

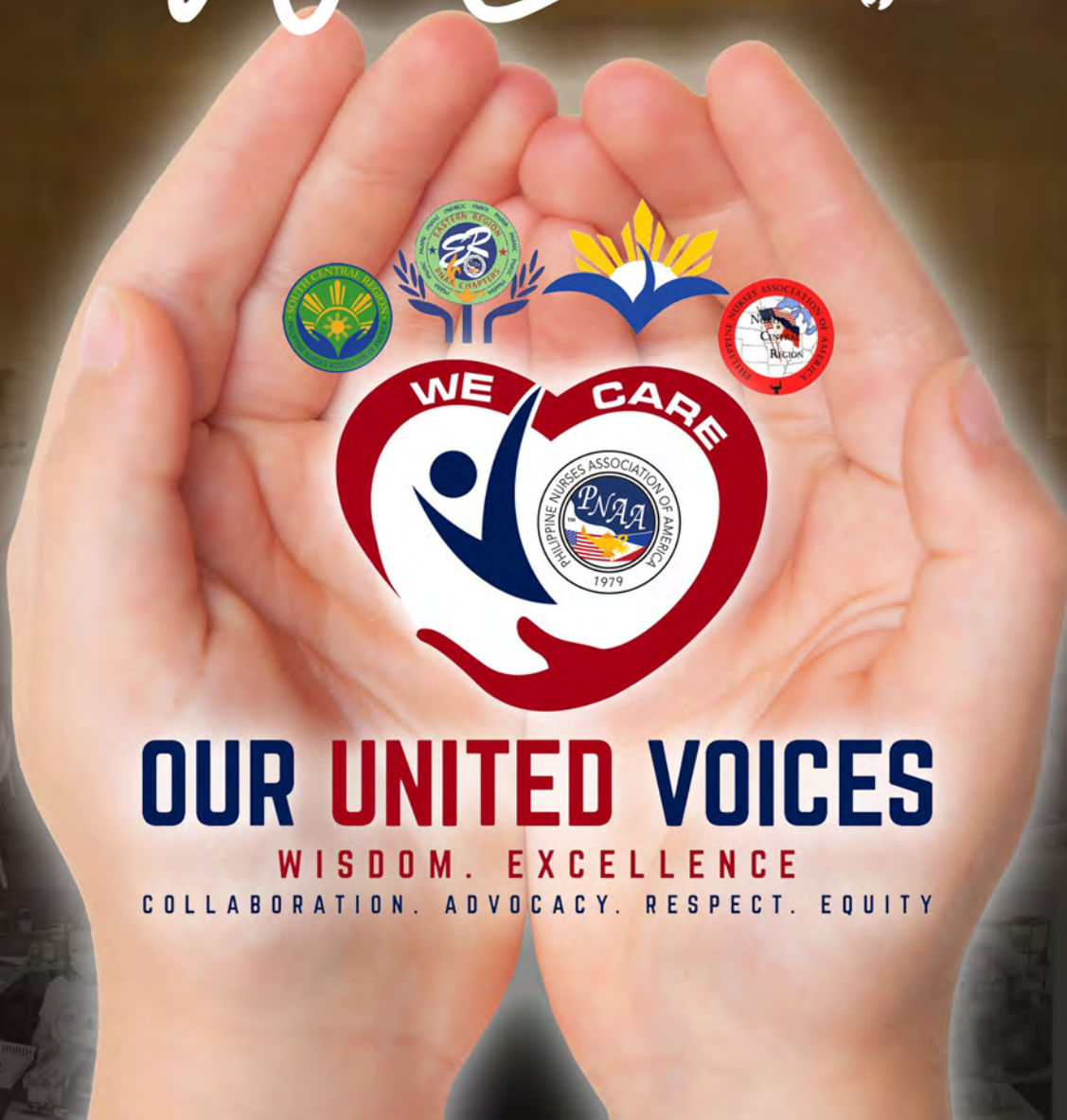
VOLUME 11, ISSUE 8 | SEPTEMBER 2023



# inside PNAA

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

*We Care!*



**OUR UNITED VOICES**

**WISDOM. EXCELLENCE**

**COLLABORATION. ADVOCACY. RESPECT. EQUITY**

# EDITORIAL

Aloha greetings, PNAA! As we reflect on the success of the 44<sup>th</sup> PNAA Annual Convention, we know that our accomplishments are the results of our hard work, determination, and teamwork. We are motivated by people and things that inspire us to do our best. This is why we chose the PNAA President's **"WE CARE"** mantra as our theme for this month's newsletter.



**Wisdom:** Embracing wisdom allows us to navigate challenges, solve problems, and make choices that lead to positive outcomes. **Excellence:** Striving for excellence means going above and beyond in everything we do. By embracing excellence, we can unlock our full potential and inspire others to do the same. **Collaboration:** Collaboration is essential because it often leads to more communication between one another and can promote the development of efficient processes, which may benefit the team and the organization. **Advocacy:** We use our influence, resources, and platforms to support and champion causes that promote equality, fairness, and justice. By being advocates, we can positively impact and drive meaningful change. **Respect:** Respect is the foundation of any healthy and inclusive community. It means treating others with dignity, valuing their opinions and perspectives, and embracing diversity. When we respect one another, we foster an environment where everyone feels safe, heard, and valued. **Equity:** Equity promotes fairness and justice by ensuring everyone has the same opportunities and resources. Embracing equity allows us to build a more inclusive and just society.

These values are powerful forces that can shape our interactions, relationships, and communities. We can create a world where everyone thrives by embodying wisdom, excellence, collaboration, advocacy, respect, and equity. The articles inside this newsletter will exemplify the meaning and importance of "WE CARE."

**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

For more information about  
Philippine Nurses Association of America, Inc.  
Visit our website: [www.mypnaa.org](http://www.mypnaa.org)

### Social Media

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

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# President's Message

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




Greetings to my PNAA Colleagues! Our United Voices: WE CARE echo across the country! It is with great pleasure and immense pride to welcome the two new PNA chapters to the PNAA family ... **PNA State of Connecticut, led by Mrs. Ophelia Frazier, President** and **PNA Central Minnesota led by Dr. Dan Lovinaria, President**. Your dedication to our mission is a testament to the strength and unity of our organization. Together, with 55 chapters and over 4,000 members, we can achieve remarkable things. Let us continue to work tirelessly to advance the nursing profession, to promote health equity, and to make a meaningful difference in the lives of those we serve. Thank you for your unwavering commitment and I look forward to the incredible journey ahead as we continue to uphold the values of, **WE CARE: Wisdom, Excellence, Collaboration, Advocacy, Respect, & Equity. Everyone! I'm excited to inform you that the PNAA website, [mynaa.org](http://mynaa.org) (homepage) has a quick link to Members' Deals. This is for members to avail a 30% discounted rate for travel and entertainment.**

**The 1st PNAA Eastern Region Leadership Bootcamp "Camp Aruga" on August 25-27, 2023, in Shenandoah Park was a huge success! It was 100% attendance by the Eastern Region eleven (11) PNA chapters with 65 attendees.** A lifetime of unforgettable experience and memories of building relationships and leadership acumen for Filipino American leaders in sustaining, enhancing, and expanding the PNA chapters presence and influence across America and globally. **Announcing, the 1st PNAA Western Region Leadership "Camp Aruga" coming up, October 20-22 at NatureBridge Golden Gate, Sausalito CA.** We are informed that the Western Region composed of thirteen (13) PNA chapters are prepared and excited to showcase the leadership workshops at a breathtakingly beautiful camp site overlooking the Pacific Ocean. **This is the PNAA Executive Board's vision for the PNA Chapter leaders to experience first-hand now and for many years to come.**

**Our United Voices: WE CARE** truly came to real action when unimaginable Maui fire disaster struck the island in the early morning of August 8, 2023. **WE CARE** encapsulates the very essence of who we are as nurses, as leaders, and as a community. Retired Colonel Bob Gahol, PNAA Western Region, VP notified the PNAA Executive Board of the massive fire in Maui, ravaging the beautiful historic Lahaina town. The PNA Maui leaders and colleagues helped by preparing food and helping in every way they knew how to help those affected. We are grateful to all the PNAA Executive Board and together with the community outreach committee led by Mrs. Iluminada "Nini" Jurado, Mrs. Carmina Bautista, Retired Colonel Bob Gahol, & chapter presidents, the PNAA Project Damayan for Maui Disaster raised over \$15, 000. A true exemplar of collaboration and advocacy in action to answer the call of those in dire need of help.

Health equity for the people affected by the massive Maui fire needs our full attention not only their physical and financial needs but most of all their mental and emotional well-being for losing their loved ones. Absolutely, they need a multisectoral collaborative approach to address their short and long-term needs. Let us continue to pray for the PNA Maui and all the people affected by Maui fire.

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



# FLU VACCINE: GET THE FACTS

## YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.<sup>1,2</sup> A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

## FLU VACCINE REDUCES YOUR RISK OF FLU



CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.<sup>3</sup>

40-  
60%

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.<sup>6</sup>

Remember that a flu vaccine not only protects you, but it also can help protect those around you, including people who are at higher risk for serious flu illness, like babies, young children, older adults, pregnant people, and people with certain chronic health conditions.

## FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

## PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety.<sup>7</sup> Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.<sup>7</sup>

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit [WWW.CDC.GOV/FLU](https://www.cdc.gov/flu) for more information.

1. <https://www.cdc.gov/flu/spotlights/vaccine-reduces-severe-outcomes.htm>
2. <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>
3. <https://www.cdc.gov/flu/about/burden-averted/2018-2019.htm>
4. <https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm>
5. <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>
6. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
7. <https://www.cdc.gov/flu/prevent/general.htm>



Last Updated AUGUST 2022

## All of Us RESEARCH PROGRAM



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

### What is precision medicine?

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

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

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

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

There are two ways to join:

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

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

### What will you ask me to do?

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

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

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

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

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

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

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

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

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

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

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

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



## 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](https://jobs.mypnaa.org)

# Propel Your Career to New Heights

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Diabetes Care and  
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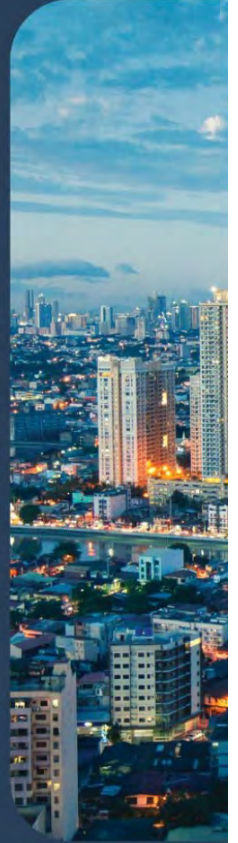
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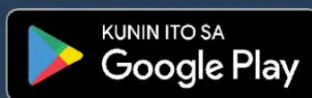






# Sinasalita ng Remitly ang wika mo.

Gamitin ang Remitly nang nasa Tagalog para mag-send money sa mga mahal sa buhay sa familiar banks and cash pickup places like BDO, Cebuana, BPI at iba pa. At mag-enjoy ng \$0 fees when you send to their mobile wallet or bank account.



Ang Remitly, Inc. ay Lisensyado bilang isang Money Transmitter ng New York State Department of Financial Services, bilang isang Foreign Transmittal Agency ng Massachusetts Division of Banks, at LISENSYADO NG GEORGIA DEPARTMENT OF BANKING AND FINANCE. NMLS Blg. 1029236



# COVID VACCINE UPDATE

COVID protection just got simpler

**Most people who have never been vaccinated against COVID can protect themselves against severe illness with a single dose of an updated mRNA vaccine.**



*Scan me*

Find free updated COVID vaccines at [vaccines.gov](https://www.vaccines.gov).



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

## **WE CARE is the theme for the month of September. Here's an ode to that:**

### **Wisdom**

What is wisdom? According to Wikipedia, it is “the quality of having experience, knowledge, and good judgment; the quality of being wise:”

As professional nurses:

We act with kindness and consideration toward others. This is based on our knowledge as professional nurses.

We choose honesty and transparency in everything we do.

### **Excellence**

We are advancing the profession through higher education

We are like-minded individuals encouraging creativity and new ideas through visionary leadership

We are leaders in our own communities, increasing access to high-quality care for everyone.

### **Collaboration**

We join forces with other professional national organizations to promote healthcare

We act as a conduit of professional information

We disseminate ideas, advice, and standards of practice

We bring professional nurses together to enhance collective strengths

### **Advocacy**

We are dedicated to advocating for the best evidence-based practice

We work to protect and expand our critical roles

We meet with legislators promoting health within diverse communities.

### **Respect**

We value individuals' experiences and perspectives.

We demonstrate our ethics through our actions.

### **Equity**

We commit to anti-racism and address the problems of systemic and individual racism.

We acknowledge our implicit biases and make changes to remedy racism.

We promote and support diversity, equity, and inclusion in all we do.

**All of these because WE CARE!**



## Caring with One Vision and One Purpose...the PNASD Way

By Lourdes DePerio, MSN, RN  
PNASD Education Committee  
& Mental Health Advocacy Adviser

According to Watson (1977), the core of the Theory of Caring is “that humans cannot be treated as objects and cannot be separated from self, other nature, and the larger workforce. It requires personal, social, moral, and spiritual commitment to oneself and others”. These concepts align with the vision and goals of the Philippine Nurses Association of San Diego County, Inc. (PNASD) under the leadership of Perly Aguinaldo, PNASD. The President recognizes each member's potential, talents, and contributions through the caring culture and gets everyone involved.



PNASD  
C.A.R.E.S.

Compassion,  
Authenticity,  
Respect,  
Equality,  
Service



During the President's administration, the PNASD slogan points to **Compassion, Authenticity, Respect, Equality, and service (C.A.R.E.S.)** as demonstrated through numerous activities already achieved and some currently in the planning stage. Her unrelenting push to recruit the GEN-Z to be involved actively and promote their relevant, forward-thinking, and technological skills is gaining momentum. Her vision to strengthen community participation through PNASD's presence in other organizations' events as first aid responders, vaccinators, guest speakers, and participating as Philippine Nurses of America Association (PNAA) committee members is viable and robust. The Care for the Environment Initiative was in full force. Some members participated in the national coastal beach clean-up day and volunteered as watershed warriors with I Love a Clean San Diego



On the healthcare front, the culture of health promotion came in many forms for PNASD. It is exciting to venture into what nurses can do beyond the bedside. One recently formed project was the Mental Health Advocacy to promote mental health awareness in alignment with PNAA initiatives. The Mental Health Community Fair was held to bring mental health educational resources to the community. PNASD continuously supports the Making Strides Walk for Breast Cancer and the 2023 Walk to End Alzheimer's. Several members will be walking hand in hand with other local organizations.

Another PNAA initiative shared with local chapters was the Kabalikat Emotional Wellness Program (KEWP), with members recruited to be trained as facilitators. Another program developed for members to be trained as future leaders is the Camp Aruga Leadership Bootcamp in October. PNASD also offered significant recognition of the importance of members as they are continually provided with opportunities to be involved in these initiatives at the national level. PNASD offers Professional and educational activities, recognizes new PNASD members through the New Member Orientation Program, provides scholarships to students currently enrolled in nursing schools, and nurses with exceptional nursing contributions were recognized at large social events. PNASD allows its service locally. Recently, donations to the Maui disaster were sent, and a fund-raising event to support the Philippines Medical Mission was held with great community support. Scholarship funds will be allocated to send selected nurses in the Philippines to attend the international conference, which alludes to PNASD's commitment to the global stage and extend its services beyond borders.



On the moral side of caring, PNASD had formed the Ethics committee. Each member is aware of the Ethics rule of conduct, and each member who will serve on a committee was required to sign a conflict interest form. Mutual respect and open communication are clearly emphasized. PNASD abides by the core values of caring, excellence, integrity, service, and inclusivity. Diversity and Inclusion in membership are evident as we continue to recruit nurses from different ethnicities and open opportunities to every level of nursing care as they step up to career ladder status and be involved in this professional organization.

PNASD is never short of addressing the spiritual component of our lives. Currently, PNASD has lost three of our own staunch leaders. After losing members due to illness or currently experiencing sickness, the Prayer group was formed, and the novena prayer was recited in reverence for their situations. PNASD is very grateful for their service and will not be forgotten.

The **PNASD C.A.R.E.S.**<sup>1</sup> slogan resonates across the organization. It's a reminder of the authenticity of the leadership, its genuine vision and purpose to make every connection matter and build a better tomorrow for the next generation.



**PNASD members' Self-Care Photos!**



# GRADUATE NURSING STUDENT ASSOCIATION

GNSA@SAND.IGO.FDL  
HAHN SCHOOL OF NURSING AND HEALTH SCIENCE



THURSDAY, SEPTEMBER 7 @ 12:00 PM at B1NR 211

## GNSA PRESENTS:

**NATIONAL ASSOCIATION OF HISPANIC NURSES**  
**SAN DIEGO BLACK NURSES ASSOCIATION, INC**  
**PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO COUNTY, INC.**

Please join us for the first general meeting where we will hear from representatives of these three associations!



DR. LORENA PEREZ, PHD,  
RN, PHN  
PRESIDENT  
CHAIR BYLAWS COMMITTEE  
AND CO-CHAIR EDUCATION  
COMMITTEE



SHARON T. SMITH PH.D., RN,  
MSN, APRN, FNP-BC  
PRESIDENT SAN DIEGO  
BLACK NURSES  
ASSOCIATION



PERLY AGUINALDO BSN RN  
PNASD PRESIDENT  
CHAIR, PNASD COVID TASK  
FORCE

FOOD WILL BE PROVIDED. PLEASE RSVP FOR ATTENDANCE









# Celebrating Diversity: The First SCVMC Multicultural Fair

By Geline Buenconsejo, PhD, APRN-CNS, PCCN-K

## Filipino Culture & Health

- Rituals, Beliefs, Values & Religion**
  - Family-centered
  - Roman Catholic
  - Family support system
  - Respect for elderly
  - Outside cultural influences
- Language**
  - Tagalog + English = Taglish
  - Over 150 dialects
  - Spanish adaptations
- Nursing Implications:**
  - Use pictures or interpreters
  - Address elderly with title versus name for respect
  - Caution eye contact, female RN to elder male Filipino
- Conflict Between Culture**
  - Event versus time oriented
  - Person vs. task oriented
  - Concealment of vulnerability
  - Elderly living at home vs. nursing home
- Family Patterns**
  - No distinct male & female roles of principles
    - Role relations carried collaboratively between all family members
  - Children take care of parents at home
    - Close-knit family
- Non-Verbal Communication**
  - Eye Contact
  - Lip pointing
  - Eyebrow raises
- Practices & Responses to Medicine**
  - Stoic Attitude
  - Moaning or crying maybe an expression of pain
    - Typically, won't acknowledge psychiatric issues due to shame
  - Ignores illness until advanced

Culture plays a significant role in the perception and utilization of healthcare. The constant change in demographics and economics in a progressively evolving multicultural world caused healthcare organizations to make cultural diversity a priority. One of how cultural diversity is supported is through the development and promotion of cultural competency, which is mainly the awareness of other people's specific beliefs, values, traditions, customs, behaviors, and language that may be different from one's own. Cultural competence is a fundamental element in delivering excellent care and is a key factor in preventing or eliminating racial and ethnic healthcare disparities.

Healthcare workers are more aware of the importance of multicultural diversity, especially within a community with a diverse population that requires personalized approaches to meet their healthcare needs. The paradigm shift to enhance the patient experience and the delivery of person-centered care emphasizes the core

principles of effective communication, care partnership, and promotion of healthcare services to patients from a wide range of cultural and ethnic backgrounds. Diversity promotes inclusion and a sense of community, making the workplace safer and more dependable. Cultural diversity creates a culture where everyone can engage in a mutually beneficial dialogue and share common practices concerning certain significant aspects of human life. Protecting cultural diversity is more important than ever. Bridging the gap between cultures is essential for peace, stability, and growth.

Sharp Chula Vista Medical Center (SCVMC) paid tribute to the community's rich and vibrant cultural framework by hosting the first-ever Multicultural and Diversity Fair on August 30, 2023. SCVMC is a designated Planetree patient-centered hospital designated to provide a more personalized and humanized healthcare experience for patients and their families, staff, and the community. The fair was the hospital's way of promoting cultural empowerment through information, education, and community partnerships. Chula Vista, Spanish translation for "Beautiful View," is the second largest city in the San Diego metropolitan area. It is located at the center of one of the richest culturally diverse zones bordering the United States and Tijuana, Mexico. SCVMC patients identified themselves as primarily Hispanic or Latino, White, Asian/Pacific Islander, Black, and Native American. Meanwhile, the ethnic mix of nursing staff is predominantly Asian/ Pacific Islander, White, Hispanic, or Latino, Black, Multiracial, and Native American. The blending of all these cultures, beliefs, traditions, and practices makes SCVMC unique and exceptional.



Sharp Chula Vista's Multicultural and Diversity Fair was attended by more than 400 hospital staff and community members. From an array of Filipino, Hispanic, and Canadian foods and treats to the non-stop playing of musical instruments and songs by the SCVMC Choir, the main attractions were the educational exhibits provided by the Imperial Beach Neighborhood Center, Spiritual Care with the Employee Assistance Program, SCVMC Sharp Equality Alliance, Best Practices on the Care of Human Trafficked Population, Canadian Heritage, Hispanic Nurses Association and a well-received and popular cultural display of the Philippine Nurses Association of San Diego County (PNASD).

The invitation extended to PNASD to participate in the Multicultural and Diversity Fair provided an opportunity to spread awareness about Filipino culture and health beliefs. Filipino Americans are identified as one of the largest and most diverse immigrant populations in the United States. Still, despite this, Filipino Americans need to be better

understood and better studied. Recognizing the foundation and root of healthcare practices and behaviors is extremely important to improve participation and health outcomes. An educational poster was presented which highlighted the Filipino culture and beliefs on rituals, beliefs, values, religion, language, and the use of non-verbal communication. The poster also provided information on how to address communication challenges. Furthermore, the poster included the practices and responses to medicine, family patterns, conflict between cultures, and nursing implications on providing specific person-centered interventions. Additionally, to further engage participants' interests in the PNASD booth, Filipino treats were provided that included instant 3-in-1 Barako Coffee packs, Batchoy and Bulalo cup noodles, Banana Chips, dried mango candies, Skyflakes® crackers, and Curly Tops™ candies.



Indeed, the SCVMC Multicultural Diversity Fair provided an opportunity for PNASD to strengthen community relationships and engage Filipino-American communities to encourage advancement in health-related activities to promote health and well-being. Moreover, this is an effective way of establishing a sense of community and a place for different cultures to meet and learn from each other and create a free and open discussion forum. For a culturally diverse healthcare setting nestled in a highly diverse community, it is essential to explore differences rather than gloss over them. It helps break down cultural barriers, build cultural bridges, and discover the love and appreciation of those different from us.





## Empowering Others: A Journey of Leadership Advocacy

By **Mindy Ofiana**, MSN, RN  
Chair, PNAALegislative Committee  
President-elect, PNAAL Foundation

### Introduction:

Leadership is not about commanding but about inspiring and empowering others to reach their full potential. Throughout my personal journey, I have witnessed the profound impact that leadership advocacy can have on individuals and communities. Let me share with you a story that highlights the transformative power of advocating for leadership.

### The Story:

Once upon a time, in a small community tucked away in the heart of a bustling city, I found myself faced with a unique opportunity. As a young individual passionate about personal growth and community development, I sought to make a positive change but was unsure where to start. Little did I know that my path would soon intertwine with a remarkable individual who would forever change my perspective on leadership.

One sunny afternoon, I stumbled upon a community center bustling with activity. Curiosity piqued, I decided to step inside and was greeted by warm smiles and vibrant energy. It was there that I met Sarah, a captivating leader who effortlessly commanded the attention and respect of those around her. Sarah's genuine passion for uplifting others was infectious, and I found myself immediately drawn to her magnetic presence.

Intrigued by her leadership style, I decided to approach Sarah and inquire about her secret to success. With a genuine smile, she offered her hand and invited me to join her in a project



aiming to empower local youth through leadership development. Eager to learn and make a difference, I wholeheartedly accepted her invitation.

Over the course of our journey together, Sarah exemplified what it meant to be a leader and an advocate for others. She believed leadership was not limited to a select few but rather a quality that resided within every individual, waiting to be nurtured and unleashed. Her unwavering belief in the potential of others ignited a fire within me, and I soon discovered my own ability to inspire and empower those around me.

Together, we organized workshops, mentoring programs, and community events that encouraged young individuals to step into leadership roles. Sarah's emphasis on inclusivity and empathy taught me that leadership advocacy was not about imposing one's ideas but rather about creating spaces that fostered collaboration, growth, and self-expression.

Through our collective efforts, we witnessed remarkable transformations in the lives of those we touched. Young minds, once filled with self-doubt and uncertainty, blossomed into confident leaders eager to make meaningful contributions to their communities. Seeing the positive ripple effect of our advocacy filled my heart with indescribable joy, reaffirming my belief in the power of leadership advocacy.

### **Conclusion:**

The story of my personal journey alongside Sarah taught me that leadership advocacy is not simply a concept; it is a way of life. It is about recognizing the potential within ourselves and others and actively working towards creating an environment where everyone can thrive. Sarah's mentorship and unwavering support not only shaped my understanding of leadership but also ignited a passion within me to continue advocating for the growth and empowerment of others.

As we embrace our roles as leaders, let us remember that true strength lies in lifting others up, creating opportunities for growth and development, and fostering an inclusive and empowering environment. Through leadership advocacy, we have the ability to transform lives, inspire change, and build a brighter future for all.





## Healthcare Workers' Health Matters: Employee Health Services Cares

By **Antonette Nunez**, MSN, AMB-BC, RN, CJCP  
Kaiser Permanente Employee Health RN Coordinator  
PNASC Newsletter Editor, Recording Secretary, and Research Co-Chair

Nurses, physicians, and other healthcare professionals work tirelessly in a variety of settings, such as hospitals, clinics, academic institutions, and many more. As we care for patients and educate students, we cannot do so without going through new hire onboarding and completing annual health screening requirements. The departments responsible for employees' health, safety, and ability to perform their duties are Occupational Health and Employee Health Services. Healthcare organizations may have one or both departments. Registered Nurses, Nurse Practitioners, Licensed Vocational Nurses, and physicians staff these departments.

Employee Health Services and Occupational Health Services are used interchangeably; however, these two departments have different roles. Occupational Health focuses on ensuring employees are protected from work hazards, employers follow safety regulations and policies that prevent injuries, illnesses, and diseases, and employee education. It may also include ergonomics, occupational therapy, and occupational medicine.

Employee Health, on the other hand, focuses on the state or condition of being healthy, the prevention of disease and injury at work, and readiness to perform job duties. Examples of the work Employee Health Services nurses do include new hire onboarding, communicable disease monitoring and tracking, employment-required vaccinations, investigation of bloodborne pathogens, and annual health screenings for Tuberculosis. Occupational Safety and Health Administration (OSHA) mandated annual respirator testing may also be included.

We all have been through the new hire process and are aware of the importance of showing proof of blood titers, vaccinations, chest x-rays (if applicable), and other requirements. Once we start working, it is just as important to be aware of the regulatory required annual health screenings and that we remain compliant. Compliance maintains our health safety and the safety of patients that we care for. For example, an employee who has immunity to measles is protected from patients with active disease and will be less likely to spread the disease to others. As a reminder, the use of appropriate Personal Protective Equipment (PPEs) must always be followed. Get to know your Employee Health services department. Be safe, stay safe, and be compliant!

### Example of New Hire Onboarding Checklist:

- Proof of vaccination to Measles, Mumps, and Rubella (MMR)
- Proof of vaccination to Varicella (VZV)
- TB screening tests in the last 3 months and 2 years
- Tetanus, Diphtheria, and Pertussis (TDaP)
- Current seasonal flu
- COVID 19 vaccinations (follow current CDC guidance)
  - Primary
  - Booster
- Medical Clearance
- Vision exam (eye chart and color vision tests)
- Vital signs

### Examples of Communicable Diseases Monitored and Tracked:

- COVID 19 tracing
- Tuberculosis exposure and conversions
- Monkeypox (MPox)
- Scabies
- Pertussis
- Measles, Mumps, and Rubella
- Varicella



## Our United Voices: WE CARE, A Member's Perspective

By Joel Clemente, MAN, RN\*  
PNA North Texas – Dallas

**“In the same way, let your light shine before others,  
that they may see your good deeds and glorify your Father in heaven”**  
– Matthew 5:16



The mantra of our PNA's President Dr. Gloria Lamela Beriones, PhD, RN, NEA-BC Our United Voices: WE CARE (Wisdom, Excellence, Collaboration, Advocacy, Respect and Equity) resonates in me that its importance indeed reflects what we do in our own humble ways for all people of all walks of life.

Whether we are in nursing education, practice, research, informatics, entrepreneurship, etc., the mantra serves as “vade mecum” or a “travel with me” guiding principle as we do our best in our various fields of expertise to make our recipients of care happy and safe. Knowing that in one way or another, we make a difference in their lives, uplifting them to their next level of optimal functioning.

The mantra also set our spirits on high, elevates our mental health, and encourages us to stay updated on the latest trends, breakthroughs, and milestones affecting healthcare, and our noble profession as well. Such examples are the KEWP program, Patnubay sa Pagtatagumpay (P3) program, Camp Aruga, community outreach events, chapters and regional programs and activities, etc., the recently concluded national convention, and the ongoing webinars. Not only do we care

for others, but we subsequently take care of ourselves – taking time to bond with each other, fellowship, teamwork, and camaraderie. Our organization remains vibrant, visible, and relevant to the times.

Our current president's mantra, and the mantras of our past national presidents adds color and meaning to our goal, mission and vision of helping our Filipino-American nurses be at their best here in America, giving back to the community by our selfless love and compassion, and thereby being the “light of the world” to the people we serve, at both the local and national level.

From a member's perspective, our president's mantra mirrors us being men and women for others. We are truly grateful, blessed and thankful to be part of a humanitarian organization whose prime objective is to care for our colleagues, and be the spark to the society by what we say, what we act, and what we do. As such, we become the “silver linings” to the individual, group, and the community in whatever situations we are into particularly to the poor and marginalized, bringing a bright glimpse of comfort, hope, healing and recovery.



Hence, serving others through our love and humility, promoting and restoring health and expressing God's unconditional fidelity through our kindness and generosity, which is the core of what we are.

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*\*Joel Clemente is an active member of PNAA/PNANT-Dallas since May 2022. He is also a writer/reporter for Texas Knight, the Journal of the Knights of Columbus in Texas, writing feature and news story articles. He was recently awarded the “Generosity Award” by his Alma Matter Zamboanga City High School for his meritorious achievements, contributions and exceptional service which make an impact in healthcare and society.*





## Philippine Nurses Association of Metro Houston Foundation, Inc. (PNAMHFI) Exemplar of “Our United Voices: WE CARE”

By **Arlita C. Pang**, MAN, RN  
PNAMHFI PRO, PNAMH Past President (AC)  
PNAA Chair, Ways & Means Committee, 2022-2024

Dee Hock said “An organization, no matter how well designed, is only as good as the people who live and work in it,” a quote I truly believe is true! During our lifetime, each of us have joined one or many organizations for worthy reasons. For me, I joined my organizations because I believed in its objectives and trusted the people running it; to make a difference and selflessly give back in building our community, and meet new friends and colleagues. In return, it boosted my social life, experiences and leadership skills. Although, at times, I feel like my life is consumed in many different ways; but, at the end, my organizations and the wonderful people are my families and homes outside my home!

In 2006, I joined my first organization, the Houston Millennium Lions Club and four years later, became the president. Time flies that after 3-4 years, I have joined four more organizations as board member and president of two: People Caring for the Community, Inc (PCCI), FCNAMH, PNAMH, and PNAMHFI.

Today, I remain fully involved with **PNAMHFI** whose mission is to promote and provide opportunities for philanthropy in support of PNAMH's, education, scholarship, community outreach, and research activities; as well as supports activities of other organizations that will improve health and wellbeing of Filipinos and Filipino-Americans through community outreach activities.

PNAMHFI President, Cleo Robinett believes that PNAMHFI is only as good as its volunteer members and that through them the organization can achieve its objectives. She considers the volunteer members as its most valuable assets that possess the skills, knowledge and abilities to keep the organization viable, competitive, successful and visible. Along with the guidance of her predecessor, Past President Eufe Chua, Cleo does not take the organization's nonprofit designation for granted, remaining steadfast in ensuring appropriate IRS process is maintained, staying organized, and highlighting the activities to improve resources and visibility in the community.

PNAA President Dr. Gloria Beriones' mantra, **Our United Voices: WE CARE** (**W**isdom, **E**xcellence, **C**ollaboration, **A**dvocacy, **R**espect and **E**quity) befits PNAMHFI description. The 23 members are all members of PNAMH with the exception of three. As I am writing this, I just now realize that PNAMH presidents who become Advisory Council (AC) after completion of his/her term, automatically becomes PNAMHFI member! I truly don't know why; but, it is what makes PNAMHFI an organization to reckon with- a small organization, united and mighty! Here are the “**WE CARE**” of PNAMHFI.

**W: WISDOM** is defined as “the quality of having experience, knowledge, and good judgment; the quality of being wise. PNAMHFI have fourteen of 23 (14/22) past PNAMH presidents and 3 PNAA/PNAAF past and current presidents. PNAMHFI will always have wisdom to give and share.

**E: EXCELLENCE** is exhibited by a lot of the members because of their prestigious awards, titles, and work achievements as managers, directors, administrators, assistants/professors, and entrepreneurs. Their

advancements in nursing allow them to focus on managing and preventing the physical and mental health of their patients in their place of work and as members of PNAMHFI, true nursing excellence!

**C: COLLABORATION** is essential within and outside the organization. Many collaborations within and outside have been done that improved teamwork. An example is how PNAMHFI collaborated with other organizations during the wake and/or funeral receptions of 2 valuable members this past month: Ate Merli Velasquez and Grace Diaz Font. The collaboration resulted in a successful “Celebration of their Lives” as a result of pooled resources, skills, and talents providing tremendous help to the families.

**A: Advocacy** is the keystone of nursing. As nurses, we have advocated for our families and friends but mostly our patients and will continue. PNAMHFI also advocates for the nursing profession, thus, the annual scholarship program for nursing students and the advancement of professional nurses, and, lastly, advocating for our community by encouraging the observance of ethical and righteous principles.

**R: RESPECT** speaks volumes of PNAMHFI, admiring all its members deeply because of their excellent and outstanding abilities, qualities, or achievements, the classiest act of respect.

**E: EQUITY** in health care is each PNAMHFI member's role in and out of the workplace. PNAA President and PNAMHFI VP, Dr. Gloria Beriones, constantly reminds us to advocate for HC Equity. Members of PNAMHFI have participated and joined other organizations in community health fairs to benefit the physical and mental health of the underserved members of our community. PNAMHFI will continue to do more to improve healthcare equity for our community.

**Our United Voices: WE CARE** is PNAA's mantra today, but PNAMHFI's to live by through the years!

#### PNAMHFI MEMBERS



Cleo Robinett,  
President



Glo Beriones, VP



Rose Hardesty, Sec



Harley Tubley, Treas



Arlita Pang, PRO



Riza Mauricio, Auditor

#### BOARD MEMBERS



Eufe Chua, PP



Pam Windle



Jonjon Clemente



Gina Shankar



Lito Silva



Cherry S Medrano



Grace D. Font, (RIP)

#### MEMBERS



Ampy Dela Paz



Nora Peralta



James Puspos



Melva Perdido



Luz Reyes



Merli Velasquez, (RIP)



Nena Bonuel



Notch Brydges



Chona Sano

#### AT-LARGE



Noel Carino



Ren Beriones



# Healthcare Heroes-Recharging!

*Dedicated to all superheroes in healthcare by:  
Janette Moreno, DNP, RN, NEA-BC, NPD-BC 8.2023*

In the realm of healing and care,  
Where healthcare superheroes dare,  
Through long days and endless nights,  
You shine with powers, true and bright.

With compassion as your guiding light,  
You battle illness, bringing hope in sight,  
Your hands, the tools of a noble trade,  
Touching lives, where miracles are made.

In the face of darkness, you stand tall,  
Answering the desperate, healing them all,  
Your superpowers, they never fade,  
For within your soul, they are remade.

But even heroes need a moment's rest,  
To recharge their spirits, their very best,  
Take time to breathe, let your heart mend,  
For in self-care, your strength transcends.

In quiet moments, find solace's embrace,  
Let nature's beauty renew your grace,  
Replenish your powers, body and soul,  
And emerge recharged, once more whole.

Know that gratitude fills the air,  
For your unwavering dedication, beyond compare,  
You inspire us all with every act of care,  
Healthcare superheroes, forever rare.

So, rest, recharge, and let your spirit soar,  
For you are the ones we deeply adore,  
In this battle, your light will always shine,  
The world's greatest heroes, for all of time.



# Travel Plans?



## Here are Some Tips to Stay Healthy Before your trip:

- Talk with your travel companions about ways you can reduce risk together.
- Get a COVID-19 bivalent booster if you haven't already.
- Test as close to the time of departure as possible
- Don't travel if you test positive.



Source: <https://vaccineresourcehub.org/resources/reusability/434/> - 434

This resource 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.

# Travel Plans?



## Here are Some Tips to Stay Healthy During your trip:

- Pack high quality masks. Wear them in flight or while traveling in public transportation.
- Bring rapid At-Home tests with you and test if you feel sick.
- Wash your hands often, and try not to touch your eyes, nose, and mouth.

Source: <https://vaccineresourcehub.org/resources/reusability/134/> | 134

This resource 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.

# Travel Plans?



## Here are Some Tips to Stay Healthy What to do after traveling:

- Monitor for COVID-19 symptoms.
- Take an At-home test
- Enjoy the memories.



Source: <https://vaccineresourcehub.org/resources/?resizable=434> = 434

This resource was made possible by cooperative agreement CDC-PFA-IP21-2100 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.

# 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>

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# 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

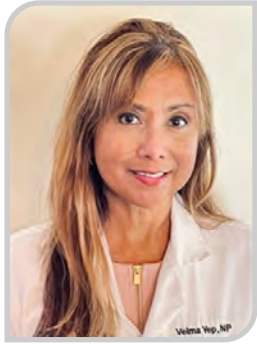
Previous COVID-19 vaccines are called “original” because they were designed to protect against the original virus that causes COVID-19. As of April 18, 2023, the original Pfizer-BioNTech and Moderna COVID-19 vaccines are **no longer authorized for use by the FDA in the United States**. Updated Pfizer-BioNTech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

### Practice Committee

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

# Advanced Practice Legislative Issues

I am excited to share that in my State of California's legislative front, we have been focused over the last months on AB 890's effective implementation of Full Practice Authority (FPA), 103 status (NPs with 4600 hours of work as an NP with standardized protocol) and 104 NP status (after fulfilling 103 status, can practice without standardized protocol). This landmark legislation enables nurse practitioners to provide the same high-quality care we do today without physician supervision, directly addressing the state's severe and growing provider shortage. This law has many intricacies, and several challenges have emerged as we envisioned. The CA BRN stipulated that only six nurse practitioners' specialties could meet the eligibility requirements (Family Practice across the lifespan, Psychiatric NP across the lifespan, Women's Health, Adult-Gerontology NP, and Pediatric NP) Some NP specialties were omitted from eligibility to become the newly formed 103 NP status, disenfranchising hundreds of Ns who have already demonstrated competency in their areas of expertise and have been practicing for years. These NPs were left out because the two primary certifying bodies, the American Association for Nurse Practitioners (AANP) and American Nurses Credentialing Center (ANCC), had eliminated their certifications, rendering these "legacy" specialties.

What are legacy certifications? These are the retired (Acute Care NP, Adult NP, and Gerontology NP) certifications, which can only be renewed and not newly obtained. These certifications are currently only recognized for licensure. Consequently, the Board cannot grant a 103 or 104 NP status in those legacy/retired certifications.

This is a challenge for many APRNs who have been practicing for many years to obtain their FPA, and therefore, is counterproductive to moving forward in providing greater access to healthcare to the communities we serve. The National Academy of Medicine's "Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity" called for nurses to practice to the full extent of their education and training. By clearing the path for NPs meeting specific requirements to practice without standardized procedures, AB 890 aimed to give eligible NPs full practice authority, helping to expand access to care for patients when and where they need it.

I am a nationally certified Gerontological NP, and under my standardized protocol, I can see patients 21 years and older with acute and chronic illnesses. I have worked and practiced as an NP since 2002 and obtained my DNP in 2021. My decades of practicing as an NP and with my training program at UCLA School of Nursing, one of the highest-ranked nursing universities in the U.S., are unarguable. Other states have legacy nationally certified NPs practicing autonomously, and the evidence supports high-quality and safe care.

But our work is not finished. California NPs will continue to work harder and may even consider legislation.

APNs in the State of New Jersey also have concerns; in a letter to their State legislators, the Consortium of Advanced Practice Nursing groups expressed alarm about an Advanced Practice Nurse (APN) issue discussed on July 7, 2023, in New Jersey Board of Nursing (BON) meeting, namely, proposed regulations listing procedures that APNs in this state can perform. It stated that the key legal advisor to the Board of Nursing seeks to make changes, believing it is necessary to define the scope of APN practice with greater particularity. The proposed regulatory change poses several significant problems:

As cited in the letter, "requiring that procedures be performed only under the Joint Protocol (J.P.) a step not required by APN statutes, would present onerous additional barriers to APN practice. Here are some of the ways the J.P. already impedes practice in NJ:"

- **APNs are often unable to secure a relationship with a physician willing to function as a mandated collaborator and to sign the Joint Protocol agreement.**
- **Physician fees for acting as a mandated collaborator can be excessive;** a recent survey of NJ APNs found that they paid an average of \$1,000/month. When more extensive healthcare settings and institutions pay these fees for physicians, it adds to the general cost of healthcare.
- **If the mandated collaborating physician moves, retires, dies, loses their license, or refuses to renew the J.P., practice stops, and patients are left without medications until a collaborating physician is replaced.**
- **Laboratory, diagnostic tests, and consultative care results are often sent to the mandated collaborating physician, not to the APN who ordered them, delaying timely care.**
- Medication containers often list the prescribing APN and the collaborating physician as confusing for patients or other providers.
- Health insurance companies often refuse to credential, impanel, or directly reimburse an APN unless the mandated collaborating physician (CP) is credentialed and empaneled by the insurer. If the C.P. terminates the insurance contract, any of the APNs' patients insured with that company can no longer see the APN, causing disruption and discontinuity in the patient's care.
- NJ APNs is increasingly choosing to work in neighboring states without the restrictive legal barriers present in these states. This limits patients' access to care.

Moreover, the Consortium of Nurses in N.J. urges not to propose the regulatory change. Therefore, APNs in New Jersey may want to investigate this and consider your insights and unifying voices to seek what is best for providing the best quality care your patients can access and gain from your complete education and full training.

## ADVOCACY

### ICAN Act Introduced in Senate

On July 20, Sens. Jeff Merkley (D-OR) and Cynthia Lummis (R-WY) introduced S. 2418, the Improving Care and Access to Nurses (ICAN) Act. AANP applauds the legislation's goal of promoting patient access to health care delivered by the provider of their choice by removing outdated Medicare and Medicaid barriers on NPs and other advanced practice registered nurses (APRNs).

The bill would authorize NPs to order cardiac and pulmonary rehabilitation, certify when patients with diabetes need therapeutic shoes, have their patients fully included in the beneficiary attribution process for the Medicare Shared Savings Program, refer patients for medical nutrition therapy, certify and recertify a patient's terminal illness for hospice eligibility, perform all mandatory examinations in skilled nursing facilities and more.

### **Drug Enforcement (DEA) UPDATES**

#### **Mandatory Substance Use Disorder Training for Drug Enforcement Administration Registrants in Effect as of June 27, 2023**

Last December, Congress passed into law the Consolidated Appropriations Act of 2023. That legislation included the Medication Access and Training Expansion (MATE) Act, which requires all Drug Enforcement Administration (DEA) registrants (except veterinarians) to complete at least eight hours of training on opioid or other substance use disorders or be Board certified in addiction medicine or addiction psychiatry. The DEA and the Substance Abuse and Mental Health Services Administration (SAMHSA) recently released additional information on how practitioners must comply with the new training requirement.

The DEA released a letter providing essential information on how practitioners must submit the affirmation. The one-time, eight-hour training requirement must be affirmed on the DEA registrant's next scheduled DEA registration submission — either the initial registration or the renewal — occurring on or after June 27, 2023. Upon completion, the affirmation will not be included in subsequent registration renewals. The DEA also clarified that both new training and previously completed training — including the DATA 2000 Waiver training — can count toward the practitioner meeting this requirement if those training are on the treatment and management of patients with opioid and other substance use disorders and are accredited by designated organizations, including the AANP can also meet the training requirement if they have graduated in good standing within the last five years from an advanced practice nursing school in the U.S. that included a comprehensive curriculum with at least eight hours on treating and managing patients with opioid or other substance use disorders, including the appropriate clinical use of all drugs approved by the U.S. Food and Drug Administration for the treatment of a substance use disorder. Some of the requires DEA courses can be accessed from the AANP website.

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## Education Awareness Corner

By **Mary Dioise Ramos, PhD, RN, CNE**  
Chair, PNAA Education Committee

# Nurturing Hope: Filipino Nurses, Uniquely Positioned Advocates for Suicide Prevention and Awareness

**September**, a month that gently ushers in autumn, carries a weighty responsibility beyond its vibrant foliage and cooling temperatures. It is a month dedicated to a cause of profound significance - Suicide Prevention and Awareness. In this feature article, I shed light on the critical role that nurses play in this crucial mission, the unique perspective, and how we can spearhead the call to action.

### The Urgency of Suicide Prevention

Every year, suicide claims the lives of nearly 800,000 people globally. The numbers are staggering, and the impact is immeasurable. But September is more than just a reminder of this grim reality; it is a beacon of hope and a call to action. Suicide Prevention and Awareness Month seeks to raise awareness, reduce stigma, and encourage individuals to seek help when needed.

### Filipino Nurses: The Unsung Heroes

In the realm of mental health and suicide prevention, nurses stand out as unsung heroes. The daily interactions with patients put us in a unique position to identify signs of distress, lend a compassionate ear, and offer support. Whether we work in hospitals, clinics, schools, or communities, nurses are on the frontlines, witnessing the struggles of those battling mental health issues. Filipino nurses stand out not only for our exceptional skills and dedication but also for our unique position to advocate for suicide prevention and awareness. Our distinctive qualities and experiences make us formidable allies in the fight against suicide.

### The Power of Connection

Nurses are skilled in the art of human connection. We listen, we empathize, and we provide comfort. In the context of suicide prevention, these qualities are invaluable. Nurses can create safe spaces where individuals feel heard and understood. We can ask the right questions, offer resources, and be a lifeline for those teetering on the brink of despair.

### Nurturing Hope

One of the most powerful tools in suicide prevention is hope. Nurses can instill hope by fostering resilience and self-esteem in our patients. Through therapeutic communication and active listening, we can help individuals see the possibilities beyond their current struggles. By advocating for access to mental health care and community resources, nurses can provide tangible pathways to recovery.

- 1. Compassion and Empathy:** Filipino nurses are renowned for unwavering compassion and empathy. Rooted in a culture that values strong familial bonds and community support, we inherently understand the importance of emotional connection. When dealing with patients in crisis, this empathetic approach can be a lifeline, as individuals struggling with suicidal thoughts often feel isolated and alone.
- 2. Cultural Sensitivity:** Filipino nurses often deeply understand the patients' diverse cultural backgrounds. In a globalized world, this cultural competence is invaluable when addressing suicide prevention, as cultural

factors can significantly impact an individual's experience of mental health and willingness to seek help. Filipino nurses can bridge gaps in understanding and help eliminate stigma by respecting and embracing diverse beliefs and practices.

- 3. Strong Work Ethic and Resilience:** Filipino nurses are known for our strong work ethic and resilience, invaluable qualities in the demanding mental health care field. We often work tirelessly to provide the best care for our patients, even in challenging circumstances. This commitment is essential when dealing with individuals who may require ongoing support and care to overcome suicidal tendencies.
- 4. Global Diaspora:** The Filipino diaspora has spread Filipino nurses worldwide, allowing us to gain diverse experiences and perspectives. This global reach positions us to be advocates not only within the United States and the Philippines but also in other countries where they work. We can share our knowledge and insights on suicide prevention strategies and contribute to raising awareness on an international scale.
- 5. Networking and Community Engagement:** Filipino nurses are known for our strong sense of community and networking. We often come together to support causes and initiatives. This unity can be harnessed to organize awareness campaigns, support groups, and educational events focused on suicide prevention. Our networks can help amplify the message and reach a broader audience.
- 6. Influence as Role Models:** Filipino nurses often hold positions of respect and influence within our communities. As role models, we can openly discuss mental health and advocate for destigmatization, inspiring others to seek help when needed. Filipino nurses bring unique qualities, cultural awareness, and a global perspective to the forefront of suicide prevention and awareness efforts. The compassion and commitment to our patients make us powerful advocates and allies in this vital cause. By leveraging our unique position and cultural sensitivity, Filipino nurses can continue to impact the global fight against suicide substantially.

### **A Unified Call to Action for Suicide Prevention and Awareness**

In pursuing suicide prevention and awareness, let us weave a tapestry of wisdom, excellence, collaboration, advocacy, respect, and equity. United under these guiding principles, we can create meaningful change and save lives.

- 1. Wisdom:** Embrace the wisdom of knowledge and empathy. Continuously educate ourselves about the complexities of mental health and suicide prevention. Seek understanding in the face of ignorance and compassion in the presence of pain.
- 2. Excellence:** We strive for excellence in our care and support for those in need. Let our actions reflect the highest standards of healthcare, driven by a commitment to provide the best possible resources and assistance to individuals facing mental health challenges.
- 3. Collaboration:** Recognize that no one entity or individual can tackle the scourge of suicide alone. Collaboration is the cornerstone of progress. Let us work together across professions, communities, and borders to develop comprehensive and effective strategies.
- 4. Advocacy:** Be fierce advocates for those who struggle silently. Champion policies that prioritize mental health services, accessibility, and destigmatization. Raise your voice to demand a world where seeking help for mental health is as natural as seeking help for physical ailments.
- 5. Respect:** Uphold respect as the foundation of all interactions. Respect the dignity, autonomy, and individuality of every person. Treat mental health challenges with the same reverence as physical illnesses, and create spaces where people feel safe to share their pain.
- 6. Equity:** Strive for equity in mental health care. Recognize that systemic disparities exist and work relentlessly to dismantle them. Ensure that every person, regardless of their background, has equitable access to mental health resources and support.

As we unite under these six pillars (WE CARE), we embark on a journey towards a world where hope is nurtured, lives are saved, and stigma is replaced by understanding. The responsibility to prevent suicide and raise awareness lies not with one but with all. Together, we can be a beacon of hope, a source of strength, and a force of change for those who need it most. Let us heed this call to action and work tirelessly to create a brighter, more compassionate future for all.



## COMMITTEE UPDATES

By **Catherine Rubio**, MSN, PHN, RN  
PNA Southern California President Elect (2022-2024)  
PNA Community Outreach Committee Co-Chair

# Cultivating community service with compassion through **VOICE** (**V**olunteer **O**pportunities and **I**nitiatives fostering **C**ommunity Outreach **E**ngagement)

At its core, doing Community Outreach Engagement helps give back to the community. Engaging in the community does not always have to be about providing healthcare services. Volunteer opportunities cater to different interests and work schedules. The success of any non-profit organization is owed to the volunteers. Volunteerism can make a great impact not just on the community but, most importantly, on oneself. Any act of donating time and energy to help others and the community is valuable to the organization. You are appreciated!

Few volunteer statistics from VolunteerHub.com

- According to an AmeriCorps report, people who volunteer over 100 hours a year are some of the healthiest people in the US.
- Volunteering decreases the likelihood of high blood pressure development by 40%.
- 66% of volunteers give their time to improve their community and 83% do so contribute to a cause they care about.
- 60% of hiring managers see the act of volunteerism as a valuable asset when making recruitment decision.
- 96% of volunteers reported the action enriched their sense of purpose in life.

### ***Inspiring VOICE messages from PNA Community Outreach Committee (COC) 2022-2024***



I have been a member of the Community Outreach Committee since 2008, and since then, I have truly valued the dedication and loyalty of this committee. I joined because I wanted to make a difference in the lives of many underprivileged. As I witnessed the groundbreaking of the PNA Gawad Kalinga Village in Piel, Bulacan, I became more motivated to continue the work in uplifting humanity. I find that there is no greater joy than to impact one life at a time.



*Nini Jurado, MSN, RN - Community Outreach Committee Chairperson*



Community engagement strengthens my commitment to service. Volunteerism keeps me grounded and reminds me of what is important. It has allowed me to help the underprivileged and underserved more. I feel joy when I volunteer and more inspired when I see happiness from the people I serve and help. It gives clarity to my purpose in life. I volunteered to serve PNAA COC to help in local and international community outreach initiatives for disadvantaged populations. I feel blessed to work with positive and enthusiastic leaders.

**Catherine Rubio, MSN, PHN, RN**  
*PNAA COC Co-Chair*



Outreach is often meant to fill in the gap with the services provided by the mainstream, such as governmental services. I volunteered in the PNAA Committee on Outreach (COC) because I believe in its goals and objectives. The leaders and members have enthusiasm, passion, and determination to help others. It has a proven track record of helping a lot of people in the Philippines, here in the US, and other areas that are less privileged, poverty-stricken, and during times of disasters/calamities. It is their enthusiasm and passion to serve others that have motivated me to join this amazing committee. I am inspired to help others because I believe Life is not about oneself. It is not about how much we gather but what we scattered and shared. More importantly, Life is fulfilling when we have helped others as God wants.

**Reglita P. Laput, MPH, RN**  
*COC Member*



I volunteered to serve PNAA COC because it gives me an opportunity to serve other Filipino Nurses beyond my city. I want to share the blessings that God has given me and, in turn, inspire others to pass it on.

**Ela Stutzman, BSN, RN**  
*COC Member*



I volunteered to serve on the PNAA Community Outreach Committee because it is the committee that speaks of my values of giving back to the community as a way of saying thank you for the blessings and sharing it at large.

**Marife Sevilla, BSN, CNOR, RN**  
COC Member

My life is made possible by the kindness of others, and that is what inspires me every day to keep paying it forward. I feel at home with PNAA COC, who are committed to helping others as a priority.

**Emily, Danuco, BSN, RN**  
COC Member

I volunteered because it is the committee that speaks of my values of giving back to the community as a way of saying thank you for the blessings and sharing it at large.

**Carmen Meliton, MSOL, CFS, RN**  
COC Member

I volunteered to serve in the PNAA Community Outreach Committee not only because | I love and respect our Chairman Nini Jurado, but I desire to be part of a selected group whose passion is to serve and help those in need. It is innate in me to help others; hence, I became a nurse. Knowing that volunteerism can make a difference in people's lives inspired me to volunteer. Volunteering gives me the opportunity to make a difference in people's lives and to pay forward God's blessings in various ways.

**Noemi Reyes, BSN, RN, CNOR**  
COC Member



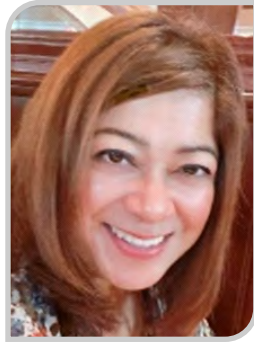
I have been blessed to serve two terms on this PNAA Committee. Ever since I have been passionate about giving back to others and making a difference in the lives of so many. My beloved parents have taught us eight children selfless service, care, and unconditional love for others. These days, when there is so much poverty and injustice, it is hard to close our eyes but to extend help even a little. I am always inspired by our Lord's messages: "Whatever you do to the least of My Brethren, you do it for me." GOD is LOVE. Grateful to these past four years, 2 PNAA great leaders have led this important Committee: Ate Nini Jurado and Kuya Romeo Devera.



**Jen Jen Hazelbaker, BSN, RN**  
COC Member







## COMMITTEE UPDATES

Philippine Nurses Association of America

# Project Damayan

By Catherine Rubio, MSN, PHN, RN

PNA Southern California President Elect (2022-2024)

PNA Community Outreach Committee Co-Chair

Global climate change continues to rise and remains a threat to our health and wellbeing. I know you are all doing individual safety measures and chapter initiatives in your respective communities. I applaud you all for the splendid work you tirelessly contribute to increase awareness, knowledge, preparedness, and resilience. The effects of climate change have brought diverse types of challenges to different communities, regions, and countries. This year, there have been various adverse impacts, related losses and damage escalated from tornado, earthquake, wildfire, tropical storm, and flash flood. Heartfelt prayers go out to victims of unfortunate consequences. Thank you PNA for your response action following a disaster involving Community Outreach initiatives that impacts a collective resource of assistance and support. In November 27, 2022 “Kababayan” Emergency Preparedness Fund Program (KEPF), (a PNA Project “Damayan “Campaign for the Philippines) was activated by Frigorie Beriones and Community Outreach Committee (COC) under the leadership of Dr. Dino Doliente III (Adviser) and Ms. Nini Jurado (Chairperson) with its ten members. Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) reports: more tropical cyclone (TCs) is entering the Philippine Area of Responsibility than anywhere in the world with the average of 20 TCs per year. The purpose of KEPF is to raise funds ahead of time and have available funds to help victims of calamities without delays. PNA supports the humanitarian mission of providing monetary donations to communities most impacted by disasters, as Dr. Beriones addressed in her letter of appeal. Our COC disseminated KEPF *Flipcause* (choice of fundraising platform) to the community and has received positive responses with chapter donations as well. This act of generosity supporting KEPF was overwhelming.

More overwhelming response, on our most recent Project Damayan for Maui Disaster. Looking back in April, PNA Maui Hawaii has shared happy memories as they hosted the 21<sup>st</sup> PNA Western Region Conference in Maui Beach Hotel. I am sure attendees enjoyed the magical experience in Lahaina, Maui. Sadly, news media reported the devastating fire affecting the whole town with Power outage, residential and commercial buildings burned down, need for food and water supply and absence of cellular service. The cry for help of PNA Maui echoed to PNA, Chapters, Subchapter, family, and friends. The wildfire shattered the historic town of Lahaina. Dr. Beriones, Retired Col. Bob Gahol, and Ms. Nini Jurado appealed for emergency financial support and initiated *Flipcause* Project Damayan for Maui Disaster. COC members disseminated the flyer and information to their respective Chapters. The unwavering community support surpassed our COC goal by 39% as of September 7, 2023. This collective giving has achieved a greater impact in 2 weeks. The urgent response was phenomenal!

All proceeds donated to PNA Maui will assist our “Kababayans” affected by the catastrophic fire. Your generous donations will help provide necessities. Mabuhay PNA Maui Hawaii Chapter members for all the tireless work you selflessly do and give (prepare, serve, and deliver food, provide clothing and medicines and more). PNAA “pagkakaisa sa damayan at pagtutulongan para sa kababayan!”

**PNAA  
Community Outreach  
Committee  
(2022-2024)**

Iluminada Nini Jurado, MSN, RN  
Chairperson  
Catherine Rubio, MSN, PHN, RN  
Co- Chair  
Dino Doliente III, DNP, MBA, RN  
Advisor


**MEMBERS**

Ela Stuzman, BSN, RN  
Emily Danuco, BSN, RN  
Regita Laput, MPH, BSN, RN  
Carmen Milton, MSOL, CFS, RN  
Marife Sevilla, BSN, CNOR, RN  
Normita Reyes, BSN, RN-BC  
Gina Shinkar, MSN, RN-BC  
Jen Jen Hazelbaker, BSN, RN  
Patricia Trinidad, BSN, CNOAR



**PNAA PROJECT  
DAMAYAN**

FOR MAUI DISASTER



HELP FOR WILDFIRE VICTIMS

PNAA Community Outreach Committee Appeals for your generous donations to help the victims of Maui wildfires



Nini Jurado Catherine Rubio Dino Doliente III  
Carmen Milton Emily Danuco Marife Sevilla  
Gina Shinkar Regita Laput Normita Reyes  
Ela Stuzman Jen Jen Hazelbaker Patricia Trinidad

*Our gratitude is extended to all PNAA family & friends and our individual members who made this initiative successful! We surpassed our goal of \$10,000 and all donations will go to PNA Maui Hawaii.*

**-Nini Jurado, MSN, RN ( COC Chairperson)**

- |                        |                       |
|------------------------|-----------------------|
| PNA Alabama            | PNANJ Somerset County |
| PNA Arizona            | Subchapter            |
| PNA Colorado           | PNA South Carolina    |
| PNA Greater St. Louis  | PNA North Texas       |
| PNA Gulf Coast Florida | PNA Oregon            |
| PNA Illinois           | and Washington        |
| PNA Miami South        | PNA Pennsylvania      |
| East Florida           | PNA Tampa             |
| PNA Michigan           | PNA TN Nashville      |
| PNA New York           | PNA Virginia          |

*Maraming Salamat!*

From all of us at  
**PNAA COMMUNITY OUTREACH COMMITTEE  
(2022-2024)**

**“We make a living by what we get. We make a LIFE by what we give.”**  
*-Winston Churchill.*



# Where are the Scholars now?

By **Maria B. Hipolito, BSN, RN**  
PNAA Scholarship Committee Member

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

Name: **Ma. Arlene Escanilla Azores**  
Chapter: **New Jersey Chapter, Somerset County Subchapter**  
Current work :

- Full time Postpartum and Level II NICU Nurse at Robert Wood Johnson University Hospital Somerset (RWJUH Somerset)
- Per diem at Hunterdon Medical Center (HMC)
- Adjunct Faculty at William Paterson University of New Jersey (WPUNJ)
- PNANJ Board of Director 2020-2022, 2022-2024
- Current DNP student started August 2022



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

I was one of the recipients of the PNANJ and PNAA MSN scholarship in December 2020 and July 2021 that inspired me to continue my journey to professional advancement. Being surrounded with highly educated, effective leaders, and supportive mentors has motivated me to keep dreaming and to keep reaching for my professional goals. In addition to the above tuition assistance, I also applied for another scholarship grant and I was fortunate to be one of the recipients of the New Jersey League for Nursing NurseThink.com Scholarship award in December 2021. I was also awarded as the RWJUH Somerset Magnet Nurse of the Year in December 2021. The entirety of my hard work, perseverance and determination propelled me to finish my degree of Master of Science in Nursing Education at WPUNJ in May 2022. At the same year, my first-born son Austin, graduated in Bachelor of Science in IT Management, Magna Cum Laude at Seton Hall University. It was indeed a special event of Mother and Son Graduation. After several months, I was awarded as a recipient of the PNANJ-PNANJP Scholarship grant for the doctorate degree category in October 2022.



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

When people ask me how I do it with all my hectic schedule between work, school, family, and social activities, I always say "it's not easy, but it's doable if you are passionate, motivated, and determined to achieve what you aim for". A great deal of sleepless nights, missed social activities and family events, soon will pass, and you will be able to sleep well and celebrate those events with family and friends again. Sacrifice is the key. We need to embrace all our weaknesses and challenges and make them our sources of strength and inspiration. Always remember that nothing is impossible without the help of others. It truly takes a village! Treasure the people that surround you, who will be there to cry with you if things don't work out the way you want them to. Above all, who will also be there with you to celebrate even with the smallest achievement you attain. By doing what you love, you inspire others to do the same. Thank you, PNAA, for the opportunity you have given me to achieve my dreams!



## Congratulations to Dr. Jose Delfin D. Castillo III for his election as Area III Director with NCSBN

Dr. Jose Delfin D. Castillo III, PhD, MSNA, CRNA, APRN. Dr. Castillo completed his BSN in 1994 and has been an APRN-CRNA in Naples, FL, since 2007. In 2016, he earned his Ph.D. in Instructional Design and Technology from Keiser University. He is a tenured remote Associate Professor at Texas Wesleyan University. As an active advocate for the nursing profession through local and international involvements, he received the 2021 AANA Ira P. Gunn Outstanding Professional Advocacy Award. As Chair of the FL Board of Nursing, he continues contributing to healthcare by volunteering and presenting scholarly topics of interest to the nursing profession and the public.



## Congratulations to Bea Ramos-Razon



Congratulations to a really authentic nurse leader—one with brilliant brains, generous heart, BEAutiful face, service-oriented outlook, and natural sense of humor, Beatrice Ramos-Razon, recipient of the 2023 Most Distinguished Alumna Award from UP-PGH Nursing. She received this award at the Class 1973, 50th Reunion of UP-PGH Class of 1973 in Buffalo, New York, on September 16, 2023. Her fellow University of the Philippines alumni, the HiNAMI family, and all her friends are proud of her.





**Palakpakan**  
CORNER



It is with great pride and joy that we recognize our very own PNA North Houston (PNANH) Executive Board members and PNA North Houston (PNANH) members who have been chosen to receive the 2023 Good Samaritan Excellence in Nursing Award. Seeing this number of PNA North Houston (PNANH) members who have made it to the list of winners brings great honor to our association. Congratulations to all the winners on this great achievement! We are enormously proud of your hard work and dedication to your profession!

**Mila Sprouse, PNA North Houston (PNANH) President - Gold Awardee**

**Ma Jennilyn Salvador Lano, PNA North Houston (PNANH) Past President - Bronze Awardee**

**Cristina Montalban-Dimafiles, PNA North Houston (PNANH) Past President - Bronze Awardee**

**Ludy Deleon, PNA North Houston (PNANH) member - Bronze Awardee**

**Irish Grace, PNA North Houston (PNANH) Secretary - Bronze Awardee**

**Jingle Alcala Alcazaren, PNA North Houston (PNANH) Public Relations Officer - Bronze Awardee**

**Jan Lim, PNA North Houston (PNANH) Outreach Committee Chair - Bronze Awardee**

**Lani Cruz Macusi, Outreach Committee Co-Chair - Bronze Awardee**

**Honey MagNet, PNA North Houston (PNANH) Education Committee Chair - Bronze Awardee**

**Aileen Batuigas-Mazurek, PNA North Houston (PNANH) Mentorship Committee Chair - Bronze Awardee**

**Eman Garcia, PNA North Houston (PNANH) Membership Committee Chair - Bronze Awardee**

**Chary Cruz, Recognition and Scholarship Committee Chair - Bronze Awardee**

**Pat Sherrer, PNA North Houston (PNANH) member - Bronze Awardee**



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

## For It's One, Two, Three Strikes, You're Out, at The Old Ball Game



"Take me out to the ball game, Take me out with the crowd.  
Buy me some peanuts and Cracker Jack, I don't care if I never get back.  
For it's root, root, root for the home team. If they don't win it's a shame.  
For it's one, two, three three strikes, you're out, at the the old ball game."

Singing the baseball anthem in the 7th inning has been a tradition since 1946.  
The band plays for the 7th inning while the fans stand up and sing the tune.

Another day at the ball game with PNA of Greater St. Louis. Joy Deatherage gives us an account of how the second volunteer day for the nurses went. "We carpooled then parked, with \$5.35 fee, at the Star Lot reserved for employees and volunteers. 9:45 a.m. in the Volunteer Room and we went through the routine: checked-in, got uniform tops ("not so fashionable!"), ID tags and cards which were displayed around our booth to identify us.

"The stadium had lines of people getting autographs from past players. We were assigned to Booth #132, ("Clubhouse Grill"), a bigger booth from our first volunteer last June. Employees Ann showed us where food and other numerous supplies were while Leroy started grilling cheeseburgers, bratwurst and hot dogs. We opened our booth at 11 a.m. and performed our "assigned duties." Mike fried chicken tenders and fries; Evelyn, pretzels; Josie and my sister, Cecile, put fried and grilled food under heated lamps; Agnes and JenJen sold non-alcoholic and alco-colic drinks. They were very vigilant on checking IDs to ensure they were at least 21 years old.



*August 6, 2023/Sunday Volunteers at the Busch Stadium food concession were on their feet from 10 a.m. to 4 p.m.*

**Front, from left:** Alice Torre-gosa, Agnes Lewis, Josie Viet, Joy Deatherage, Jen-Jen Hazelbaker, Evelyn Oller.  
**Behind:** Mike Lewis and Richard Veit [not in picture: Lori Gawat and Cecile Nord]

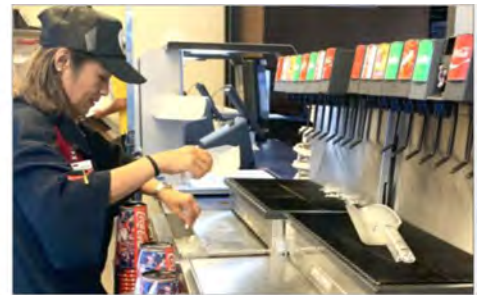
“Patrons helped themselves with the condiments. Richard guided them on using the platforms where they placed each item they bought and it catalogued what they bought, the weight and how much. We were blown away by this technology! Payment was by credit/debit cards only, no cash.

“Alice and I were in charge of the regular nachos (cheese only) and supreme nachos (cheese and seasoned ground beef) baskets. Lori was our “float” worker, readily helping out to make sure the operation ran smoothly by giving a hand with the food, drinks, ice and clean-up.

“Though sales were handled by the computerized platforms, nothing could replace the generous smiles and great attitude given by the nurses to the patrons! We were all on our feet for most of the time except for the 20 minute break to eat. Volunteers can have an entree and soda or water for free. [Last time (in June) we were told we had to pay for our food.] We took turns for these breaks.

“This time, we didn't close until the end of the game. All food not sold went to a yellow bin which would be turned into compost. After clean-up, we all received bobble-heads of Adam Wainwright #50; he's a pitcher, who had won two rings and ranks second in franchise history for career strikeouts.

“It's true what people say: St. Louis is a baseball town and it has the best baseball fans! Win or lose, we love our Cardinals!”



**FYI** Busch Stadium is a baseball stadium located in St. Louis, Missouri.

The stadium serves as the ballpark of Major League Baseball's St. Louis Cardinals.

It has a seating capacity of 44,383, with 3,706 club seats and 61 luxury suites. [Wikipedia](#)

Inside the **Ballpark Village**: The District features three one-of-a-kind anchors, as well as several additional dining and entertainment experiences, including Cardinals Nation and Hall of Fame & Museum, Budweiser Brew House and Beer Garden and FOX Sports Midwest Live!.

# PNA Chapter NEWS



By **Evelyn M. Sullivan**, BSN, RN, PNAGSL President 2016-2018/Advisory Board  
Photos by **Joy M. Deatherage**, BSN, RN; PNAGSL Secretary 2022-2024  
**Annabelle L. Cosas**, BSN, RN; PNAGSL Editor; Bylaws/Policies & Procedures Chair

## Volunteerism: Community OUTREACH by St. Louis Nurses

**August 26, 2023, Saturday**

Missionaries of Charity (The Sisters of Mother Teresa)  
3629 Cottage Ave, St. Louis, MO 63113

*"God still loves the world through you and through me"* — Mother Teresa

M.C. Constitutions: The Missionaries of Charity Sisters (Mother Teresa's Sisters or the Sisters of Mother Teresa, as many call us) is a religious community in the Catholic Church, founded by Mother Teresa of Calcutta (now Saint Teresa of Calcutta) in 1950 in Calcutta, India. Our community is totally dedicated to the service of the poorest of the poor, irrespective of social class, creed or colour. We deliberately choose to show God's concern for the poorest and the lowliest, remain-ing right on the ground, while offering immediate and effective service to those in need, until they can find someone who can help them in a better and more lasting way.

"Missionaries of Charity do not impose their Catholic Faith on anyone, but have profound respect for all religions."

The Missionaries of Charity is the only organization founded by Mother Teresa of Calcutta to carry out her mission of love and perpetuate her legacy. As a registered charity in India (and various other countries of the world), and with its head-quarters in Calcutta, the organization is serving the poorest of the poor across the globe.

PNAGSL gave back to the community by volunteering to help feed our homeless brothers and sisters. This is one of our annual volunteer work except during the two-year lockdown of the COVID-19 pandemic.

Volunteers were Josie Veit, Evelyn Oller, Ces Nalagan, Joy Deatherage and her sister Cecile Nord, Grace Cusi, Maria Hipolito, Evelyn Sullivan, JenJen Hazelbaker (Community Outreach chair), Marjorie Gamino. We brought Filipino dishes complimented with toasted bread and butter, lettuce salad; drinks: bottled water and lemonade; dessert: fruits and cookies. The Mother of Teresa sisters led the prayers as we prepared food in the



*Volunteers at Mother Teresa Soup Kitchen prepared food early  
From left: Evelyn Oller, Evelyn Sullivan, Marjorie Gamino*

*Giving a helping hand in the kitchen were seminarians Brian Hula and Will Carey with Deacon Ryan Martire [gave photo consent].*

kitchen, in the chapel and in the dining room with the community before they ate.

Everyone fed enjoyed our Filipino food and majority came back for seconds. Some even came back with food containers "to go". Adobo and pansit, undoubtedly, are always a hit! They were very thankful and respectful to us nurses and want us to do this again sometime soon! We helped with the after care and one reason why we were there early in the morning was also to help cut meat to ready for tomorrow's meal.



It was a busy but very satisfying day for the nurses. A special mention to two husbands: Sam Gamino and Tony Hipolito who did the driving for several of us in the hard-pouring rain.

*Our mission: to care for "the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone." - Mother Teresa*



Food: chicken adobo, pansit, rice, fruits, cookies were donated by our nurses. [Annabelle Cosas, unable to attend, made a tray of adobo which was picked-up by Cecile and Joy.] Prayers were said by the group in the chapel before serving of food started. We also helped cut meat for the following day's meal. It was truly a rewarding day! Several of us then headed to a Filipino Bakery and Cafe and treated ourselves with the ever rich and flavorful halo-halo!

By Cecile M. Santos- Medenilla, PNAGF President

## PNA Gulf Coast Florida Executive Board attends the Bicol National Association of America Gala night

PNAGF supports one of the Philippine Cultural Foundation, Inc. members, the Bicol Association of South Florida. They hosted the Bicol National Convention here in Tampa, Florida. The lady mayor of Sorsogon, Philippines, was the guest of honor. She invited the guests to visit Bicol province next year. The convention will be held in Bicol, Philippines, next year. Another highlight of the event was the induction of officers of the Bicol Association of South Central Florida, with Tere Saggerman as the President for 2023-2025. Entertainment includes the Filipino folk dances of the Philippine Performing Arts Company. It was a night of celebration with guests from the Philippines and all over the US. The food was in Laureate style, and Filipino desserts were later that night. It was indeed a night of laughter, dancing, and enjoyment. Visibility for PNAGF supporting fellow members of the Filipino community. It was indeed a night to remember.







By Cielito Matias-Schwartz, PNAH President 2022-2024

## Our Members; The Heart & Soul of PNAH

The 2nd annual PNAH Membership Appreciation Day on Saturday, September 2nd took place at the Neal S. Blaisdell Park and was a fantastic celebration that brought our community together. PNAH members, families, friends, and guest vendors came together and enjoyed perfect weather, a variety of local style bentos, and a delectable spread of Filipino desserts. There was even a halo halo booth that provided the refreshment everyone was seeking after a morning of energy infused Zumba and dancing!

To kick off the day's festivities, PNAH President, Cielito Matias-Schwartz welcomed everyone to the event, which was followed by a touching invocation and a moment to reflect on the victims of the Lahaina Wildfire by PNAH Founding President, Tina Salvador.

The co-emcees of the day were PNAH VP Lourdes Marcelo, and PNAH Past President Maj (ret) Ramon Sumibcay. Both did an amazing job keeping the program on track for the day.

Vendor booths which lined the perimeter offered valuable resources for health and wellness, while massage therapy, the lei po'o station, balloon twisting and face painting provided a fun and engaging experience for everyone.

PNAH Western Region VP, Bob Gahol, also in attendance, presented Cielito Matias-Schwartz with a Century Club trophy, signifying the association reaching the 100-member mark; a welcome surprise and a gesture more than appropriate given the nature of the event.

The day was also packed with excitement and friendly competition, as various games such as the water balloon toss, XL t-shirt relay, 3-legged race, "give me, give me" and a final game of tug-of-war offered



*The membership committee, at the registration table signed up 13 NEW members that very day!*



*Lei po'o station was busy!!*



*Local Style Bentos for everyone to enjoy!*

attendees a chance to test their agility and skills. Door prizes, cash, and gift cards were handed out to the lucky winners.

PNAH Membership Committee Chair, Emilyn Ramones, closed the event, by thanking everyone for coming and recognizing the committee members who worked tirelessly to put together this successful event. It was a day filled with gratitude and camaraderie, where members felt truly appreciated for their contributions and support.



*Waiting patiently for Halo-Halo*



*Halo-Halo anyone??*



*One of the vendors who sold Health and Wellness products- Aloe-ha!*



*3 generations of PNAH. Milana (middle) is a nursing student in her sophomore year. She is a member of the Student PNAH*



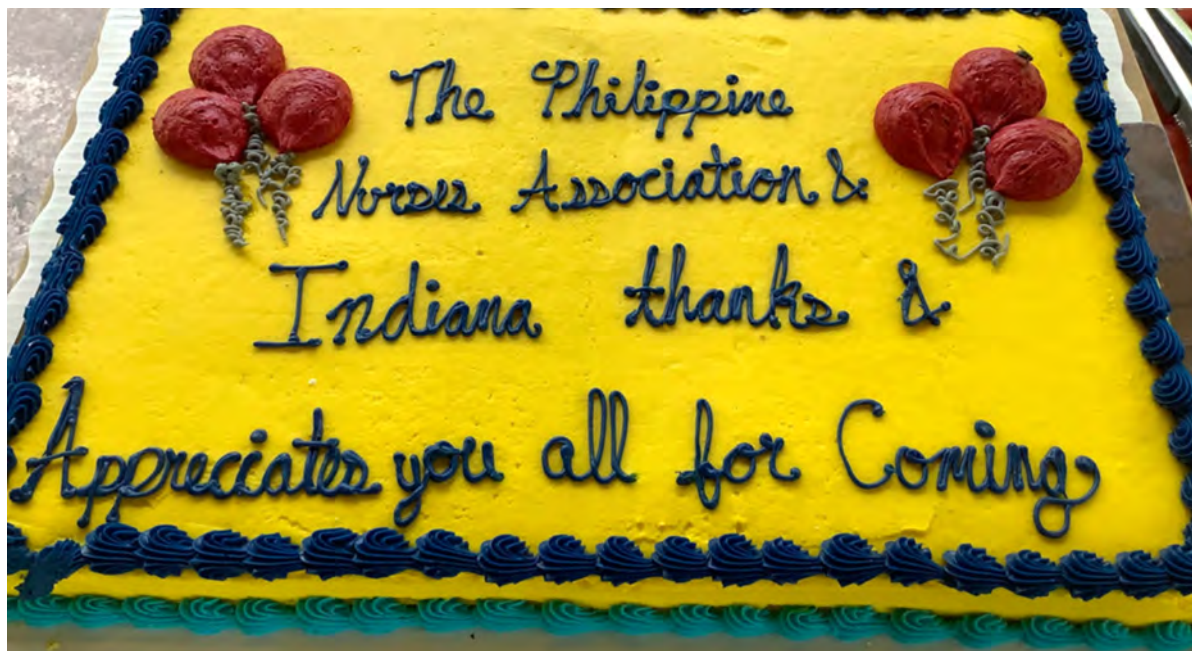
*Cielito Matias-Schwartz (PNAH President), Dr. Clarita Go Miraflor (PNAH Founding President), Col. (ret) Bob Gahol (PNAH WR VP)*



*PNAH EB and membership committee members*

By Redempta A. Knotts, BSN, RN  
PNA-IN Executive Director

## PNA-IN's First Appreciation Summer Picnic



For the first time in the Philippine Nurses Association of Indiana's (PNA-IN) history, an appreciation summer picnic for members (current and new), families and supporters was held on July 30, 2023 at Eagle Creek Park in Indianapolis, Indiana. The attendance of 130 plus nurses with families, children, and friends from the community including administrators of Brickyard Healthcare more than met expectations.





The relaxed ambience of warm greetings to old and new acquaintances was accented by catching up after the restricted COVID-19 years. An array of meat and vegetable dishes— pork BBQ, adobo, fried chicken, Pancit, pizza, pinakbet, salad and a generous spread of desserts— PNA-IN commemorative cake, pies, pastries, chips with dip, and a variety of fruits was a welcome sight.



The picnic was prepared with hard work and diligent preparation by the members of the Executive Board led by President Mattie Upano including food donations from members and supportive friends. The need of having an appreciation gathering was recommended by this writer to thank our members and supporters.



The memories of our picnic's resounding success will linger especially in the minds of the young children who participated in breaking the 2 piñatas. Their excitement and the looks on their faces from candies bursting out of the piñata was palpable and priceless!



There's a joyful anticipation for next year's summer gathering and years to come. Hats off to PNA-IN for commemorating the first ever appreciation summer picnic!







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

## Philippine Nurses Association of Metropolitan Houston: Making a Difference in the Community

In the bustling city of Houston, where diversity thrives and communities come together, the Philippine Nurses Association of Metropolitan Houston (PNAMH) is making a significant impact on the health and well-being of residents. This dynamic organization has been actively involved in several community initiatives, partnering with local organizations to bring valuable health resources to the people of Houston.

One such collaboration was its partnership with the Houston Royal Oaks Lions Club and the Alief Community Association in organizing a Health and Community Resource Fair. This event exemplifies PNA's commitment to community welfare. At the fair, PNA members played a pivotal role by providing essential health services. They conducted blood pressure screenings and glucose checks, while others provided free dental and vision screenings, making sure that individuals received comprehensive care. Representatives from government agencies and local businesses were also present, ensuring that the community had access to valuable resources and information.

PNAMH also actively participated in "Fiesta Ko Sa Texas," a state-wide celebration attended by people from both within and outside of Texas. This event was graced by the presence of the Philippine Consul General for the United States, highlighting its significance. At their booth, PNA members not only provided valuable stroke education but also engaged with participants to address their health concerns. PNA continues to be a shining example of how a dedicated group of nurses can make a meaningful impact on their community.



Volunteer Day @  
Hastings HS



# PNA Chapter NEWS



By Grace Vicente, RN, BSN  
President 2022-2024, PNA Nashville Tennessee

## PNA Nashville Tennessee holds its first Educational Event

PNA Nashville Tennessee had its first education event led by our education chair, Margie Hernando. She collaborated with Ethicon (Johnson and Johnson) and Rich Veith regarding Wound Closure by Middle TN Wound Closure Academy. The class was taught by Tyler Ingram, PA, and faculty with several assistants who conducted hands-on training. The event was attended by 16 PNA Nash TN members and several nurses from different surrounding hospitals. All participants were given certificates of attendance after the evaluation. A sumptuous meal followed this educational event. During this event, we gained two new members.



# PNA Chapter NEWS



By Grace Vicente, RN, BSN  
President 2022-2024, PNA Nashville Tennessee

## PNA Nashville Tennessee's July Community Service

PNA Nashville TN has its 5th community service at St. Joseph Church alternating with St. Henry Church for blood pressure monitoring on July 30, 2023, from 9:30- 10:30. We have four volunteers with 4 volunteer hours and 18 participants.





By **Grace Vicente, RN, BSN**  
President 2022-2024, PNA Nashville Tennessee

## **PNA Nashville Tennessee's July Community Service**

PNA Nashville, TN collaborated with Remote Area Medical (RAM) in Columbia, TN on Saturday, July 8 from 5 am until 5 pm. Our four volunteers, Grace Vicente, RN, Desiree Dy, RN, Irene Cernio, RN, and Hermie Vicente spent a total of 36 volunteer hours. They were all assigned to triage/medical booths. Areas covered were medical, dental, and vision. 150-plus people attended this event.





The Filipino American Association  
In Maury County of Tennessee

Maury County

City of Columbia, TN

**RAM Clinic 2023**



By Maia Santarina

## **PNA New York celebrates its Annual Membership Appreciation Picnic**



On September 10, 2023 PNA New York held its Annual Membership Appreciation Picnic despite the heavy rain. An early post was sent out indicating that the picnic is rain or shine. Luckily the venue chosen was a covered pavilion located at D' Onofrio Park in New Rochelle. Members with families and friends along with the Executive Board and Advisory celebrated the blessings and joined with the festivities. There was live music, line dancing led by Ma Carmen Meliton, raffles and prizes, stimulating games from our game masters Ms. Vernie Bacolot and Mr. Rolando Gatilao, massages and special prizes from our sponsor #youmustbedrippin and Financial Literacy provided by Femarie Bedona and of course lots of food courtesy of our caterer Five Chris Catering. There's also Tita May's and Maia's halo halo and sago't gulaman stand which was a hit. People said better than ChowKing. There lots of assorted of fruits and pastries to enjoy.



We celebrated with our guests and members who came all the way from different areas from Albany and newest members of our growing PNA NY family Mary Ann Kapunan, Lisa Keegan and Niza Oliverio and of course we welcomed the company of our very own Assemblyman Steven Raga. The following September celebrants Susan Gador, Adrian Artista, Dr Priscilla Sagar, Dr Warly Remegio, Joji Jalanfoni, Femarie Bedona as well as our honorary member RJ Mariazeta who we know was also present in spirit were recognized and celebrated on the event.

It was indeed one for the books as we did not expect the turnout due to the heavy rain. We prepared for the inevitable that people may not come as the torrential rain that was on and off during the day. It is indeed a testament of the commitment of our members and friends to our organization. We are grateful for all the support.

Kudos to everyone who was involved in getting it all done and congratulations PNA NY for another successful event. We cannot thank everyone enough for the support, all the hard work. The members of the committee Maia Santarina, Nora Eusebio, Adrian Artista, Rolando Gatilao, Joji Jalandoni, Aubrey Agcon, Liezel Vince Cruz, Potrirankamanis Nur, Jona Caparas under the leadership of Carmen Meliton, Dr. Warly Remegio and Leonila Mariazeta as advisors.



Special thank you to Dely Go for the cakes she sent for the event and birthday celebrants. And to all our cash donors, from the Juele family for the lechon, Turon from Adrian Artista, and many others who have donated, your continued support made the celebration possible.

Looking forward to next year!!! Hope to see you all at our next event!!!





By Mary Lou Arocena

## PNA Pennsylvania volunteers to serve the community



PNA Pennsylvania members conducted BP screening for the community.



PNAPA members Lilibeth Witner, Lyn Javier, and Mary Lou Arocena, vaccination drive for Jaisohn Medical Center at Glenside PA, May 29, 2023



While attending the Filipino Executive Council of Greater Philadelphia picnic at Cooper River Park, PNAPA conducted a blood pressure screening drive.



By **Juvenlee Ayudtud**  
PNASD Member

## **PNA San Diego 49th Anniversary Celebration**



The Philippine Nurses Association of San Diego celebrated its 49th anniversary last June 17, 2023, at the Handlery Hotel in San Diego. Another PNASD excellent celebration with the theme this time of "Our United Voices: Celebrating Excellence."

It all commenced with impassioned and constructive Zoom meetings weeks in advance. Committee leaders; Pat Madamba for logistics; Lourdes De Perio and Elvie Magsarili in registration; Vivian Sanderlin for marketing/ sponsors; Tessie Porcuincla on decorations; Dorothy Brown for flyers/ souvenir programs; Maria Camilon with the audiovisual presentation, Cece Echon who created the day's program and Dr. Merlie Ramira who rounded out the leaders that spearheaded the committees. They did a great job sharing their vision, passion, and commitment. I was so impressed by the dedication and hard work they put in themselves to make the event as wonderful and spectacular as possible. They worked so tirelessly that it inspired me, as the host, and co-chair, to bring my 'A' game. I wanted the audience to know some details of Filipino life. I shared with them what I had learned about the Filipino National Anthem. This was composed by Julián Felipe, and the lyrics were adopted from the Spanish poem "Filipinas," written by José Palma in 1899. I worked closely with my co-emcee Linda Sparks, to

make the program fun and put as much soul as possible. She did a great job acknowledging the great work of past and present leaders.

Excitement filled the air as the PNASD anniversary celebration loomed closer and closer. Ms. Emeline Yabut presided as the overall chair of the event. Perly Aguinaldo, our current president, guided me with her pearls of wisdom. Everyone worked hard to ensure that PNASD received an anniversary celebration worthy of its glorious members.

As a 25-year veteran of nursing, the tone set by the opening prayer of Deacon Manny Porciuncula struck a chord. One of uplifting hope, one of togetherness. Because truly, we are stronger when we work together.

The guest speaker - Dr. Jennifer Tuteur, Deputy Chief Medical Officer, reminded us of how important the work nurses do. It gave us all a sense of empowerment and satisfaction with all our diverse experiences and commitment to our role as nurses.

An old adage says the best way to predict the future is to look to the past. The PNASD did just that with the highlight of the event, which was the awarding of our scholars and nurse excellence recipients. With a look at the future of nursing and honoring those who stood as diligent officers, PNASD believes and understands what it means to preserve the legacy.

Of course, the event will not be complete without food and music! Choices of delicious cuts of beef, flaky fish, or healthy chicken served by black bow-tied staff just heightened the experience. Cherilyn Mallari entertained the audience with wonderful songs. She left nothing on the floor and gave everything she had!

It was a spectacular event for PNASD, so much so that all of the members and audience truly embodied the anniversary's theme of "Our United Voices: "Celebrating Excellence."







By Vivian Sanderlin, BSN, RN, PHN  
PNASD Past President & Board of Director

## **PNASD attends Dr. Ben Camacho's Appreciation Night**

PNASD attended Dr. Ben Camacho's Appreciation Night last August 12, 2023, at his sprawling Bonita, CA mansion. Dr. Camacho is a famous Cardiologist of San Diego County. He invites PNASD yearly, without fail, a true partner and supporter of our organization. PNASD members who attended the formal dinner dance were Merlie, Cris, Crissy, Pacita, Lorna, Fe, Lipin, Perly, Reggie, Arlene, Ariane, Remy, Vicky Lagula, Ycel, Dorothy, and Vivian.



Over two hundred guests were primarily dressed in their formal gowns, suits, and tuxedos, arriving at a welcoming doctor and staff after valet parking. The large pool garden has a big center stage, chairs with pink ribbons, and tables all covered in white linen decorated with flower centerpieces. Hors-d'oeuvre and drinks were on hand for guests to partake in as they arrived. The event's emcees were two famous television reporters, Mr. Phil Bauer, and Ms. Maria Arcega Dunn.







A short program of Dr. Camacho's speech thanking and appreciating his office staff, community partners and all his guests ensued. Dinner was buffet catered style with delicious food, lechon, and Kakanin (Filipino desserts). Guest entertainment performers were a Family of famous Filipino singers led by Mr. Dingdong Avanzado (Philippine Prince of Pop), his wife, Ms. Jesse Zaragoza (Philippine Phenomenal Diva), and their daughter, Ms. Jayda Avanzado (Philippine Best Female Pop Artist 2022, Actress and Model). Dr. Tess Mauricio, MD, FAAD ("America's Favorite Dermatologist") also sang a beautiful song dedicated to all the guests. The Music and Sound by DJ Louie. There is the official photographer and lots of photo "selfies." Dr. Camacho is a big supporter of PNASD and always invites PNASD yearly to this Appreciation Night. We thank him for always remembering and appreciating PNASD as a collaborating partner. What a night of self-care and camaraderie with PNASD members and community partners! Special thanks to the planners, Cristy, Pina, and Monette.



By Vickie Berbano, MHA, RN & Cece Echon, MSN, RN  
PNASD Past Presidents

## **COVID 19 UPDATES**

### **PNASD's response in providing Continuing Education to San Diego community**



PNASD as a professional nursing healthcare organization and to fulfill the PNA/PNAAF COVID-19 education, we have discussed ways to reach the community to ensure that even after the California declared that the Public Health Emergency (PHE) has ended that we cannot be complacent about the risk of variants and will surface again, especially during the colder months.

During the past few weeks, despite being unpredictable, we have observed that people enjoy going on vacation with families and friends, attending concerts, and going on airplane trips, which no longer require "masking" and "social distancing."

PNASD has always held our annual picnic in August, so on the 6th, we decided to go to De Anza Cove, near Mission Bay. The Covid-19 Task Force needed to use the venue to continue educating the community and the members as a reminder of the precautions we need to be aware of and to mitigate the increase in the occurrence of getting COVID-19 in the fall.

Cece Echon crafted the "COVID-19 Members Feud" with a tool we developed to energize people to respond, participate and enjoy the game. We prepared two colorful giant posters 5X3 feet standing by with the blown-up flyers encased and served as a resource for the questions asked. There were 8 participants called randomly, with four on each TEAM: Team 1 (Team VAX) & Team 2 (Team PAX (lovid)).

Vickie Berbano announced the game's rules and also acted as the scorer. As Vickie asked questions about Covid-19, the participants grabbed the bell as quickly as possible to provide the answer. Chona Lutap served as the timer and gave them 30 seconds to answer. Examples of questions asked:

# Team Pax



# Team Vax



PNASD's COVID 19 MEMBERS FEUD

TEAM PAX	TEAM VAX
10	10
10	10
10	10
10	10

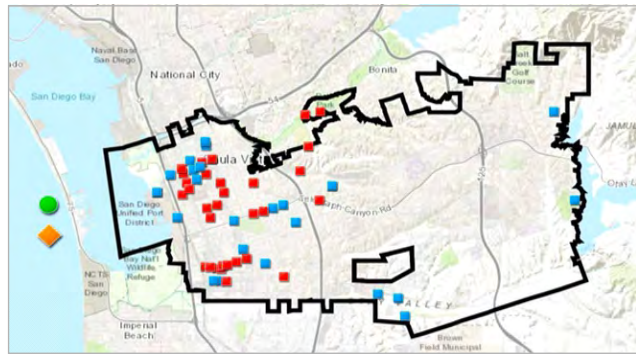




By CDR (Ret) Reggie Cagampan, MSN, APRN, CPNP-PC

## Filipino-American Veterans Heritage Park Initiative in Chula Vista California: A Collaborations Amongst Filipino Community Leaders

The Philippine Nurses Association of San Diego joined the collaborative project of the Filipino organizations, the Filipino-American Veterans Park in Chula Vista. During the collaborative meeting of the community leaders, PNASD representatives led by our President Perly Aguinaldo were engaged and enthusiastic in the discussion with magnificent ideas.



Chula Vista is one of the fastest growing cities in Southern California. There are almost 40,000 Filipino-American heritage lived in this city, the second largest ethnic group after the Mexican American heritage. Most of the Filipinos lived in this city have served the US Navy or affiliated with the Filipino-American Veterans. Despite of its contribution and being the second largest heritage, currently there is no single place or park named after the Filipino-American. To recognize the Filipino-American Veterans and the contributions of all Filipinos in the city, Mayor John McCann announced its support and commitment to name a park in honor of Filipino-American Veterans. This declaration of support by Mayor McCann occurred during the induction and anniversary of the Filipino American Military Officers (FAMOS) in April 2023.

Mayor McCann's declaration of support to the park brought happiness and enthusiasm to the Filipinos. Immediately, FAMOS formed a team to create a feasibility study and design of the monument. On June 15, 2023, the team presented to the mayor and the director of Park and Recreation the design of the monument, purpose, and funding. The estimated processing time with the Park and Recreation and the building of the monument was 3-4 years. The mayor was impressed with the presentation and affirmed his commitment to this project. He also officially called the team as the "Mayor's Task Force" for this Filipino-American Veterans Park initiative.

The park will be named Filipino-American Veterans Park while the monument itself will be called Filipino American Monuments. The monument will be on an elevated 20ft by 30 ft stage with three walls signifying Luzon, Visayas, and Mindanao. The middle wall will engrave a Philippine Map and United States Map. On the right side of the stage is the American Flag while Philippine Flag on the left. This will be a multi-purpose park where we can use as a gathering site when celebrating and promoting Filipino culture, including Independence Day and other significant Filipino traditions. Additionally, this park can be used to conduct community service events. Most importantly, this park will be a legacy that we can leave to our children and our children's children.



The location of the park is yet to be determined and will be assigned to one of the newest communities in Chula Vista. To avoid using the taxpayers' money, the Filipino-American community will fundraise for the cost of the monument which was estimated to be 250,000 dollars. FAMOS President, Oscar Garcia believed that the target amount can be easily achieved through collaboration with all the Filipino organizations in the community. To that effect, he set up a meeting and invited the leaders of Filipino organizations. On August 9, 2023, leaders from different organizations including the President of the Philippine Nurses Association of San Diego, Perly Aguinaldo, attended the meeting. All attendees were inspired by this initiative and expressed their support and commitment while others have already pledged monetary donations. This was a testimony of the power of collaboration and the strong impact of a united Filipinos. Truly, this gesture of collaboration amongst leaders from different organizations personified the genuine spirit of "BAYANIHAN."



By **Filipinas Reyes, RN, MSN**  
BOD Chairperson

## **PNASD Celebrates Annual Picnic**



The PNASD Annual Picnic at De Anza Cove, held on Sunday, August 6, 2023, was a breezy and sunny day. De Anza Cove Park had been a favorite spot of San Diegans. People with their lovable pets enjoyed a matutinal or crepuscular run or walk along the beach. Others tried their muscles through Kayaking. Sometimes, a group of Asian seniors moved to Tai Chi exercises, yoga, and stretches among the younger crowd. We also have guests from out of state celebrating with all the PNASD members and friends.

Excellent party planners did a fantastic job providing the venue, food, and entertainment. Thanks to Dorothy Brown and her team, Pacita Barangan and Charina Butler.



President Perly Aguinaldo and President-Elect Emeline Yabut welcomed the 90 attendees. Members with families and friends came with their prepared food. Some flabbergasted their tastebud with puto and dinuguan, but the number one dish was BBQ chicken. Thanks to Reggie Cagampan, who tended the BBQ pit and provided a continuous supply of the favorite dish. Those with sweet teeth opted for Bilo-Bilo ginataan prepared by BOD member Cris Ramos. The abundant supply of fruits included a tropical fruit, Rambutan.



The winning game was "fruit salad". The hilarious moves of the participants kept the crowds laughing out loud. Vivian Sanderlin, the BOD member, kept the music and dancing rolling until the end. Thank you, Vivian, for being a fantastic DJ and dance instructor. Couples, husband and wife, girl to girl, stepped into Cha-cha, swing, etc.

Whoa! The dance floor was crowded when line dancing began.

Thank you to Cece Echon, a BOD member, for her bright idea for posting the COVID-19 posters at the picnic and reminding the public that COVID-19 is still here and to be cautious at all times.







By **Galdina Irvine**, MSHSA, BSN, RN  
Secretary / Past-President, PNA Tampa

## **PNA Tampa Members meet UERM Nursing Alumni on 12 Days Mediterranean Cruise 2023**

The Philippine Nurses Association (PNA) of Tampa Bay members, namely, Victoria Fabreo, Nennette Apostol, Maribel Soriano, and Galdina Irvine, embarked on a 12-day Mediterranean cruise organized by PNA Tampa Assistant Treasurer Ana Resulta, who also happened to be an alumna of the University of the East Ramon Magsaysay (UERM) College of Nursing. This was not the first time Ana Resulta organized joining these two groups on a cruise. It all started in 2019 when two of her friends from UERM joined the PNA Tampa Bay on a seven-day cruise in Italy and Greece. They had so much fun on that cruise that she invited more UERM alumni this time to join this year's cruise from August 26 to September 7, 2023.

There were twenty-six people, including their husbands and one son of the alumni. Organizing this trip with this number of people was not an easy task, but Ana had to be commended for all her efforts and for keeping her sanity from all the demands of each traveler. Everyone flew to Rome, Italy, with some arriving two days earlier to spend two days exploring Rome. On August 27th, everyone boarded the Norwegian Gem ship to start their journey exploring the Mediterranean Sea. After everyone was settled, they met at the Magenta dining room and introduced themselves. Each one had shore excursions scheduled according to their own interests and likes.



*Formal Dinner of PNA Tampa members and  
UERM College of Nursing Alumni*



*Geal Irvine with the cruise organizer, Ana Resulta*

When we reached Cannes, France on August 28th, we embarked on a journey to see Nice and boarded the fun Little Train to see this side of the French Riviera. Beautiful condominiums lined up the street and many more along the beaches of the Riviera. One striking condominium by the beach was built like pyramids. Others explored Florence and the leaning tower of Pisa on August 29th. Then on August 30th, the ship stopped at St. Tropez, France and half of the group went to enjoy Monaco and the others explored on their own the promenade of St. Tropez.

Next stop was Barcelona, Spain whose main attraction for this group was the Sagrada Familia Cathedral. It was an awesome architectural design though it was a bit crowded with tourists to feel the presence of Jesus Christ. Unfortunately, before we reached this cathedral, Gealdina Irvine's husband, Dan, had an unsuccessful pickpocketing incident. The cane he used for walking became a weapon to stop the pick pocketers! A piece of advice to future tourists: only bring a few dollars, one credit card, and a driver's license when touring these places.

After we recovered from this incident, we went to Ibiza, Spain. Another posh area along the Mediterranean Sea is where the rich and the famous spend their summers. The ship also sailed to Motril and Cadiz, Spain, and to Lisbon and Oporto, Portugal. High mountains surround these cities. One interesting mountain is rich with marble mines that look like snow from a distance called Alpujarras Mountain. According to the tour guide, it is estimated that it will take over 200 years before they will be all mined out. Some of us also toured the Leaning Tower of Pisa, and some went for wine tasting in Oporto, Portugal. Their wine has no added sugar, and it is flavored only by the fermentation of locally produced grapes. After Portugal, the ship returned to Spain in the city of Gijon, ending the cruise at Bilbao. The group decided to stay two more days in Bilbao before flying back to the United States. In Bilbao, the group ordered the scrumptious paella and some of the local dishes like empanadas and other tasty desserts and, of course, savored the locally produced wines. They also went to the must-see Guggenheim Museum and the big Puppy statue made with colorful flowers. One important impromptu event that we celebrated on September 5th while on board the ship was the September birthday celebrations for six of them, namely Vicky Fabreo, whose actual birthday was September 5th, Ana Resulta, Ed Soriano, Hansel Mirador, Merlie Jarin. Gealdina Irvine ordered cakes for them from the ship staff, and everyone wished and sang to each one of them.

It was a trip to be remembered where all retired nurses enjoy the fruits of their labor of being a nurse for over 30 to 40 years, working full time and serving their patients to the best of their abilities. Now is the time to find joy in their lives away from some of the heartbreaking stories of their patients, though lessons learned from some of their patients have shaped their characters to where they are today. The mantra of our current PNAA President, Gloria Beriones, "WE CARE," will always be with them wherever they go, even during their retirement years.



*Dinner Cruise with PNA Tampa members*



*Birthday Celebrations of Ana Resulta & Vicky Fabreo*



*Dress motif of the night: All white outfits except one :)  
(picture taken before the show)*



*Big waves along the Amalfi Coast at Cinque Terre, Italy,  
and the pyramid condos at Nice, France, below*



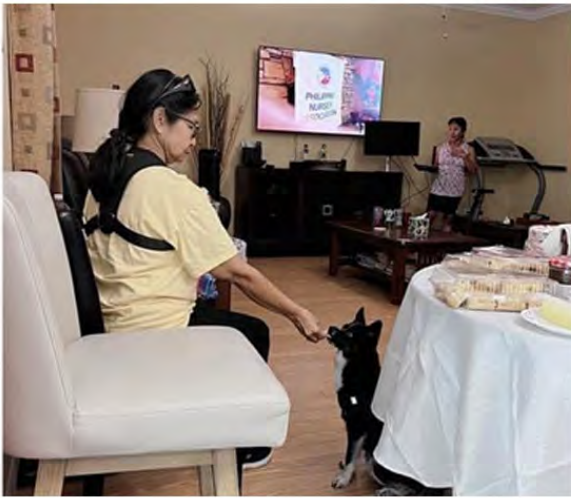
By **Galdina Irvine**, MSHSA, BSN, RN  
Secretary/Past-President

## **PNA Tampa holds Strategic Planning 2023 Event**

The Philippine Nurses Association of Tampa Bay (PNA Tampa) held its Strategic Planning event to plan for the next fiscal year on August 12th at the residence of President-Elect Marites Calvelo. Our esteemed South Central Region Vice-President, Manny Ramos, attended this event together with PNA Tampa President Maria Bautista-Smith, leading this event. Other attendees are PNA Tampa's founding President/ current PRO, Liw Villagomez; Past-President/current Vice-President, Maribel Soriano; Treasurer, Perlita Cangas; Board Members Tess Reyes and Ning Bonoan and member Diane Roxborough. Special guests are Manny Ramos' wife, Aurelia Ramos, and University of South Florida (USF) Chief of Diversity Officer, Ivonne Hernandez.

The meeting started with a prayer for guidance, followed by a delicious breakfast. They followed the SOAR Analysis format with focus planning and other proposals to assist the current Executive Board and the next set of officers in 2024. There were extensive discussions among the attendees that included committee report updates, scholarship information, and student membership considerations. Ivonne Hernandez from USF was excited to hear that and possibly coordinating it with USF; mentorship for success program; PNA Tampa newsletter, The Philippine Nightingale, will be published bi-annually during summer and December; use of Survey Monkey for different purposes; the archival process of PNA Tampa documents in an online platform; and last but not least PNA Tampa Executive Board are currently working on becoming a Florida Board of Nursing (FBON) continuing education provider which makes it easier for the members to track their continuing education hours since it will automatically be recorded at the FBON website. They are also considering giving monthly webinars to the members if preparation time allows.

The gracious host, Marites Calvelo, served a scrumptious lunch. After lunch, the group attended the Kabalikat Emotional Wellness Program Meeting via zoom. The Kabalikat team had a great discussion and presentation by Dr. Grady and Dr. Imperio. There was also team building session with appointments of ad hoc project committee chairpersons and finalizing the 2023-2024 PNA Tampa's event calendar. The attendees worked hard in putting up a strategic plan that will guide and provide direction for the Executive Board until 2024 including the new officers who will be elected before the end of fiscal year. They mapped out their vision for the organization's growth and how they're going to get there. It was a very productive meeting!



PHILIPPINE NURSES ASSOCIATION OF AMERICA

# NOMELEC FORUM



Dr. Reynaldo Rivera  
NOMELEC Advisor



Dr. Marlon Saria  
Chair, Policies & Procedures



Emily Danuco  
Chair, Membership



Elena De Jesus  
Chair, Bylaws



Dr. Priscilla Sagar  
Chair, Ethics



Dr. Leticia Hermosa  
Parliamentarian



Dr. Mary Joy Garcia-Dia  
Chair, NOMELEC

**Tuesday, October 17, 2023**

9:00 pm to 10:30 pm ET

## NOMELEC COMMITTEE MEMBERS



Carol Robles  
Co-Chair



Angelo Bosque  
SCR



Dr. Jennifer Dizon  
ER



Erlinda Gonzalez  
NCR



Dr. Merlie Ramira  
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29  
8:00 PM ET

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UNDERSTANDING THE  
DISEASE AND GENETIC  
SCREENING



Nutan Sharma, MD, PhD



Christopher Bragg, PhD



Laurie Ozolski, PhD

SEPTEMBER  
26  
8:00 PM ET

XDP TREATMENT &  
MANAGEMENT:  
EMERGING THERAPIES  
AND  
BEST PRACTICES



Nutan Sharma, MD, PhD



Juan Kristoper P.  
de Guzman, MD



Melanie Leigh  
De Las Alas Supnet, MD

OCTOBER  
24  
8:00 PM ET

XDP CLINICAL RESEARCH:  
UPDATES ON TRIALS,  
ADVOCACY EFFORTS, &  
FUTURE DIRECTIONS



Nutan Sharma, MD, PhD



Trisha Mullaugh-Buell,  
MS, CCC



Caroline Nelson

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**invites you to its ETHICS SUMMIT**



# Ethics and Health Equity: Perspectives, Conversations and Call to Action

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**Dula F. Pacquaio, EdD, RN, FTNSS, FNYAM,**  
**Professor Emerita of Nursing,**  
**Rutgers University, NJ**

**OCTOBER 27, 2023**  
**FRIDAY**  
**8:00-9:30 PM ET**



**Charles Zola, PhD,**  
**Director of Catholic and Dominican Institute;**  
**Associate Professor and Chair, Philosophy and**  
**Religious Studies,**  
**Mount Saint Mary's College, Newburgh, NY.**

**Register Here:**



**SCAN ME**



# 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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**PHILIPPINE NURSES ASSOCIATION  
OF NORTHERN CALIFORNIA (PNANC) +  
WARRIORS GAME + FILIPINO HERITAGE NIGHT**



**SATURDAY, NOVEMBER 18, 2023**  
**5:30 PM**  
**1 WARRIORS WAY, SAN FRANCISCO, CA 94158**

**BENEFITS**

- Discounted tickets
- Socialize with other nurses
- Complimentary Filipino Heritage Night T-Shirt
- Access to Warm up practice

**LINK TO BUY TICKET TO POST SOON**  
**VISIT PNANC WEBSITE FOR UPDATES AND OTHER EVENTS**  
**[HTTPS://WWW.PNANORTHCAL.ORG/EVENT-5392801](https://www.pnanorthcal.org/event-5392801)**

# EXCLUSIVE DEALS FOR PNAA MEMBERS



TRAVEL

Hotels, Rental Cars, Flight Packages

THEME PARKS & ATTRACTIONS

HOTELS

RENTAL CARS

WATER PARKS

MOVIE TICKETS

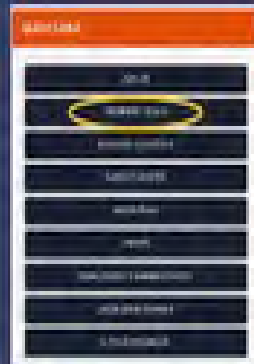
CHOOSE A CITY

SHOPPING DEALS

SHOWS & EVENTS

PREFERRED ACCESS™  
Sports, Concerts, Major Events & More

- Visit the PNAA website, [mypnaa.org](http://mypnaa.org).
- Click the "Members' Deals" under quick links.
- It will prompt you to log in to your PNAA account. Reset your password if you forgot.
- Enjoy the super deals!





21st  
**EASTERN REGIONAL  
CONFERENCE**

**OUR UNITED VOICES:  
Bridging Gaps  
to Health Equity through  
Collaboration and Advocacy**



**November 3 - 5, 2023  
Asheville, North Carolina**

**Crowne Plaza Hotels and Resorts  
1 Resort Drive, Asheville, NC 28806**



## Registration

You may register online at <https://www.mypnaaconference.org/>



**Cancellation Policy:** Up to 30 days before the event is subject to a 25% charge, and cancellation 15 days before the days up until the event is subject to a 50% charge. All cancellations and inquiries must be emailed to: Aileen Laczi at [acglaxi04@gmail.com](mailto:acglaxi04@gmail.com)

## Travel Information

Please access the links below:

<https://www.exploreasheville.com/philippine-nurses-association-of-america/?guid=be4acff6-faec-4aed-8e54-946ecd546315&preview=true>

[https://www.ihg.com/crowneplaza/hotels/us/en/asheville/avllss/hoteldetail/directions?am\\_mmc=GoogleMaps\\_-\\_CP\\_-\\_US\\_-\\_AVLSS](https://www.ihg.com/crowneplaza/hotels/us/en/asheville/avllss/hoteldetail/directions?am_mmc=GoogleMaps_-_CP_-_US_-_AVLSS)



## Hotel Accommodation

**Crowne Plaza Hotels and Resorts**

1 Resort Drive, Asheville, NC 28806

<https://ashevillecp.com>



**Dates available to book:** November 2 - November 5, 2023

Group rate: **PNA**

**Deadline to book using group rate: October 3, 2023**

**Check-in time:** 3 PM. **Check-out time:** 11 AM

Any reservation requests made after the reservation due date will be accepted on a space-available basis at the prevailing rate.

At the reservation due date, all unused rooms and suites will be automatically released for general sale.

*Complimentary self-parking is included.*



Scan QR code or click link below for booking instructions

[https://drive.google.com/file/d/1r9cNSZl7-OTnCuUD9GLU8c\\_fmDfYlr/view](https://drive.google.com/file/d/1r9cNSZl7-OTnCuUD9GLU8c_fmDfYlr/view)



### CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES. THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE. IT ASSUMES NO RESPONSIBILITY FOR PERSONAL LIABILITY AND/OR OTHER PERSONAL MATTERS THAT MAY BE THE RESULT OF PERSONAL TRAVEL OR BUSINESS TRAVEL. PNA AND PNA ASSOCIATES DO NOT ACCEPT LIABILITY FOR ANY PERSONAL TRAVEL OR BUSINESS TRAVEL. PNA AND PNA ASSOCIATES DO NOT ACCEPT LIABILITY FOR ANY PERSONAL TRAVEL OR BUSINESS TRAVEL.

## **21st PNAA Eastern Regional Conference Planning Committee**

**Chair:** Gloria Beriones, PhD, RN, NEA-BC (PNAA President)

### **Overall Co-Chairs:**

Marlon Saria, PhD, RN, AOCNS, FAAN (PNAA President-Elect)  
Warily Remegio, DNP, RN, NEA-BC, NPD-BC, FNYAM (PNAA ER Vice President)  
Luisito Pascual, BSN, RN, CCRN (PNA North Carolina President)

Leo-Felix Jurado, PhD, RN, APN, NE-BC, CNE, FAAN (PNAA Executive Director)  
Aster Vargas, BSN, RN (PNAA Treasurer)

Mary Dioise Ramos, PhD, RN (PNAA Education Committee Chair)  
Arlita Pang, BSN, RN (PNAA Ways & Means Committee Chair)

Carol Robles, BSN, RN, DNS-CT, RAC-CT (PNAA Communication & Marketing Committee Chair)  
Susan Repotente, BSN, RN (PNAA Website Committee Chair)

Carmina Bautista, MSN, NP, FNP-BC, BC-ADM (Business Development Chair)  
Catherine Paler, MSN, RN, PCCN (ER COPRR)

### **PNA North Carolina Chapter**

Faith Lamprea, BSN, RN, CNOR (President-Elect)  
Reynaldo Cuenca, BSN, RN (Vice President)  
Rafael Lorenzo Nuyles, BSN, RN (Secretary)  
Bianca Vergel de Dios, BSN, RN (Asst. Secretary)  
Jay Libutan, BSN, RN, CNOR (Treasurer)

Aileen Laczi, MSN, BSN, RN, CNOR (Asst. Treasurer/Membership Committee Chair/NOMELEC Chair)  
Maria Albano, BSN, RN, CNOR (Auditor)

Jennifer Dizon, DNP, RN-BC (Education Committee Chair)  
Grace Fabito, BSN, RN, CNOR (Education Committee Co-Chair)  
Ethel Cuenca, BSN, RN, CAPA (Recognition & Scholarship Committee Chair)  
Doris Benzara, BSN, RN (Recognition & Scholarship Committee Co-Chair)

Fe Praiswater, BSN, RN (Membership Committee Co-Chair)  
Merly Pascual, BSN, RN (Community Service and Events Chair)  
Helen Rivera, BSN, RN (Community Service and Events Co-Chair)  
Amy Tizon, BSN, RN (Archives & Publications Committee Chair)  
Rose Anne Jison, BSN, RN (Archives & Publications Committee Co-Chair)  
Florenda Asinas, BSN, RN (NOMELEC Chair)





# Registration Fees

Event	Welcome Night	Leadership	Networking Night	Education Day	Gala Night	Mass
Date	11/2/2023	11/3/2023	11/3/2023	11/4/2023	11/4/2023	11/5/2023
Day	Thursday	Friday	Friday	Saturday	Saturday	Sunday
<b>Member: Early Registration</b>	Free	\$75	\$90	\$100	\$110	All are welcome
<b>Member: Late Registration</b>	Free	\$100	\$115	\$125	\$135	All are welcome
<b>Student: Early Registration</b>	Free	\$65	\$80	\$95	\$100	All are welcome
<b>Student: Late Registration</b>	Free	\$90	\$105	\$120	\$125	All are welcome
<b>Non-Member: Early Registration</b>	Free	\$85	\$100	\$110	\$120	All are welcome
<b>Non-Member: Late Registration</b>	Free	\$110	\$125	\$135	\$145	All are welcome

Family Members Food Package	Price per person
Lunch: Friday (11/3/2023)	\$50
Breakfast/Lunch/Coffee Break: Saturday (11/4/2023)	\$70
Friday and Saturday package: <ul style="list-style-type: none"> <li>Lunch: Friday (11/3/2023)</li> <li>Breakfast/Lunch/Afternoon Coffee: Saturday (11/4/2023)</li> </ul>	\$120

Deadline for Early Registration: **September 4, 2023**  
 Late Registration: **September 5 - October 21, 2023**  
 Registration will close on **October 22, 2023**



## CONFERENCE OVERVIEW

The PNAA Eastern Region, comprised of 11 chapters and several subchapters, is committed to providing an exceptional educational experience that promotes excellence in leadership and practice. Our upcoming conference, hosted by the PNA North Carolina Chapter, features distinguished speakers who are prominent leaders, subject matter experts, and industry executives.

We are proud to collaborate with the national PNAA organization to present the 21st Eastern Regional Conference. Our conference theme, "Our United Voices: Bridging Gaps to Health Equity through Collaboration and Advocacy," highlights the importance of working together to address health disparities and promote equity. Attendees can expect to engage with current evidence-based information and experiences that will enhance their skills in advocacy, collaboration, and achieving excellence.

### Contact Hours

The 2-day event will award a total of 8.83 contact hours (3.25 contact hours for Leadership Institute Day and 5.58 for Education Day). Philippine Nurses Association of America Provider Unit is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation: P0613. The Planners and speakers have declared no relevant financial relationships with ineligible companies.

### Leadership Institute Objectives

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

- Discuss the impact of positive psychology and mindfulness practices on cultivating resilience and joy in the workplace.
- Examine the key elements of an innovative culture and identify strategies for implementing an innovation mindset in nursing practice.
- Develop skills to promote team empowerment and engagement through innovative leadership practices, such as mentorship, coaching, and collaborative problem-solving.

### Education Day Objectives

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

- Develop an understanding of the importance of diversity, equity, and inclusion in nursing practice, and explore strategies for creating inclusive environments that promote equitable care.
- Discuss the impact of substance abuse disorder on patients, families, and communities, and explore evidence-based interventions to prevent and treat substance abuse disorders.
- Describe the latest research and access to care among X-Linked Dystonia Parkinsonism.
- Analyze the factors contributing to nurse turnover and burnout, and identify evidence-based strategies for improving nurse retention and job satisfaction.
- Enumerate the role of nurses in advocacy and collaboration to promote health equity and address disparities in healthcare delivery.
- Describe the latest research on AIDS and other infectious diseases, including prevention strategies, treatment options, and nursing care considerations.

## November 3, 2023

8:00 - 9:30 **PNAA Executive Board Meeting**

9:30 - 11:30 **Eastern Region Meeting**

11:00 - 17:00 **REGISTRATION**

### CELEBRATION SCHEDULE

<i>Welcome Night</i>	November 2, 2023   6:00 PM
<i>Networking Night</i>	November 3, 2023   6:00 PM
<i>Gala Night</i>	November 4, 2023   6:00 PM
<i>Eucharistic Celebration</i>	November 5, 2023   9:00 AM



21st

# PNAA EASTERN REGIONAL CONFERENCE

**OUR UNITED VOICES:**

**Bridging Gaps to Health Equity through Collaboration and Advocacy**

**November 3-5, 2023**

## LEADERSHIP INSTITUTE SPEAKERS



**GLORIA BERIONES**  
PHD, RN, NEA-BC



**ROSARIO ESTRADA**  
DNP, RN



**MARY JOY GARCIA-DIA**  
DNP, RN, FAAN



**MONALIZA GAW**  
DNP, MPA, RN, NEA-BC, FACHE, CPHQ



**TERESITA MEDINA**  
DNP, MAS, RN, PMH-BC



**CHRISTINE PABICO**  
PH.D., RN, NE-BC, FAAN



**WARLY REMEGIO**  
DNP, RN, NEA-BC, NDP-BC, FNYAM



**Asheville, NC**



**Registration: <https://mypnaa.wildapricot.org/events>**



**SCAN ME**

# November 3, 2023

## Leadership Institute Program

- 11:30 - 12:30**     **REGISTRATION / LUNCH**
- 12:30 - 12:35**     **WELCOME REMARKS**  
WARLY REMEGIO, DNP, RN, NEA-BC, NDP-BC, FNYAM  
*VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA EASTERN REGION*
- 12:35 - 13:05**     **PNAAC COLLABORATION ON THE GO**  
GLORIA BERIONES, PHD, RN, NEA-BC  
*PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA*
- 13:05 - 13:35**     **PNAAF UPDATES**  
ROSARIO ESTRADA, DNP, RN  
*PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION*
- 13:35 - 13:40**     **INTRODUCTION & ANCC DISCLOSURES**  
MARY DIOISE RAMOS, PHD, RN  
*CHAIR, PHILIPPINE NURSES ASSOCIATION OF AMERICA EDUCATION COMMITTEE*
- 13:40 - 14:40**     **LEADING AND CULTIVATING JOY AND RESILIENCE AT WORK**  
MONALIZA GAW, DNP, MPA, RN, NEA-BC, FACHE, CPHQ  
*VICE PRESIDENT & CHIEF NURSING OFFICER, ASCENSION SETON NORTHWEST AND SOUTHWEST HOSPITALS*
- 14:40 - 15:10**     **BREAKING BARRIERS AND BUILDING BRIDGES: LEADERSHIP IN ADDRESSING RACISM AGAINST FILIPINO-AMERICAN NURSES**  
MARY JOY GARCIA-DIA, DNP, RN, FAAN  
*PROGRAM DIRECTOR, NURSING INFORMATICS, IT DEPARTMENT & INSTITUTE FOR NURSING EXCELLENCE AND INNOVATION NEWYORK-PRESBYTERIAN*
- 15:10 - 15:40**     **BREAK / EXHIBITS**
- 15:40 - 17:10**     **LEADERS TOOLKIT: BUILDING A CULTURE OF INNOVATION TO STEER TEAM EMPOWERMENT AND ENGAGEMENT**  
TERESITA MEDINA, DNP, MAS, RN, PMH-BC  
*ASSISTANT VICE PRESIDENT, CLARA MAASS MEDICAL CENTER*
- CHRISTINE PABICO, PH.D., RN, NE-BC, FAAN**  
*DIRECTOR, PATHWAY TO EXCELLENCE PROGRAMS, AMERICAN NURSES CREDENTIALING CENTER*
- WARLY REMEGIO, DNP, RN, NEA-BC, NDP-BC, FNYAM**  
*SYSTEM VICE PRESIDENT, NURSING PROFESSIONAL DEVELOPMENT & PRACTICE EXCELLENCE, HARTFORD HEALTHCARE*
- 17:10 - 17:15**     **EVALUATION**  
JENNIFER DIZON, DNP, RN-BC  
*CHAIR, PNA NORTH CAROLINA EDUCATION COMMITTEE*

### CONFLICT OF INTEREST DISCLOSURES

THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES. THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) IS RESERVING THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT NOTICE. PNA ASSUMES NO LIABILITY FOR PERSONAL INJURY AND/OR PROPERTY LOSS. ALL ATTENDEES THAT THEIR REGISTRATIONS DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.



21st

# PNAA EASTERN REGIONAL CONFERENCE

**OUR UNITED VOICES:**  
**Bridging Gaps to Health Equity through Collaboration and Advocacy**  
November 3-5, 2023

## EDUCATION DAY SPEAKERS



GLORIA BERIONES  
PHD, RN, NEA-BC



DANILO C. BERNAL, DNP, APRN, PHN,  
CEN, CCRN, CCHP, NP-C, FNP-BC



D. CHRIS BRAGG  
PHD



PAMELA BALANCE EDWARDS  
EDD, MSN, NPD-RN, CNE, CENP



ERNEST GRANT  
PHD, DSC (H), RN, FAAN



RIZA MAURICIO, PHD, APRN,  
FCCM, CCRN, CPNP-PC/AC



SARAH LACKEY  
DNP, RN, CMC



JHORDIN JAMES C. MONTEGRICO  
PHD, RN, CMSRN




LESHONDA WALLACE  
PHD, RN, FNP-BC, FAAN

 Asheville, NC



Registration: <https://mypnaa.wildapricot.org/events>



 SCAN ME

## November 4, 2023

# Education Day Program

- 7:00 – 8:00**    **REGISTRATION / EXHIBITS / BREAKFAST**
- 8:00 – 8:05**    **OPENING REMARKS**  
WARLY REMEGIO, DNP, RN, NEA-BC, NPD-BC, FNYAM  
*VICE PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA EASTERN REGION*
- 8:05 – 8:35**    **STATE OF PNAA ADDRESS**  
GLORIA BERIONES, PHD, RN, NEA-BC  
*PRESIDENT, PHILIPPINE NURSES ASSOCIATION OF AMERICA*
- 8:35 – 8:40**    **INTRODUCTION & ANCC DISCLOSURES**  
JENNIFER DIZON, DNP, RN-BC  
*CHAIR, PNA NORTH CAROLINA EDUCATION COMMITTEE*
- 8:40 – 9:20**    **NURSES AS CATALYSTS FOR HEALTH EQUITY:  
LEADING CHANGE IN HEALTHCARE DELIVERY**  
ERNEST GRANT, PHD, DSC (H), RN, FAAN  
*IMMEDIATE PAST PRESIDENT, AMERICAN NURSES ASSOCIATION  
CONSULTING PROFESSOR, DUKE UNIVERSITY SCHOOL OF NURSING*
- 9:20 – 10:10**    **THE OPIOID CRISIS: BRIDGING HEALTH CARE NEEDS AMONG VULNERABLE  
POPULATION**  
RIZA MAURICIO, PH.D., APRN, FCCM, CCRN, CPNP-PC/AC  
*ASSISTANT PROFESSOR, UNIVERSITY OF TEXAS HEALTH, SCHOOL OF NURSING*  
  
DANILO BERNAL, DNP, APRN, PHN, CEN, CCRN, CCHP, NP-C, FNP-BC  
*ASSISTANT PROFESSOR, CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS*
- 10:10 – 10:40**    **BREAK / EXHIBITS**
- 10:40 – 11:30**    **EQUITABLE APPROACHES TO NURSE RETENTION:  
MOVING BEYOND ONE-SIZE-FITS-ALL SOLUTIONS**  
SARAH LACKEY, DNP, RN, CMC  
*MAGNET PROGRAM DIRECTOR, CONE HEALTH, GREENSBORO, NORTH CAROLINA*
- 11:30 – 12:20**    **ACCESS TO CLINICAL TRIALS AND PURSUIT OF TREATMENT FOR  
X-LINKED DYSTONIA PARKINSONISM**  
D. CHRIS BRAGG, PHD  
*DIRECTOR, MGH COLLABORATIVE CENTER FOR X-LINKED DYSTONIA-PARKINSONISM*
- 12:20 – 13:20**    **LUNCH / EXHIBITS**

### CONFLICT OF INTEREST DISCLOSURES

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THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNAA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT ADVANCED NOTICE, AND ASSUMES NO RESPONSIBILITY FOR PERSONAL TRAVEL AND ACCOMMODATION NEEDS. ALL ATTENDEES THAT THEIR REGISTRATION FEES DO NOT INCLUDE PERSONAL TRAVEL INSURANCE OF ANY KIND, WHICH IS THE SOLE RESPONSIBILITY OF EACH ATTENDEE.

**November 4, 2023**

**Education Day Program (continued)**

- 13:20 - 14:10 FROM AWARENESS TO ACTION:  
ADVANCING HEALTH EQUITY THROUGH DIVERSITY, EQUITY, AND INCLUSION**  
LESHONDA WALLACE, PH.D., RN, FNP-BC, FAAN  
*INFECTIOUS DISEASE SPECIALISTS, NOVANT HEALTH*
- 14:10 - 14:50 REACHING OUT: USING TEXT MESSAGING TO ADDRESS HEALTH INEQUITIES AND  
IMPROVE HIV KNOWLEDGE AMONG FILIPINO ADOLESCENTS AND YOUNG ADULTS**  
JHORDIN JAMES C. MONTEGRICO, PH.D., RN, CMSRN  
*ASSISTANT PROFESSOR, UNIVERSITY OF NORTH CAROLINA CHARLOTTE SCHOOL OF NURSING*
- 14:50 - 15:20 BREAK / EXHIBITS**
- 15:20 - 16:00 THE INTERSECTION OF COURAGE AND HEALTH EQUITY: LEADING FOR CHANGE**  
PAMELA B. EDWARDS, EDD, MSN, RN-BC, FABC, CNE, CENP  
*ASSISTANT VICE PRESIDENT, NURSING - DUKE UNIVERSITY HEALTH SYSTEM,  
DUKE CLINICAL EDUCATION & PROFESSIONAL DEVELOPMENT  
ASSOCIATE CONSULTING PROFESSOR - DUKE UNIVERSITY SCHOOL OF NURSING*
- 16:00 - 16:05 EVALUATION AND WRAP UP**  
MARY DIOISE RAMOS, PHD, RN  
*CHAIR, PHILIPPINE NURSES ASSOCIATION OF AMERICA EDUCATION COMMITTEE*
- 16:05 - 16:10 CLOSING REMARKS**  
LUISITO PASCUAL, BSN, RN, CCRN  
*PRESIDENT, PNA NORTH CAROLINA*



**CONFLICT OF INTEREST DISCLOSURES**

*THE PLANNERS AND SPEAKERS HAVE DECLARED NO RELEVANT FINANCIAL RELATIONSHIPS WITH INELIGIBLE COMPANIES.  
THE PHILIPPINE NURSES ASSOCIATION OF AMERICA (PNA) RESERVES THE RIGHT TO MODIFY THE CONFERENCE SCHEDULE WITHOUT NOTICE AND TO ASSUME MORE RESPONSIBILITY FOR PERSONAL INJURY AND OTHER  
APPLICABLE RISKS THAT MAY OCCUR DURING THE CONFERENCE, INCLUDING PERSONAL TRAVEL, RESERVATION OF AIRFARE, AND OTHER RISKS ASSOCIATED WITH ATTENDING.*



STRUT YOUR STUFF AS THE DJ SPINS ALL  
THE CLASSIC DISCO HITS AT THE

**21ST PNAA  
EASTERN REGIONAL CONFERENCE  
NETWORKING NIGHT**

# "HAYOP SA GALING"

**(A DISCO PARTY CELEBRATION FOR OUR  
EXTRAORDINARY BREED OF NURSES)**

JOIN US FOR A NIGHT OF GAMES, FOOD,  
FUNKY BEATS, AND GROOVY MOVES.

NOVEMBER 3, 2023 (FRIDAY)  
6 PM - 11 PM

**CROWNE PLAZA HOTELS & RESORTS**

1 RESORT DRIVE  
ASHEVILLE, NC 28806

**DRESS CODE:  
ANIMAL PRINT DISCO ATTIRE**



*Memories will be made to last a lifetime at the*

**21ST PNA  
EASTERN REGIONAL CONFERENCE**

*Gala Night*

JOIN US FOR A NIGHT OF EXQUISITE ELEGANCE  
AS WE CELEBRATE THE BEAUTY OF NORTH CAROLINA

*"A Blue Tie Affair"*

TO PAY HOMAGE TO THE  
BREATHTAKING LANDSCAPES OF OUR STATE.  
WE'LL DINE AND DANCE THE NIGHT AWAY  
IN A CELEBRATION OF ALL THAT MAKES  
NORTH CAROLINA SPECIAL.

**NOVEMBER 4, 2023 (SATURDAY)  
6 PM - 11 PM**

**Crowne Plaza Hotels & Resorts  
1 RESORT DRIVE  
ASHEVILLE, NC 28806**

**ATTIRE:**

COME IN ANY SHADE OF BLUE  
BECAUSE BLUE IS NOT A SINGLE COLOR IN NORTH CAROLINA.

GENTLEMEN, DUST OFF YOUR SUITS.  
ADD A BOW TIE OR NECKTIE, AND A POCKET SQUARE.

LADIES, ADORN YOURSELVES IN STUNNING EVENING ATTIRE, ACCENTS, AND ALL.

Image by rawpixel.com on Fre

# *Eucharistic Celebration*

*Join us for a special Eucharistic celebration  
as we come together to worship and give thanks.*

Date: November 5, 2023 (Sunday)

Time: 9 AM

Location: Basilica of Saint Lawrence

Address: 97 Haywood St, Asheville, NC 28801

*The Basilica of Saint Lawrence is 2.0 miles from  
Crowne Plaza Hotels and Resort (4-7 minutes drive).*



Image by vikayatskna on Freepik  
Image by Freepik

Philippine Nurses Association of America, Inc.  
Philippine Nurses Association, Inc.  
Association of Deans of Philippine Colleges of Nursing  
Commission on Filipinos Overseas



# Filipino Nurses' Global Summit V

## and 14<sup>th</sup> International Nursing Conference



WE CARE: Filipino Nurses  
at the Forefront of Global Health

**25-26 JANUARY 2024**

Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo



REGISTRATION AND SPECIAL HOTEL RATES INFO COMING SOON!



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



@mynaa



@pnaa



@mynaaNurse



## Exclusive discounts for Philippine Nurses Association of America Global Summit Philippines 2024 members and delegates

Book your flights from the US to Philippines using these promo codes at [flights.philippineairlines.com](https://flights.philippineairlines.com)

**Promo Codes:** *Economy Class*  
*Premium Economy:*

**PNAAY**

*Business Class:*

**PNAAB**

### Fare Conditions:

Booking Period: until November 30, 2023

Travel Period: exUSA (SFO/LAX/JFK/HNL) to the Philippines: January 10-31, 2024

1. Seats are subject to availability. Seasonality and blackout date applies.
2. Promo codes are only applicable to the FARES, not applicable to fuel and taxes.  
Note: Fuel Surcharge and taxes are subject to change with or without prior notice.
3. Valid for Roundtrip fares valid for travel (SFO/LAX/JFK/HNL) to the Philippines.
4. Valid for transactions via PAL website and mobile app through promo code only.
5. Fare Brand conditions and attributes shall apply.
6. Baggage Allowance - Fare is inclusive of 7-kg handcarried baggage. Free Baggage Allowance applies.
7. Mileage accrual shall apply depending on the fare brand.
8. No other discounts shall apply.
9. Tickets issued online or outside of the Philippines does not include Philippine Travel Tax (PH tax). PH tax shall be paid directly at the airport before departure. PH tax is applicable to Philippine passport holders, foreigners holding a Philippine resident visa, and foreign tourists or expatriates who have stayed in the Philippines for more than one year.
10. Other travel conditions apply.

PhilippineAirlines IMyPAL | [philippineairlines.com](https://philippineairlines.com)



# Filipino Nurses' Global Summit V and 14<sup>th</sup> International Nursing Conference

WE CARE: Filipino Nurses at the Forefront of Global Health

# CALL FOR ABSTRACTS

The Philippine Nurses Association of America, Inc, Philippine Nurses Association, Inc., Association of Deans of Philippine Colleges of Nursing, and Commission on Filipino Overseas invite you to submit your scholarly work in teaching, research, and practice to an international audience at the Filipino Nurses Global Summit V and 14th International Nursing Conference.

## Abstract Categories

- **Administration/Leadership Development/Professional Practice:** showcase a successful project or program that your unit, institution, or organization has conducted in the past year
- **Clinical/Evidence-Based Practice:** issues, application of products, programs, trends in patient care, nursing-sensitive patient outcomes, and/or use of research findings and/or best evidence with nursing clinical practice or research implications
- **Education:** educational programs and issues (may be based in service or academia and patient or nurse-focused)
- **Research:** in progress or completed nursing research studies

**Body of the abstract (narrative) should not exceed 350 words, including headings.**

## Required Headings

### Administration/ Leadership Development/ Professional Practice

- Background and Significance
- Objective(s)
- Intervention(s)
- Evaluation
- Discussion

### Clinical/ Evidence-Based Practice

- Background and Significance
- Objective(s)
- Intervention(s)
- Evaluation
- Discussion

### Education

- Background and Significance
- Objective(s)
- Intervention(s)
- Evaluation
- Discussion

### Research

- Background and Significance
- Objective(s)
- Conceptual or Clinical Model/  
Philosophic or Theoretical Framework
- Methods and Analysis
- Findings, Discussion and Implications

**Deadline to submit:  
October 1, 2023**

**Notification of results:  
October 15, 2023**



**Scan QR code or visit the link**  
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# 45<sup>th</sup> P N A A Annual National Convention

**We Care: A Spotlight on our Collaborative Journey to Excellence**



## **CALL FOR TOPIC PROPOSALS:**

The Philippine Nurses Association of America, Inc. (PNA), and the national convention host chapter, Philippine Nurses Association of Southern California (PNASC), want to hear from you!

We are accepting submissions for topics for the Leadership Institute and Education Day for the 45th PNA Annual National Convention in Long Beach, CA (July 18-21, 2024).

We will be accepting proposals through October 15, 2023.

Submit online  
<https://forms.office.com/r/xyAknprd5W>

Topic Submission: 45th PNA  
Annual National Convention

