

VOLUME 10, ISSUE 7 SEPTEMBER 2022



# inside PNAA

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



## OUR UNITED VOICES

WISDOM. EXCELLENCE

COLLABORATION. ADVOCACY. RESPECT. EQUITY





# FROM THE EDITOR



It's been over two months since we celebrated our 43rd PNAA convention, and our members are still talking fondly about their experiences from this unforgettable event. It was the first time in two years we could have a full-pledged face-to-face event, and the gathering of chapter leaders, members, and supporters took place in the world's most vibrant city, New York City. The venue was nothing short of spectacular. The organizers carefully planned every detail and, of course, perfectly executed it. Everyone felt the positive energy in the hotel ballroom, faces full of optimism and enthusiasm for what lies ahead.

The 43rd PNAA convention also served as the venue for the changing of the guard. 21st PNAA President, Dr. Mary Joy Garcia-Dia, relinquished her duties and responsibilities to the 22nd PNAA President, Dr. Gloria Beriones, at this event. For two years, we celebrated "SPARK --- Stories of People, Achievements, Resilience, and Kindness." This mantra inspired our members to tell their stories. They shared many of their SPARK stories in our newsletter. In her acceptance speech, Dr. Beriones introduced her theme, "Our United Voices, WE CARE." "WE CARE" stands for Wisdom, Excellence, Collaboration, Advocacy, Respect, and Equity. These character traits are fundamental in our Filipino culture and nursing profession. Without them, we will be incomplete.

The inside PNAA newsletter will highlight Dr. Beriones's mantra in the next two years. As your editor-in-chief, I encourage you to share your stories of how you are promoting our new theme, "Our United Voices, WE CARE."

Bob Gahol  
Editor-in-Chief





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## ABOUT INSIDE PNAA

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

### Our Vision:

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

### Our Goals:

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

For more information about  
Philippine Nurses Association of America, Inc.

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# THE PRESIDENT'S MESSAGE

## OUR UNITED VOICES: WE CARE

Wisdom. Excellence  
Collaboration. Advocacy. Respect. Equity



Greetings to my fellow PNAA colleagues! It has been 32 days since the PNAA Executive Board 2022-2024 was inducted at the Marriott Marquis, New York City, July 9, 2022. I want to share with all of you the **Executive Board Strategic Priority Goals 2022-2024**.

1. To increase membership by 15% through membership engagement.
  - a. Continue to do members' needs assessment
  - b. Conduct chapter leadership boot camp / succession planning.
  - c. Formalize a PNAA mentoring program.
  - d. Ensure the visibility of national leaders to the grassroots.
    - a. Explore establishing a regional/chapter buddy system.
2. To leverage the use of technology to improve PNAA programs' efficiency.
  - a. Consider outsourcing membership application and renewal.
  - b. Enhance the existing PNAA website. The website committee will partner with communications and marketing committee to make recommendations to the EB.
  - c. Reinstall PNAA phone application.
3. To ensure PNAA's continued financial stability. This will be coordinated under the office of the Business Development Chairperson.



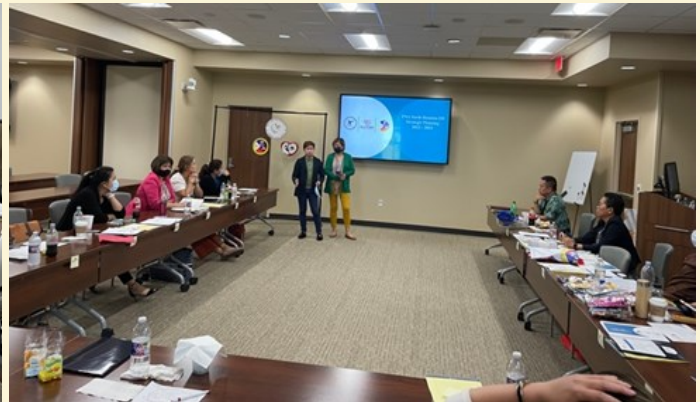
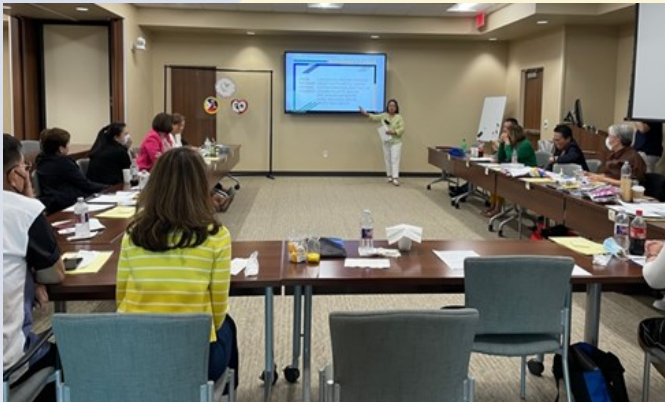
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WISDOM. EXCELLENCE  
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4. To maintain and monitor the effectiveness of community outreach programs using dashboards including regional & chapter activities.
5. To support the initiatives outlined in The Future of Nursing 2020-2030 campaign for action report including Diversity, Equity, and Inclusion.
6. To strengthen the PNA and its chapters' partnership with professional, civic, alumni organizations, and schools of nursing.

Let me share with you the many proud moments of ***Our United Voices: WE CARE***. As I travel and attend the induction of chapter officers and chapter's strategic planning in alignment with PNA. ***These are the chapters' OUR UNITED VOICES: WE CARE significant contributions:***

***July 23, 2022- PNA North Houston Strategic Planning led by Dr. Mila Sprouse, President / COPRR SCR.*** PNANH Mantra "Bold and Unstoppable," all goals are in alignment with PNA.



***July 29, 2022- Inducted the Greater St Louis MO, President, Mrs. Josephine Veit & Executive Board 2022-2024.***  
***July 30, 2022- Conducted strategic planning with Executive Board and their focus is on retention and recruitment of members as well as providing community outreach services to the communities they serve.***





**August 27, 2022- Inducted PNA Indiana, President, *Mattie Upano, MSN, RN*, and Executive Board 2022-2024 at Murat Shriners Arabian Room, Indianapolis, Indiana. This event was attended by Representative Ethan Manning, Mr. Dennis Murphy, President / CEO, Indiana University Health; Dr. Jason Gilbert, Chief Nurse Executive, Indiana University Health; Dr. Sharron Crowder, Special Asst to the Dean for Health Policy, Indiana University School of Nursing; and Dr. Katherine Feley, Chief Executive Director, Indiana State Nurses Association.**







**August 28 2022, conducted a townhall and strategic planning with PNAI Executive Board** together with Mattie Upano, PNAI, President; Manelita “Bong” Dayon, NCR VP; Elena De Jesus, PNAI Advisory Council/ PNA Northwest Indiana, President/ PNAA Bylaws Committee Chairperson; Janet Paguigan, PNA Cincinnati Northern Kentucky, President / COPRR NCR and their focus is on retention and recruitment of members, assisting the newly arrived Filipino nurses in their transition to practice in Indianapolis and other hospitals in Indiana, community outreach services, and advocacy on health policy.



**September 1, 2022- Virtual Meet and Greet with PNA Illinois President Marilou Dangalan, BSN, RN,** and Executive Board. I got to know more about the officers 2022-2024 before their induction on Sept 18, 2022. It was really a pleasure knowing them and vice versa.



**September 3, 2022- Inducted the PNA Oregon and Washington (PNAOW) President, Mrs. Ethel Gonzales,** and Executive Board 2022-2024. The PNAOW celebrated its 20<sup>th</sup> Anniversary, this special occasion was attended by PNAOW Founding President Dr. Fred Calixto, Dr. Marlon Garzo Saria, PNAA President-Elect; Mr. Pete Calixto, PNAA Past President; and many community leaders.







**My sincere gratitude to all PNA chapter leaders and colleagues throughout the country for your commitment and contributions to PNA 2022-2024 Mantra ... Our United Voices: WE CARE!**

Sincerely,

Gloria Lamela Beriones, PhD, RN, NEA-BC  
 PNA President 2022-2024  
[22ndpnaapresident@gmail.com](mailto:22ndpnaapresident@gmail.com)



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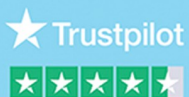
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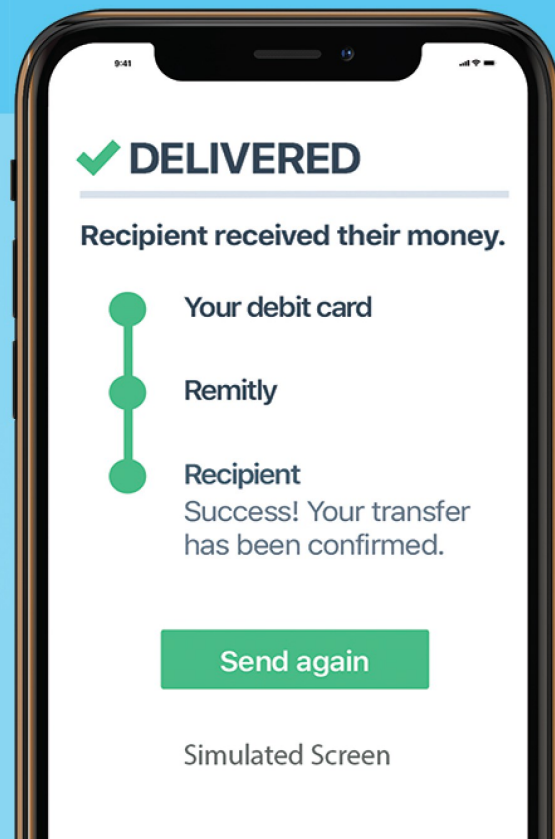


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## What is the *All of Us* Research Program?

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.

We hope that more than one million people will join the *All of Us* Research Program. People who join will share information about their health, habits, and what it's like where they live. By looking for patterns in this information, researchers may learn more about what affects people's health.

The *All of Us* Research Program will last for 10 years or more. This will allow researchers to study health over time.

If you decide to join the *All of Us* Research Program, you will be contributing to an effort to improve the health of generations to come. You also may learn about your own health.



### Why one million?

The key to the *All of Us* Research Program is diversity. Diversity of people, data types, and ways of life.

The more we know about what makes people unique, the more customized health care can become. That's why we're asking one million or more people to join us.



### Why should I join?

It's simple. You'll contribute to research that may improve health for generations to come. There's no one exactly like you. Your unique health data may help researchers.

## The future of health begins with you.



### How do I get involved?



Download the app



Visit our website

### There are many ways to participate. You may be asked to:



Take online surveys



Complete the Consent to Get DNA Results



Share your electronic health record (EHR)



Give blood and urine samples



Have your physical measurements taken

**Contact Us:**  
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 help@joinallofus.org

**JoinAllofUs.org**

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# COVID-19 Testing

## Ibig Sabihin ng Resulta ng Test



### Kung ang iyong test ay positive

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

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

Sabihan ang iyong mga naka-close contact o nakasama.

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

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

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

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



### Kung ang iyong test ay negative

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

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

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

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

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

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# COVID BOOSTER ELIGIBILITY UPDATE

**Everyone 5 +  
should get a  
booster.**

**Age 12 and older should  
get an updated booster 2  
months after completing  
their COVID-19 primary  
series or last booster.**



**WE  
CAN  
DO  
THIS**

Learn more about boosters at [cdc.gov/coronavirus](https://cdc.gov/coronavirus).





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- The ability to obtain a valid Washington State license to practice as a Registered Nurse prior to employment.
- One year experience working as a Registered Nurse.
- Must be American Heart Association Basic Life Support (BLS) (Advanced Cardiac Life Support or other will not substitute for BLS)



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**NOTE: MUST HAVE INITIAL AND CONTINUOUS UNENCUMBERED/UNRESTRICTED LICENSURE AS A REGISTERED NURSE.**



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Washington Corrections Center - Shelton, WA.

Clallam Bay Corrections Center - Clallam Bay, WA.

Coyote Ridge Corrections Center - Coyote Ridge, WA.

Stafford Creek Corrections Center - Aberdeen, WA.

Monroe Correctional Complex - Monroe, WA.

Washington Corrections Center for Women - Gig Harbor, WA.



DOC Health Services Recruiter, Lindsey DeLong: (425) 760-4485 ★ [ldelong@DOC1.WA.GOV](mailto:ldelong@DOC1.WA.GOV)





# PNAA CAREER CENTER



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Department of Health and Human Services  
National Institutes of Health National Institute  
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# PNAA CAREER CENTER



Faculty Position – RN Enhancing Public Health  
Interprofessional Care (EPIC)/ TELEHEALTH  
INSTRUCTOR/PROGRAM COORDINATOR Grant

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For the complete position description, please visit:  
<https://uab.peopleadmin.com/postings/16466>







## When Vision Becomes a Reality

**Aquilina Liezl A. Tabora BSN RNC**

PNANJ Somerset Subchapter

Saint Peter's University Hospital

May 20th, 2022 marked another year of success for the PNANJ Somerset Subchapter because it was the very first time that we launched our very own Journal Edition titled JOURNEY TO EXCELLENCE. It was a vision that our Immediate Past President Hannie Rivero initiated. She had envisioned that before her term ends she would like to make it a reality. Sure enough, with the help, support and expertise of her Journal Team composed of Dianne Bautista, Megan Chan, Izee Mer Dizon, advisors Nelda Bernales, Gloria Hermoso and Joy Espejo; contributors Cathy Nobleza Zeller, Vickie Aludino, Cristina Jusay and Aquilina Liezl Tabora, our Special Journal Edition was released to the public on the day of the celebration of our PNANJ 2nd Nursing Excellence and Scholarship Awards held at Somerville Elks in Bridgewater New Jersey hosted by Elena Houlgin and Arlene Azores. The event was attended by almost a hundred people including candidates, families, guests and supporters from different subchapters, hospitals and Facilities. There were three candidates for the 2022 Nursing Scholarship and sixteen candidates for 2022 PNANJ Somerset Nursing Excellence in different categories including Acute Care, Mentorship, Education, Skilled Nursing Facility, Community Services, Informatics, Innovative, Ambulatory Care and Associate.

The two Nursing Students who were given One Thousand Dollars Scholarship Grants each were Jeanne Gabrielle Riano and Jauw Bayang Montalbo. The Scholarship money was from the various Fundraising Events held by our Subchapter and from our



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generous Donor Cathy Nobleza- Zeller in honor of her Family's Legacy to help nursing students and give opportunities to make their dreams a reality. Four Nurses were chosen as Awardees for the Category they were nominated for. Vanita Tulshi BSN-RN for Associates Category, Karen Nunn BSN, RN-BC for Mentorship, Maria Milba Macatangay BSN, RN-BC for Acute Care and Irishbeth Binuya Ambungan BSN, RN-BC for Community Service Category. The first three awardees were all from Saint Peter's University Hospital; Metabolic Unit and one from Robert Woods Johnson University Hospital Somerset ICU Department. All of the awardees were given plaques and certificates of recognition.

The event wasn't complete without the drawing of 50/50 Raffle which is one of our Fundraising favorites. Three winners got their luck namely Aiza Dagondon, Aleli Le and John Paul Whigan respectively. Sir Paul donated his winnings to the Subchapter's Fund. As previously agreed we donated \$500 part of our 50/50 Raffle Revenue to the PNANJ Foundation headed by President Susan Castor for their Community Outreach Projects and Scholarship Programs.

Our President Hannie Rivero gave Presidential Awards to her hardworking EB and members. Recipients of Presidential Awards were Clara Bautista, Megan Chan, Cristina Jusay, Vickie Aludino, Rose Javier and myself. During the event we also held the Turnover of the Office from Hannie Rivero's term to the next EB Executive Board 2022-2024 led by Dianne Bautista. This time it was highly symbolic because we used the Florence Nightingale Lamp to symbolize the turning over of the responsibilities from the previous EB to the new Executive Board 2022-2024. It was participated by all of the Past Presidents from 2010 to present namely Minda Bathan, Meriam Canares, Theresa Domider, Nellie Sun, Peachie Miranda, and Arlene Azores. Not present at the event were Past Presidents Nelda Bernales, Gloria Hermoso and Minerva Kantor. After the turnover ceremony it was followed by the Oathtaking of the Newly Elected Officers conducted by PNANJ President Dr. Teresita Tess Medina.



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Our Journal Sponsors who were present at the event were also recognized for their generous support. We had a live-streaming wherein people who supported us could watch the event simultaneously at the comfort of their homes. Guests and visitors enjoyed the music, foods, drinks and line dancing. The Amazing Filipiniana Dance Ensemble headed by Dan Perez presented an Ethnic Dance which was admired by many. And yes it's not complete without a lively dance number from the PNANJ Central Region Dancilicious Nurses. The night was full of happy faces, excited and amazing people who love to take photos and selfies at our new PNANJ Tarp and Banner.

We would like to extend our gratitude to the Facilities who sponsored the making of our Journal "Journey to Excellence". They were a big part of the success of our event. The following Facilities: Bridgeway Avalon, Advance Health Care Providers, Independence Manor, Advanced PICC Specialists, Dynamic Physical Therapy and Sports Rehabilitation, RWJUH Somerset Barnabas Health and Peak Prints were among the generous sponsors. Our gratitude also goes to the thirty one individual Diamond Sponsors, , five individual Platinum Sponsors, one individual Gold and Silver Sponsors, and to all who supported us in realization of this dream the "Special Journal Edition".

Once again PNANJ Somerset Subchapter reached another milestone and proved that we are Stronger when we work Together. We will keep envisioning something big, something different and we will make it happen. We are Somerstrong, we will deliver.







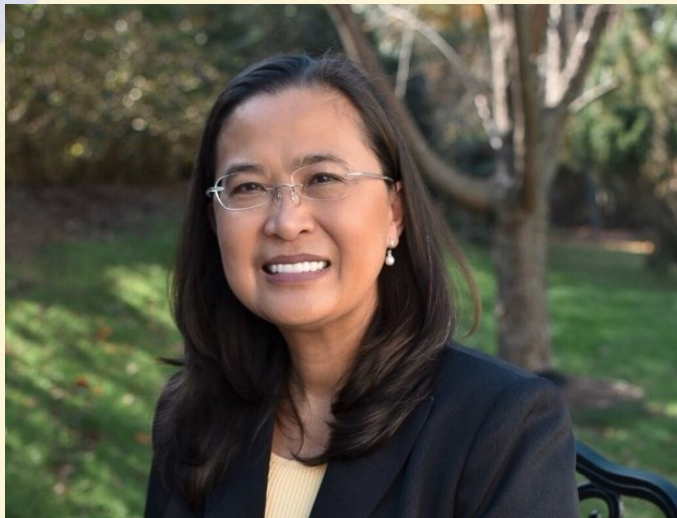
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## *Where are the scholars now?*

By Ira L. Martin, DNP, RN, CPHQ, LSSGB  
 Scholarship Chair 2020-2024

Do you want to know the whereabouts of our PNA’s past scholars? Read on and find out...



**Name:** Jennifer M. Dizon, DNP, RN-BC

**Chapter:** PNA North Carolina

**Current work:** Nursing Informatics System Specialist III (Preference Card Coordinators Team Lead) Duke University Health System, Durham, NC

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

I was the PNAA secretary when I applied for a scholarship grant and was pleasantly surprised when I was selected as one of the scholars in 2014. With the grant's help, I completed my Doctor of Nursing Practice (DNP) degree with an emphasis on Informatics Nursing at Duke University. In addition, I was promoted as the Manager/Team Lead of the Preference Card Coordinators at Duke University Health System.

I realized how tedious the process of selecting annual scholars when I was appointed as the co-chair from 2015 – 2018. I chaired the committee in 2019, and I was so proud of our accomplishments. The committee successfully transitioned and streamlined the application process to electronic submission. We also aligned and updated our policies and procedures. As the adviser, I am excited to work with the committee, share knowledge, and collaborate.

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

The application process starts when you pass your NCLEX and obtain your license as a Registered Nurse. Make it a habit to document and chronicle all your accomplishments because it will come in handy in your scholarship application and career advancement.



PNA Chapter

# NEWS



## PNA Oregon and Washington 20<sup>th</sup> Anniversary, Masquerade Ball Gala and Induction Ceremony

By Mafe Chase

PNA Assistant Secretary and PNAOW Secretary



The Philippine Nurses Association of Oregon and Washington (PNAOW) recently celebrated their 20th founding anniversary with a Masquerade Ball Gala and Induction ceremony of the Executive Board 2022-2024 officers with Ethel Gonzales as the PNAOW President 2022-2024. The Induction ceremony was attended by PNAA President Dr. Gloria Beriones, President-Elect Dr. Marlon Saria, PNAA past president Pete Calixto and Mayor Sophia Aragon of Burien, WA. The founding president of PNAOW, Fred Calixtro (2002), also attended and gave a brief history of how PNAOW started from the cost of a dinner ticket 20 years ago at \$25.50 to \$75 this year. Having been an educator himself, he was able to engage the audience. Outgoing President Krista Juarez gracefully summarized her accomplishments and received her PRIDE award plaque for leadership from President-Elect Dr. Marlon Saria for her leadership during





the 2021 Western Regional Conference as the first hybrid conference during the Covid pandemic.

PNAOW President Ethel Gonzales delivered a moving speech and vision for PNAOW in alignment with PNAA strategic goals for 2022-2024 as we continue to advance the mission, vision, and goals of PNAOW and PNAA. With President Beriones's goal of reaching out to the grassroots, a strategic meeting was held the following day to plan how to increase membership and keep PNAOW moving forward with its mission and goals. The Florence Nightingale award for excellence was awarded to Dr. Christine Espina-Galfano for her work with the Education Committee and her passion for teaching young nurses. PNAOW scholarship was awarded to Dominique Alazas from Warner Pacific University School of Nursing.

The evening was filled with entertainment and dance, with the best costume contest for males, females, and couples who were "dressed to the nines" with elaborate costumes and spruced up with exquisite masks. Various entertainment from local talents graced the event with a final dance from PNAOW dancers. Choreographed by Materna Cockerman, one of the long-time pioneers of PNAOW, who have always shared her grace and passion for dance. Kuya Pete Calixto states, "dance from PNAOW is a legacy always brought to PNAA."

The Masquerade Ball is an event that PNAOW hosts for Medical Mission fundraising every other year. A planned medical mission in 2023 will take place in the Visayas region in partnership with local communities. On behalf of PNAOW, we would like to thank our members, sponsors, and PNAA for all the support. Congratulations to PNAOW EB 2022-2024.





PNA Chapter

# NEWS



## PNA Pennsylvania Activities Highlights

By Mary Lou Arocena PCCN, BSN, RN

Bethlehem Baptist church vaccination clinic, headed by Lyn Javier, also present were Grace Dengah, Nida Imperial, Mary Lou Arocena and Elena Claro.



Sixers Filipino Heritage Night, PNA Pennsylvania was recognized for their work as vaccinators for the Jaisohn Medical Center.







Sixers Filipino Heritage Night



Victoria Pike and Lorna Imperial visited the Pennsylvania Chapter pre- election bidding.



March 26 Vaccination drive sponsored by Jaisohn medical center at Saint Martin de Tours celebrating the 500 years of Christianity in the Philippines.



April 23 Annual International Spring Festival, vaccination drive sponsored by Jaisohn medical Center and Blood pressure Screening.





Nida Imperial was appointed as a commissioner



Nida Imperial and Ruth Luyun was recognized by the Filipino Community in Pennsylvania and New Jersey with special Bench in their names.



June 10 was our walkathon. Henry Afaga provided food for us. the winner of the walkathon was from the Jaisohn Medical Center. PNAPA received a 200 \$ check from Jaisohn Medical center.





PNA Chapter

# NEWS



## PNA Tennessee continues to shine

By Arlene Layupan, MAN, RN



On August 7, 2022, the PNA-TN held its first Executive Board Meeting and strategic planning headed by its goal-oriented and outcome-driven president Ms. Rhodora C. Marquez, BSN, RN, and attended by 12 chapter officers for the annual year 2022-2023. The PNA-TN chapter envisions a more productive year for the organization and its members. WE SHINE, the slogan or mantra that the PNA-TN is looking forward to accomplishing in the new leadership that stands for *World Class Excellence in Service through Holistic, Innovative, Noble, and Empowerment*. The PNA-TN is committed to addressing its members' needs and achieving its goals. Four priority areas were identified during this meeting. First, the dedicated and highly

qualified committee chairman was chosen as follows, Membership by Diana Alvarez, BSN, RN, CRRN, Education by Jennifer Faulk, MSN, RN, CMSRN, CRNI, Ways and Means by Cora Limbago, BSN, RN, and lastly Community Outreach by Jomae Paulin, BSN, RN.

The education committee's goal is to have at least two continuing educations approved by the ANCC. This is a hybrid colloquium in collaboration with PNA-Nashville. The targeted date for this continuing education would be for Fall and Spring 2022. Moreover, the committee will publish a monthly digital newsletter to its members that is informative and relevant to the nursing profession. On the other hand, the association aims to increase its new membership by 15% annually and design plans to retain its old members. The membership committee will collaborate with one accredited employment agency in the United States, such as Connetics USA. With this collaboration, the association could help and assist new Filipino nurses in their transition to the USA, assimilation to the culture and life of Memphis, TN, and be of guidance to them, thereby helping encourage these new nurses to join the association. They added that they would encourage each organization member to attend and participate in the PNA-TN activities targeting a goal of 60-90% attendance for each activity. The community outreach committee will continue to support and assist our partner Fil-Am organizations in Memphis in providing First Aid, BP screening, Simbang Gabi sponsorship, school career day, and assistance to new nurses regarding their transportation and other basic needs upon arrival to the state. Lastly, the ways and means committee focuses on maintaining the association's financial stability. They believe these are crucial in sustaining the activities and its programs. The committee projected to raise \$3,000 in FY 2022-2023. This can be achieved through fund-raising activities such as garage sales, caroling, Zumba, and concert at the park. On behalf of the officers of the PNA-TN, we would like to request each member's cooperation and support in realizing the organization's goals. WE SHINE, PNA-TN!



Ways and Means Chair Cora Limbago, BSN, RN pointing out their fundraising goal.



Ways and Means Chair Cora Limbago, BSN, RN, discussed the plans with the fundraising expert: Rose Michelle Jamias, MSN, RN, ACM, CCM-BC, as Harold Sayco (President-Elect) and Rhodora Marquez (President) listened.

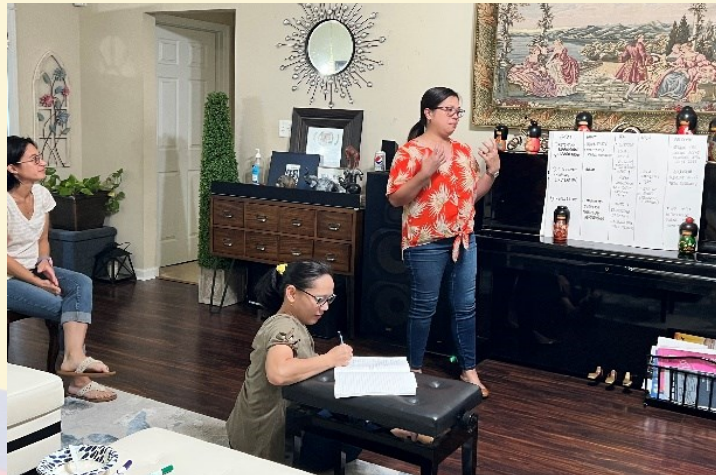




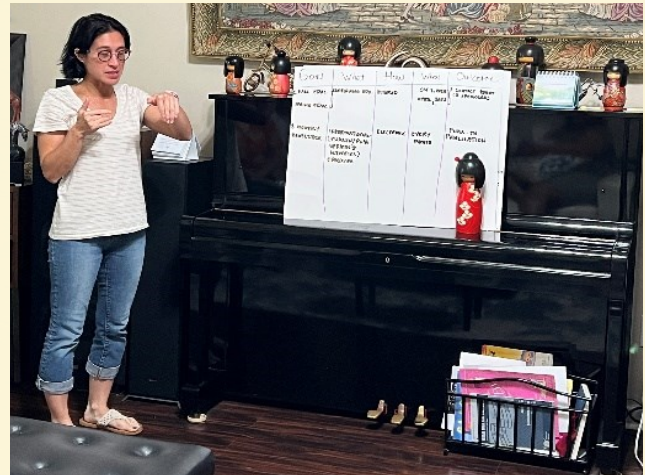
Harold Sayco, MD, BSN, RN (President-Elect) read the letter for correspondence as Board Member Arlene Layupan, MSN, RN, and Secretary Adeleen Mendizabel, BSN, RN, listened attentively.



Membership Chair Diana Alvarez, BSN, RN CRRN, discussed their committee's strategies in recruiting and retention to achieve the goal of 15% per year.



Membership Committee: Diana Alvarez, BSN, RN, CRRN; Adeleen Mendizabel, BSN, RN; Janice McCormack, MN, RN; Harold Sayco, MD, BSN, RN, discusses the Bylaws on Membership; Rhodora Marquez, BSN, RN (President 2022-2024) checking the output.



Education Chair Jennifer Faulk, MSN, RN, CRNI, CMSRN discussed their committee's plans.



Leadership is the process of facilitating individual and collective efforts to understand and influence the people to realize what is to be done and how to realize the shared objectives" (Yukl, 2013)



PNA Chapter

# NEWS



## PNA Tampa Holds Election of Officers for 2022-2024

By Gealdina Irvine, MSHSA, BSN, RN

The Philippine Nurses Association of Tampa Bay (PNA Tampa) held their election last July and the new officers were confirmed and inducted on July 23rd. Since it was very busy months of June and July for the members of the Executive Board (EB), a simple induction ceremony was held virtually via zoom. Oath-Taking certificates were emailed to each of the officers prior to the induction. An EB meeting followed after the induction with partial reviews of the PNA Tampa By-laws spearheaded by the founding President, Dr. Liw Villagomez. Liw also proposed that the board accept Crispina Hermano as Advisor for the next two years with the coming change of the by-laws. The current by-laws for the advisor criteria is that past-president can be accepted as Advisor and this will be change to accept other potential advisor who had been with PNA Tampa Executive Board for many years of service. The other topic was the restructuring of the committees by the re-elected President of PNA Tampa, Maria Bautista-Smith. Maria pointed out that the organization need to align the committees with the five main goals of the association which are unity, professional growth, nursing image, socio-cultural and community partnership. There was also discussion about the budget of the organization for the next two years. Maria Bautista-Smith and President-Elect Marites Calvelo gave a short report about the recent 43rd PNA National Convention they attended along with Liw Villagomez last July 6-10 in New York. The planned PNA Tampa calendar of events for 2022-2024 was also sent out to the EB prior to the meeting for further discussions. It was a very productive meeting and the EB plans to align their goals with the current PNA President, Dr. Gloria Beriones mantra of "Our United Voices: WE CARE- WISDOM, EXCELLENCE, COLLABORATION, ADVOCACY, RESPECT, EQUITY". Everyone hope it will be another exciting two years for all the PNA TAMPA members.

### PNA-TAMPA EXECUTIVE BOARD 2022-2024



Maria Bautista-Smith  
President



Marites Calvelo  
President-Elect



Maribel Soriano  
Vice-President



Gealdina Irvine  
Secretary



Perita Cangas  
Treasurer



Anatalia Resulta  
Asst. Treasurer



Liwiwa Villagomez  
Public Relations Officer



Victoria Fabreo  
Auditor

### BOARD OF DIRECTORS



Dalisay Allado



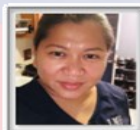
Emma Barrido



Unidad Bonoan



Florinda Magsakay



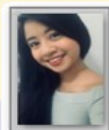
Rona Nuestro



Jesse Pasion



Adora Rilveria

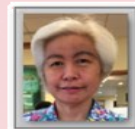


Kimberly Ticzon

### ADVISORS



Ma. Teresa Ebrada



Elena Garcesa



Crispina Hermano





## PNACC'S Bayanihan virtual style to Abrenios affected by the earthquake

By Rizza Valerio Elep, BSN, RN, PCCN

The Philippine Nurses Association of Central California (PNACC) has a track record of helping others in times of need. This has been evident at this very crucial time. July 27, 2022 is a date that Abrenios will never forget. This was when a 7.0 magnitude earthquake struck the highland province of Abra. This disaster left a trail of destruction as it displaced families

from their homes, livelihood and way of life. PNACC's treasurer, Cecil Utleg, spearheaded the Bayanihan virtual style to Abrenios. She coordinated with the people of St. Ignatius de Loyola School of Bangued, Inc., in lending a hand to the Abrenios during this time. Cecil Utleg led PNACC in raising funds with the help of PNACC Executive Board and PNACC members. As of this writing, PNACC raised \$1,750 and more. Truly, the heart of PNACC is in giving back to the people in need specially where we came from. As our National Hero, Jose Rizal says, "Ang hindi lumingon sa pinanggalingan ay di makararating sa paroroonan," and we are giving back to where we came from, the Philippines.







## PNA Central California wins big at the Central San Joaquin Valley Nursing Leadership Coalition Annual RN of the Year Selection

By Laura De Vera, Assistant Secretary, PNACC

California's Central San Joaquin Valley Nursing Leadership Coalition (CSJVNLC) annually hails outstanding nurses and bestows upon them the title "RNs of the Year." In 2021, PNACC sent its nominee for the very first time. Its lone nominee, Luz Newell, was chosen as the RN of the year in Nursing Education. This year, once again PNACC proved that its nominees are hard to beat. PNACC nominated its Executive Board members in the following categories: Excellence in Leadership, Clinical Nursing, Nursing Education and Innovation in Nursing.

Competing against equally outstanding nurses in California, PNACC took home 3 out of 5 RN of the Year titles. Its very own President, Mila Nino, won RN of the Year in the Leadership category. Highlighted in Mila's nomination are her steadfast leadership during the pandemic, boasting the wide reach of PNACC's project in caring for the front liners in every corner of Fresno, California. Yolanda Maron, PNACC's membership recruitment guru bagged the RN of the Year in the Clinical category. Her touching story as a bedside nurse and as a community volunteer made her stand out among other contenders. Rizza Valerio, PNACC's Secretary emerged as the winner in Nursing Education. Rizza proved phenomenal in her achievements as a clinical instructor and her outstanding achievements as the PNACC Education Chair. Runners up in the category of Innovation in Nursing are Laura de Vera and Cecilia Utleg, PNACC Assistant Secretary and Treasurer, respectively, whose innovative nursing stories are likewise not to be taken lightly. The CSJVNLC RN of the Year Awards was held on May 5<sup>th</sup>, 2022, in Fresno, California.



Above L-R: Rizza Valerio, RN of the Year Nursing Education Category; Yolanda Maron, RN of the Year Clinical RN Category; Mila Nino, RN of the Year Leadership Category

Left: PNACC EB Members and Supporters



PNA Chapter

# NEWS



## Health Fair and Community Outreach

By Carmencita Santiago, BSN, RN

The Asian Pacific American Council of Georgia, (APAC) health fair and community outreach in partnership with the city of Clarkston was held on July 30, 2022. PNAGA has always participated in this annual community outreach program since its inception in 2007. This was the first face to face outreach since the pandemic.

It was a huge success and served about 1000 adults and children of different nationalities. The city of Clarkston has become a destination of thousands of international refugees seeking safety and better opportunities hence dubbed "Ellis Island of the South." Services provided on this day for adults include blood pressure and blood sugar screening, Covid Vaccine with gift card, hygiene packs and those that qualified were assisted with voter registration. The children, about three hundred of them, had hearing screening, face painting and games and were given food and new school back packs stuffed with school supplies. The parents were very grateful and seeing the children's delight on this day brought such joy to our nurse volunteers Myrna Gacusan, MaryAnn Moriles, Theresa Palmer, Carmencita Santiago and Beth Villanueva.

### Volunteering: what a way to give back and make a difference!



From L-R, Theresa Palmer, Carmencita Santiago, Myrna Gacusan, Dr. Elly Abellera, Beth Villanueva, Maryann Moriles and Dr. Romy Moriles



PNA Chapter

# NEWS



## PNAGA Summer Fiesta 2022

By Marvi dela Cruz-Herrin, RN, MSN



It was a steamy hot sunny day last July 03, 2022 but it did not stop the Pinoy nurses of Northeast Georgia to get together for a Filipino Summer Fiesta. The gathering was held in Don Carter State Park at 5000 N Browning Bridge Road, Gainesville, Ga. and was graced with the presence of the officers of PNAGA, Filipino nurses with their families and friends. The traditional Filipino culture of sharing food or potluck was very evident as the party was flooded with different Filipino dishes and delicacies such as pansit guisado, kaldereta, adobo, lechon belly to name some. Traditional and street foods were also abundant such as tamales, biko, halo-halo, fish balls, and pulvoron. Everybody enjoyed the food, all scrumptious and reminders of home.

A program was prepared and opened with a prayer led by PNAGA member J-Vee Estacio. It was followed by the traditional community singing of our Pambansang Awit, Lupang Hinirang. Attendees were welcomed by Ms. Mary Ann Neely RN who has been residing on the northside of Georgia for over three decades and is currently PNAGA's President-elect. Ms. Aileen Azanes Alexander, PNAGA's Treasurer presented her project on Management Plan. Former officers and pioneer members of PNAGA shared their memorable experiences with the organization which inspired our young RNs present in this gathering.





The party also showcased the talent Filipinos are known for, singing! We had videoke with a twist and that is, paying off someone to stop singing. It was a fun way to raise funds for sure. The game master, Kathleen Teoxon did not fail to give everyone a great time when she presented a game where four groups participated, rendered an impromptu team yell and had everyone bursting in so much fun and laughter as each group imitated famous movie posters. Judges were former officers of PNAGA and did a good job of selecting the best contestants. Winners were awarded with gifts and tokens.

It was a fruitful day as **eleven new members of PNAGA were enlisted**. As the day wore off, PNAGA's immediate past President, Ms. May Choksi delivered an inspirational message, and the current PNAGA President Ms. Myrna Gacusan, talked more about PNA's accomplishments, and what it brings to the members. It may have been a very hot afternoon, but everyone had a blast!

This Filipino Summer Fiesta would have not been possible and as much fun without the efforts of PNAGA Secretary, Ms. Juvy Rico and friends, the party planner and games master, Ms. Kathleen Teoxon, and of course, with the support and encouragement of the PNAGA board of officers. I am looking forward to making summer fiesta an annual PNAGA event, full of fun and knowledge sharing about our profession that we are all passionate about. Till next summer then ...





PNA Chapter

# NEWS



## PNA Chapter President Dr. Gloria Beriones' 1st Induction of Officers Is with PNA of Greater St. Louis

Written by Annabelle L. Cosas, BSN, RN, PNAGSL Editor, Chair of Bylaws and of Policies and Procedures

Photos from Jenjen Hazelbaker, BSN, RN, PNAGSL Advisory Board, President 2014-2016 and June David, friend

"Meet Me in St. Louis" did happen for PNA of Greater St. Louis on **July 29, 2022, Friday** — the celebration of its 31st Anniversary and 17th Induction of Officers.

With zealous preparations by the core team: Irma Ifurung, Josie Veit, Marjorie Gamino, Evelyn Oller, JenJen Hazelbaker — every feat, every energy invested, in between days off, hospital work and family duties — truly, each one's special talent was tapped and on high gear! Decorations: vase/mesh wrap/ribbons/flowers/center-piece; wall, backdrop/balloons; the evening's program printed by Richard Veit; banner with the newly revised and colorful PNAGSL logo courtesy of artistic Mike Ifurung. We were armed with numerous other paraphernalia to attend to gifts, plaques/awards, roses, framed oath-of-office plus the dreaded/complicated table-seating!

Souvenir Books, put together in-depth and with great care by Annabelle Cosas, were ready a week before the event. We are grateful for the personal/business advertisements donated by members and friends for our cause. Each Souvenir Book was labeled with names of donors and with "thank you" inserts from Marjorie.

The morning of the big event was the busiest among the main organizers. We were tying up any loose ends as finality in a few hours was to become tangible. We did a last FaceTime crossing off checklist as Jenjen gave us all a thumbs-up. Whew! Is our stress level at a decline yet?

4:30 PM, Venue: Ballroom at Water's Edge, St. Peters — set-up of decorations, centerpieces, poster of table-seating on easel, screen/projector, etc., etc. — members, volunteers, spouses all lent a helping hand. Vickie from the Catering service was up to par with her staff.

6:20 PM — Emcees Annabelle, JenJen and Darrell Oller welcomed guests. As lined-up: the national anthems; Opening Remarks by Rosa Williams; Invocation by Annabelle in lieu of Fr. Hansen; a video presentation of activities of Marjorie's two-year term; and three popular folk dances from the Philippine Art Foundation of St. Louis.



Our new PNAGSL logo got colors!



Josie (PNAGSL incoming President) with husband, Richard, welcome Dr. Gloria and Ren Beriones at St. Louis airport, July 28. Thursday eve — with balloons!



The vibrant dancers of PAF (Philippine Art Foundation St. Louis) and their infectious smiles entertained us with "Bulakla-kan", "Subli" and "Tinkling."



Waving the red, white and blue!



Standing from left: Darrell, Josie, Marjorie, Annabelle and JenJen  
Seated: Evelyn



Seated from left: Dr. Gloria, Bong & Ed Dayon; Standing: Ren, Babette Orlich, Debbie Maquidato, Marjorie, Leila Busch



From left: St. Louis, Kansas City, SL, KC, NW Indiana, SL, Cincinnati-No. Kentucky





Marjorie's two-year term may have been overshadowed by COVID-19 pandemic but, still, she successfully attained her set goals. — Marjorie recognized the Advisory Board with long-stemmed red roses. [Not available: Lily Cayabyab, co-founder, President 1993-1994; Jean Reyes 1994-1996; Maria Hipolito 2018-



Dr. Gloria Beriones inducted to office the new Executive Board of PNAGSL 2022-2024



**PNAGSL Executive Board 2022-2024**

- |                            |                                 |
|----------------------------|---------------------------------|
| President: Josie Veit      | President-Elect: Irma Ifurung   |
| Secretary: Alice Torregosa | Ass't Secretary: Joy Deatherage |
| Treasurer: Agnes Lewis     | Auditor: Yvonne Bearden         |
| PRO: Cecilia Nalagan       | Business Manager: Evelyn Oller  |
| Editorial: Annabelle Cosas | Lori Abuelo                     |

**PNAGSL Advisory Board 2020-2022**

- |   |
|---|
| 1st President, co-founder: Didi Calabio 1992-1993 |
| Cheri Nievera 2000-2002                           |
| Doy Campos 2002-2004                              |
| Emy Tabayoyong 2006-2008                          |
| Rosa Williams 2008-2010                           |
| Jonel Maminta 2010-2012                           |
| Cynthia Montejo 2012-2014                         |
| JenJen Hazelbaker 2014-2016                       |
| Evelyn Sullivan 2016-2018                         |

Thereafter, JenJen called table numbers for the buffet dinner (of chicken/cod/veggies) completed by different Filipino desserts with the ever popular La Bonne Bouchée strawberry mousseline to savor. Marjorie gave her Presidential Speech then called the Advisory Board of PNAGSL and, with the assistance of Josie and Irma, presented each one with a long-stemmed red rose as gratitude for their support. She followed it with the introduction of Dr. Gloria Beriones, the newly inducted PNAA President and our keynote speaker. Dr. Gloria is a transformational nurse leader with over 40 years of exemplary contributions to nursing practice, leadership, education and research. Her biographical sketch is quite impressive and all spelling her strong leadership and mentorship. She addressed "any nurse in the room who's not a PNAGSL member not to leave tonight and not be a member of PNAGSL." She further stated on "the right of every person to be healthy. But there are social deterrents: lack of education due to poverty, lack of transportation, lack of access to healthcare. We have to approach our politicians to present this to Congress."



For PNAA 2022-2024, Dr. Gloria Beriones' mantra: **"WE CARE"**  
**Wisdom:** every nurse should have the experience to make the right decisions when you care for your patients; you have that knowledge. **Excellence:** every nurse believes whatever we do, we do the best. **Collaborate:** to make your agenda work; strengthen PNAA chapters by strong leaders; build relationships as leaders. **Advocacy** is every nurse's responsibility to support nursing cause. **Respect** decisions made on what is right and not what we like. **Equity** to be fair to support a shared agenda to achieve health equity.

Dr. Gloria proceeded to induct the new Executive Board. She read a "piercing" message to the officers before they took their oath of office. To summarize in one sentence: to fulfill and be responsible of their particular duties and not be an officer in name only. The evening's program continued with Marjorie relinquishing — with much joy and relief! — the gavel of leadership to Josie. Josie graciously accepted the gavel, to quote, "with excitement and apprehension." Cynthia Montejo introduced Manelita ("Bong") Dayon, NCR V-P 2022-2024. Bong's inspirational message: "When you start your day, start simple then it cascades; by the end of the day, you've done so much. Like you start being a member of your PNAA chapter, then one day you'll realize you're V-P of PNAGSL!" Josie, with Dr. Gloria and Bong, bestowed to Marjorie the PNAGSL Presidential Award. In turn, Marjorie awarded several plaques and gifts to thank those who contributed their time and effort during her term. Annabelle's "other" award



was from PNAA Editor-in-Chief, Bob Gahol. (Marjorie had accepted it for her at the Annual Convention of PNAA in New York last July.) Annabelle humbled herself and stated that the award is also for those who shared their stories which she submitted and were subsequently published on “insidePNAA” newsletter.

Irma read an overview on Josie and Josie delivered her inaugural address. Her mantra: “we CARE” — we are **Compassionate, Accountable, Resourceful, Empowered.**

Cheri Nievera gave the Closing Remarks (in place of Lily Cayabyab). Marjorie afterwards led the singing of “Shine PNAA Shine” acapella where others joined in.

Celebrating their 27th Wedding Anniversary with us were Dr. Dennis and Mildred Bernardo and the birthday of Beth Dela Rosa. We acknowledged their presence; “happy birthday” singing filled the room. The celebrants, for spending their special day with us, received a full tray of cake each from JenJen.

The most awaited dancing finally arrived and nurses and guests quickly, lively swayed to the line-dancing music initiated by DJ Art Murray. Oh, we briefly interrupted the dancing when we remembered to do the group picture-taking — indeed, one for posterity!

It was a wonderful night to remember. Aside from the honor PNAA VIPs gave us for gracing our celebration, we are so thankful for everyone’s generous support to PNAGSL. Of course, the HIGHLIGHT of it all, permanently etched now in PNAA history — **Dr. Gloria Beriones’ first Induction, ever, was with PNA of Greater St. Louis!!**



① Emcees JenJen, Annabelle and ② Darrell (with Evelyn) ③ getting acquainted: Dr. Gloria Beriones and Dr. Cris Cosas take a glimpse on their Bacolod City roots ④ Beth dela Rosa (center) is the birthday girl of the evening while ⑤ Dr. Dennis and Mildred Bernardo are the 27th wedding anniversary celebrants. Balloons and fresh roses accentuated the ballroom and several other creative decors from the core team.



**PNAGSL VIPs**

- Dr. Gloria Beriones, PNAA President 2022-2024
- Manelita (“Bong”) Dayon, NCR VP 2022-2024
- Leila Busch, NCR VP 2020-2022
- Babette Orlich, President PNAGKC 2022-2024
- Debbie Maquidato, President Cin-NKY 2020-





**JULY 30, 2022, Saturday** — “getting-to-know-you” potluck at Marjorie’s home — generous array of Filipino dishes and luscious desserts and, yes, we decided to double dose our Metformin! VIPs with us — Dr. Gloria and husband, Ren Beriones, Bong Dayon and Debbie Maquidato. Leila Busch and Babette Orlich, both from PNA Kansas City who were with us the previous night, left that same evening and did the four-hour drive back to Kansas City. It was a precious moment — we got to know more of Dr. Gloria in a very informal way. She presents herself professionally, always with a serious agenda, yet so down-to-earth. She is well versed in her expertise and was readily imparting knowledge to us. So impressed, were we? She stole our hearts! Bong and Debbie likewise added to the “spice” of our blessed and joyful treat-of-the-day. Thank you for the extra days with us. We were much fulfilled and “wired” as we relished the past days of your visit!



Jonel (left) carving an apple into a swan while Bong looks on. The swan sits on the center of muffins topped with ripe mangoes carved into “yellow roses.”  
Fruits, bibingka, greens, pinakbet, pansit, kare-kare, kanin (of course!)  
— never-ending gastronomical delights!



An informal setting — we were relaxed... and discussed... and consumed — food for the body, food for thought...





PNA Chapter

# NEWS



## “BIG APPLE” Invasion!

Source: Josie Veit, BSN, RN PNAGSL President-Elect 2020-2022

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



July 6-10, 2022

New York Marriott Marquis  
Hosted by PNA New York

### *Relishing New York City!*



**Day 1 Wednesday**  
meetings, meetings,  
meetings!  
Executive Board  
Circle of Presidents  
Regional

From PNA President 2020-2022, Mary Joy Garcia Dia, DNP, RN, FAAN — EXCERPTS from “insidePNA” VOL 10, Issue 5 JUNE 2022 — Her comments on the NCR conference in May 2022 (Chicago); “... I see the camaraderie and joy in coming together in unity. Despite the personal and professional hardship that we all experienced with COVID-19, the operational challenges in retaining our members, the typical leadership barriers with engagement and support, we all recognize that we can overcome anything by staying cohesive, promoting respect and transparency and prioritizing PNA’s purpose and mission over personal gain...” “... let us continue to amplify nurses’ integral role in promoting and representing our community in all aspects of research, education, practice and legislation.

Dr. Dia’s words are further evident of the recent PNA convention in New York. Organizing a convention, certainly, is not a cinch. From what PNA New York gave PNA delegates this July, without a doubt, they delivered! Photos shared herewith speak for themselves. From Josie Veit — “It is an extraordinary and enjoyable experience! I strongly encourage everyone, especially PNAGSL officers, to attend these conventions.” New York PNAGSL delegates: Josie Veit, Marjorie Gamino, Evelyn Sullivan, Maria Hipolito.





**Day 2, Thursday**

Day: Leadership Institute/Clinical update. Evening: Getting together with colleagues and parade of chapters

Bob Gahol, editor-in-chief of "inside-PNAA", acknowledged several contributors to the newsletter. Above shows the award pre-sented to Annabelle Cosas who gave numerous article submissions. Marjorie accepted the award at Networking night and remarked, "these made PNAGSL stand-out!"

**Education**



**Day 3 Friday**  
 assimilating teachings of the day...  
 did not linger...  
 New York City  
 was too inviting! ...

Here's frolicking around Grand Central Terminal (transportation hub in Midtown Manhattan) to Rockefeller Center (lighted pink background); subway to Queens to savor Filipino cuisine before calling it a day after a loonng day!





PNA Chapter

# NEWS



## Enabling Aeta Capabilities for a Better Life

By Veronica Esposito Ramirez, PhD

A native American proverb goes, “We will be known forever by the tracks we leave.” For the Filipino nurses in Metropolitan DC (PNAMDC), these tracks can go beyond the ocean to reach the mountains and hills where Aetas inhabit. Indeed, it was a meaningful and significant accomplishment for PNA members and donors to support the KABAGIS AETA Capability Building Projects.

It can be recalled that in 2021, they provided 20 jetmatic handpumps, hygiene kits, groceries and rice to 112 Aeta families in San Pablo, Castillejos, Zambales. This year, they supported six capability building projects and donated water containers and portable solar lights to 122 Aeta residents.

From May to July 2022, a series of trainings and distribution of donation was conducted in Castillejos, Zambales in the following Sitios: Bagong Silang, Balenting, Lahar, Mambugan and Nilasin. Upon receipt of donation from the PNA, six different Trainings were organized by the Esposito-Ramirez Family Social Responsibility for a total of 62 trainees on Basic Motorbike Maintenance (5 trainees), Hair and Nail Care (2), Sewing (8), Adult Literacy (12), Health Emergencies (18), and Ube Production (22). The Donation of 19 sets of Portable Solar lights and water containers benefited 19 families or 60 individuals.

### Trainings designed to respond to Aetas needs

The **trainings** were conducted in any of the three training centers constructed by the Esposito-Ramirez family who received donations from generous donors: The Nilasin Study Center, Bagong Silang Livelihood Workshop and the Tony Esposito Training Center in San Pablo. These are equipped with the necessary materials, facilities and equipment.

Aside from skills upgrade, the training included physical hygiene and values formation. When the Aeta trainees entered the training premises, they washed up, wore the new face mask they were given and Registered for the training. During the training, we introduced the training sponsors, gave a brief talk on the values of cleanliness, persistence, good quality of work, self-respect, respect for teacher and other learners. For mothers who brought their your children, there was a space where the children could play and the mothers could breastfeed them. The participants cleaned the Training room before they went home.

The training **instructors** were all local residents. They were interviewed before the training and were invited to be a partner in the Kabagis Aeta Capacity Building. They possessed the qualities we looked for: respect for the learners, have awareness of Aeta ethnicity and culture, friendly, patient, can simplify the presentation of topics, and able to give hands-on training aside from lecture – discussion. Their honorarium was paid depending on the number of participants, they were given transportation allowance and meals. They also signed the Training Certificates.

Aeta **trainees** were recruited through the assigned Aeta Coordinators. They are aware of the qualifications of the trainees. For example, for sewing: mothers who are willing to engage in livelihood through sewing must have clear eyesight, basic literacy and numeracy. For motorbike maintenance, they have to own a motorbike / *kulong kulong*.



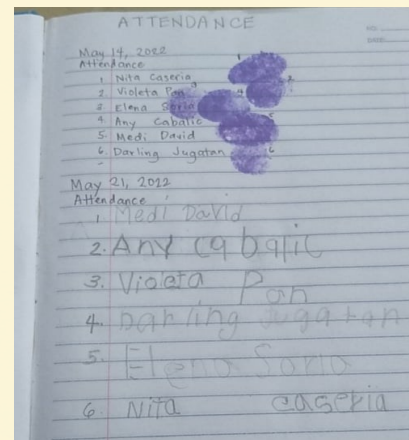
Each trainee received tool box or kit relevant to their training, transportation allowance, meals, training Certificate and writing materials. All of the equipment needed for the training were made available during the training. Certainly, these trainings upgraded the skills of the Aetas and gave them hope for added livelihood, eventually a better life for the children.

### New skills learned, a promising future

The Aetas express their gratitude to the Philippine Nurses Association of Metropolitan DC for their generous support for the skills upgrade.

### Adult Literacy Sessions

Selected for this training were senior Aetas who did not know how to write their names. On the first day of the training, they put their thumb print, as they usually did, on the Attendance sheet. The biggest achievement of the Adult Literacy sessions was the senior Aetas able to write down their names on the Attendance sheet on the second day / session. They were also taught how to recognize numbers, simple works and were shown how the computer works.



Their instructor was an Aeta from Botolan who has a degree in Physical Therapy and now has a big family and sells fruits and vegetables in the market. We tapped her and taught her how to teach basic literacy. We gave her a used digital Tablet, cell-phone, and teaching materials. Classes were conducted in the Bagong Silang Livelihood Workshop. The Aeta learners were given transportation allowance, writing materials, coffee and snacks every session. Very happy with the literacy sessions, they one day requested ingredients, brought sweet potatoes and cooked *bilo-bilo*. Every session, they proudly wore the used high school uniforms that we received from donors.



## Health Emergencies

Select Aeta mothers were given health emergency sessions for two Saturdays on 10 injuries that they may encounter in their habitat: snake bite, but wound, breathing difficulty, collapse, severe stomach pain, severe head injury, fall from high place, cramps, burns, arm fracture. Melanie Gonzales, the instructor is a midwife who works in the Barangay Health Center. She has been servicing Aetas for emergencies and birth giving. Snacks and all the medical supplies needed were provided for the training. Each trainee received a First Aid Kit, writing materials, and Training Certificate.



## Sewing

There are Aeta ladies and mothers who are interested in learning how to sew so they can repair the clothes of their family and sell sewn items such as bags, rags, shorts or simple blouses. The Esposito Ramirez family has 5 sewing machines in the Tony Esposito Training Center in Brgy, San Pablo. There are also variety of textiles, buttons, garters, threads, needles and other things that can be used for sewing and embroidery. Each trainee received a sewing kit and fabric scissors, writing materials and were also given meals and transportation allowance during the two-day training. They received a Training Certificate signed by instructor Mary Ann Enriquez and brought home the items sewn. After the training, the Aetas are told that they can use the sewing machines in the Training Center to make saleable items.



## Basic Motorbike Maintenance

Aetas are able to take used motorbikes on loan. When this is attached to a sidecar (*kulong kulong*), it is useful for family and for moving their goods to the market. However, they do not have technical know-how when the motorbike breaks down. We found a mechanic Raymond Reeves who has had 10 years of work experience in Saudi Arabia who was willing to teach basic motorbike for one day. The training was conducted with brief lecture, demonstration and hands-on. The trainees were given meals and transportation allowance and received writing materials, motor repair kit and a training certificate.





### Hair and Nail Care

The Aetas grow their hair long because the barbers or parlors, in some cases, refuse to cut their kinky hair. There are mothers who would like to learn hair and nail care. Manang Flor, a beautician, was willing to teach them. Selected Aeta mothers spent two days in the Beauty shop learning how to cut hair and paint nails. They were given meals and transportation allowance. They also received hair and nail care Kit that they can use for their fellow Aetas. We agreed that they will charge their Aeta customers minimal fee for their service.



### Ube Production

The Aetas sell their ube (yam) harvest in the public market but they are a mix of substandard and good ones. They do not have sure market for this so if they could not sell, they sell them at lower price to other market vendors.



To help them produce better ube products and have a market for their harvest, the Esposito Ramirez family invited Sunlight Foods Corp to give a seminar on Ube Production and Marketing. There were 22 Aeta farmers who attended the seminar. PNAMDC funded the Aeta participants' transportation, meals, certificates, writing materials and Soil analysis for this seminar. The results of the Soil analysis showed that the soil has to be improved. "Adding organic matter to soil increases soil's water holding capacity, improves aeration and drainage, reduce erosion, reduces fertilizer leaching and improves soil structure." Certain steps suggested by SunLight will be implemented to prepare for the next year planting season that can start in January 2023.



### Nights are long but no longer dark

There are 19 families residing in Sitio Balenting. The land is privately owned and the owner allows the Aetas to occupy the land although they are not certain when they will be asked to vacate the land. Their sources of water are the river and mountain spring. For livelihood, they rely on farming and fruit and vegetable gathering in *gasak* (ancestral land or swidden farms) and *lahar* (area near volcanic debris). These are located far from their nipa huts, high up in the mountains which they climb for a number of hours with their children and belongings. They settle there for few days and dark nights and then go back home carrying their load. They transport their goods and sell them in the market using *kulong-kulong*.

There is no electricity and no source of potable water in Balenting. When the PNAMDC donated jetmatic hand pumps, we attempted to install them in Balenting but failed because the pipes could not penetrate the underground rocks.

To address these basic problems, PNAMDC President Carol Robles donated portable solar lights and water drums, containers, pails and dippers for the 19 Aeta families in Balenting. On the night of May 11 after these were distributed, at last, Balenting nipa huts had lights on! The Aetas went out to sing and dance to celebrate the gift of light. Children can now study at night and parents can do their chores better. They can also bring the portable solar lights when they go to *gasak* or *lahar*. With the water containers, they can store more water for their consumption. The water they now use is cleaner because the containers are covered.



Now that the tracks are lit for the Aetas—the fathers can plant better ube and can do basic motorbike maintenance; the mothers have some know-how in case of health emergencies, can do sewing and hair and nail care; and some of the elderly can write their names—the Philippine Nurses Association of Metropolitan DC and its members “Will be known forever by the tracks they leave.”



### **Much more than a single step**

Working for these projects with the Kabagis generates something new for all stakeholders. For our donors, this ranges from de-clogging closets and storage rooms to directed funding. For us implementers, it helps to know that extending any kind of assistance to them means not only addressing certain needs, but learning to define these needs with them, not formally through structured activities, but simply by conversing or being with them. For our common beneficiaries, the constant hope that continues to grow in them allows them to see there could be better life than this one they have been accustomed to believe as the only fate they deserve. With hope spring dreams.

Mother Teresa once said, “I alone cannot change the world, but I can cast a stone across the water to create many ripples.”

Together, we pursue the journey. We have already taken multiple steps towards improving lives and changing mindsets, thus creating ripples anywhere along the way. All these happened through kindness, compassion and willingness to help.





## A Daughter's Tribute

By Marisel Dizon Atienza, RN, BSN

I'm the bunso out of the five siblings. Also, known as the favorite, my siblings may say spoiled or even accident, but I consider myself the bonus, daddy's girl and most of all his favorite (with Filipino accent-Pavorite)

I think truth be told, on some level we all realize it is highly likely we will live longer than our parents. Yet, no matter the circumstances, we are never ready, much less willing to embrace that reality. I know that to be true. I also know while I have often thought about what an accomplished and complicated man I have known my dad to be, I never imagined how to aggregate my thoughts into something coherent to read at his Mass of Christian Burial. Yet here I am, my heart broke, my eyes filled with tears after so many have flowed, my mind racing for fear of not including some detail that better describes or summarizes the man I was privileged to know and call 'Dad.'"

My dad was known and respected by many colleagues and friends. My dad will be remembered for his informed and insightful perception and engagement of life in his professional and personal relationships, always ready to share a meal, tell a story that taught a life lesson or offer selfless help or assistance from his full and generous heart.

My dad was cherished and loved by his many family members. He will be remembered for the same and so much more. I was blessed to be his (pavorite) daughter. I will celebrate and remember him as a strong and gentle man who dedicated every day of his life to honoring the many relationships and roles he was gifted, most especially being a father. My dad taught me how to love, and in so doing, he taught me how to live. My dad was a man of great and deep faith who recognized and respected the dignity of life. My dad vested his days with my mom, his children, and extended family, creating moments with the intention of them becoming cherished memories. My dad was a protector, provider, and defender of what he believed to be holy, sacred, and right. My dad inspired, challenged, and admonished. My dad struggled for each success and fiercely and fearlessly fought through failures, always ready to learn and try again.







Those of you who have experienced the loss of someone you love as dearly and deeply as I love my dad, you know the many varied emotions my head and my heart are experiencing. I am overcome with grief recognizing he will not celebrate his and my mom's 50th Wedding Anniversary, meet my daughter when she is born, or watch Raiden Anthony grow into adulthood. I am devastated to realize I will have no more moments to become cherished memories with my dad which leads my broken heart to try to remember every single moment and memory we shared in a life I believe ended much too soon while knowing it could never have been long enough. I am uncertain of how to put one foot in front of the other to continue my life's journey without him, even as I realize he has given and gifted me by example every lesson and tool I need to do so not only well but successfully.

Like others who grieve and mourn, my faith offers me solace and comfort, knowing death is not the end of life rather, it is birth to Eternal Life. I believe my dad is reunited with those who had gone before him, whose footprints and on whose shoulders he stood in this life, and has joined the great cloud of witnesses whose examples of life and faith inspired him.

I invite you to make time today to remember and celebrate my dad, Edilberto Miranda Atienza and honor his life and legacy by expressing your love to someone, sharing with someone in need, forgiving someone (perhaps yourself), acknowledging gratitude for something beautiful, or saying a prayer. There will not be a day that goes by that I do not see my dad in the moment's life will offer me in and through the memories of our stories. And I

dedicate myself to him living on in the better parts of me. I know we are together and continue to share in this life to the degree I honor him, his memory, and his legacy. I am confident we will reunite to share Eternity when I am called home to join the great cloud of witnesses and heroes of our faith. These truths bring a smile to my face and a song to my heart even as tears stream down my face. Because we are made up of and connected by our stories, part of my story now becomes to tell my dad's often and well, which is one way I will remember and celebrate his life. Saint Frances DeSales said, "In life, we seek God..... In death, we find God..... In Eternity, we possess God....." ST Francis DeSales

Enter

Dad, may perpetual light shine upon you who are loved deeply and passionately by the One in Whose image and likeness you were created and waited patiently for you to return to His strong and gentle arms of love, and may you rest in perfect peace for all Eternity.

Sincerely with Deep Appreciation,  
Marisel Dizon Atienza, BSN, RN







## Tribute to the Life of Teresita Sanchez - Cauterrucci

By Alice Namata -Andam



On behalf of PNAMDC, we give thanks to the family of Tess Cauterrucci for sharing her life with us. Tess is the founder of PNAMDC, which was organized in 1971. We worked together as Filipino nurses at the Children's National Medical Center, then Children's Hospital, located at 13<sup>th</sup> & V Street, NW, under the Exchange Visitor program. She was the Nursing Supervisor on days, and I worked as a nurse in the Neonatal Intensive Care Unit. We became close friends.

When we formed the PNAMDC under her leadership, she invited Filipino nurses to become members who became her initial officers. She appointed me as her Vice President. We were inducted by the late Ambassador Eduardo Romualdez, the present Ambassador Jose Manuel Romualdez's uncle, at the old Philippine Embassy, now presently the embassy building that houses the Public Diplomacy Office in Washington, DC. She developed a State Board Review curriculum not only for Filipino nurses but also for foreign graduate nurses to be able to become licensed professional nurses. She hired credentialed reviewers from the Catholic University and the American University to conduct the review classes. This is Tess' greatest

legacy to PNAMDC. We served close to 2,000 foreign graduate nurses in the '70s. We complied with the mandate that foreign graduate nurses must take the nursing state boards to be licensed to practice in Washington, DC.

On a personal note, Tess and I have been best friends for over 51 years. She was my Maid of Honor at my wedding at St. Matthew's Cathedral in Washington, DC, in 1976. Tess was thrilled when I called her in September last year to tell her that PNAMDC will be celebrating its 50<sup>th</sup> Anniversary, the Induction of Officers, on November 20, 2021, and honor her as PNAMDC Founder. Right there, she asked me how I picked that date, and I told her that I liked the second choice provided to me by my contact person at the MGM hotel, which by pure luck, coincided with her birthday. She then told me, "Wow, it is my birthday!" She attended the celebration in her dazzling gown to celebrate her 79<sup>th</sup> birthday, as she always dresses elegantly, but with her oxygen with her. She had multiple bouts of hospitalizations with her medical problem that was maintained with oxygen therapy.

Tess was also in the military as a major in the Army of the United States. She was a real fighter in almost everything in her life. Like sisters, we called each other to chat about anything in our lives. I called her on March 27, not knowing that it would be our last chat. She told me that she had difficulty breathing despite the oxygen therapy and could not get up on her own. She was in good spirits, though. We were laughing together in our conversation. When I told her that I would like to come and visit her so we could see each other, she said politely not to, and in her words, "*talagang hindi na kita ma-asikaso.*" I made her aware that she was always in our daily prayers for her physical and spiritual healing. Tess, for Precious and myself, we are with you in spirit. This is not a goodbye. Until we meet again!

We offer St. Francis prayer for your journey.



PNA Chapter

# NEWS



## Unstoppable PNANH's Gala Brings Bold Transformation Another Untold Story

By Jingle Alcala Alcazaren, MSN, APRN, AGPCNP-C, CAPA  
Dr. Mila Sprouse, EdD, MSN, RN, CCRN, NE-BC



“We are the **authors** of the next **chapters** in the Philippine Nurses Association North Houston’s (PNANH) history. Be **Bold**, Be **You**, and Be **Unstoppable**.” These words resonated with the 2022-2024 Executive Board as they set the course to produce one of the most ambitious, meaningful, and memorable events the association has embarked on since its inception in 2011, with less than two months of preparation.

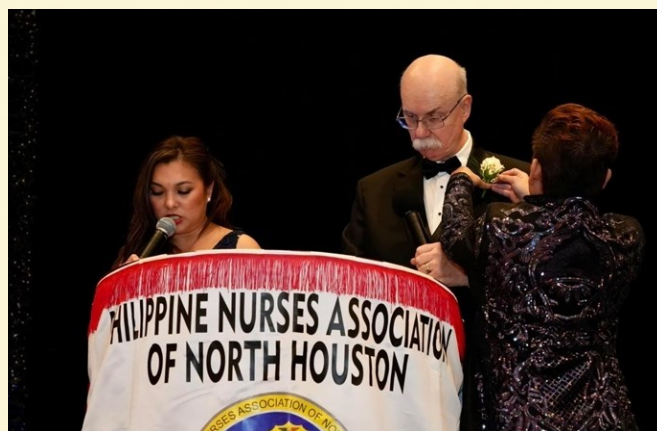
From start to finish, the event resulted in **many firsts** for the PNANH. The gala was the first ever **Nursing Excellence**, and **Scholarship Awards**, combined with the Induction of the 2022-2024 President and Executive Board held at The Woodlands Waterway Marriott Hotel and Convention Center on August 27, 2022. The intentional cadence of the event’s marketing up to the day of the gala attracted unprecedented numbers of attendees and sponsors who believed in the cause, the **first** in the chapter’s history to have 250 plus paid attendees and more than enough multiple generous sponsors.

The program started at 6:00 pm promptly, a **first**, with the introduction of the Color Guard from Spring High School Mighty Lions, led by Master Chief Mark Clarke, which brought the guests to their feet, honoring the American and the Philippine Flags. After that, the Philippine Consul of the Philippine Consulate General in Houston, Texas, Gilbert Segarra, and the Keynote Speaker, Dr. Veronica Martin, CommonSpirit Texas Division CNO, walked the red carpet.



Another **first**. Rob Sprouse, a retired broadcaster/sportscaster, introduced the presence of the highest-ranking Philippine Nurses Association of America (PNA) officer, Regional Vice President Manny Ramos, followed by the PNA Executive Board Members, Susan Repotente and Dr. Riza Mauricio, and the PNA treasurer, Aster Vargas. The music “Ang Pipit,” composed by the late Levi Celerio, was the backdrop to introduce the PNANH Executive Board and Advisory Council 2022-2024 as they paraded their way to the ballroom in their elegant ensemble, escorted by middle and high school student volunteers.

The Masters of Ceremonies, Dr. Cristina Dimafiles, and Rob Sprouse, navigated the program flow flawlessly as the evening progressed. The national anthems were sung by Joanne Congco Antoine, followed by an invocation by Pastor Chris Pacleb and the Nightingale Pledge led by Eillen Luster. The pledge continues to be a tradition in any major PNANH event as it significantly reminds us to uphold the nursing profession.



During the PNA Convention held in New York this year, Team PNANH witnessed the solemn Sablay Ceremony, honoring the PNA founders and the past presidents. Inspired, the PNANH president and executive board went on to curate the Sablay Ceremony with a different flavor. The guests were treated with a big surprise as the new chapter PNANH President 2022-2024, Dr. Mila Sprouse, conducted one of the main highlights of the gala, the Sablay ceremony. This ceremony was the **first** ever initiative made in the history of the PNANH gala. It was a well-thought-of gesture by the new Executive Board to honor the founders and past presidents for their distinctive contribution to laying the foundation for a solid and steadfast Filipino nursing association in North Houston. Moreover, it was a surprise tribute to the past leaders for defining what we envisioned for this organization. More importantly, it symbolized deep appreciation for the collective efforts and strong leadership that has notably elevated the Filipino American nursing profession.

Following the Sablay Ceremony was another **first**. Dr. Mila Sprouse presented the presidential award to three exceptional nurse lead-



ers who have continued to serve in the organization through their hard work, dedication, and commitment. The recipients were Myrah Joy Ubas, MSN, APRN, AGACNP-BC, Advanced Nurse Practitioner at Houston Methodist Willowbrook, and the immediate past President dubbed as the Pandemic President 2020-2022. Dr. Maria Vi Trinidad Dioneda, clinical nurse at Texas Children’s Hospital Medical Center and PNANH Vice-President 2022-2024, and Mr. Jan Lim, BSN, RN, Chairperson of PNANH Outreach Committee 2022-2024.



Another **first!** The PNANH showcased Filipino heritage by Filipino talents, from the rendition of original Filipino songs by songstress Joanne Congo Antoine to the graceful dance performances of some of the famous cultural dances in the Philippines. The Filipino Young Professionals (FYP) performed the



Tinikling with significant guest participation. Not to be outdone, the PNANH executive board and members performed the Sinulog dance and Dayang Dayang in their colorful costumes. Seeing everyone engaged and having a wonderful time was a delight. At the same time, it brought great pride to the Filipino-Americans who were in attendance to witness and boast the rich Filipino history to the audience by partaking in these performances.



More memorable moments included the speeches the guest and keynote speakers delivered. Jocelyn Auxier, President of Texas High School Future Healthcare Professionals, Dr. James Patrick Herlihy, Chief of Critical Care, Baylor St Luke’s Medical Center, and Dr. Veronica Martin Posley, DNP RN NEA-BC CNO CommonSpirit Texas Division, all delivered meaningful words and inspirational messages that added more energy to that ballroom. Additionally, the excitement was palpable as the much-awaited induction of the PNANH executive board 2022-2024 was conducted by Carlito Silva BSN RN CVRN, founding father of PNANH, and Jennilyn Lano, MSN-QPS RN MS-BC, past president of PNANH. The president and the executive board took a solemn oath to uphold their respective offices in front of guests, friends, and families.

Meaningful relationship building and alliances outside our families and friends are foundational frameworks to sustain and ensure success for organizations, associations, and individuals. Another **first** is a deep connection with high-profile medical leaders and organizations in the community. Dr. Philip Pirtle, Chief of Critical Care Houston Methodist Willowbrook, a dear friend and former co-worker and “partner in crime” of the new president, delivered a poignant formal introduction of the PNANH president. An excerpt, “in reality, I was only privileged to work with this amazing lady for 2 ½ years, but she has left an indelible mark on my life and will influence the way that I think and see and act forever. I can only hope I approach my life and profession with some of the passion, energy, and joy that your newly elected president taught me. To always strive to be unstoppable.” He finished his speech with, “so what do we call it when these barriers, obstacles, or the allegedly immovable objects are moved aside and overcome by the irresistible, unstoppable force of passion, courage, dedication, and joy? We call that Mila.”



And then, the PNAH 2022-2024 president, Dr. Mila Sprouse, took the stage and shared a list of ambitious goals aligned with the PNAH goals. These goals will set PNAH to a higher level by extending their reach, their influence, and redefining the nursing profession as they work together, rooted in their values and energized by their vision to achieve the transformation that the mission promises. The president delivered a powerful and eloquent presidential address that brought the entire ballroom up to their feet for a resounding applause and standing ovation.



As the night wended to its finale, all the members sang the PNAH hymn. It was a beautiful and emotional moment to see everyone singing and feeling the song from the heart. The gala night formally concluded with a beautiful closing remark by Dr. Riza Mauricio, Ph.D. APRN CPNP-AC/PC FCCM CCR Founding Officer of PNAH.

The program elegantly flowed as described by the **many firsts**. And there were **other firsts!** Although, behind the scenes were the **untold** stories. **No one** knew what and how the program was pulled together in such a short period of time. **No one** had any notion that a new website was created in less than 24 hours to drive the engagement of sponsors and supporters. **No one** knew that all the executive board members were working double, triple, or quadruple times. **No one** had the slightest idea that the collection of music pieces used to introduce speakers and board members had to be precise up to the millisecond. **No one** knew there had to be a script (word for word) for each portion of the program, and the music had to match with what part of the script, when the silent sign bearers needed to rove, etc. **No one, knew...!**



What was evident, the President and the Executive Board embodied the mantra of who they are and were carried throughout the program. While the guests did not know the behind-the-scenes challenges, there was no doubt the guests knew the mantra: **Bold** and **Unstoppable** and the omnipresent hummingbird and Magnolia logos. **They knew!** The Bold and Unstoppable work was **seen, felt, and heard** throughout the program. The ballroom was **humming** like a Ruby-throated bird, busy at work and overcoming obstacles. There were **goosebumps**, touches of **laughter, tears, and pride. The guests knew!**



In the closing remark of the newly elected president, Dr. Mila Sprouse, she stated, “ There is one other thing I want to mention about the hummingbird and the Magnolia. The hummingbird **defies** the **odds**, and gets its just reward, the **nectar!** And the Magnolia may only be around for a short period, but its beautiful fragrant smell leaves a memory that lasts **the whole year in the area's lifetime. We will make** our lasting mark as we **defy** the **obstacles** and **challenge the status quo** as we **nimbly** move forward, **persevere**, and **live up to our motto: Be BOLD and UNSTOPPABLE! Would we want it any other way?”**





## The Awardees

### The High School Nursing Awardees

Ms. Angela Degracia, a nursing student at Sam Houston State University

Mady Macmunn, a nursing student at LoneStar College in Kingwood

### The Advanced Nursing Scholarship Award

Lucy Ann Wong, BSN, RN, CCRN, CVRN-BC – a clinical nurse at Memorial Hermann Hospital Cypress, Tx, and an advanced nursing student at Grand Canyon University

### Nursing Excellence Awardees

#### Outstanding Clinical Nurse of the Year

Lizbeth Coz, MSN, RN, CMSRN

#### Outstanding Nurse Leader of the Year

Aileen Batuigas-Mazurek, MSN, RN, CMSRN, NE-BC

#### Outstanding Research Nurse of the Year

Antonio Paolo Almacén MSN, APRN, AGACNP-BC, CCRN

#### Outstanding Nurse Educator of the Year

Lina Bautista Dannug, BSN, RN, ACM

#### Outstanding Nurse Informatics of the Year

Imely-Lee Amistoso Edmilao, MSN, RN

#### Outstanding Advanced Nurse Practitioner of the Year

Jingle Alcala Alcazaren, MSN, APRN, AGPCNP-C, CAPA

#### Excellence in Nursing Community Service of the Year

Ellen Evangelista Tumbaga, BSN, RN

#### Excellence in Nurse Entrepreneur of the Year

Marlou Colina, LVN, CLT, COS

Visit us at [www.pnanorthhouston.com](http://www.pnanorthhouston.com)



PNA Chapter

# NEWS



## 2022 Sweet Meet and Greet: A Membership Appreciation Day to Remember

PNA-New Jersey Somerset County Subchapter  
*Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC*  
PNANJ Somerset County President



Do you like Halo-Halo? Of course, you do! Over 110 people came to the 2022 PNANJ Somerset County Subchapter Sweet Meet and Greet on Sunday, July 31<sup>st</sup> from 2pm to 9pm. It was a free, fun, and family-friendly event where PNA delegates, PNANJ delegates, PNANJ Somerset officers, members, and supporters brought food, drinks, equipment, games, and F.U.N. This successful event was led by Ms. Aquilina Liezl Adao Tabora, the Vice President of PNANJ Somerset County Subchapter. We wanted to celebrate our members with a bang! I think we nailed it. Thanks, Ms. Liezl!





The event was set to start at 2pm, however, PNANJ Somerset officers Liezl Tabora, Maria Demaio, Elena Holguin, & Dianne Bautista, along with executive board advisor Meriam Canares, and dedicated supporter, Mr. Francisco Bautista went to Duke Island Park at 8am to secure a spot and setup.

Also, if the *Wizard of Oz* had the yellow brick road, PNANJ Somerset had yellow balloons to make it easy for attendees to find their way to our event. Jerome Bautista along with Lean Andrew Barrios inflated the balloons and strategically placed a trail of balloons from the parking lot all the way to the halo-halo canopy with balloons flying 50ft high. Our attendees commented on how easy it was to find the event. Thanks, Jerome!



You know what was the secret to the yummy Halo-Halos? The “recados” were made with love by our members and family members. We also had the pleasure of having, Dr. Leo-Felix Jurado, PNA executive director, proud PNANJ Somerset lifetime member and Halo-Halo Master with Mrs. Nini Jurado and their family.



In addition to the never-ending halo-halo, attendees enjoyed some ice candy, lumpiang shanghai, cassava, pancit, boiled eggs, puto, snacks, drinks and more.



We also celebrated the birthdays of the “Summer Babies” – people who have birthdays on May, June, July, and August.



We also had sponsors and supporters from the US Army Corp. Captain Jerome Ferrin and Faaniniva Lesa, Dynamics Physical Therapy and Sports Rehabilitation, and Merrily Edge attended our event.



PNANJ Somerset young adults were having fun with the Lava Walk Game. We have the “Ates” versus the “Kuyas.” At the end of the game, the “Ates’ won both the Lava Walk and the Munchkin Relay. Ms. Clara Bautista and Ms. Elena Holguin were the models of the Design an Outfit for 15-minutes.







Thank you to Jason Dugenio, Chief Information Officer/Owner of Bridgeway Senior Healthcare with his daughter, Jillian and some of his Bridgeway family for coming to our event. FYSA, his portable Chargerbox powered our ice shavers, and he has done many more.

**ENERGY! ENERGY! ENERGY!**

Our event wouldn't be complete without singing by Mommy Pines and the kids, and dancing led by our PNANJ Somerset Dancing Diva, Ms. Vickie Aludino.



Fun door prizes were also given out to the lucky winners. One winner, who was less than 7 years old stated that it was her first time winning a raffle in her lifetime. That was the comment of the day!



Kudos to the PNANJ Somerset 2022-2024, 2020-2022 Executive Boards and Advisory Council for coming together and making this event a success. On behalf of the PNANJ Somerset County Subchapter family, thank you for coming to this event!

We have more pictures and more events coming up! Feel free to follow us on Facebook or go to [www.pnanjsomerset.org](http://www.pnanjsomerset.org) or email [pnanjsomerset@gmail.com](mailto:pnanjsomerset@gmail.com) with any questions, concerns, or collaborative ideas.







## The Making of a Fashionable, Beach-themed & Recycled Avant-Garde Outfit

PNA-New Jersey Somerset County Subchapter  
*Dianne Francel C. Bautista, MBA, MPH, BSN, RN-BC*  
PNANJ Somerset County Subchapter President



Fashion ba ang hanap nyo? Recyclables ba ang labanan? Challenge accepted! **PNANJ Somerset County Subchapter is the group for you!**

As you may remember, back in the 2018 PNA Convention, PNANJ won first place on designing an outfit made of medical supplies. PNANJ Somerset designed that! **This is how the Somerset ZuraBaz Collection started.**



PNANJ Somerset County subchapter embodies the saying "Diversity is the art of thinking independently together." Individually, we started brainstorming on ideas by searching through the net and watching some fashion show videos. After that, we went door to door to gather recyclable materials from our homes, our neighbors, our workplace, and surrounding businesses. We also collected materials from our Sweet Meet and Greet!







12+ hours, **Izee's Angels**, still gave their time and talent to this project. They accumulated **600+ hours of labor of love after & in-between work.** *Izee's Angels* are Ms. Liezl Tabora, Ms. Peachie Miranda, Ms. Clara Bautista, Ms. Meriam Canares, Ms. Hannie Rivero, Ms. Dianne Bautista, Ms. Arlene Azores, Ms. Minda Bathan, Ms. Nellie Sun, Ms. Maria Demiao, Ms. Cris Jusay & the whole PNANJ SomerStrong Team.

**This was a great bonding and team building project. We laughed, ate, sang, and learned more about each other. Thank you for everyone's time.**





Let me introduce to you the designer and the model - **Mr. Izee Mer Dizon** and **Ms. Peachie Miranda**  
**This chemistry of this duo is undeniably one of the many reasons for the successes of the Summerset ZuraBaz Collection**



**Left: Mr. Izee Mer Dizon** has been instrumental in getting the creative juices out of PNANJ Somerset. He is not only a Nurse Practitioner, but also a multi-talented individual whose vision, creative skills, and management skills allowed PNANJ Somerset to create another fashionable, wearable, and recycled outfit.

**Right: Ms. Peachie Miranda** has been the go-to model of PNANJ Somerset because of her poise, her style, and her charm. She has a natural runway-like allure. She was PNANJ Somerset Subchapter's President from 2014-2016 where she organized the first Broadway trip, first Zumbathon event, and first Meet and Greet at RWJ University Somerset



We also would like to thank Mr. Dennis and Mrs. Meriam Canares for opening their home so we could work on this project. Thank you to Mr. Ernest and Mrs. Nellie Sun and Mr. Oscar and Mrs. Minda Bathan, Izees' Angels and other PNANJ Family members for sponsoring some of our dinners.





**The Hat Spade** is made of 20+ individually braided blue surgical drapes, yellow cups, and 11 yellow flowers cups



**The Coco CHANELas**, is made of purple surgical drapes made into flowers and painted to simulate Calachuchi and lined with soft baby blue packaging.



**The Gus Gucci Outfit** is comprised of 20+ flowers are made of recycled yellow cups from the Sweet Meet & Greet with purple and blue braided surgical drapes, the coverup was made of clear soda can holders with over 1,000+ yellow cup strips, the purple swimsuit is made of surgical drapes with artistically placed medication vial tops.

**The Tipanny Earrings** are made of paperclips and big medical vial tops,

We will be displaying Summerset Collections ZuraBaz edition all throughout the county. We also received requests from the Somerset County Office of Aging and Disability Services and Somerset County Department of Labor to showcase our work and teach others on how to design outfits from recyclable materials.

We have more pictures and more events coming up! Feel free to follow us on Facebook @PNANJSomerset or go to [www.pnanjsomerset.org](http://www.pnanjsomerset.org) or email [pnanjset@gmail.com](mailto:pnanjset@gmail.com) with any questions, concerns, or collaborative ideas.

**The SuraBurch Bag** is made of packaging and medication holder, medication vial tops, baby bot





*Congratulations*  
**MS. PEACHIE MIRANDA**

**PNANJ SOMERSET'S AVANT-GARDE QUEEN**  
 2022 PNANJ'S MOST APPEALING OUTFIT

*Summer*  
 ZuraBaz Collection  
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Tipanny Earrings

SuraBurch Bag

Hat Spade

Coco CHANELas



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**PNANJSOMERSTRONG!**





PNA Chapter

# NEWS



## PNANT Dallas Chapter Supports Filipino Rock Band Concert and NTAACA Cool Hawaiian Night

By Joel Clemente, MAN, RN



The magnificent officers and members of the Philippine Nurses Association of North Texas (PNANT) Dallas Chapter supported the Reo Brothers of Tacloban in a concert held last August 14, 2022 at the Arlington Music Hall, in Arlington, Texas, and in the North Texas Asian American Cultural Association (NTAAC) which took place on August 27, 2022 at The R Lounge of the same city and state in Dallas Fort Worth (DFW) area.

Serving as principal sponsors, technical and support staff, and even as audiences who purchased tickets, the prudent nurses gave all their all-out support to the five member team of the Reo Brothers who rendered almost 3 hours of spectacular songs that captivated the nostalgic memories of the attendees. PNANT Dallas songbird Kayla Chapman, together with Ian Lee, Via and Vaughn Concepcion (children of couple RN tandem Angel and Vernie Concepcion), and the Tunog Garahe Band featuring Inday Mary initiated the ball rolling at the start of the concert, prior to the main performance of the said Filipino Rock Band. So to speak, at the culmination of the concert a photo shoot was taken with both the Reo Brothers and attendees including the Taclobanons of North Texas, Filipino-American Chamber of Commerce community, and other Fil-Am groups within the DFW complex.

Moving on, the frontliners of the aforementioned PNANT Dallas helped and assisted the Cool Hawaiian Night of the NTAAC, by not only buying tickets but also by making their presence felt in the jampacked night of glitz and glamour disco with Hawaiian flair and lei. The purpose of which is a fundraising event for a community leader fire victim. Likewise, the crowd met and greeted the candidates of the NTAAC Ms. World Texas 2022-23 upcoming pageant. Special thanks go too to Greta Pardue (Founding President), Mae Mendoza (Assistant Secretary), Judith Tan Pascual, Shirley Griffin, Lillian Reyes, Jill Lasaca and Barbea Menderos Clark whose efforts, time and talent paved the way in the program and promotion on the success of the fund raising activity.







PNA Chapter

# NEWS



## PNANT Dallas: A Caravan of Professional Nurses

By Joel Clemente, MAN, RN



Having lived in North Texas since October 2009, I finally made my decision to join the Philippine Nurses Association of North Texas (PNANT) Dallas last May 2022. What made me join to this prestigious organization of prudent nurses was simply fellowship, camaraderie, networking, teamwork and community team building in reaching out to others through volunteer service, and mission activities.

I am very blessed, grateful and thankful to its 2005 Founding President Ms. Greta Pardue, MSN, RN; Ms. Melissa Jarque-Cunanan, BSN, RN, CCRN, 2018-2020 President, PNA Membership Chairman/Assistant Treasurer 2020-2022 and PNA Board Member 2022-2024; Ms. Teresita 'Tess' Laboga Remo, BSN, RN, MD, PCCN, 2020-2022 President; and Ms. Geraldine 'Gladys' Abaquin Perez, BSN, RNC-NIC, 2022-2024 President, and other amazing officers and members for welcoming me with an open heart of kindness, goodness and generous time especially during our meet and greet, and blood pressure check-up for Stroke Awareness event last June 12, 2022 Philippine Independence Day celebration in Carrollton, Texas.

Meeting and getting to know them has imbued in me the sense of belongingness and family knowing that as frontliners "we are here to help, care and nurture each other through thick and thin." For as healthcare providers, the value of "family is love, family is forever," and taking care of each other is already rooted in our heart, mind and culture, regardless of race, color and socio-economic status.

Indeed, our PNANT Dallas chapter is truly a caravan of professional nurses. Not only we provide tender loving care to both our family and patients, but also, we take care of ourselves. We networking between our fellow members and colleagues, and keep our communication open and update each other with current activities and programs, here in the land of the free and home of the brave. All for the greater glory and honor of God and country.





PNAA 5K Walk/  
Wellness  
Challenge  
2022  
PNANT Dallas





PNA Chapter

# NEWS



## PNA New York Pilots Formal Nurse Mentoring Project

By Priscilla L. Sagar, EdD, RN, ACNS-BC, CTN-A, FAAN  
PNA New York / PNA Board Member



PNA New York began piloting a Formal Nurse Mentoring Project (FNMP) with a Kick-Off/Orientation on March 28, 2022. Dr. Sagar gave a brief presentation on mentoring. The FNMP was based on Dr. Sagar's Project Management Plan (PMP) at the 2020 iLDP. The FNMP Team is comprised of Dr. Priscilla Sagar (Project Director), Dr. Maria Rosario-Sim (Outcome Assessment), Davy Diongson, Susan Annabel Gador (Advisor), and Rosario May Mayor (Consultant).

The mentors are highly accomplished nurse leaders in nursing education, clinical practice, public health, nursing informatics, and nursing administration and all meet the criteria set by FNMP for mentors: Dr. Elvy Barroso, Dr. Kathleen Begonia, Nursing Informatics Masters in nursing Course Instructor at the City University of New York School of Professional Studies); Dr. Laura Garcia (Associate Professor at the College of Mount Saint Vincent), all from PNA-NY and Dr. Katherine Abriam (Professor Emerita of Nursing, The Valley Foundation School of Nursing, San Jose State University), from PNA-Northern California. Mentees are emerging leaders in nursing who are enthusiastic about moving their careers forward: Femarie Bedona, MS, RN, CCRN; Andy Cuadra, BSN, awaiting NCLEX exam; Heizel Singson, MS, RN, CCRN-K; and Quimberly Villamer, BSN, RN, CSMRN. Careful pairings of mentees and mentors was done with both specialties and resume gaps in mind: Dr. Garcia and F. Bedona, Dr. Abriam-Yago and Andy Cuadra, Dr. Begonia, and H. Singson, and Dr. Barroso and Q. Villamer. Each mentee signed a Mentoring Agreement Form outlining mentor mentee responsibilities in the mentoring relationship. A Goal-Setting form guides mentees to work with their mentors in developing specific, measurable, attainable, realistic, and time-bound (SMART). Mentoring dyads meet a minimum of an hour per month and may meet more frequently as needed. A monthly FNMP holds a monthly meeting by ZOOM to follow-up and share on the mentoring progress of each dyad.



FNMP offers monthly webinars for both mentees and mentors for skills and knowledge enhancement with emphasis on mentee input. Davy Diongson, MP, BSN, RN, facilitated the first webinar, *Effective PowerPoint Presentations* on May 23, 2022. Future monthly topics proposed include *Journey to AAN Fellowship*, *Effective Interviewing of Patients*, *Successful Resume Writing*, *Panel Interviews for Career planning*, *Poster and Podium Presentations*, *Demystifying Grant Writing*, among others. A follow-up article will feature the FNMP team, mentors, and mentees.

At the July 5, 2022, Strategic Planning of PNAA Board 2022-2024 led by President Dr. Gloria Beriones, formal nurse mentoring was identified as one of the vital priorities. Subsequently, Dr. Sagar was appointed to chair a Formal Nurse Mentoring Program (FNMP) Steering Committee to explore the implementation of the FNMP in other PNAA Chapters. Other FNMP Steering Committee members are Dr. Warly Remegio (Co-Chair), Dr. Gloria Beriones, Dr. Marlon Sarria, Dr. Leo-Felix Jurado, Mr. Manny Ramos, Mr. Bob Gahol, Ms. Manelita Dayon, and Dr. Mary Diose Ramos.



Top Row L-R: Priscilla Sagar, Susan Gador, May Mayor, Kate Begonia.  
 2<sup>nd</sup> Row L-R: Andy Cuadra, Warly Remegio, Laura Garcia, Kathy Abriam-Yago.  
 3<sup>rd</sup> Row L-R: Kym Villamer, Heizel Singson.  
 4<sup>th</sup> Row L-R: Elvy Barroso, Femarie Bedona, Davy Diongson, Maria Rosario-Sim.



PNA Chapter

# NEWS



## COVID-19 Fil-CHA Philippine Nurses Association of Southern California Collaboration

By Marie Navarro, MSN, CCRN

Chair, PNASC Community Outreach Committee | President, PNASC West LA Subchapter



Fil-CHA and PNASC collaborated on COVID-19 vaccine encouragement and education. The initiatives started with activities on August 26, 2022, at the Philippine Consulate and on August 27, 2022, at the West Covina Civic Center during the Bayani Day Filipino-American Heroes Day. At the Philippine Consulate, we had at least 35 people who visited our booth and were given care kits. In addition, we sent out flyers with care kits, KN-95 facemasks, and hand sanitizers were also distributed. At Bayani Day on August 27, 2022, several attendees noted around 300 people. Therefore, we distributed approximately **50-75** care kits and education flyers.

During those two events, it was observed and known that the participants were vaccinated, including the 1st booster shots; few have the 2nd booster shots due to age requirements >50 years old. Among the participants, approximately 35-40 people verbalized, "I'm OK not to get the care kit and education flyer. I'm well educated about Covid 19 vaccination and prevention". On the other side of the story, some participants were happy to have care kits and grateful for the handy little brown bag with a KN95 facemask and sanitizer. Most participants opted to get the flyer. Only a few listen to the education on vaccination, facemask, and hand sanitizer use. So far, none among the participants opted for the vaccine and care kits. I only heard one who said, THANK YOU for these Covid -19 initiatives. I don't want to be reinfected with COVID. It's not easy".

The CoVID-19 initiative's education and care kit distribution is a unique experience. In my observation among the participants, they're aware of the vaccinations and the importance of protecting themselves through wearing facemasks and handwashing/using hand sanitizers. Unfortunately, there's information overload over COVID-19 vaccinations and other preventative measures. But reinforcing the prevention is now the critical factor in preventing the spread of the virus.



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Booth

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PNAA Chapter

# NEWS

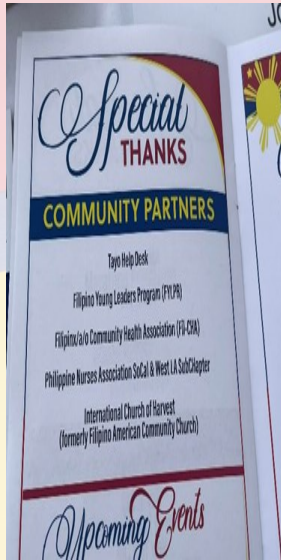


## PNA Southern California and PNASC West LA Subchapter Summer Activities

By Antonette Nunez, RN-B, MSN, CJCP, LNC

PNASC 2022-2024 Recording Secretary & Newsletter Chair

Summer Activities at Philippine Nurses' Association of Southern California (PNASC) and PNASC – West Los Angeles Subchapter is ON. The newly minted 2022-2024 Executive Boardmembers are everywhere, promoting our organization as well as collaborating with community partners. Collaboration with our community partners and performing community services are definitely a huge part of PNASC and PNASC-WLA! In June, PNASC and PNASC-WLA participated in Philippine Independence Day celebration.



L to R: Cora Manapat, Cathy Rubio, Dr. Dino Doliente, Belinda Mendoza, & Roselyn Arciaga

July brought lots of fun activities! PNASC and PNASC-WLA were B-U-S-Y! First, we were invited to be part of Moreno Valley's 4<sup>th</sup> of July parade. We represented the frontliners in the healthcare field.



With Controller James Baker, Moreno Valley, California (middle picture)



Second, let's play BALL! It's family time at the Dodger's Stadium for Filipino Heritage Night fundraising event! PNASC and PNASC-WLA EB, members and their families came out to watch the Dodger's beat the Chicago Cubs! The best part besides winning was the money raised that will be benefitting our education programs.



Third, on to Cerritos, California's Philippine American Friendship day. PNASC and PNASC-WLA manned a health education booth.





Last but not the least, PNASC and PNASC-WLA tackled cleaning the Los Angeles river! This is in collaboration with Friends of the LA River (FOLAR) organization. This is our 2<sup>nd</sup> year of volunteering.



QR CODE Volunteer Sign-up



**FRIENDS OF THE LA RIVER**

**THE GREAT LA RIVER CLEANUP**

GOLDEN SHORE MARINE BIOLOGICAL RESERVE  
ON SATURDAY, JULY 30, 2022

July 30, 2022 [FOLAR.ORG/CLEANUP](https://folar.org/cleanup) 8am -12 pm

The River needs YOU! This summer, join PNASC Golden Shore to collect trash and prevent waste from polluting our watershed and flowing into the Pacific Ocean. Together, we'll make a collective impact and do our part to tend to the vibrant urban ecosystems that thrive throughout Los Angeles County.

Questions: Contact Marie (951) 660-4506

Indeed, PNASC and PNASC-WLA are showing up in spirit of volunteerism, collaborating with our community partners and demonstrating the resiliency of nurses during these difficult times. Not to mention balancing all of that with fun activities! Happy and safe summer to all. Take care and be well!

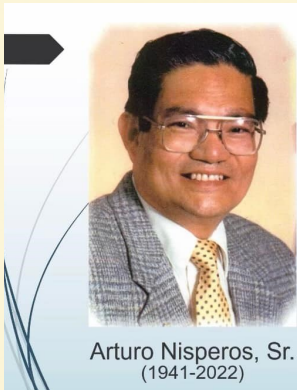




## A tribute to Dr. Art Nisperos Sr.

By Vickie Berbano, RN

PNASD Historian Term 2022-2024, Past President 2006-2008  
Past BOD Chairperson 2018-2020, Past BOD Member 2014-2022



Arturo Nisperos, Sr.  
(1941-2022)

### Visitation

El Camino Memorial Park  
5600 Carroll Canyon Road, San Diego, CA 92121  
Monday Aug 1, 2022, 4PM-8PM PST

### Funeral Mass

Our Lady of Mount Carmel Catholic Church  
13541 Stoney Creek Rd, San Diego, CA 92129  
Tuesday, Aug 2, 2022  
10AM-11AM PST

### Burial Ceremony

El Camino Memorial Park  
5600 Carroll Canyon Road, San Diego, CA 92121  
Tuesday Aug 2, 2022  
12PM-1PM PST

*Live Streaming will be available*

Saying goodbye to a loved one takes a lot of strength specially for the one closest to you. On July 10<sup>th</sup> this event happened to Lourdes Nisperos Past RVP Western Region when Dr Art her husband of 52 years passed away from Scripps Mercy Hospital in. San Diego, Ca. His family surrounded him with so much love in their hearts, to begin his peaceful journey to go home to his heavenly Father. PNASD joined the family to pay tribute and celebrate his life at El Camino Memorial Park on August 1<sup>st</sup> He was surrounded by his family and friends. Although they resided Fresno, the family chose to bring DR Art

down to be with his family in San Diego. He was laid to rest on Aug 2nd after a mass celebration at Our Lady of Mt Carmel in Rancho Penasquitos.

The tribute given to him by his son, Art Jr, grandchild, colleague and lastly by Lourdes gave everyone a glimpse of how this exemplary man lived his life with so much Faith & Love in his heart it was so inspiring to hear his sons, Art Jr., Arnez, Arnold Joel, spoke about their father, their growing years, his resilience and courage to win over his illness. His “apo” Jaden N. spoke of his “Lolo” with so much love & joy it will give you a quantum leap of the importance of family specially in these difficult times when we need to harness our spiritual commitment and share ourselves to the world with gratitude and kindness.

“It is the time that you spent on your rose that makes your rose so important” *Excerpt from The Little Prince by Antoine de Saint Exupery.* This was what Dr. Art Nisperos Sr gave to his wife to remember, as she lovingly stated to us all who paid our respect on the evening of his vigil.

Lourdes extends her gratitude to the PNASD Chapter led by Perly Aguinaldo, PNASD President, Crisabel Ramos, Immediate Past Pres, Vivian Sanderlin, Chona Lutap, BOD’s respectively, Vickie Berbano, Dorothy Brown, Elvira Magсарili, Lourdes DePerio, Terecita Porciuncula, and from PNACC, Maricon Esteban.





PNA Chapter

# NEWS

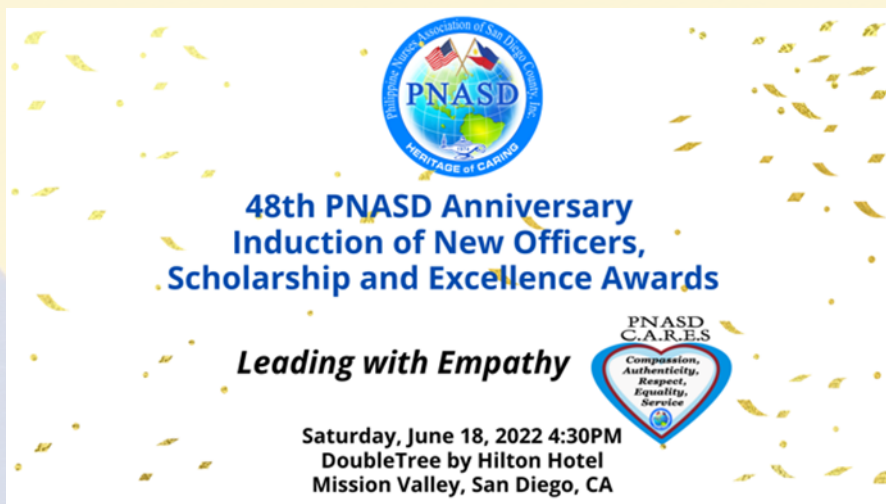


## 48<sup>th</sup> PNASD Anniversary, Induction of New Officers, Nurse Excellence and Scholarship Awards Gala Night

By Cris Escarrilla, MSN, BSN, RN – Chair Planning Committee

After many months of preparations and meetings that started in November 2021, we finally arrived at the most memorable event of the year. It was held on June 18, 2022, at the DoubleTree by Hilton in the heart of San Diego, Mission Valley. The Great room can accommodate up to 300 people. With the current pandemic still upon us, our goal is to fill only up to 200 minimum so we can have more space between tables, continue infection control as much as possible, and follow the State and County guidelines on Covid-19 precautions with indoor events. However, we quickly discovered that PNASD has so many engaged members and supporters that we must close the registration early to stay at below 300 hundred maximum capacities.

Cris Escarrilla, Chair of the Planning Committee, welcomed everyone, set the program of the gala event, and recognized the many important guests of the night, including the Nurse Excellence and Scholarship awardees. She then handed over the facilitation of the program to our emcees for the night, Dr. Jonathan Gecomo from Houston Texas, and Jay Larrosa, PNASD Chair of Mental Health Advocacy Committee. CDR. Reggie Cagampan led the Color Guard presentation of military colors. Deonna Sacoco and Jillian De Asis delivered a very touching rendition of the Philippine National Anthem, "Lupang Hinirang," and the United States of America National Anthem, "Star-Spangled Banner," respectively and followed by the invocation of Father Joselito Tiongson.



Mayor Sotelo-Solis with Crisabel and Vivian

National City Mayor Alejandra Sotelo-Solis awarded PNASD with a special proclamation and received by President Crisabel Ramos and Chair of the Board of Directors, Vivian Sanderlin. During this pandemic, PNASD volunteers have been active in collaborating with National City in partnership with Operation Samahan clinic and Champions for Health to vaccinate adults and children in schools and community events. PNASD also provided continuous education about Covid-19 and its prevention.



We were truly honored by the presence of our very own PNAA President, Dr. Mary Joy Garcia-Dia as our keynote speaker for the evening, and she also conducted the new officer's oath of office. CAPT(Ret.) Dan Gruta recognized Dr. Mary Joy Garcia-Dia for her contributions to the USS Telesforo Trinidad campaign to honor Fireman 2<sup>nd</sup> class Telesforo Trinidad, the only Filipino in the US Navy ever to be awarded the Medal of Honor. We have other PNAA leaders who graced us with their presence from other PNAA Chapters, including Past PNAA Presidents Atty. Letty Hermoza, Dr. Dino Doliente, and PNAA President-Elect for 2022-2024, Dr. Marlon Saria. Our newly elected Western Region VP Bob Gahol, from PNA Hawaii, brought fresh and beautiful leis to honor and recognize the contributions of the PNASD's past and current PNASD presidents. Dr. Luz Newell, Dr. Jonathan Gecomo, Emily Danuco and Cathy Rubio were also in attendance.



**2022-2024 PNASD OFFICERS**



Perly Aguinaldo & Crisabel Ramos



PNASD President Perly Aguinaldo 2022-2024, Emeline Yabut, PNASD President-Elect and Fem Ramirez, PNASD Founding President



Dr. Mary Joy Garcia-Dia and CAPT (Ret) Dan Gruta





The guests dined on green field salad with sliced apples, macadamia nuts & Feta cheese with honey dressing. Most guests chose braised short ribs, others enjoyed honey glazed garlic chicken and vegan Shepherd's Pie made of soy chorizo. Lastly, the delicious dessert of Chocolate Marquise, flourless cake with chocolate mousse. Deanna Sacoco, Jillian De Asis, and the Rondalla, who played beautiful Filipino heritage music, entertained the guests at dinner. PNASD Star Dancers also added excitement to the dance floor.

Eight Nurse Excellence awardees received recognition for a specific category. They were Jose "Jay" Abel Larrosa, MSN, RN-BC, ACM-RN, PHN, CDONA-Nurse Manager, LCDR Raben Talvo, MBA, BSN, RN-Nurse Leader, Mariec and Joan David, MSN, RN-BC, PCCN -Nurse Educator, Nicky Boy Santos Bustria, BSN, RN- Community Service, Tess Sarabia, BSN, RN, CCRN-Clinical Staff Nurse, Sandra Worthington Peppard, Ph.D., RN-Nurse Researcher, Julieta



Ramirez, BSN, RN-Nurse Entrepreneur, and Abigail Mina, ADN, RN-Novice Nurse. PNASD continues to support deserving students who will be our future in the nursing profession through scholarship programs. There were eight scholarship recipients for 2022 who through rigorous criteria and interview process. The recipients were Erin Abille, BSN Program San Diego State University, Ariane Cagampan, BSN Program National University, Christine Dozier, BSN Program National University, Kyle Didulo Masangkay, ADN Program Southwestern College, Abigail Mina, BSN Program Azusa Pacific University, Richard Oliver, BSN Program National University, Angelica Nicole Tuazon, ADN Program Grossmont College, and Joseph Villanueva, RN to BSN Program Grand Canyon University. Our gratitude to our sponsors who made the Excellence and Scholarship Awards possible.



PNAA Leaders





PNASD Past Presidents (not pictured, Fem Ramirez -Founding President 1974-1976 and Nellie Pancho -1998-1999) with Bob Gahol, PNA Western Region Vice President-Elect

Our immediate Past President Crisabel Ramos and new President Perly Aguinaldo delivered their address. The program included the Gavel passing ceremony, leaders' recognition, and presenting the PNASD collage of activities achieved under the leadership of President Crisabel Ramos and Vivian Sanderlin, Chair of the Board of Directors. The success of the event is through the engagement of the core planning members whose passion and dedication to PNASD are immeasurable. DJ Celso Macaspac demonstrated line dancing moves and engaged everyone on the dance floor. Lots of fun and dancing throughout the night. The dance floor was power up with so much energy! Time to let loose and have fun!! At this event, PNASD and guests celebrated before, during, and after the event.



Lorna and Susan Delos Santos (Operation Samahan Filipino Press) with Perly and Vivian



PNA South Riverside Chapter



AV/IT Team



PNA and PNASD Leaders





Dorothy, Nellie, Lorna & Lipin



Perly, Atty Hermosa, Dr. Mary Joy Garcia-Dia, Fem Ramirez -Founding President and Crisabel



Pre- event celebration – Dinner at Puesto



Post-event celebration -Breakfast at Doubletree



Cris Escarrilla- Chair Planning Committee with Vivian, Elvie, Pacita and Merlie



CDR Cagampang, Atty Hermosa, J. Larrosa, L. Sparks, P. Aguinaldo



DJ Celso and Fe Delosreyes



PNASD Dancers





*Advanced Practice Nurses Corner*  
*By Velma Dumag Yep, DNP, MSN, GNP-BC*  
*inside PNAA Associate Editor*



**What are advanced practice nurses (APNs)?**

Advanced practice nurses engage in various activities to promote evidence-based practice. APNs are skilled in evidence-based practice and considered an expert in their field. There are four types of APN: nurse practitioners (NP), nurse anesthetists (CRNA), nurse midwives (NM), and clinical nurse specialists (CNS). All these are masterly prepared, and most have achieved doctorate degrees. "APNs are graduate prepared clinicians that focus on health and illness management and are strategically positioned to lead the way in shaping and implementing health policy priorities" (Elser, A, McClanahan M, Green TJ, 1996).

The overall goal of APNs is to provide safe, quality, and cost-effective healthcare for all our patients in our communities. All APNs meet educational requirements for licensure, maintain national certification, consult, coordinate care, and refer to other health care providers as warranted. APNs remain accountable to the public and the state board of nursing for providing a high standard of care.

As an NP, this column will provide information regarding NP practices nationally. It will highlight the importance of APNs becoming politically engaged as key to promoting our patients' healthcare. To date, half of the states and U.S. territories have adopted Full Practice Authority (FPA) licensure laws for NPs. These include Alaska, Arizona, Colorado, Connecticut, Delaware, District of Columbia, Guam, Hawaii, Idaho, Iowa, Kansas, Maine, Maryland, Massachusetts, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Dakota, Northern Mariana Islands, Oregon, Rhode Island, South Dakota, Vermont, Washington, and Wyoming (American Association of Nurse Practitioners, 2022).







According to the American Association of Nurse Practitioners, in FPA states, NPs are more likely to practice in rural and underserved areas. They have improved NP workforce recruitment while meeting the highest care quality and safety standards. States that restrict or reduce NPs' ability to practice by limiting licensure authority are more closely associated with geographic health care disparities, higher chronic disease burden, primary care shortages, higher care costs, and lower standing on national health rankings (AANP, 2022).

Important Update on SB 1375 in my state of California: In 2020, California took an important step to expand access to care and address primary care physician shortages by passing AB 890, which creates a pathway for NPs to care for patients independently without the direct supervision of a physician.

In 2022, California Senate pro-Tempore Toni Atkins introduced SB 1375, which "clarifies the Transition to Practice (TTP) requirement by specifying that an NP with at least three full-time equivalent years or 4,600 hours of experience can practice independently" (S. Phillips, 2022). SB 1375 will allow qualified NPs to begin practicing independently in 2023. However, Senate President Pro Temp Atkins has regrettably decided that SB 1375 will be amended to delete certain sections and remove the language that would clarify the transition to practice. Although disappointing, California nurse practitioners will continue to be diligent and unified in lobbying to ensure patients access safe, equitable, and quality primary care.

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## The 43rd PNA National Convention

By Cecile M. Santos-Medenilla, BSN, RN, TNCC

Our first trip out of state since the pandemic was to attend the 43rd PNA National Convention in New York City. It was held at the Marriott Marquis Hotel in Times Square from July 6 to 10, 2022

**Day 1 – Welcome Night.** On our first day, we attended the Welcome Night at the Philippine Consulate on 5th Avenue. PNA New York hosted this grand event where they served a sumptuous dinner. After dinner, we were directed to proceed to the second floor for a short program. The PNA New York president, Dr. Warly Remigio, welcomed the delegates, followed by the Hon. Elmer Cato, Philippine Consul General. Afterwards, a 30-minute feature film, "Nurse Unseen," was shown. This film was about why the plights of Filipino nurses in the US. and their roles of during the pandemic. It was a heartwarming film, and some shed tears as they watched it. Dr. Leo Jurado thanked the producers of the short movie, followed by an open forum and discussions. The closing remarks was given by Janet Cuaycong, President-Elect, PNA New York.



**Day 2 - Leadership Institute:** The day started with registration, a poster exhibit, and breakfast. Our learning objective was to discuss the goals set by the Future of Nursing 2020-2030 Report and the role professional and healthcare organizations play in supporting nurses' leadership competencies.

- Dr. Ninotchka Brydges, Accredited Provider Program Director, Philippine Nurses Association of America, discussed ANCC Disclosure. Welcome remarks by Dr. Warly Remigio, PNA New York President.
- PNAAF Report by Ms. Nancy Hoff, President of PNA Foundation.
- PNA President's Welcome and PNA Update by Dr. Mary Joy Garcia-Dia.
- The keynote speaker was Wilhelmina Manzano, Group Senior Vice President/CNO/COO of Perioperative Services, New York- Presbyterian.



- Panel Discussion - SPARK Stories: Filipino Men in Nursing.
- Lunch and Learn- Clinical Practice Guidelines and Recommendations for Patients with or at Risk for Tardive Dyskinesia with Dr. Riza Mauricio as Moderator. The speaker was Dr. Sheng- Han Kuo, a Non - CE event sponsored by Neurocrine Biosciences.
- Leadership Workshop, ILDP by Manny Ramos, ILDP program Co-Chair, PNAA.

**After lunch, we proceeded with the Clinical Updates. Our learning objective was to describe the scope of nursing practice in various settings and specialties in improving the health of individuals and communities through innovation and technology.** Dr. Riza Mauricio gave the welcome remarks and introduction.

- Humanizing Artificial Intelligence by Dr. Gary Brydges, Chief Nurse Anesthetist and Director of Anesthesia, MD Anderson Cancer Center.
- The Convergence of Technology and the Life Sciences by David E. Goel, Co-Founder and Managing General Partner of Matrix Capital Management/AyurMaya.
- Using Mobile Health to Empower Caregivers, Reduce Fragmentation in Health Care, and Strengthen Community-Based Care of Older Adults by Dr. Tina Sadarangani, Assistant Professor, NYU Rory Meyers College of Nursing.



**The Networking Night: "A Show on Broadway"** started with the Parade of Banners. PNAGF banner was held by yours truly and my husband, Manny. Ate Betty Miranda joined the PNAA Advisory Council group. The program's highlights were the Regional Presentations of the Western, Eastern, North Central, and South Central Regions. There was no competition this year. Each region prepared an entertaining number for the audience. The Western Region crew wowed us with their presentation "Dreamgirls." The SCR and NCR joined together to present a program depicting Gun Law and Violence, with the music from "Les Miserables." PNAA EB and PNAAF also entertained the guests with their dance presentations from "A Chorus Line." Eastern Region danced to the music of the popular Broadway musical "Mamma Mia."

Also, that evening, several awards were given to deserving members. Bob Gahol, Editor in Chief of Inside PNAA gave out the Newsletter PRIDE awards. Maricon Estebar gave out the PNAA Scholarship Awards and Dr. Rose Estrada, PNAAF Scholarship Committee Chair, presented the PNAAF Scholarship Awards. It was indeed an enjoyable Networking Night.



**Day 3 - Education Day.** The third day started with registration. First-time attendees were gathered in a room and greeted by PNAAP Past Presidents and PNAAP Officers.

- Posters/Exhibits/ Breakfast
- Nursing Informatics Session- Panel discussions Storytelling and social media
- ANCC Disclosures and Welcome Remarks by Dr. Emerson Ea, Education Chair, PNAAP.
- President's State of the PNAAP Report by Dr. Mary Joy Garcia- Dia, President, PNAAP.
- Keynote Address: Dr. Pamela Cipriano, President, International Council of Nurses.
- Panel Discussion: SPARK Stories: The Journey and Achievements of Accomplished Filipino Nurses with Dr. Ea as the Moderator.
- Panel Discussions: Innovations in Clinical Practice with Dr. Reynaldo Rivera, Director of Nursing Research and Innovation, New York-Presbyterian, as Moderator.
- Emotional Health and Well Being by J. Corey Feist, JD, MBA, Health Care Executive and Co-Founder of the Dr. Lorna Breen Heroes Foundation.
- PNAAP Research Poster Presentation by Dr. Sigrid Ladores, Chair, Research Committee, PNAAP
- Visioning PNAAP 2022- 2024 by Dr. Gloria Lamela Beriones, President-Elect 2020-2022, PNAAP.



**Day 4 – PNAAP/PNAAPF 5K Walk-** The registered walkers formed at 5:00 am in the assigned hotel conference room. The 5K fun walk commenced from 46th Street on Broadway to West 59th Street, including a short walk inside Central Park, then walking back along Broadway to 46th Street, Marriott Marquis Hotel. All 5K registrants wore their official 5K t-shirts.

**PNAAP General Assembly Meeting** started with a Welcome by Carmina Bautista, PNAAP Executive Director. Then the National Anthems followed by Invocation by Madelyn Yu, PNAAP Immediate Past President.

- Parliamentary Procedures by Dr. Leticia Hermosa, Parliamentarian, Legal Adviser.
- Roll Call / RVP Reporting Attendance
- Immediate Past Presidents Local Chapter Recognition by Dr. Mary Joy-Dia
- Approval of General Assembly Agenda- 7/9/22
- Approval of General Assembly Meeting Minutes 7/24/21- online resource
- State of PNAAP Address by Dr. Mary Joy Garcia- Dia
- PNAAP Executive Board and PNAAP Foundation President Nancy Hoff gave their reports.
- Ratifications of PNAAP By-Laws- All amendments to the by-laws presented by the committee passed. Including Student Nurses can be a member of PNAAP.



- PNA Southern California will host the 45th PNA National Convention. They won the bid against PNA North Houston.
- Membership Recognition Awards/ ILDP Recognition/ Presidential Recognition Awards were given.
- Proclamation of 2022- 2024 PNA Executive Board by Madelyn Yu, COMELEC Chair
- Introduction of PNA President Dr. Gloria Beriones 2022- 2024 by Dr. Leo Jurado
- Presentation of Strategic Plan 2022- 2024 "OUR UNITED VOICES" Wisdom Excellence/ Collaboration Advocacy Respect Equity
- Hand off Gavel to PNA President 2022- 2024
- General Assembly Adjournment
- PNA Hymn- "Shine PNA Shine"



**Gala Night: "A Night to Sparkle and Shine."** The Program started with the National Anthems, followed by Welcome Remarks by Dr. Warly Remigio, President, PNA New York.

- Greetings from the Philippine Consulate, Hon. Elmer Cato, Consul General, New York
- Keynote Address: Dr. Joyce J. Fitzpatrick, Director, Marian. Shaughnessy Nurse Leadership Academy.
- Nurse Excellence Awards/ Presidential Awards
- Induction of Officers 2022- 2024 by Dr. Clarita Miraflor and Dr. Phoebe Andes, PNA Founders
- The President's Vision by Dr. Gloria Beriones
- Nightingale Lamp Bequeathal Ceremony- PNA New York and PNA Central Florida
- Closing Remarks by Victoria Pike, Eastern Region Vice-President
- PNA Hymn "Shine PNA Shine"

**Day 5 – Thanksgiving Mass.** The PNA delegates attended the 8:30 am Thanksgiving mass at Holy Cross Catholic Church, a 15-minute walk from our hotel. The priest was also a Filipino and welcomed us. Dr. Mary Joy Dia and Dr. Gloria Beriones served as Lectors during the mass. After the mass, the host chapter provided breakfast from Jollibee to the delegates. Then we went back to the hotel and got ready to check out. This concludes my report on the 43rd PNA National Convention in New York City.





# Palakpakan corner

## Dr. Jose Castillo appointed as Acting Chair of Florida Board of Nursing

A huge congratulations to our colleague, friend, and advocate, Jose D. Castillo III, has been appointed as the ACTING CHAIR to Florida Board of Nursing. What an honor and a responsibility for Dr. Jose D. Castillo III to lead Florida's Board of Nursing.

"The Florida Board of Nursing plays an integral role in health care regulation as the board members and staff interact regularly with other nursing affiliated groups in Florida, as well as the National Council of State Boards of Nursing.

The board is made up of 13 members: seven Registered Nurses who have been engaged in the practice of professional nursing at least four years (one must be an advanced practice registered nurse, one must be a nurse executive, and one must be a nurse educator member of an approved program); three Licensed Practical Nurses who have been engaged in the practice of practical nursing at least four years; three consumer members who have never been connected with the practice of nursing. All board members must be Florida residents and one must be at least 60 years old."

<https://floridasnursing.gov/the-board/>



On behalf of your CRNA and nurse colleagues from Florida and across the country, we are thrilled of your new appointment as ACTING CHAIR of Florida Board of Nursing.

## Dr. Karen Meneses Receives One of Highest Honors in Alabama Healthcare



Dr. Karen Meneses was one of six recipients (posthumous) of the 2022 Alabama Healthcare Hall of Fame. This honor is given to healthcare professionals who have made significant contributions to the betterment of Alabamian's lives. Dr. Meneses was the former Associate Dean for Research at the University of Alabama at Birmingham School of Nursing where her research on breast cancer survivorship and quality of life earned her the highest award for UAB as the 2017 Distinguished Lecturer. She was a prolific author, writer, mentor, and supporter of PNA-Alabama. She was instrumental in the launch of the chapter in 2019, even beyond her unexpected death in 2018. The honorees of the Alabama Healthcare Hall of Fame received their awards at a special luncheon in Montgomery, Alabama. Dr. Meneses' mentee and friend, Dr. Sigrid Ladores (current President of PNA-Alabama) attended the luncheon along with other colleagues. Dr. Meneses' legacy will live on through the patients, nurses and students she touched over her decades of excellence.





# Palakpakan corner

## PNA Alabama President selected to be Department Chair at University of Alabama at Birmingham School of Nursing



Dr. Sigrid Ladores is the current President of PNA-Alabama and a tenured Associate Professor at the University of Alabama at Birmingham School of Nursing. She was recently selected to be the new Chair of the Department of Family, Community and Health Systems where she will be collaborating with School and University leaders to support and facilitate faculty development while contributing to the teaching, research and service missions of the School.

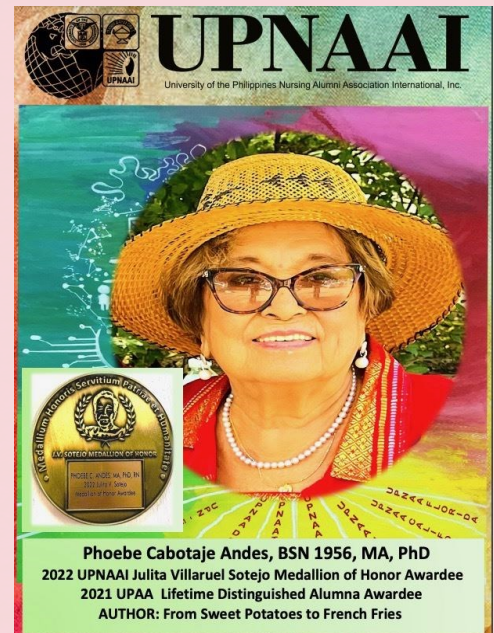
Dr. Ladores is a pediatric nurse practitioner, clinical nurse specialist, certified nurse educator, and Fellow of the American Academy of Nursing. She has been a nurse for 25 years and a faculty member for the last 19 years. Her research foci areas include fertility and reproductive health issues among adolescents and adults with chronic illnesses. Her research has been funded by federal, foundation and intramural grants. She has a stellar publication and presentation record and has been the recipient of several awards for her excellence in teaching, mentorship, and research.

Prior to her appointment as Department Chair, Dr. Ladores was the PhD Program Director and BSN Honors Program Co-Director. She is a leader in the Philippine Nurses Association of America and has been involved with the organization for over 14 years. She is currently the Co-Chair of the Research Committee of PNA and has served in the Chair role for the past 6 years.

Dr. Ladores earned her bachelor's and master's in science of nursing degrees from the University of Pennsylvania and her PhD from the University of Central Florida. Dr. Ladores is honored to serve as the new Department Chair and shares, "I hope that other nurses, especially those from minority backgrounds, will see me in this role and be inspired to continue to work hard and grab opportunities to advance their careers while making an impact on patients, students and communities."

## PNA icon is the 2022 UPNAAI Julita Villaruel Sotejo Medallion of Honor Awardee

PNA's 2<sup>nd</sup> president, Phoebe Andes once receives another award from her alumni, the University of the Philippines. She is the recipient of the 2022 UPNAAI Julita Villaruel Sotejo Medallion of Honor Awardee. Last year, Ms. Andes received the UPAA Lifetime Distinguished Alumna Award. Congratulations, Ms. Andes on your stellar accomplishments.







# Palakpakan corner

## Congratulations to PNA Tampa Member Nannett Tupaz Vedrenne in attaining her Florida Nurse Practitioner degree

**Nannett Tupaz Vedrenne** is a long time member and active supporter of PNA Tampa. She graduated with a Florida Nurse Practitioner degree from Florida Southern College last August. It was quite a challenge for her trying to get this degree while working full time, taking care of her three children and going to school full time. She was thankful to her husband who gave his full support in achieving her dream become a reality. She currently works at Moffitt Center and Research Center in Tampa, Florida. She graduated from Remedios Trinidad Romualdez Medical Foundation in 2003 with a bachelor's degree in nursing in the Philippines. After graduation, she worked at Bethany Hospital in Tacloban City. She actively supports PNA Tampa by participating at their events and maintains her active status membership since she arrived in Tampa. She is a role model for our members that if one perseveres in attaining their goals in life, nothing could stop you in making your dreams come true!



## Congratulations to PNA Tampa Scholar, Renato Candelario in attaining his Associate Degree in Nursing



**Renato Candelario** is one of our PNA Tampa scholars and recently graduated from Keiser University with an associate degree in nursing. It is important to note that Ren as he is fondly called by his friends also holds a Bachelor's degree in Education when he was in the Philippines and taught high school students in a private school in Agoo, La Union. He started taking up nursing courses in the Philippines but was not able to finish it since he migrated to the US in 2006. He continued his nursing education here in the US to fulfill his dream of becoming a nurse. One of his instructors, Mr. Jordan Scott, said that Renato is a thoughtful, attentive, hard-working and dedicated to doing his work that needs to get done. He is also an excellent dancer and current President of the Philippine Performing Arts Company (PPAC) in Tampa Bay. Mr. Joey Omila, founder and artistic director of PPAC, highly recommended him because he is trustworthy, easy to get along with in any situation and very determined when it comes to his future. Mr. Omila said once to Ren "if you focus your dream only to one direction instead of a scatter brain, maybe you will achieve it faster!" Ren took that advice to heart and studied harder to get his degree. When Ren got his nursing pin while holding the Nightingale lamp,

he started crying as he spoke and simply said to the crowd, "I made it, made it!" As the old saying goes, "if there's a will, there's a way" to make his dreams come true.



## The PRIDE of PNASC/West Los Angeles Sub Chapter

By Marie Navarro, MSN, RN, CCRN, President, PNASC West Los Angeles Subchapter 2022-2024



**Congratulations** to one of our Board of Directors of PNASC/ West Los Angeles Sub chapter. **Dr. Janette Moreno**, DNP, RN, NEA-BC, NPD- BC for having been **elected** as one of the Board of Directors of Association of California Nurse Leaders (ACNL). She's an innovator, mentor, experienced nurse leader in professional development, education and practice. *Dr. Moreno has been a part of the Association of California Nurse Leaders (ACNL) for almost a decade, she developed most of her leadership skills as she journeyed alongside iconic California nurse thought leaders. She has experienced tremendous enhancement of her competence and confidence as she takes on a systems-level role as a leader.*

One of the biggest challenges she faces as a nurse leader during these times involve issues dealing with mental health, wellness and resilience. She witnessed a lot of her fellow nurses work hard each and every day as they dedicate their lives to their patients, families, and the communities. She is a **Caritas Coach**, and aligns her professional practice with the **Theory of Caring Science**. She would like to integrate and weave into the fabric of the ACNL organization and its members the importance of mental wellness and resilience – making it a safe space wherein a leader can connect, engage, network, and practice loving kindness for self and each other. She is looking forward for an opportunity to share her journey as a Caritas Coach to the PNASC/West LA community. Currently she is the Director of the Department of Nursing Education at the Geri and Richard Brawerman Nursing Institute at Cedars-Sinai Medical Center, Los Angeles, California. We are very proud of you Dr. Moreno.

## AANA Diversity Scholarship Awardee 2022

**April Garlejo**, BSN, RN, SRNA / UAB Post BSN-DNP Pathway for Nurses Anesthesia / PNA Alabama, Assistant Secretary.

April Garlejo is one of three recipients of the 2022 Diversity Scholarship sponsored by the American Association of Nurse Anesthesiology (AANA), which is the professional organization advocating for the nurse anesthetist profession in the United States. The 2022 Diversity Scholarship is awarded to second-year nurse anesthesia students belonging to an ethnic minority group(s) who wrote a 500-word essay detailing how recent involvements in organizations and future career plans could impact and increase diversity and inclusion within the nurse anesthesia profession. In April's essay, she recognizes the scarcity of Asian certified registered nurse anesthetists (CRNA) in Alabama. Therefore, April strives to become a future Filipino CRNA role model by "...committing to academic excellence and satisfactory clinical performance and engaging with the Philippine Nurses Association of Alabama (PNAAL) organization." She believes these efforts are key to inspiring and mentoring Alabama Asian nurses to become CRNAs, helping diversify the nurse anesthesia profession. April gladly accepted the scholarship in-person at the annual AANA national conference in Chicago, Illinois.





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of Virginia*

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**Philippine Cultural Center**

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# 19th PNAA SCR CONFERENCE

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## Moody Gardens Convention Center

SAVE THE DATE  
October 14-16, 2022

Hosted by

**PNA Texas Golden Triangle**  
Lorelei Miranda - President

### Schedule of Events

#### October 14, 2022

0800-1130 PNAA EB & SCR Meeting

1230-1700 Leadership Institute

1830-2300 Networking Night

#### October 15, 2022

0800-1605 Education Day

1830-2300 Gala

#### October 16, 2022

0830-0930 Sunday Mass

0930-1100 Brunch



SCAN ME TO REGISTER  
[www.mypnaa.org/events](http://www.mypnaa.org/events)





**VENUE:**

Moody Gardens Convention Center  
7 Hope Boulevard, Galveston Texas 77554  
(409) 741-8484



**FOR DISCOUNTED ACCOMMODATION:**

go to [www.moodygardens.com/stay/accommodations](http://www.moodygardens.com/stay/accommodations) and enter Group ID **19935**



**NEARBY AIRPORTS (approx. driving time to venue)**

William P Hobby Airport (HOU) - 50 mins  
George Bush Intercontinental Airport (IAH) - 70 mins



**SHUTTLE SERVICES (Airport to Moody Gardens)**

Reservation is required and must be made 2 days prior to arrival.  
Visit [Galvestonlimo.com](http://Galvestonlimo.com) or call (409) 744-5466.

**SHUTTLE SCHEDULE**

From	HOU	IAH
Time	11:35AM, 12:35PM, 1:30PM, 3:00PM, 5:00PM	10:30AM, 11:35AM, 12:30PM, 2:00PM, 4:00PM



**CONTACT EMAIL:**

Lorelei Miranda—PNATGT President  
[bebotmiranda225@yahoo.com](mailto:bebotmiranda225@yahoo.com)  
Chat Musick—PNATGT President Elect  
[musick100@msn.com](mailto:musick100@msn.com)



**FOR MORE INFO**

Visit [www.mypnaa.org/events](http://www.mypnaa.org/events)





# Philippine Nurses Association of America Foundation



## *6th International Collaborative Conference* in collaboration with **The University of Northern Philippines and Philippine Nurses Association, Ilocos Sur** *2023: Moving Forward with Innovations, Opportunities, and Successes*



Photo credit: Joellador, CC BY-SA 4.0

**JANUARY 21-22, 2023**  
**VENUE: THE VIGAN CONVENTION CENTER**  
**VIGAN CITY, ILOCOS SUR, PHILIPPINES**



PHILIPPINE NURSES ASSOCIATION OF AMERICA FOUNDATION, INC.  
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PHILIPPINE NURSES ASSOCIATION, ILOCOS SUR



**6<sup>TH</sup> International Collaborative Conference  
2023: Moving Forward with Innovations,  
Opportunities, and Successes**

January 21 – 22, 2023

Vigan, Ilocos Sur

**REGISTRATION INFORMATION FOR U.S.-BASED ATTENDEES**

ONLINE REGISTRATION: <http://www.mypnaafoundation.org>

DEADLINE FOR REGISTRATION: December 15, 2022. The late fee is \$30.00

For further information, please contact: Catherine Rubio at [catherinerubio91@gmail.com](mailto:catherinerubio91@gmail.com)

**SCHEDULE AND COSTS**

Day 1 & 2 – Education Sessions and Evening Events \$300 (cost for US attendees)

Day 1 & Day 2 Evening Events for Family Members \$20/person (cost for US attendees)

Pre-Conference Activities: **TBD**

**CANCELLATION & REFUND POLICY:** Cancellation before December 31, 2022,

must be in writing/email to receive reimbursement

for a paid registration in full less \$75.00 for an administrative fee.

**No refund after December 31, 2022**

**REGISTRATION INFORMATION FOR PHILIPPINE-BASED ATTENDEES**

PLEASE EMAIL DIRECTLY: [nursingeducationconference2023@gmail.com](mailto:nursingeducationconference2023@gmail.com)

**HOTEL INFORMATION**

A block of rooms is reserved for attendees at the VIGAN PLAZA HOTEL. You can make online reservations at <http://viganplazahotel.com>. (No Code Required)



# 21st PNA A WESTERN REGION CONFERENCE MAUI, HAWAII



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**APRIL 20-23,  
2023**

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Registration will Follow

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Maui Beach Hotel





Aloha, here is the information to book hotel rooms at **Maui Beach Hotel**  
(<https://www.mauibeachhotel.com>).

Airport Code is OGG (Kahului, Maui).



The rates and code as follow: Promo Code: PNAA  
Discount code is available for April 19-24, 2023.  
Two double or one queen in each room (no rollaway)  
Maximum guests up to 2 in the room.  
If you have more than two people in one room,  
please indicate only 2 guests per reservation.

The booking window opens now until January 15, 2023.

Rooms are based on availability.

- First 30 rooms at the daily rate of \$255.00 + amenity \$15.00 + taxes \$44.52 per room per night (\$314.52/night).
- Additional 10 rooms capped at the daily rate of \$265.00 + amenity \$15.00 + taxes \$46.27 per room per night (\$326.27/night).

Mandatory amenity fees (resort fee) include daily newspaper, coffee, in-room safe, local and toll-free calls, WIFI. Shuttle 7-passenger van to and from the airport. Above rates GET, TAT, & Maui County taxes are added, 17.46% tax per night.

Parking is \$10.00 per vehicle daily, paid directly to the hotel.

All room rates are non-commissionable and cannot be confirmed with any wholesaler or travel agent, or no telephone reservations will be accepted for this special rate directly at the hotel.

Additional rooms will be based on availability, and rates may be subject to change for the same period.

Guests must book online; please don't call the hotel to book your room.

Also, only go online to cancel the reservation.

Maui Beach Hotel [www.mauibeachhotel.com](http://www.mauibeachhotel.com).

**POC: Bob Gahol, Western Region Vice-President**  
**[bgahol@hotmail.com](mailto:bgahol@hotmail.com) / (808) 218-2393**





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M-F 8:30 am - 6 pm EST and Saturday 10:00 am - 2:00 pm EST



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

For more information, call Continuing Education, Inc. (CEI)  
at 727-526-1571 or 800-422-0711  
M- F 8:30 am - 6 pm EST and Saturday 10:00am - 2:00pm EST

hosted by the *Philippine Nurses Association of Central Florida*

