parade or so- called "Yugyugan." We were dressed in white with bunny rabbit's head band since Easter Sunday is coming. We held the PNAGF banner and chanted PNA Gulf Coast while walking. Though we were under the sun, we had a lot of fun.

It was indeed an eventful 3 days for PNAGF members and volunteers. Some of us have done this before but for the most, it was they're first time experiencing it, and they said, they'll do it again. We would like to thank all our officers and members for participating in the PhilFest events, especially the first aid booth, a community outreach initiative of PNAGF.





By **Dr. Stacy Arriola, DNP, RN, CNE**
Philippine Nurses Association of Illinois Board of Director

Asian American & Pacific Islander Heritage Month: A Time to Celebrate and Reflect

May is Asian American and Pacific Islander Heritage Month in the United States. This is a time to reflect on the rich history and contributions of Asian Americans and Pacific Islanders (AAPI) to the United States. It is also a time to celebrate our community's diversity and reaffirm our commitment to building a more just and equitable society.

I attended the Chicago Mayor's Office Asian American & Pacific Islander Heritage Month Celebration with the Philippine Nurses Association of Illinois Florence Palmailra, BSN, RN, Immediate Past President, and Dean Baron, BSN, RN, CNN, President-Elect. This celebration was in honor of Chicago's AAPI community leaders and organizations. I was particularly inspired by the stories of those who spoke about their work in policy and advocacy for the AAPI community, including Congressman Raja Krishnamoorthi, who represents Illinois' 8th District, and Alderwoman Nicole Lee of Chicago's 11th Ward, the first Asian American woman sworn into the city council. One of the achievements mentioned for the AAPI community was that in 2021, Illinois passed a bill to mandate teaching a unit of Asian-American history in public elementary and high schools starting in 2022. I hope implementing this new initiative in public schools is going well.

Overall, their stories remind me that we cannot forget where we came from, the sacrifices that our families made for us, and that anything is possible if we set our minds to it. They also remind me that we must never give up on our dreams, no matter how difficult the challenges may seem.



Pictured from left to right:
Florence Palmailra, BSN, RN Immediate Past President; Dean Baron, BSN, RN, CNN, Chicago's Mayor Lori E. Lightfoot



Pictured from left to right: Florence Palmailra, BSN, RN Immediate Past President; Dean Baron, BSN, RN, CNN, President-Elect; Stacy Arriola, DNP, RN, CNE, Board of Director

PNA Chapter NEWS



By Lea Agaton, BSN, BSBA, RN
BOD, Co-chairperson Communications/Publications/Social Media

PNA Illinois celebrates a night with Advocate Health



PNAI enjoyed the night with Advocate Health on 4/6/2023 at their Downers Grove, Illinois headquarters. It was an insightful, engaging, and exciting discussion with the Managers and Executive Nursing Leaders on "Elevate the Nurse Leader in You." Our PNAI newest member, Veronica Flaviano, and Board of Director, Lea Agaton, won baskets of goodies through the sponsorship of the different Advocate branch leaders.



PNA Chapter NEWS



By Aleza Espinosa MBA-HCM, BSN, CVRN-BC
PNA Metro Houston President

PNAMH April 2023 General Membership Meeting and Educational Offering: Sponsored by MegaWorld International



Learning is always fun during PNAMH monthly meetings. April's educational offering titled Oncology Nursing: A discussion on Nurses caring for Immunocompromised Patients from Bedside to Home was presented by our very own chapter member Dr. John Rich Levine. He captured all attendee's attention by presenting case studies and real-life situation during patient encounter. The topic was very appropriate as it calls for revisiting our own purpose and why we chose nursing. Dr. Levine's presentation was very inspiring as well. PNAMH membership meeting was sponsored by MegaWorld International with one of the representatives came all the way from the Philippines. We are grateful for the sponsorship and Dr. Levine's exceptional presentation.



By Aleza Espinosa MBA-HCM, BSN, CVRN-BC
PNA Metro Houston President

PNAMH Volunteered at the Caribbean Breast Cancer Foundation Walk

The Caribbean Breast Cancer Foundation walk is an annual event. PNA MH volunteered by providing blood pressure (BP) screening, glucose screening and education for the participants/walkers and supporters. Another meaningful community outreach PNA MH participated. The event was very successful as it was joined by many breast cancer survivors including family and friends. Walkers visited our booth for BP, glucose screening and education. All participants including the organizers were so grateful for the volunteer services PNA MH rendered during the event.



By Alex Sardual MBA, RN, NE-BC
PNAMH Vice President 2022-2024

PNAMH Promoting Cultural awareness and Diversity through Volunteerism



PNAMH members volunteered to staff the ticket and the emergency booths at the concert of Ely Buendia (Eraserheads) on March 24, 2023 in Houston. The experience was incredibly fulfilling and meaningful as the chapter helped celebrate Filipino cultural heritage and diversity through music. The event drew the attention of not just the “Batang 90’s” Filipino American but members of the Houston community from different racial backgrounds also attended. We hope that PNAMH’s efforts have contributed to elevating the vibrant Filipino community in Houston. In addition to highlighting Filipino music, PNAMH also received a small portion of the ticket sales by working with the production company who sponsored the event. The volunteer PNAMH members were happy to report that no one fainted from all the shouting and jumping during the energetic concert!



PNA Chapter NEWS



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

PNAMSEF Community Outreach



Happy Nurses' Week and Happy Mother's Day to all. May 6-12 is a week to celebrate our nurses of their unselfish and heroic work. May 14 is Mother's Day is also to celebrate all mothers of their unselfish love for their family. The theme for nurse's week is "Nurses Make A Difference Anytime, Anywhere and Always." Nurses are the most respected persons in the community. They cultivate kindness and provide compassionate care. They have an unwavering commitment to keep our community safe and healthy by continuously caring and providing health teachings to promote optimum health. Nurses inspires the young generation to help them appreciate the importance of being active in the wellbeing of the community. The nurses are the frontliners who are out their taking care of the sick and the dying, they are their voices. They collaborate with their families

and the other disciplines. They advocate for those people who have no access to health care, vaccines and home health care. Nurses collaborate with different community organization to foster respect, unity and equality to all. We the PNAMSEF nurses are essential member of the health system and are dedicated to provide excellent care and participates in other health organization to foster collaboration and promote equality and diversity among the society we serve. We provide scholarships, educational seminars, encourage professional growth and recognize exemplary achievements, supports PNA activities and donations for a cause.



PNAMSEF Community Outreach – March - May 2023



We care from the heart.



Volunteer in the Rotary Club and Asian Cultural Festival taking blood pressure and health teachings

I am a Nurse
I cultivate kindness and I care

HAPPY
Nurses week



Recognition



Educational Seminar/ILDP



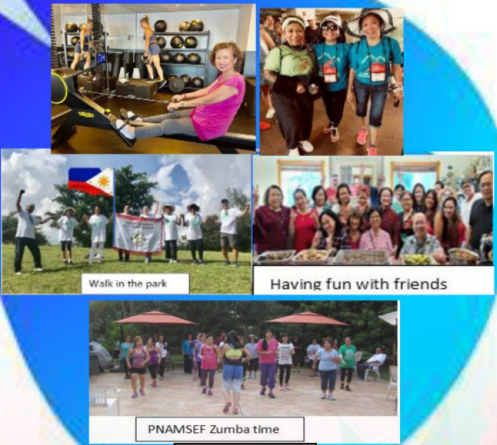
ILDP Graduate
Sahnjie Talisayon
Priscilla Molas
Leah Alejano
Vivian Sibayan
Cristina Umbac and Dina Hussein completed the Camp Aruga training

Professional Development

Nursing Excellence Awardees				Nursing Excellence Awardees			
Excellence in Membership	Excellence in Research	Excellence in Education	Excellence in Leadership	Excellence in Innovation	Excellence in Service	Excellence in Quality	Excellence in Practice



Community Service



Self-Care



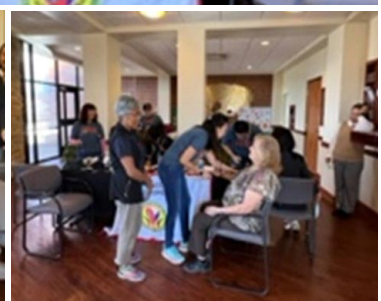
PNA Nashville, TN Community Service Report: Blood Pressure Monitoring

St. Joseph Church, Madison, Tennessee

March 26, 2023



There were 26 participants and 16 members and family volunteers.



PNAA Chapter NEWS

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

PNANT-Dallas “Pays-It-Forward” during Nurses Week

As we celebrate Nurses Week this May 2023, we eagerly await all the goodies, treats and discounts being given to us nurses by the institutions we work in, or by the community at large. But beyond the material gifts we receive, it is the genuine appreciation for our hard work, service, and dedication that makes doing this job all the more worthwhile.

Always in the forefront of community service, our chapter, PNA North Texas-Dallas has once again flipped this tradition of receiving gifts during Nurses Week by “Paying-It-Forward”. We brought goodies to work to show our own appreciation to our coworkers, as well as performing small acts of service to give back to the communities we serve. This tradition started during the Pandemic when we would have some of our members prepare baked goods or home-cooked meals to lift the spirits of their coworkers during Nurses Week.

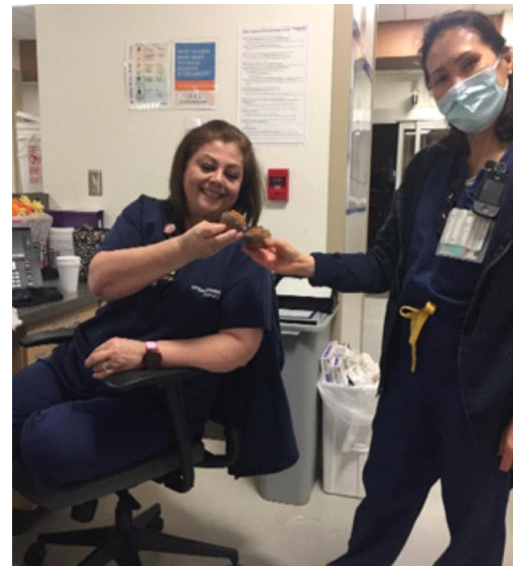


Our Nurses Week activities started off with a generous donation from our PRO Eric Napule and wife Des Napule of 10 Emergency Burn Kits to be distributed by our Chapter to area schools in order to provide first aid treatment to students and staff. VJ Cunanan, PNANT-Dallas President-Elect and Melissa Jarque-Cunanan PNA Board Member dropped off burn kits at Ranchview High School in Irving, TX and at the Coppell 9th Grade Campus in Coppell, TX. We are set to drop off kits at Mary Immaculate School in Farmers Branch, TX and Heritage High School in Frisco, TX before the end of the school year.

Our members showed their appreciation to their coworkers this week by bringing them cupcakes, cookies, snacks, and even chips and queso - we live in Texas after all! We even have one of our members offer up



tickets to The Cure concert to our PNANT-Dallas members! Heading this initiative is Gladys Paredes PNANT-Dallas Executive Board Member and Chair of our Community Outreach Committee. We sincerely thank our Executive Board Members Cecille Victoriano and Geraldine Perez as well as our members CJ Villarama and Maria Cielo Borrinaga for sharing their blessings with their coworkers this Nurses Week.



We also celebrated achievements during Nurses Week. VJ Cunanan our President-Elect was one of UT Southwestern Medical Center's nominees for the UTSW Nurse Excellence Awards and Geraldine Perez Chapter President was one of the recipients of Baylor Scott and White Medical Center - McKinney's Clinical Excellence Award.



To cap off our Nurses Week Activities, PNANT-Dallas was a community sponsor for the REO Brothers Concert last May 13, 2023 held in Arlington, TX. We got a chance to network with our Filipino-American community as well as talk about our organization to other nurses based in the Dallas-Fort Worth Metroplex. The REO Brothers sang songs popularized by The Beatles, The Beach Boys, Queen and other bands. They originally hail from Tacloban, Philippines and are currently on their US and Canada tour. Everyone was blown away by their musical artistry, their songs got everyone singing and had people on their feet to dance the night away. What a perfect way to promote Self-Care by releasing your stresses through song and dance. PNANT-Dallas was well represented during the event. We had members Kayla Chapman as one of the hosts and Edel Astronomo as one of the front acts. We had partnered with Relion Entertainment, one of the event sponsors which is led by Remel and Cecille Victoriano our PNANT-Dallas Secretary. We also had Tess Remo, our immediate Past President and part of our Advisory Council, Ida Laboga, our Assistant Treasurer and Geraldine Perez, Chapter President at the PNANT-Dallas table during the event. Proceeds from this night's event will help fund future PNANT-Dallas outreach and educational projects.





As nurses, we are always known to have the biggest hearts. It always feels great to know we remain one of the most trusted and loved professions in the country. Whenever Nurses Week comes along, it is always nice to feel special by all the gifts we receive from those who appreciate what we do for the community. We are honored and inspired by our chapter members and Executive Board who went above and beyond their duties, and still continue to share their blessings with their fellowmen. We hope this inspires a new tradition among the other PNAA chapters and the entire nursing community.

(Photo Credits to Cecille Victoriano, Melissa Jarque-Cunanan, CJ Villarama, Gladys Paredes and Geraldine Perez)



By Diane Josephine Santiago, MSN RN CV-RN CCRN
Philippine Nurse Association of Northern California

Donor Network Webinar for Donate Life Month



Donation 101

Donate life month is the month of April. On April 27, 2023 Philippine Nurse Association Northern California hosted a free webinar that offered PNANC members and nurses in the community 2 continuing education hours offered for by the California nurse board and PNANC. Pete Calixto, BSN RN helped plan out the event with the education committee providing CE's to not only nurses, but also to social workers. The event was planned immediate past president Emily Danuco, BSN RN and moderated Igor Mororro, DNP RN PNANC president.

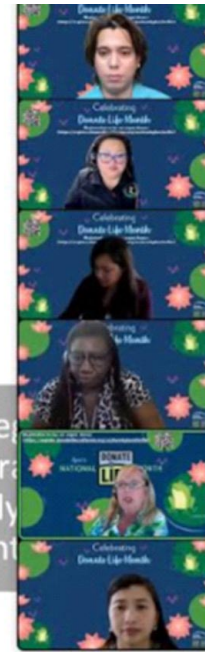
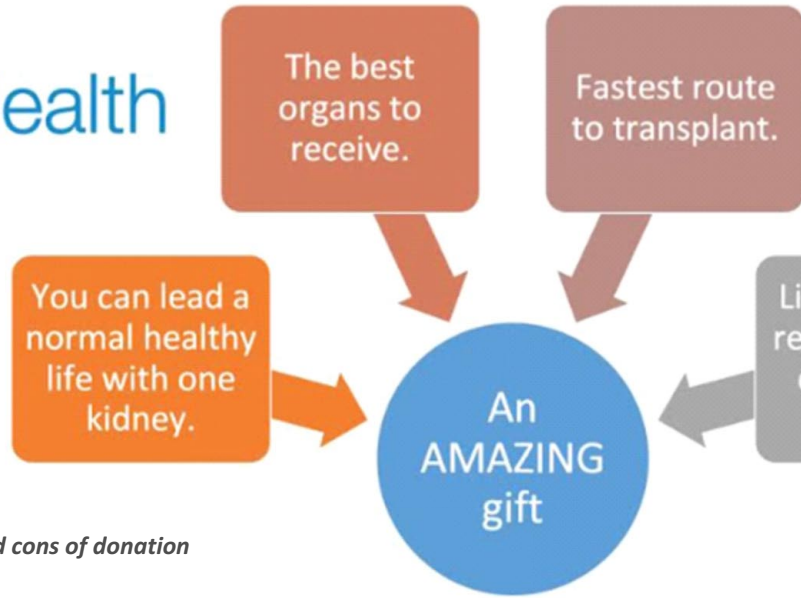
Helen Christensen and Lourdes Moldre, MSN RN APRN incoming PNANC president opened the event and explained importance of being a donor and explained how the gift of life is an amazing gift. Leaders from donor network west Nhil Grajales a Filipino presented who is a clinical coordinator at donor network who shared her story of her son a Filipino who received a liver at just over one year old and shared he is thriving at nine years old. Donyale John, MSN RN presented on donor network a local director and how everyone should sign up to be a donor.

Lastly, was a presentation by AJ Reyes, BSN RN. The nurse was inspired to becoming a nurse after receiving a heart transplant in his 20s. He was inspired by the nurses caring for him and after getting better and receiving a heart transplant was inspired to going to nursing school. His story was heartwarming and mentioned he was a proud Filipino nurse. He explained how he has a relationship with his donor network family and how he honors his donor yearly. Sharing pictures of his nursing school graduation and relationship with the mother of the donor. The event was attended by 92 attendees and was a success. PNANC board members attend Eva Naredo, BSN RN, Diane Santiago, MSN RN, Cherina Tino PhD RN, Marife Sevilla, BSN RN and member Perlita Aguinaldo, RN,

The event highlighted the organ and tissue donation process as well as how a referral is made. This event was tailored to the Philippine nurse population in the bay area and explained the health disparities in the Asian American community as well as nurse's role in the donation process. Referral criteria was explained for potential organ and tissue donors. In the end the goal of the webinar was to bring awareness of need for donation a raise awareness of donation of organs and encourage Americans to register as organ and tissue donors. The ending of the webinar was so special honoring those who have saved lives and the gift of donation.

The Pros of Living Donation

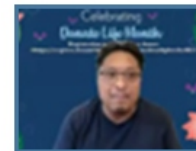
UCSF Health



Pros and cons of donation



April is donating life month



AJ Reyes, BSN RN – with his donor family and donor family + his family

PNAA Chapter NEWS



By Merlie Ramira, DNP, FNP-C - PNASD Past President
Perly Aguinaldo, BSN, RN - PNASD President

PNASD attends the County of San Diego Nurses' Week Celebration

Nurses' Week Celebration

The Health and Human Services Agency (HHSA) is pleased to invite you to this year's Nurses Week Appreciation event. This celebration welcomes all County of San Diego Nurses.

During Nurses Month, HHSA would like to extend a special thanks to our nurses, as they continue to provide the highest level of quality care to our community. They deserve a special recognition for their efforts to excel, lead and innovate every day!

Where: County Operational Center: Common Plaza on the upper level
5520 Overland Ave San Diego, CA 92123

When: Friday, May 12th, 2023 from 2:00pm – 4:00pm

For any questions, please contact: Davina.Trejo-Valdez@sdcounty.ca.gov

There will be light refreshments and cake.

Nurses Month
AMERICAN NURSES ASSOCIATION

LIVE WELL SAN DIEGO

YOU MAKE A DIFFERENCE

**COUNTY OF SAN DIEGO
OPERATIONS CENTER**

**Nurses' Week Celebration
Employee Recognition**

05/12/2023
2PM – 4PM
Upper Level

The County of San Diego Health and Human Services invited the Philippine Nurses Association of San Diego to attend the Nurses' Week celebration on May 12, 2023, from 2:00 pm-4:00 pm at County Operational Center: Common Plaza, Overland Ave., San Diego CA. PNASD has been partnering with the County of San Diego through key leaders Dr. Jennifer Tuteur and Dr. Denise Foster since the start of the COVID-19 pandemic to provide vaccination and education to the community. Perly Aguinaldo, PNASD President, and Dr. Merlie Ramira, Past PNASD President and a Member of the County of San Diego COVID-19 Clinical Advisory Group, attended the event. Dr. Denise Foster gave a very inspiring accolade and admiration to PNASD for their community partnership, with special mention to Dr. Ramira.

SD Hispanic Nurses Association and the Black Nurses Association also attended. Perly spoke during the event, thanking the County of San Diego for the collaboration and for trusting PNASD with projects during the pandemic, such as administering vaccines and educating the community. Perly also thanked Dr. Tuteur and Dr. Fisher for being our speakers during our COVID-19 Webinars, including others who willingly supported our COVID-19 initiatives.





The collaboration with the County allowed PNASD to provide outreach education and vaccination to many in the community. Through the Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity, PNASD promoted Health Equity, Diversity, and Inclusivity (DEI). Perly said, "Look around us; we are such a diverse group." She further emphasized that joining a professional nursing organization is one way to promote DEI. She invited SD County nurses to join PNASD as an inclusive organization during her speech. Perly said, "Thank you, everyone, Happy Nurses' Week, and let us continue to Make a Difference Everywhere, Anywhere, always."



Several nurses from the County came to us and stated that they would join PNASD. There were comments from nurses; "Perly, I love your message, from Ava, a Vietnamese RN; Edgemoor Nursing Facility Director said, "I will rejoin; I have been a member before, and I received a Nurse Excellence award from PNASD." Rosemarie, Director of Nursing from County of San Diego, approached us and expressed interest in joining. Two other nurses came and inquired about membership.



Communications to advertise the Fair. The County served snacks, cake, goodies, and drinks and provided the photoshoot with a beautiful background and various props to celebrate nurses. We met a lot of attendees enjoying each other and telling their stories. It was a great time and a beautiful ambiance with nurses' presence, radiating kindness and compassion.

Mr. Nick Macchione, FACHE, Agency Director and Deputy Chief Administrative Officer, HHSA, congratulated and greeted all the nurses. Nora Vargas, a San Diego County Board of Supervisors member, and Dr. Wilma Wooten, a Public Health Officer for the County of San Diego, presented their video celebrating and congratulating the nurses. Happy Nurses' Week to All!





By Merlie Ramira, DNP, FNP-C
PNASD Past President 2014-2016

PNASD looks back on “Sponsor-a-Nurse” Scholars for 2016 PNA 10th International Conference

Looking back on January 27-29, 2016, the 10th PNA International Nursing Conference was held in Manila, Philippines, under the Presidency of Atty. Letty Hermosa. PNASD sponsored a Full Conference Scholarship for six Philippine-based nurses during this event. Chona Lutap, Merlie Ramira, and Marlon Saria spearheaded the "Sponsor-A-Nurse" project. The committee chose six scholars from thirty-one applicants who responded to SurveyMonkey questions, "Tell us why you became a nurse," and "Why should PNASD select you to receive the scholarship?" Several PNASD delegates attended the conference, Lina Mabanta, Chona Lutap, Lorna Herce, Vivian Sanderlin, Vickie Berbano, and Merlie Ramira.





Two scholars, Allen Cantos and Karl Joseph Dino Martin recently reached out to PNASD through LinkedIn, thanking the organization for their learning and networking opportunities in attending the 2016 PNA International Nursing Conference.



Allen Cantos, a Pediatric Intensive Care nurse in the Philippines and now an Enhanced Care Staff Nurse at Beaumont Hospital in Ireland, and a member of Sigma Nursing, 555 Omega Epsilon At-Large Chapter, sent a letter of gratitude to PNASD.

Allen sent an e-mail thanking PNASD and informing us of his professional advancement.

“I am delighted to share with you what I have achieved these past years after being chosen as a scholar of PNASD at the 10th International Nursing Conference hosted by PNA, PNA, and ADPCN. I am very grateful for the beautiful opportunity and trust to be one of the scholars of PNA San Diego. The PNA 10th International Nursing Conference was one of the milestones I have achieved in my nursing career. From being a student researcher to becoming a registered nurse in my early years, the conference allowed me to meet society's nursing leaders. After the conference, I achieved the Level 4 Certification in Paediatric Nursing from the Department of Health. I pursued my Master of Arts in Nursing and graduated in 2018 from the Philippine College of Health and Sciences Inc. afterward. I desired to move out of my comfort zone and flew to Ireland in 2019; I became a member of Sigma Theta Tau International Honor Society of Nursing, Omega Epsilon At-Large Chapter. As an Anesthetic Nurse in Theatre Department, I work in the second biggest hospital in Ireland, Beaumont Hospital. I am enjoying the ups and downs of my career, remaining humble, and continuing to learn from the leaders of the nursing society.



It has been seven years since the PNA 10th International Nursing Conference, and it seems like yesterday. It has been a journey I will never forget, and I am proud to see my fellow scholars achieving their goals.

I will take this opportunity to thank Dr. Merlie Ramira, who has inspired many nurses worldwide, PNASD and PNA, and me.”



Karl Joseph Dino Martin also sent a Thank you e-mail and updates on his professional career. He was a science research specialist in the Philippines and now works as a Post-Anesthesia Care nurse in London.

“One night, I randomly saw an ad on a social media platform about an opportunity to attend a nursing conference in Manila sponsored by a US-based nursing association run by Filipinos. At that time, I struggled to understand my nursing career. I am burnt out and overworked but poorly compensated. I was trying to immigrate to America, but the visa retrogression caused a long queue. It would be an excellent opportunity to help rekindle my spirit and renew my passion for my work; plus, who does not love free stuff, right? So, I wrote a simple essay on why PNASD will choose me as a scholar, and I received an e-mail that PNASD would sponsor me for the event. I felt fortunate, so much so, because a friend of mine lives close to the hotel where the event took place, and he agreed to lend me his condo during the event. It was an instant vacation - free accommodation and food (from the event).

It has been seven years and a pandemic since the event occurred, and I am in a completely different place and mind space now.

I moved here to London towards the end of 2016, also by random chance. I have been doing post-anesthesia care nursing since then, and I just recently started studying and training to become an anesthetic nurse. Although the practice differs significantly from what an anesthesia nurse is in the US, the idea of practicing intra-operative anesthesia nursing scares and interests me simultaneously. But as the saying goes, 'It is not growth if it does not scare you.' So, I am taking the leap of faith, ignoring all the fear, and trying my best to make it work.

My relationship with Nursing has been interesting, and I am not alone in this sentiment. It can be pretty hot and cold. It is like day and night sometimes. But the passion only goes away slowly.

Every day, I strive to become a Nursing leader like the people I met at the conference in 2016. I thank PNA San Diego for sponsoring me and allowing me to meet great people who inspire me, including Sir Marlon Saria. He might not know me personally, but in 2016, he was a part of PNA San Diego, and he was the one who informed me thru e-mail that I got the sponsorship. I started following him on Instagram, and year by year, I see his achievements and the heights that he is taken in his career, which is awe-inspiring.

It might take a while for me to achieve even a tiny bit of what he has reached, but I am always hopeful that my work matter and that I am making a difference, despite the good and the struggles that my profession has shown and taught me.”

The stories of our two scholars demonstrate that PNASD, as a nursing organization, promotes professional development for nurses, in the US and internationally. It is gratifying to look back and discover the successes of our previous scholars from the Philippines. Knowing that our scholars are now excelling in their chosen nursing specialty and remain connected to the PNASD organization is terrific. More power to all our scholars and thank you to the sponsors!



By Maria Camillon, MSN, RN
PNASD Parliamentarian

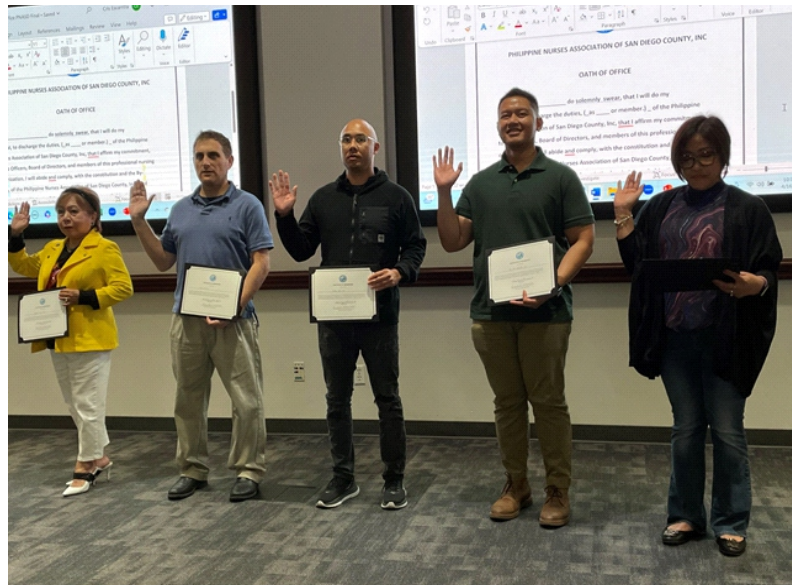
PNASD Induction and Orientation Program for New Members

As we celebrate Nurses Week, PNASD would like to share how we recognize our NEW members, not just during Nurses Week, but from the moment they join PNASD, their recognition begins. A program we call Induction and Orientation (I & O) during our Quarterly General membership meetings, PNASD introduces our new members.

The virtual meeting, called Zoom meetings, has become the steadfast norm for many companies and organizations. Most members prefer the reassuring and human connection a face-to-face or in-person meeting brings. It allows more fluid conversations that are more likely to build positive relationships; brainstorming is easier. As the pandemic has slowly stabilized, our President, Perly Aguinaldo, announced the in-person meeting at our usual place, Sharp Spectrum Auditorium. The first meeting was on Sunday, January 15, 2023, and the most recent was last April 16, 2023. We conduct our meetings quarterly. Our meetings begin with heartfelt reflections followed by my reminder of Roberts Rules of parliamentary practice. It was very well received, with everybody excited and happy to see each other personally again.

All new or seasoned members engaged more fluidly with one another. It encouraged more collaborative participation. The slide presentation of our President's report included many community activities and collaborations; PNASD has participated in our team-building activities, which our President is always mindful of, and to her, is self-care such as watching the Jokoy movie, Marcelino Pomoy, the Beatles concert together, Halo-Halo social after the beach and community clean-up, a morning walk to the beach, and fun dinner presentations, to name a few, then followed with committees' reports and updates.

As we continuously recruit new members, PNASD recognizes them at our quarterly General Membership Meeting during the Induction and Orientation Program. Each member is sworn in, given a Certificate of membership, a gift,



and allowed to go up to the podium, introduce themselves, and give a short message. What a wonderful way to start their professional development! It is an excellent opportunity for all of us to get to know them firsthand. Still, most importantly, we recognize the individuality of each new member, making them feel important, be more inspired, and stay engaged. Marie Candy David, the Chair of the I & O program and a new promising leader, presented a brief history of PNASD with an overview of the different committees during the short half-hour ceremony; and allowed our new members to learn about our organization and the various committees, and to remind members in attendance of PNASD's mission, vision, and goals. Socialization and networking are essential parts of our agenda; we all interact with one another, making these new members comfortable and giving them the feeling that they belong.



PNASD New Members with Perly and Marie Candy



We end our meetings with picture taking and enjoying food from businesses sponsoring such meetings. For our recent meeting

promoting our Filipino Heritage, we enjoyed one of our favorite breakfast foods Champorado and a pandesal-corned beef sandwich. In all that we do, we want everyone to know that PNASD C.A.R.E.S. (Compassionate, Authentic, Respectful, Equality, Service-oriented.), especially our new members.





By **Rose Cruz, MSN, RN**, Chair PNASD Nurse Excellence
Perly Aguinaldo, BSN RN, PNASD President

PNASD Nurses Making a Difference Anytime, Anywhere, Always

Nurses' Week is a yearly event where nurses from various disciplines are recognized and honored for their contributions to advancing and providing patient care. It was not until 1982 that President Ronald Reagan signed a proclamation that "National Recognition Day for Nurses" would be May 6. In 1993, the American Nurses Association (ANA) designated May 6th-12th dates to observe and celebrate National Nurses Week.



Members of the Planning Committee



PNASD Past Presidents, Perly Aguinaldo (current) President and Lourdes Nisperos (Past President PNACC and PNAI)

We take this time in our busy professional lives to stop and celebrate with each other. PNASD is no exception. Not that we need recognition, because many of us do what we do for our profession because it is our passion. It may not have been our first choice; however, along the way, we discovered that we could impact the lives of those we serve and work with that satisfied our souls in an extraordinary way. There is meaning in everything we do. PNASD celebrated our annual Nurses Week event on May 7, 2023, at the Kusina Restaurant with 100-plus attendees. The venue is a Filipino-owned restaurant called Kusina, which translates as "kitchen." We celebrated our Filipino heritage, our nurses who migrated from the Philippines, and those who followed in their footsteps. Tessie Poerciuncula decorated the tables with beautiful orchids and served as a fundraiser too. We also remembered that May is Asian/Pacific American Heritage Month.

Our President, Perly Aguinaldo, believes strongly in recognition, self-care, and professional development. These are what keep us engaged, inspired, and motivated. Ms. Perly started with a warm welcome addressing the theme for this year's Nurses' Week celebration, "Nurses Makes a Difference," and added that the Defense Health Agency for their military nurses added "Anytime, Anywhere Always." We all concurred that we make a difference anytime, anywhere, and always. The presentation of the award followed. First, the "Presidential Appreciation Award" is for members who have demonstrated various contributions and involvement within the organization during their tenure as President. Recipients of these surprise awards, to mention a few, range from Adam Brotman, a new member, and SWC ADN Student Nurse. After his Induction as a new member into



Presidential Appreciation Awards



Presidential Special Recognition Awards

the organization at the Quarterly Membership Meeting in April, Induction and Orientation Program, he decided to take an active role in community outreach activities, mostly from set-up to tear down,” Jay Larossa, RN Case Manager, for his excellent leadership in the upcoming Mental Health Fair on May 20th. Raben Talvo, active-duty Navy Officer for his involvement and “can do” attitude to take on projects as assigned.

Ms. Perly also recognized two of our LVN members. Arlene Cagampan, for her dedication and continuous volunteer involvement in community projects. Juven Ayudtud, for his knowledge and creation of social media platforms for PNASD. She challenged these two to be the chairs for PNASD's Adopt a Family Program this past Christmas. This outreach program was remarkably successful, and the schools involved eagerly look forward to our return. Others recognized were: Pat Madamba, RN, as chair of membership, untiringly submitting monthly reports to PNA; Marie Candy David, RN, KEWP Facilitator, and Chair of Induction and Orientation Program; Ariane Cagampan, RN and Christine Dozier, RN, both recognized for doing an excellent job as Editor and Assistant Editor of our newsletter “The Heritage” and Rose Cruz for taking on the chairmanship of Nurse Excellence Committee and an active member of the Education Committee.



The celebration continued as Ms. Perly presented special recognition and awards for those members who have consistently gone beyond the call of duty and service throughout their tenure with the organization. Fe Delos Reyes, retired RN, for her eight years as the organization's Treasurer. He has updated and streamlined the financial accounting system. Tessie Porciuncula, RN, for her extraordinary ability to create beautiful décor for any PNASD event. Dorothy Brown, RN, for her expertise in graphic design. Dorothy has actively created the layouts for the Heritage Newsletter and event Souvenir programs. Emily Paug, SWC ADN Student Nurse, for her unwavering commitment and dedication to participating in community service events. In any PNASD event, rest assured that Emily will be there and actively engaged.



Today, I observed networking and professional development occurring at its highest level. Novice nurses reach out to experienced nurses and ask about their nursing journey and how they arrived at where they were professionally. Asking volunteers to share “Why did they become a nurse? What was the inspiration behind their decision to be a Nurse” was interesting. Allowing the Past Presidents to introduce themselves and share a few words gave me an awareness of the rich legacy and diversity within PNASD. With the variety of experiences and expertise, our networking among all members was amazingly effective. It made an impact.





Our Assistant treasurer Melanie Cuaresma did an excellent job as our Master of Ceremony. Perly Aguinaldo and Lipin Reyes made many announcements for the PNASD's upcoming events. The one that I clearly remember is PNASD's Mental Health Fair on May 20, 2023. I will avail myself of the many Self-Care activities they plan to provide, such as ART Therapy, All day Zen massage, meditation, Zumba, and Yoga classes.

There are two words of advice I would like to leave you with. One, recognize those around you. A simple and sincere "Thank You" is appreciated and goes a long way. Two, balance your personal life and professional life. Sometimes, one will need to come before the other, and you need to be okay with that. Our Mental Health is just as important as the Mental Health of those we serve.



On behalf of PNASD, we thank all the nurses who came before us and encouraged, taught, and mentored us to be the nurse professionals we are today. We look forward to the future nurses who will come behind us and flourish from those of us who encourage, teach, and mentor them.

Happy Nurses Week to all. Know PNASD CARES (Compassionate, Authentic, Respectful, Equality, Service).



By Marichu Gan, DNP, MAN, RN, CRRN
PNASC – Board Member

Annual Easter Celebration at Los Angeles Mission

Los Angeles (LA) Mission is one of the nation's largest providers of support for homeless individuals. It was established in 1936. The services and programs offered include emergency services, food baskets, a rehabilitation program for men, a center for women, free legal clinics, and transition support, which includes housing programs.

The Easter Celebration on April 9, 2023, started with a church service, free hot meals, giveaways, grooming services, and service markets. The PNASC and WLA subchapter volunteered their free services represented by Catherine Rubio (President-Elect PNASC), Marie Navarro (President – PNASC-WLA Subchapter), Vicky DeLeon (Past President), and Marichu Gan (PNASC – Board Member).

The day went by quickly. We were assigned to the service market, assisting attendees by giving them bags or carts to put supplies such as clothes, skincare, over-the-counter medicines such as pain patches, cold relief symptoms, vitamins, and supplements. It was hot, but the organizers and volunteers were happy to share their love on this blessed day. Some were singing praises; some managed to swing some moves while Christian music played in the background. This day reminded me of an adage that we make a living by what we get, but we make a life by what we give.





By Marie Navarro MSN RN CCRN
President 2011-2024 PNASC West Los Angeles Subchapter

Community Outreach for our Kababayan Emergency Preparedness Fund Program (KEPF) from the Philippine Nurses Association of America Southern California West Los Angeles Subchapter



When disaster arises unexpectedly, as members of the PNA, we have the deep intentions and instinct to help and extend our helping hands and hearts. As we all know, typhoons and calamities often visit our country. For sure, our countrymen need help, either monetary or humanitarian. In 2022, Tropical cyclones entered the Philippines. Most notable were Agaton, Karding, Paeng, and Odette. In response to the letter of Dr. Beriones, we from PNASC Community Outreach Committee support the PNA community outreach program. The PNASC West Los Angeles Subchapter Executive Board organized a Charity Fundraising Event with proceeds earmarked for KEPF.

On February 18, 2023, the Filipino Heritage Night was held at the University of Southern California Galen Center in Los Angeles, California. It was USC Vs. Stanford Basketball game, a charity fundraising event. The PNASC (Philippine Nurses Association of Southern California/West Los Angeles Subchapter) were there to support the "KEPF" Program to assist our "Kababayans" in times of calamities to help victims when they urgently need help without delays.

A big thank you to PNA (Philippine Nurses Association of America) President-Elect Marlon Garzo Saria, President-Elect West LA Subchapter Diane Tupaz Roque, and Ex Officio Vicky Perez de Leon for your presence & support. Our West LA Board of Directors, Janette Villanueva Moreno & PNASC President-Elect Catherine Rubio volunteered to sponsor our Los Angeles Valley College nursing students.



Let's make a difference and touch others' lives, especially when help is most needed. Let our compassion surface. In the end, it's our kababayans who are benefited. However, the feeling of giving is beyond compare.





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

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



Philippine Nurses Association of Southern California (PNASC) successfully completed UCI MIND Ahead Research's AIM1 and AIM2. AIM1 was interviewing 20 nurses (active or retired) in different specialties. The goal was to gather data on nurses' knowledge regarding what research is about and what Alzheimer's disease is. AIM2 was executing seven (7) presentations in the Filipino communities, providing information on what research is, what Alzheimer's is, and that participating in research can be treatment option. The first community presentation was led by Dr Velma Yep on 10/14/2022, attended by over 40 Filipinos and their families. While the final presentation was led by Dr Gail Jones and PNASC President Maria Sagun on March 26, 2023, attended by 26 people. The presentation venues varied from formal education seminar, restaurants, church, virtual, and even at someone's home. Presentations were done in different locations within Southern California: Chino Hills, Alhambra, Costa Mesa, Los Angeles (including Philippine Consulate), Panorama City, and Pomona. The leads worked hard to ensure presentations are done where most of the Filipino communities are located. The total attendance for the seven presentations is 232! There were many interests in being research study participants during the presentations. At this time, there are four consented to screen for the study. President Maria Sagun shared with the PNASC EB team that UCI is very pleased with the collaboration and an extension of the partnership is in the works. Great job to all the leads, support, members of the Education, Research, and Practice committee, and of course PNASC EB and AC's!



President Maria Sagun, welcoming attendees in Pomona, CA



Dr. Tallakson presenting for Knights of Columbus at Bamboo Bistro, Panorama City, CA

Among Asian Americans, researchers found that Filipinos had the highest rates of dementia.

Learn more about Alzheimer's disease and clinical trials.



Come join us!

Philippine Nurses Association of So. California
in collaboration with UCI MIND Ahead Research

When: Saturday, January 21, 2023

Time: 9:30 am to 10:30 am

Where: ZOOM link - [click here](#)

Enjoy Incentives – Gift Cards and Raffle Prizes

Contact: Marlon Carpio, MSN, FNP-C, RN

Marlonrn16@icloud.com

website: mynasc.org

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UCI MIND
INSTITUTE for MEMORY IMPAIRMENTS
and NEUROLOGICAL DISORDERS



1 of 1

ZOOM presentation led by Marlon Carpio



Presentation lead, Dr Velma Yep with Consul General, Mr Edgar Badajos at the Philippine Consulate

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MARLON CARPIO



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

50 Years of Friendship: An Inspiring Story of the Group of Six

I first heard of the story of a group of nurses going to the same school in the Philippines and working at the same hospitals back in 2014, as a regulatory and accreditation staff at Cedar Sinai, Los Angeles. I was helping the transplant department prepare for a Joint Commission Survey. Their story moved me. As Nurses' Week was coming up, I thought it would be an amazing story to share. I reached out to one of the six nurses, Peachy Hain, who is also a PNASC member. She happily said yes to sharing their story and mailed me a copy of the Wall Street Journal, 2018 article. As I am writing this article, I was made aware that their story was shown at the Philippine Consulate, New York during the PNA Convention last July 2022. This is a story of six nurses coming to the United States for better pay and opportunities, worked together in the same hospitals, and stayed together close to 50 year and counting.

Their story began as nurse students at St Paul College of Nursing in Manila, Philippines in 1972. Upon graduating in 1976, all six decided to go to the United States for better pay and more opportunities. The six asked the U.S. hospital recruiter to hire them as a group. There was a high demand for Filipino nurses at that time. The six nurses were placed with Missouri Institution, which was Kansas City College of Osteopathic Medicine. There the women had to adjust to a provincial life compared to the busier city life and longed for their families. They were each other's support system to get through all the challenges faced. Then, three of the six moved and worked at Cedar Sinai Medical Center where Peachy asked Cedars Sinai to hire the rest. Through marriages, births, separation, sickness, and deaths of family members, the women continued to lean on and count on each other.



The group of six nurses as they started their lives in America.

For me, this story is of resilience, unwavering support system, and deep love for each other which played a key part in the group's successes in adjusting to a new environment and rise above the ever changing and challenging U.S. healthcare systems. I hope their story will continue to inspire others, as it inspired me 9 years after I first heard it. Happy Nurses' Week – stay safe, practice self-care, be physically and mentally balanced, and know that you matter!

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

PNA Tampa Volunteers as First Aid Staffers at the Annual Philfest 2023

The Philippine Nurses Association of Tampa Bay (PNA Tampa) participated at the Annual Philfest 2023 celebration in Tampa on March 31-April 2, 2023. This annual event was held at the Philippine Cultural Enrichment Complex in Tampa, Florida. This was the 27th year of the event and it is hosted by the Philippine Cultural Foundation Inc. (PCFI) with participation from PNA Tampa and other Filipino-American community groups. The weekend was full of non-stop entertainment, Philippine art displays, different Philippine cuisines sold by different vendors, fashion show of different Ternos and Barong Tagalog designed by Filipino designers, and events like singing and talent competitions and presentation of different Philippine dances. There was also the presentation of Mr and Mrs Philfest 2023 and the fun parade of Yugyugan represented by different Filipino American organizations in the Greater Tampa Bay area. Some of the PNA Tampa dancers (Nennette Apostol and Ana Resulta) presented a beautiful dance number with their dance group. PNA Tampa members along with some of their husbands participated at the Yugyugan. Our creative PNA Tampa Secretary, Ana Resulta designed their costumes every year. There was a huge turnout of attendees from the Tampa locals, Florida residents, nearby states and out of town guests all the way from Ontario, Canada. It has become a big event since the start of the Philfest in the 90's and PNA Tampa had been one of the earliest supporter of this event.



The First Aid Booth at the PNA Tampa Pavilion with volunteer nurses like PNA Tampa President-elect Marites Calvelo and Founding President and current PRO, Liw Villagomez

PNA Tampa officers and members served as volunteers at the admission gate and food coupon booths. One of the major assignment for PNA Tampa members was to serve as first aid staff along with the members of PNA Gulf Coast. This year there were two emergency booths put in place. One at the entrance gate staffed by the PNA Gulf Coast and the other one was at the PNA Tampa Pavilion. They were the first point of contact in rendering emergency care for the attendees who suffered any kind of illness while attending this event until the arrival of the medical ambulance if needed. One of the innovations that PNA Tampa member, Ning Bonoan, in rendering first aid was volunteering herself as roving First Aid staff. She biked around with a backpack marked First Aid so that emergency treatment can be rendered as soon as possible. Some of the emergencies rendered at the Philfest by the PNA Tampa members were falls with scrapes treated by cleansing the wound and applied an ointment. The other one was an attendee with hypotension. And he was advised to go to the hospital but refused to go there. During this event, first aid volunteers called 911 twice for complex medical emergencies. One was made by the PNAGF volunteer for an attendee with stroke symptoms and once by PNA Tampa volunteer for an attendee with orthostatic changes. The combined effort of PNA Tampa, PNAGF and EMS provided much needed medical services to the public during this



*PNA Tampa participated at Yugyugan Parade.
Costumes designed by Ana Resulta*

*Cris Hermano and Marites Calvelo's daughter
Raizel volunteered at the admission gate*

*There are a lot more volunteers not shown here but the few that we have captured in photos are (L-R):
Perlita Cangas, Maribel and Ed Soriano, Adoral Rilveria, Nennette Apostol, Emma and Roque Barrido, Flory and Phil Magsakay*

event attended by more than 16,000 attendees. PNA Tampa member, Dalisay Allado donated a box of emergency supplies to use for this event. A million thanks to these PNA Tampa first aid volunteers who made sure that Philfest attendees are well taken cared of in case of emergencies. These are Liw Villagomez, Dalisay Allado, Cris Hermano, Flory Magsakay, Josephine Chan, Vicky Fabreo, Maribel Soriano, Marites Calvelo, Perlita Cangas, Maria Bautista-Smith, Katrina Mills, Rhovi Ann Allado, Tess Reyes and other members who happened to be there at a given moment of these emergencies. Some of these members also did a double duty volunteering at the gate ticket admission like Cris Hermano, Adora Rilveria, Ana Resulta and Ruth Guerrero. The children of Marites Calvelo and their young friends also volunteered at the gate to check the arm bands of the attendees. Besides the checking of gate tickets, some did double duty at the food coupon booth like Maribel Soriano with Leah and Bobby Gonzales. These PNA Tampa members and their friends are our heroes at the Philfest volunteering their time using their nursing skills to make sure that this event is a safe place to enjoy and appreciate the Philippine culture year after year. One of the other things that PNA Tampa members did at their pavilion during this event is the FAPCOR initiative on which PNA Tampa participated.

The PNA Tampa members were also responsible for the cleaning of their own PNA Tampa pavilion before and after the Philfest. These hard working members pulled weeds, painted, pressure washed the floor, landscaped around the pavilion by planting plants around. It was hard work but they always made it fun and showed their pride in their pavilion that was built with love and full of their “bayanihan” spirits.

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



*Other PNA Tampa First Aid
volunteers who gave emergency
treatments to the Philfest attendees*



*Nennette Apostol and Ana Resulta performed
their dance number with their dance troop
who are also friends of PNA Tampa*

All of Us RESEARCH PROGRAM



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

What is precision medicine?

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

What is the *All of Us* Research Program?

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

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

There are two ways to join:

- Visit the *All of Us* website JoinAllofUs.org.
- Download the *All of Us* app.

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

What will you ask me to do?

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

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

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

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

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

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

What will you do to protect my privacy?

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

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

 JoinAllofUs.org

 AllofUsARC@asianhealth.org

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ALZHEIMER'S ASSOCIATION



WEBINAR SERIES



Webinar # 1 (Western Region)

March 16 at 9 - 10 pm EST

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

Understanding Alzheimer's and Dementia



Webinar # 2 (South Central Region)

June 22 at 9 - 10:30 pm EST

Manny Ramos, MSN, RN - South Central Region Vice President

Approaching Alzheimer's: First Responder Training

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



Webinar # 3 (North Central Region)

October 6 at 8:30 - 10 pm EST

Manelita Dayon, BSN, RN - North Central Region Vice President

Cognitive Screening and Testing in a Biomarker Era

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



Webinar # 4 (Eastern Region)

November 30 at 9 - 10 pm EST

Warly Remegio, DNP, RN, NEA-BC, NPD-BC, FNYAM

Eastern Region Vice President

Understanding and Responding to Dementia-Related Behaviors



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July 22, 2023





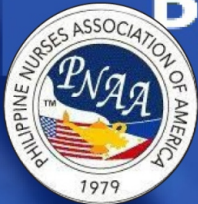
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January 21, 2023

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>

Advocate Through Philanthropic Giving, Caring and Collaborating



5K RUN/WALK PNAACF/PNAAF 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



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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

STAY UP TO DATE WITH COVID-19 VACCINES : WHAT YOU NEED TO KNOW



On April 19, 2023 the CDC updated its COVID-19 vaccine recommendations to simplify guidance and allow people at higher risk for severe COVID-19 to get an additional vaccine dose.

- **Everyone aged 6 years and older** should **get one updated Pfizer-BioNTech or Moderna COVID-19 vaccine** to be up to date regardless of whether they've received any original COVID-19 vaccines.
- **People aged 65 years and older** may get a 2nd dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine at least four months after the initial bivalent dose.
- **People who are moderately or severely immunocompromised** may get additional doses of updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

Why did the CDC make this recommendation? Older adults and people with compromised immune systems are at higher risk for severe COVID-19, and data show that the effectiveness of COVID-19 vaccines wanes over time. An additional dose of the updated vaccine offers this group extra protection from getting seriously ill with COVID-19.

- **Children aged 6 months–5 years** may need multiple doses of COVID-19 vaccine to be up to date, including at least one dose of updated Pfizer-BioNTech or Moderna COVID-19 vaccine, depending on the number of doses they've previously received and their age.

To find COVID-19 vaccine locations near you: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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

UPDATED AND ORIGINAL COVID-19 VACCINES: WHAT IS THE DIFFERENCE



Updated vaccines

The updated vaccines are called “updated” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5. Two COVID-19 vaccine manufacturers, Pfizer-BioNTech and Moderna, have developed updated COVID-19 vaccines.

Original vaccines

Previous COVID-19 vaccines are called “original” because they were designed to protect against the original virus that causes COVID-19. As of April 18, 2023, the original Pfizer-BioNTech and Moderna COVID-19 vaccines are **no longer authorized for use by the FDA in the United States**. Updated Pfizer-BioNTech and Moderna COVID-19 vaccines are being used for all age groups.

To find COVID-19 vaccine locations near you: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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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

Pinagkunan: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.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.

Pinagmulan: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
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COVID-19 Testing



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



Pinaghiitan: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
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COVID-19 Testing



Ibig Sabihin ng Resulta ng At-Home Test

POSITIVE +

- Nakita ang virus sa iyong test at ikaw ay may COVID-19 impeksyon.
- Manatili sa bahay sa loob ng 5 araw at mag-isolate para hindi makahawa.
- Sabihan ang iyong mga naka-close contact o nakasama.
- Magsuot ng well-fitted mask tulad ng N95 o KN95 respirator kung ikaw ay napapaligiran ng mga tao.
- Humingi kaagad ng emergency care kung ikaw ay mayroong emergency warning signs.

Pinaghiitan: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.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.

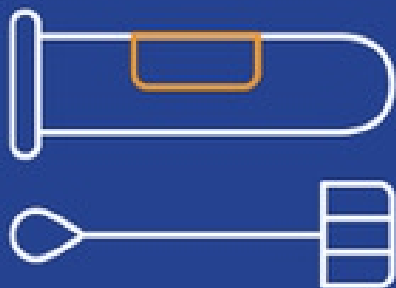
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COVID-19 Testing



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

Pinaghaluan: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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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.

Pinaghiitan: <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.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

Pinagmulan: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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SAVE THE DATE

**21st PNA
Eastern Region Conference**
***OUR UNITED VOICES:
Bridging Gaps to
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Hosted by the
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More information to come

Save the Dates !



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Contact your RVPs for Registration



14th

International Nursing CONFERENCE & Filipino Nurses' Global Summit V



25-26 JANUARY 2024

Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo

WE CARE:

Filipino Nurses at the Forefront
of Global Health

**SAVE THE
DATES!**

REGISTRATION AND SPECIAL HOTEL RATES INFO COMING SOON!



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