

Philippine Nurses Association of America

PNAА CANDIDATE PROFILES

(arranged according to the positions then candidates alphabetically)



Election dates: May 3 - May 16, 2024

NOMELEC Committee
pnaa21stpresident@gmail.com



PNAE Election 2024

PNAE Election 2024 Candidate

President-Elect

Col (Ret) Bob Gahol

RN, BSN, MBA, MPA, MMAS, MSS

Professional Position: Senior Healthcare Executive - Military Healthcare Systems
PNAE Chapter: PNA Hawaii

PNAE Profile:

Bob Gahol has exemplified outstanding leadership and dedication within the Philippine Nurses Association of America (PNAE) and the PNAE Foundation (PNAEF), significantly contributing to further their missions and supporting their members. Serving as chair of multiple crucial committees, including Bylaws and Policy & Procedure, Public Relations, Newsletter, and Website, Bob has played a pivotal role in enhancing communication, strategic planning, and acknowledging the organization's achievements. In addition to his committee roles, Bob has excelled as Vice President of the Western Region, overseeing numerous chapters and orchestrating successful events such as conferences and leadership boot camps. His involvement spans national and international endeavors, from organizing virtual Christmas celebrations to moderating sessions at nursing conferences and spearheading fundraising campaigns for vital programs like the RISE Program. Bob's commitment to the nursing community extends to publishing, highlighting members' accomplishments, and facilitating networking opportunities. As a PNAE Board Member and advocate, he has steadfastly amplified members' voices, provided mentorship, and advanced the organization's objectives. Through his diverse roles and initiatives, Bob Gahol has demonstrated a steadfast commitment to fostering collaboration, innovation, and excellence within the nursing community, leaving an indelible mark on PNAE and PNAH.

Personal Statement:

My candidacy for PNAE President-Elect signifies a pinnacle in my career, reflecting the honor and privilege of leadership within the organization. Committed to advancing the nursing profession, I pledge to prioritize members' needs and interests, fostering a cohesive community of Filipino-American and Global Filipino nurses. My vision entails promoting collaboration, innovation, and excellence to enhance our organization's impact. Through tangible efforts and a clear roadmap, I aim to elevate PNAE by providing access to top-tier educational resources and training programs, thereby enhancing patient care quality and maintaining professional prominence in healthcare. Additionally, I am dedicated to promoting diversity, equity, and inclusion within PNAE to enrich our profession and improve patient outcomes. Advocacy will be central to my tenure, advocating tirelessly for nurses and collaborating with policymakers, healthcare leaders, and stakeholders to tackle challenges and seize opportunities. Strengthening relationships with healthcare professionals and organizations is crucial to driving positive change. Together, we can shape the future of nursing, making a lasting impact on healthcare and elevating our profession to new heights.



PNAA Election 2024

PNAA Election 2024 Candidate

President-Elect

Manny Ramos

MSN, RN

Professional Position: Professor of Nursing - Valencia College
PNAA Chapter: PNA Central Florida

PNAA Profile:

Manny Ramos is a productive Philippine Nurses Association of America officer, serving as South Central Region Vice President and previous Board Member. He has been a steadfast member of the PNA Central Florida for over two decades, serving as President, Education Chairperson, and Adviser, among many other roles. Manny played an instrumental role in planning and executing two successful PNAA national conventions (2023, 2017) and two SCR conferences (2022, 2012), contributing significantly to PNAA's financial health. Manny championed initiatives that supported the PNAA mission and demonstrated his unwavering commitment to professional development and advocacy. He is the iLDP Program Director, which produced 127 fellows in just six years. Additionally, he led Camp Aruga, which conducted five leadership boot camps across PNAA's four regions. He coordinated the PNAA Master Class series and co-hosted the PNAA podcast 31-series RISE UP, which tackled health promotion, health equity, racism, human trafficking, and advocacy. During the first year of his term as RVP, the chapters conducted community outreach activities that rendered 1,140 service hours, benefiting 45,486 individuals, and 1,304 education contact hours. Manny is highly respected within PNAA, consistently contributing to discussions, providing guidance, and organizing events to support the organization's mission and vision.

Personal Statement:

Leadership is about inspiring and guiding others toward shared goals and aspirations. PNAA is an organization that is devoted to meeting the needs of Filipino Americans and their communities. Being aligned with PNAA's values and culture fills me with pride. As an influential leader, one must possess self-motivation to inspire others and adapt to evolving environments. Understanding the organization's direction while being mindful of cultural shifts is crucial for success. Collaboration is critical, as it fosters harmony and leverages diverse talents and ideas towards shared goals. By actively listening and respecting differing opinions, we can achieve our objectives. Resourcefulness and creativity play pivotal roles in promoting productivity and solving problems. Openness to innovative ideas and the effective use of resources yield efficient results. Effective leadership demands commitment, motivation, and dedication to providing optimal efforts. Drawing on past experiences and maintaining focus and determination ensures timely and organized accomplishment of tasks. PNAA leadership requires inspiration and adaptability, collaboration, resourcefulness, and commitment. By embodying these qualities, we can guide the organization toward fulfilling its mission and effectively serving its members and communities.



PNAE Election 2024

PNAE Election 2024 **Candidate**

Vice President **for Eastern Region**

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

Professional Position: System Vice President Nursing Professional Development and Practice Excellence - Hartford Healthcare

PNAE Chapter: PNA New York

PNAE Profile:

Warly Remegio has been instrumental in the growth and success of the Philippine Nurses Association of America (PNAE) in various capacities. As the driving force behind the establishment of the PNA State of Connecticut and its integration into the PNAE network, Remegio has expanded the organization's reach. Notably, under Remegio's leadership, the PNAE's Eastern Region achieved numerous milestones, including hosting the inaugural Camp Aruga Leadership Boot Camp and the Salin Kaalaman event at the Central Philippine University. Remegio's commitment to philanthropy and community support is evident through initiatives like the Sagip Kababayan Emergency Fund and the establishment of scholarship programs benefiting Filipino-American youth. Moreover, Remegio has been a staunch advocate for healthcare equity, co-leading efforts to secure vaccine donations for the Philippines and establishing anti-racism task forces within the PNAE. In addition to spearheading successful educational campaigns and conferences, Remegio has played crucial roles within PNA New York committees, including chairing the Bylaws Committee and co-chairing the Education and Professional Development Committee. He is currently chairing the Legacy Headquarters Committee co-chairing the PNAE Patnubay sa Pagtatagumpay (P3) Mentorship Steering Committee. Through Remegio's leadership, the PNAE has strengthened its presence, fostered community engagement, and advocated for social justice in the nursing profession.

Personal Statement:

The mission and vision of the Philippine Nurses Association of America (PNAE) resonate deeply with my philosophy and values. I am immensely proud and honored to continue serving our association, drawing inspiration from its rich history, culture, and values. Running for Vice President of PNAE Eastern Region, I aim to empower our members, chapters, and the broader community we serve. Collaborating with dedicated PNAE leaders, I seek to elevate our association to new heights. Furthermore, I aspire to forge synergistic partnerships and collaborations within and beyond PNAE, nationally and internationally. Together, we will pursue our objectives related to membership engagement, professional excellence, healthcare ethics, advocacy, research, innovation, community service, and financial stability. My dedication lies in advancing our shared vision, perpetuating a culture of compassion, accountability, respect, and engagement, and nurturing our inherent passion and values. I am fully committed to achieving synergistic partnerships and fostering innovation, resilience, and empowerment, all in pursuit of excellence!



PNA Election 2024

PNA Election 2024 **Candidate**

Vice President
for North Central Region

Manelita Dayon

BSN, RN



Professional Position: Retired
PNA Chapter: PNA Northwest Indiana

PNA Profile:

Manelita "Bong" Dayon's journey within the Philippine Nurses Association (PNA) spans over a decade and is marked by her unwavering dedication and leadership across various roles. Her tenure as Chapter President in Northwest Indiana from 2014 to 2018 saw significant contributions, including launching "Turong Pangkalusugan ng Bayan" in San Pedro, Laguna, a testament to her commitment to community health. Transitioning to regional roles, Dayon served as Committee Chairperson for the PNA Awards Committee from 2018 to 2020, where she played a pivotal role in recognizing excellence within the nursing community. Her leadership continued as she ascended to Chapter President in Northwest Indiana from 2020 to 2022, during which she hosted the NCR Conference and chaired various regional-level initiatives. Dayon's influence extended beyond her local chapters, as evidenced by her role as a member of PNA Indiana from 2010 to 2012, where she laid the groundwork for her future leadership endeavors. Her remarkable journey culminated in her appointment as the Regional Vice President for the North Central Region, where her wealth of experience and dedication to the nursing profession continue to inspire and drive positive change within the organization.

Personal Statement:

If elected as Regional Vice President of the Philippine Nurses Association of America, North Central Region, I pledge to apply the knowledge gained during my first term towards fostering future leaders. Leadership is more than a title; it embodies passion and dedication. I aim to motivate and empower others to reach their full potential, cultivating leaders who represent authentic leadership. Success, for me, lies in mentoring and guiding others effectively. Integrity, attentive listening, and valuing every member's input are central to my approach. I aim to foster unity through acknowledging diverse perspectives, ultimately elevating our region and PNA. I embrace both positive and negative outcomes, viewing challenges as opportunities for growth. My leadership style combines transformational and servant leadership, ensuring a balanced approach considering individual and collective needs. By understanding various viewpoints, I aim to validate my leadership effectiveness and foster a collective commitment to our shared goals.



PNAA Election 2024

PNAA Election 2024 **Candidate**

Vice President
for South Central Region

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

Professional Position: Assistant Professor - University of Texas Health Houston
PNAA Chapter: PNA Metro Houston

PNAA Profile:

Riza Mauricio has been actively involved with PNAA for over a decade, starting her leadership journey at the Metro Houston chapter. She was the chapter President in 2010, where she successfully established two subchapters: PNA North Houston and PNA TGT, now flourishing chapters of SCR. She is the founding Co-Chair of the Filipino Cancer Network. She serves as a PNAA Board Member at present. Her leadership with PNAA spans a diverse reach, being the Chair of the Practice Committee, Director of the Kabalikat Emotional Wellness Program (KEWP), member of the Balik Turo, ILDP mentor, Patnubay Pagtagumpay Mentor, and member of the Climate Change TF. She has secured funding to sponsor PNAA educational symposia, mentored fellow members, and led research and educational grant applications for PNAA. She has extensive collaborative work with PNAA members and other professional organizations representing PNAA at All In Wellbeing First for HC, Texas Healthcare Coalition for the independent practice of APNs. She has diverse advocacy, including climate change with NIEHWC (Nurses Improving Environment and Health of Women and Children), supporting the I-CAN Bill for APN-covered services with Medicare/Medicaid, HC Provider Protection Act supporting healthcare workers' mental health, etc. Her leadership has been instrumental in refining organizational procedures, facilitating educational initiatives, and fostering partnerships to enhance the well-being of nurses.

Personal Statement:

As a leader, I am committed to empowering our members to achieve their full potential and creating a positive, collaborative environment that fosters creativity and innovation. I prioritize investing in our members' professional development to ensure they can deliver high-quality solutions aligned with our organization's needs. The healthcare landscape has been transformed since the COVID-19 pandemic confronted the world, presenting various challenges to our nursing profession. Through this, PNAA has been instrumental in addressing these global healthcare issues alongside other professional organizations. We must continue to be at the right seat in influencing stakeholders, creating policies, and advocating for racial equity for people to receive the appropriate healthcare at the right time. As a seasoned leader, I will continue to lead with authenticity. I will create an environment of respect and build strong relationships with people. I will support the professional advancement of our members through teaching, coaching, and mentoring to transform them into successful nurse leaders, honoring their interests and passions. My leadership is fundamentally hinged on education to empower creativity among our members as they collaborate with others in advancing the mission of PNAA. I am committed to serving and leading PNAA anchored in the mantra I-COACH (Innovation and Collaboration to Advance our Commitment to Healthcare excellence).



PNAA Election 2024

PNAA Election 2024 Candidate

Vice President
for Western Region

Maricon Esteban

RN, BSN

Professional Position: Practice Coordinator - Saint Agnes Medical Center
PNAA Chapter: PNA Central California

PNAA Profile:

Maricon Esteban has been influential in the Philippine Nurses Association of California (PNACC) for over a decade. Starting as the Secretary in 2008, Esteban quickly rose to become the President from 2008 to 2010. During that time, she spearheaded a remarkable 50% increase in membership, showcasing her strong leadership and organizational skills. Her dedication to PNACC continued as she served as President again from 2016 to 2018. Esteban's tenure saw PNACC achieving its highest membership numbers in the Western Region, a testament to her strategic vision and ability to inspire others. In recognition of her expertise and commitment, Esteban was entrusted with the role of PNACC NOMELEC Chair from 2018 to 2020, ensuring the smooth functioning of the association's electoral processes. Even beyond her formal roles, Esteban's influence remains significant as she serves as an Adviser to the current Executive Board, offering guidance and support based on her wealth of experience. Her enduring dedication to PNACC underscores her passion for advancing the interests of Filipino nurses in California and beyond.

Personal Statement:

My involvement with PNAA has been a transformative journey, illuminating its profound significance to me as a Filipino-American Nurse. Initially, I participated passively, fulfilling obligations such as paying dues and volunteering. However, attending national conventions exposed me to exceptional PNAA leaders who serve as inspirational figures and career role models. Witnessing their dedication fueled my desire to excel, harnessing the organization's abundant resources to maximize my potential. Through PNAA, I have experienced significant personal and professional growth, profoundly appreciating the commitment of past leaders. Participating in a globally renowned organization like PNAA fills me with pride, motivating me to give back generously to others and share my talents and resources. Gratitude for divine blessings propels me to reciprocate by contributing to the organization's mission of advancing the nursing profession. Leveraging my robust leadership background, I am eager to move PNAA's mission and vision forward, effecting meaningful change within the nursing community. Armed with knowledge, skills, enthusiasm, and an unwavering commitment to excellence, I am determined to make a positive impact and uphold PNAA's legacy of leadership and service.



PNAE Election 2024

PNAE Election 2024 **Candidate** **Secretary.**

Teresa Damito

RNC, C-EFM

Professional Position: Staff Nurse - Robert Wood Johnson University Hospital
PNAE Chapter: PNA New Jersey

PNAE Profile:

Teresa Damito's tenure as National Secretary of the PNAE (Philippine Nurses Association of America) has been marked by unwavering dedication and exceptional contributions to the organization's mission and objectives. Fulfilling her duties as outlined in the PNAE bylaws, Teresa has meticulously recorded meeting minutes, actively participated in regional and annual conventions, and provided vital support to local chapters through attendance at induction ceremonies and major events. Her commitment extends beyond the standard responsibilities of her role. Teresa has taken the initiative to organize significant events such as the Nurses Week Celebrations and the Pamaskong Handog Virtual Christmas Celebrations in 2022 and 2023. She has also been instrumental in coordinating fundraising initiatives and supporting various community outreach programs. In addition to her role as National Secretary, Teresa has assumed responsibilities as Recording Secretary and Assistant Secretary as defined by PNAE bylaws. She has chaired committees, led humanitarian and community service efforts, and played a key role in organizing events and initiatives such as the Bayani ng Mundo Recognition Gala and virtual celebrations. Teresa's dedication to PNAE's vision and mission is evident in her active involvement in various projects, from supporting the Legacy Building Committee to contributing articles for the organization's publications. Her leadership, initiative, and tireless efforts have significantly enriched the PNAE community, leaving a lasting impact on its members and stakeholders.

Personal Statement:

I am grateful for the opportunity to have served PNAE over the past six years and eagerly anticipate continuing my meaningful contribution as the National Secretary. Witnessing PNAE's evolution into a champion for members' welfare despite unprecedented challenges has been inspiring. I've experienced firsthand the sacrifices made by the Executive Board, motivating me to excel in my role amidst the pandemic and technological advancements. My knowledge, experience, organizational skills, and passion have equipped me to lead effectively as a change agent. I thrive under pressure, consistently delivering positive outcomes and spearheading successful events at all levels of PNAE. In addition to ensuring accurate meeting minutes, I aim to strengthen member communication, develop a comprehensive activity tracker, and reignite conference enthusiasm. My commitment to service extends to mentoring new leaders and supporting PNAE's goals. I am dedicated to fostering collaboration, innovation, and excellence within the organization, ensuring PNAE continues to thrive and make a difference in the lives of its members and communities.



PNAA Election 2024

PNAA Election 2024 **Candidate** **Treasurer**

Janet Cuaycong

MS, RN-BC- CRRN

Professional Position: Nurse Manager - Mount Sinai West
PNAA Chapter: PNA New York

PNAA Profile:

As a dedicated leader within PNANY, Janet Cuaycong spearheaded efforts to maintain an active membership of 300 individuals, earning PNANY the distinction of being the second-highest in national and regional membership. Among her notable achievements was coordinating the 2024 PNAA/PNANY Balik Turo event in Bacolod City, attended by 1200 participants, showcasing her organizational prowess. Demonstrating a commitment to community service, Janet orchestrated a successful medical mission, food pantry, and Balik Bigay event in Don Salvador Benedicto, Negros Occidental, aiding over 200 families. She also led initiatives such as a toy drive for HIV children, a clothing drive, and a food pantry for migrants, earning recognition as a PACCAL Awardee for Organization. Janet's influence extended beyond local borders as she represented PNANY at various prestigious events, including the 1st ASEAN Flag Raising Ceremony and the APIA event at the Gracie Mansion, where she received proclamations from the NYC Mayor's Office. Her expertise in healthcare was further showcased through speaking engagements on topics like rheumatoid arthritis and long-term care, solidifying her reputation as a leader in the field. Additionally, her financial acumen ensured the efficient management and safeguarding of PNAA funds, earning trust and recognition within the organization. Through collaborative efforts with the membership committee, she successfully navigated membership campaigns, contributing to the success of the 43rd National Convention and beyond.

Personal Statement:

Since 2014, I have been an active member of the PNA-New York Chapter, serving as President for 2022-2024. Witnessing the impactful advocacy work of PNAA on behalf of Filipino American nurses has reinforced the importance of organizational belonging. My journey began as a board member in 2014, where I encountered dedicated individuals who inspired me to pursue leadership roles. Serving as Treasurer in 2016 and Membership Chair provided invaluable time management, communication, and fiscal responsibility lessons. Currently, I oversee Budget and Finance, Ways and Means, and Membership Committees locally while collaborating with national counterparts on financial matters. As PNAA Treasurer from 2022-2024, I implemented Electronic Funds Transfer to enhance efficiency and facilitated significant membership growth through meticulous online registration management. My passion for knowledge-sharing is evident through speaking engagements and committee chairmanship in education and professional development. My tenure as both chapter and national Treasurer, coupled with fiduciary expertise, has prepared me for the role of National Treasurer once again. I am eager to leverage my financial acumen and collaborate with the membership to ensure PNAA's continued vitality and financial stability.



PNAE Election 2024

PNAE Election 2024 **Candidate** **Treasurer**

Asteria Vargas

RN, BSN

Professional Position: Clinical Nurse Coordinator - HCA Houston Healthcare West
PNAE Chapter: PNAE South Texas Rio Grande Valley

PNAE Profile:

Asteria Vargas has a rich history of leadership within the Philippine Nurses Association of America (PNAE) and its South Texas Rio Grande Valley Chapter (PNASTRGV). She secured the bid to host the 2008 PNAE National Convention in South Padre Island, Texas, showcasing her chapter's organizational prowess. As Treasurer of PNAE, she meticulously guided budgeting and expense projections for numerous successful regional, national, and international conferences. Her dedication extended to supporting PNAE chapters in achieving their membership objectives as Membership Chair. Serving on the PNAE Executive Board, she contributed to realizing the organization's overarching goals. Continuously demonstrating financial acumen, Asteria has remained in her role as Treasurer, ensuring the fiscal health of PNAE events across various scales. Beyond her PNAE commitments, Asteria lends her expertise to the Advisory Board of PNAE South Texas Rio Grande Valley, aligning with the organization's and its leaders' mission and vision. Through her multifaceted contributions, Asteria Vargas exemplifies a stalwart leader dedicated to advancing the PNAE's objectives and supporting its diverse community of nurses.

Personal Statement:

From 2008 to 2016, I held multiple positions on the PNAE Executive Board, including Treasurer, Assistant Treasurer, Membership Chair, and Board Member. I resumed the role of Treasurer in 2018-2020 and again in 2022-2024. My decision to run for PNAE Treasurer once more stems from my commitment to supporting PNAE's financial objectives. Over the past three terms, I have consistently demonstrated fiscal responsibility, safeguarded funds, and upheld financial integrity. As the current Treasurer, I am dedicated to continuing this track record and ensuring PNAE's financial stability for the benefit of its members and the organization as a whole.



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Ruzen Baluyot
MSNc, RN

Professional Position: RN Shift Supervisor - Sitter-Barfoot Veterans Care Center
PNAA Chapter: PNA Richmond Virginia

PNAA Profile:

From 2020 to 2022, Ruzen Baluyot dedicated his efforts as a board member of PNAAZ, actively organizing educational programs and securing speakers quarterly. Transitioning to a broader stage in 2023, he represented PNARVA at the National Conference, contributing to the organization's visibility and networking. His commitment continued as he participated in the PNAA P3 program as a mentee, showcasing his willingness to learn and grow within the nursing community. However, it was in 2023-2024 that his impact reached new heights. Elected as PNARVA President, Ruzen took concrete steps to support Filipino nurses' integration by providing essential items like mattresses and plates. Additionally, he directed efforts toward aiding local organizations addressing homelessness, reflecting his commitment to social responsibility. Ruzen Baluyot's journey from a dedicated board member to a proactive president-elect demonstrates his unwavering dedication to improving the nursing community's welfare and societal impact.

Personal Statement:

I am an RN supervisor at the Department of Veterans Services Sitter-Barfoot Veterans Care Center in Richmond, VA. Originally from Mandaluyong City, Philippines, I pursued my nursing education at Fortis College – Richmond, VA, earning an Associate in Applied Science degree. Later, I pursued a Bachelor of Science in Nursing degree from Western Governors University in 2017. I am enrolled in their Master of Science in Nursing program with a concentration in Nursing Education. Before my nursing career, I spent a decade in the United States Navy. Upon transitioning, I gained experience in the ICU at Memorial Regional Medical Center, eventually specializing in Cardiac Surgery nursing. During the COVID-19 pandemic, I volunteered in the COVID unit at Banner University Medical Center in Phoenix, AZ, before relocating to Richmond, VA, in 2021 to be with my family. My philosophy is rooted in patience, inspired by the principles of Microsoft founder Bill Gates. I believe in allowing time for change and focusing on long-term, foundational improvements in healthcare and education, mirroring Gates's philanthropic endeavors.



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Dianne Bautista
MBA, MPH, MSN, RN-BC

Professional Position: Nursing Coordinator - Somerset County Department of Health
PNAA Chapter: PNA New Jersey - Somerset County Subchapter

PNAA Profile:

Dianne Bautista's journey within the Philippine Nurses Association of America (PNAA) and its local chapter, PNANJ, reflects a deep commitment to humanitarian service, leadership, and community empowerment. As the President of PNANJ Somerset County Subchapter, Dianne spearheaded numerous initiatives to uplift both members and the communities they serve. Under her guidance, the chapter transformed remarkably, focusing on strategic partnerships, innovative fundraising, and impactful outreach events. Notable achievements include substantial fundraising successes, extensive charitable contributions, and significant volunteer hours logged to support vulnerable populations and community development efforts. Dianne's leadership also extended to pioneering events such as the First Nurses' Night at the TD Bank Ballpark, which celebrated nurses while raising funds for essential causes. Additionally, she prioritized enhancing the organization's digital presence, developing a user-friendly website, and leveraging social media platforms for increased visibility and engagement. Her dedication to service and community outreach was evident even before her presidency, as she actively contributed to PNANJ Somerset's growth and community impact as a board member and president-elect. In recognition of her contributions to the organization, she was honored as the 2023 PNAA Rookie of the Year. Through various programs, partnerships, and initiatives, Dianne's leadership exemplifies a steadfast commitment to making a positive difference in the lives of others, both locally and internationally.

Personal Statement:

As a proud PNAA member, I passionately advocate for its sustainable growth and limitless potential. With its strong foundation, this organization has nurtured countless Filipino American nurses, including myself. I aspire to join the Board of Directors, propelling PNAA to unprecedented heights. Imagine a PNAA where every member feels valued, heard, and empowered—a nurturing community where fresh perspectives blossom into innovative strategies, guiding us toward a brighter future. Envision a harmonious symphony of diverse voices, each contributing a unique melody to our collective journey; this is the PNAA I envision, well within our grasp. Together, let's cultivate a community that embraces fresh ideas, elevates unwavering connections, and empowers individual growth. I believe in a leadership style that is transparent, collaborative, and responsive to our members' needs. I aspire to lead with open communication, actively seeking feedback and aligning decisions with the aspirations of PNAA members and the upcoming president's vision. I am grateful to my parents, family members, mentors, and supporters for enabling me to soar and push boundaries. Together, we will navigate challenges, celebrate successes, and work towards a future where PNAA sustains and thrives as a beacon of inspiration for Filipino nurses nationwide.



PNAA Election 2024

PNAA Election 2024 **Candidate**

Board Member

Femarie Bedona

MSN, RN, CCRN

Professional Position: Staff Nurse - Veterans Affairs Medical Center
PNAA Chapter: PNA New York

PNAA Profile:

From 2018 to 2022, Femarie Bedona served as a dedicated Member of the Board of Directors for the Philippine Nurses Association of New York (PNA-NY). In this role, she actively contributed to the organization's decision-making processes and policy development, demonstrating her commitment to advancing the interests of Filipino nurses in New York. Throughout her tenure, Bedona also served as a Member of the Education and Professional Development Committee, where she played a crucial role in shaping the direction of educational initiatives within the association. Notably, she took the lead as Project Lead for the Fall Conference in October 2021, ensuring its success and relevance to members' professional growth. Furthermore, Bedona demonstrated her commitment to philanthropy and community service as a Ways and Means Committee member from 2018 to 2024. She spearheaded fundraising efforts to establish a Scholarship Program for PNA-NY, demonstrating her dedication to supporting aspiring nurses. Additionally, she raised and delivered funds to aid the victims of a devastating landslide in UPI, Maguindanao. In recognition of her advocacy for social justice, Bedona served as the Legislative and Human Rights Committee Chairperson from 2020 to 2024. She boldly condemned Asian Hate Crimes, using her platform to make pronouncements and statements advocating for equality and respect for all individuals, regardless of their ethnicity. Through her multifaceted contributions, Femarie Bedona exemplified leadership and compassion within the nursing community and beyond.

Personal Statement:

I believe in giving back to the community and the nursing profession. My commitment is to continue motivating young nurses to focus on positivity and resilience and to share the magnitude of opportunities available through one-on-one communication, conferences, and online mentoring programs. The nursing care and nursing profession has changed a lot, and we as leaders should be proactive in leading our nurses to come out strong, dependable, and knowledgeable. As a member of the planning committee of Balik-Turo 2022, a faculty of the PNAA Nurses Balik-Turo 2024 program "United We Care: Specialized Balik-Turo A Simulation Program," and a Co-Chairman of Salin Kaalaman 2023, my goal is to involve more colleges of nursing and schools in Luzon, Visayas and Mindanao to benefit more nursing students in the Philippines.



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Mafe Chase

DNPc, BSN, RN

Professional Position: Staff Nurse - Providence St. Vincent's Medical Center
PNAA Chapter: PNA Oregon Washington

PNAA Profile:

From 2022 to 2024, Mafe Chase was Assistant Secretary for the Philippine Nurses Association of America (PNAA), contributing significantly to the organization's operations. In this role, she supported the Executive Board by assisting with monthly reports and facilitating meetings, ensuring smooth communication and decision-making processes. Moreover, Mafe demonstrated her communication and presentation skills proficiency by assisting with and editing PowerPoint presentations for the PNAA's National Convention, enhancing the organization's outreach and impact. Simultaneously, Mafe held multiple roles within the Philippine Nurses Association of Oregon and Washington (PNAOW), serving as the Secretary, Membership Chair, and Education Co-Chair. In these capacities, she actively engaged with members and the Executive Board. She played a crucial role in decision-making processes and fostered collaboration with other local organizations, including NAFCON and Filipino American groups in the Portland and Vancouver areas. Outside of her formal roles, Mafe dedicated her time as a volunteer KEWP Facilitator and DEIBSJ committee task force webinar series assistant, contributing to the success of educational initiatives and fostering diversity, equity, and inclusion within the community. During her tenure, her commitment and contributions significantly enriched the operations and impact of both PNAA and PNAOW.

Personal Statement:

As a candidate for the PNAA Executive Board, I pledge to uphold integrity, empathy, and accountability in my service to PNAA and its members. My philosophy revolves around fostering inclusivity, transparency, and progress for all constituents. I am dedicated to representing the diverse voices within PNAA with dignity and respect, actively listening, and advocating for policies that uplift every member, chapter, and committee. Believing in the power of collaboration, I will work tirelessly to bridge divides, forge partnerships, and find common ground to address pressing issues facing our PNAA community. Through open dialogue and constructive discourse, I aim to create an environment where everyone's perspectives are valued and heard. Transparency and accountability will be central to my leadership approach, ensuring that decision-making processes are accessible and responsible. I will prioritize fiscal responsibility and efficiency, stewarding public resources effectively. Equity and justice will guide my policy agenda as I strive to dismantle systemic barriers and promote fairness and social justice for all members. I will champion initiatives to address disparities in education, healthcare, and economic opportunity, fostering a more equitable and inclusive PNAA. My commitment as an elected officer is to serve with integrity, compassion, and dedication, working towards a brighter future for our PNAA community. Together, let us chart a path toward a better PNAA characterized by unity, opportunity, and prosperity for all members.



PNAA Election 2024

PNAA Election 2024 **Candidate**

Board Member

Jay Larrosa
MSN, PHN, RN-BC, ACM-RN, FACDONA

Professional Position: Project Manager, System Care Management - Scripps Health
PNAA Chapter: PNA San Diego

PNAA Profile:

Since 2023, Jay Larrosa has been an active member of the Philippine Nurses Association of America's (PNAA) Diversity, Equity, Inclusion, Belongingness, and Social Justice Task Force (DEIBSJ). Their contributions included assisting in the organization of three successful webinars. Additionally, Jay has served on the National Committee for Archive, contributing to notable projects such as a video featuring PNAA presidents during Filipino-American Month and spearheading a letter requesting artifacts for preservation. Jay's involvement extends to various roles within PNAA's San Diego chapter. As the Chapter Facilitator for PNAA's Kabalikat Emotional Wellness Program, they ensured the chapter met its obligations, including facilitating sessions and engaging members. Furthermore, Jay is a mentor in PNAA's Guidance for Success Mentoring Program (P3), advocating for member participation. In the realm of mental health advocacy, Jay has made significant strides. As Chair of the Mental Health Advocacy Committee, they organized PNASD's first Mental Health Awareness and Resource Fair and conducted a four-part webinar series. They also led the design of a Dedicated Mental Health Section on the PNASD website, featuring educational resources and presentations. As a resource speaker, Jay is always willing to share his knowledge and expertise on the specialty practice of case management and care transitions at local and national educational events. Jay Larrosa embodies dedication to community and professional advancement within PNAA through their multifaceted contributions.

Personal Statement:

I am deeply committed to dedicating all my time and energy to organizations whose mission, goals, and vision align closely with mine. Joining PNAA and other nursing organizations was a deliberate choice driven by my belief in their inspiring impact at all levels. My ultimate goal is to leave a legacy of inspiration for our current and future members. As San Diego Chapter's inaugural committee chair for Mental Health Advocacy, I spearheaded projects to provide education and resources for accessible, caring, and culturally competent services. Additionally, as a member of a national committee, Archives, I led efforts to solicit valuable items for the organization's historical collection. I find great fulfillment in serving various professional organizations, recognizing the platform they provide for me to give back. Having recently completed my term on the national board of directors for the American Case Management Association (ACMA), I am eager to contribute my expertise in case management and care transitions to PNAA. PNAA has the potential to collaborate with other organizations to enhance patient transitions throughout the continuum of care, particularly for vulnerable populations. I am eager to lend my support in achieving this goal and contributing to PNAA's continued success.



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member



Sasha Rarang
PhD, MSNEd, APRN, PMHNP, CCM, RN

Professional Position: Dean of Nursing - Angeles College
PNAA Chapter: PNA Southern California

PNAA Profile:

Sasha Rarang has demonstrated exceptional leadership and dedication in various roles within the Philippine Nurses Association of America, Inc. From August 2022 to the present, Sasha has served as a Board Member and Chair for Diversity, Equity, Inclusion, Belonging, and Social Justice. In this capacity, she spearheaded the creation of charters and presented three webinar series aimed at reducing implicit bias towards transgender patients. Furthermore, Sasha took on the Chair for Climate Change and Population Health role, where she led the creation of charters and organized webinars and seminars focusing on these crucial issues. Her efforts were pivotal in securing a \$10,000 sub-grant from AHNE to support climate change and population health educational initiatives. Before this, from May 2022 to the present, Sasha served as an elected Board Member and Chair of the Research and Education Committee at PNASC, Inc. Her commitment to research and education led to partnerships with institutions like City of Hope, resulting in grants exceeding \$6,000 for community involvement and training. Additionally, her collaboration with the UCI Mind Project in Alzheimer's disease research focusing on minority populations, including Filipino Americans, secured a substantial grant of \$25,000 for research and education initiatives. Sasha's contributions reflect her tireless advocacy for marginalized communities and her significant impact on healthcare research and education.

Personal Statement:

As a current member of the Executive Board of PNAA and appointed PNAA Board Member 2022-2024, it is my responsibility to promote the mission and visions of the association as United Voice. This call for unity can be seen in my work as chair of the Diversity, Equity, Inclusion, Belonging, and Social Justice (DEIBSJ) Task Force. I aim to continue bringing the idea of health equity by advocating for DEIBSJ's mission and vision, looking into incorporating vulnerable populations such as elderly LGBTQI+ population care through collaboration with SageUSA as a future partner and promoting equity and equality in partnership with ARC as possibly another national partner of PNAA in the future. I will also continue to foster partnerships with community partner organizations' advocacy regarding DEI, such as Alzheimer's Association, in finding prevention of AD through research and knowledge dissemination through community education. My work as Chair of Climate Change and Population Health will continue, and my goal is to include research as part of the initiative to promote environmental protection. Most of all, I aim to elevate the unity goal within the organization and support all initiatives instrumental in promoting education, research, and community engagement related to diversity, equity, inclusion, belonging, and social justice.



PNAA Election 2024

PNAA Election 2024 **Candidate**

Board Member

Carol Robles

BSN, RN, DNS-CT, RAC-CT

Professional Position: Resident Assessment Manager - Vinson Hall Retirement Community
PNAA Chapter: PNA Metro DC

PNAA Profile:

Carol Robles has played a pivotal role within the Philippine Nurses Association of America (PNAA), notably as the Communications & Marketing Chair. Her leadership in this position included developing and managing PNAA's social media strategy, producing the "Shine PNAA Shine" video, coordinating meetings and events via PNAA Zoom lines, and enhancing engagement with members and the broader community. Beyond her communications role, Carol has shown a solid commitment to community service, serving as President of the PNA Metropolitan DC chapter from 2021 to 2023. During her tenure, she led impactful projects such as distributing masks to school children, facilitating COVID-19 vaccinations, and implementing a nursing certification program scholarship for professional development. Carol spearheaded the "Building a Healthy Aeta Community" project in Castillejos, Zambales, which included installing jet matic water pumps, constructing toilets and baths, and establishing a Health Hub and classroom for education. Additionally, Carol facilitated initiatives like "Heal the Healers" and "Bridging the Gap toward a Healthy Community," organizing webinars, support groups, caregiver training, health clinics, and senior wellness programs. Under her leadership, the chapter saw a remarkable 200% growth in membership, a testament to members' trust in her ability to drive positive change. Carol's dedication to community service and healthcare advocacy has left an enduring impact on both PNAA and the communities it serves.

Personal Statement:

As a candidate for Board Member of the Philippine Nurses Association of America, I am determined to lead by example and uphold the values of integrity, accountability, and dedication. There is strength in numbers, and working together can achieve much more than we could alone. By coming together as nurses, we can amplify our voices and increase our influence in shaping the future of the nursing profession. We can advocate for critical issues that affect nurses and healthcare and work towards positively impacting the lives of nurses. My ultimate goal as a board member is to promote the growth and development of nurses. Education, professional development, and support networks are essential to empowering nurses. I fully support PNAA's current diverse and inclusive environment, where every nurse is valued and has equal opportunities to thrive. John C. Maxwell's words, "A leader is one who knows the way, goes the way, and shows the way," inspire me to lead by example. As a board member, I will work toward making a meaningful impact on the nursing profession and the PNAA. Together, we can achieve great things and bring about positive change.



PNAA Election 2024

PNAA Election 2024 **Candidate**

Board Member

Velma Dumag Yep

DNP, MSN, APRN, GNP-BC

Professional Position: Nurse Practitioner - Chaparral Medical Group
PNAA Chapter: PNA Southern California

PNAA Profile:

Velma Dumag Yep has demonstrated unwavering dedication and active involvement in various nursing committees and associations, emphasizing her dedication to improving nursing practice and advocacy. Serving as the Chair of the PNAAF Awards & Scholarship Committee from 2023 to 2024, Velma played a crucial role in overhauling the committee's policies and procedures, gaining approval from both the Committee and Executive Board. Her contributions also extended to roles such as Associate Editor for PNAA Inside Edition and leadership positions including Vice President of PNAA Southern California (PNASC) and Chair of its Legislative Committee, significantly impacting community outreach efforts. She maintains a monthly column in PNAA Inside Edition, focusing on the Advanced Practice Committee Report. Velma has presented at various conferences, including the National Commission on Ethnic Minority Nurses Association's annual conference, discussing vital topics such as "Full Practice Authority for NPs." Her extensive engagement in legislative and advocacy endeavors at local and national levels underscores her passion for initiating transformative change within the nursing profession. Velma's history in nursing leadership dates back to earlier roles like PNASC PRO and Legislative Committee Representative for the Philippine Nurses Association of America-Western Region, consistently demonstrating her steadfast commitment to advancing the nursing profession and advocating for the rights of nurses and advanced practice nurses.

Personal Statement:

My professional ethos mirrors the vision set forth in the National Academy of Medicine's Future of Nursing 2020–2030 report, prioritizing the attainment of health equity in the United States by fortifying nursing capabilities and expertise. Inspired by my mother, a former assistant dean of nursing, I embarked on a nursing journey grounded in unwavering dedication to the field. Throughout my career, I have embraced advanced practice roles, pursued further education, and assumed leadership roles. Actively engaged in mentoring nurse practitioner students, conducting research, and advocating for nursing rights, my focal points include patient and nurse advocacy. Leveraging my Doctorate in Nursing Practice, I have championed "Full Practice Authority for Nurse Practitioners" in California and utilized health care policy and interprofessional collaboration to amplify my advocacy efforts. As vital conduits between evidence-based knowledge and communities, nurses are pivotal in enhancing quality of life. As a PNAA Board Member, I pledge to foster mentorship and professional guidance, while prioritizing collaboration with other healthcare professionals and organizations to improve healthcare outcomes. Through heightened awareness and legislative engagement, I aspire to contribute to a future where healthcare is accessible, equitable, and efficacious for all.