



Philippine Nurses Association of Metro Houston

One PNAMH, One FAMILY

Please scan QR Code and complete our online
PNAMH General Membership & Education Activity Attendance
June 20, 2024

F – FORWARD THINKING
A – AGILE
M – MEANINGFUL
I – INNOVATIVE
L – LEARNING
Y – YOUTHFUL





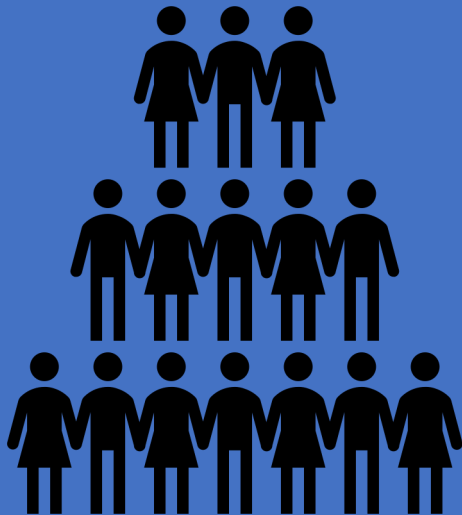
Philippine Nurses Association of Metro Houston

One PNAMH, One FAMILY

Birthday Celebrations

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Members



First name	Last name	Birthday
Miranda	Lim	June 06
Gracelda	Nebab	June 08
Reyanna Marie Danielle	Nicolas	June 09
Delina	Alindeg	June 10
Romilo	Magana	June 13
Elizabeth	Florendo	June 14
Ruby	De Jesus	June 14
JAN MAYEN	MANUNCIA	June 15
Ashley	Singson	June 22
Cristina	Juguilon	June 26
Lalimol	John	June 27
Maria	Pelayo	June 27



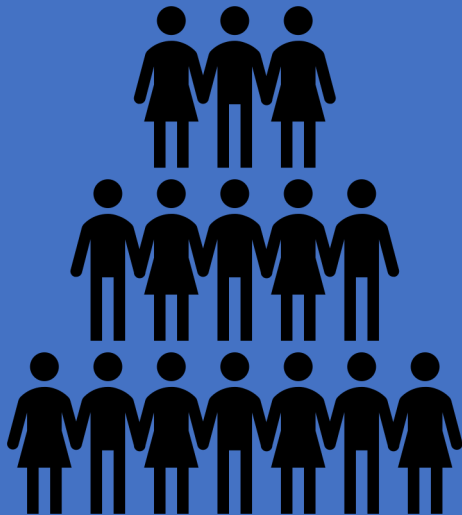
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Members



First name	Last name	Birthday
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Ellen	Orteras	July 07
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Lorena	Rivera	July 12
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Cynthia	Desengano	July 17
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Lea	Geronimo	July 24
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Ailyne	Jarder	July 25
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Danilo	Lindog	July 28
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Ma Azylea	Alcoseba	July 29
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June 20, 2024 – VA Medical Center

Time	Agenda
5:00	Call to Order
5:01-5:03	Reflection
5:03-5:04	Approval of the Previous Minutes
5:04-5:05	Agenda Approval
5:05-5:30	PNAMH Mantra - One Family, One PNAMH
	PNAMH Pillars
5:30-5:40	Old & New Business
5:40-5:43	PNAMH Foundation Update
5:43-5:45	FCNA Update
5:45	Adjournment
5:45-7:00 PM	Education Activity

P N A M H

O N E P N A M H

O N E F A M I L Y



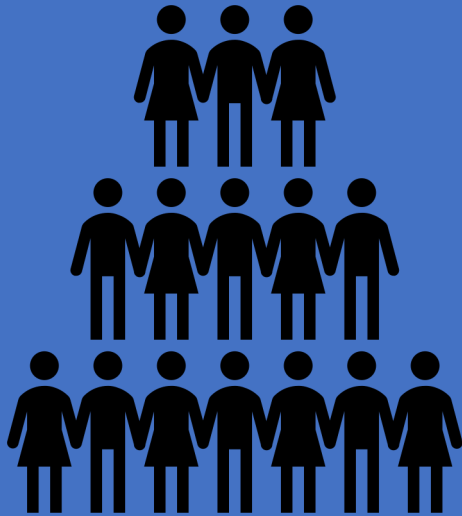


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Members



Service Community



Finance & Growth



Quality & Research



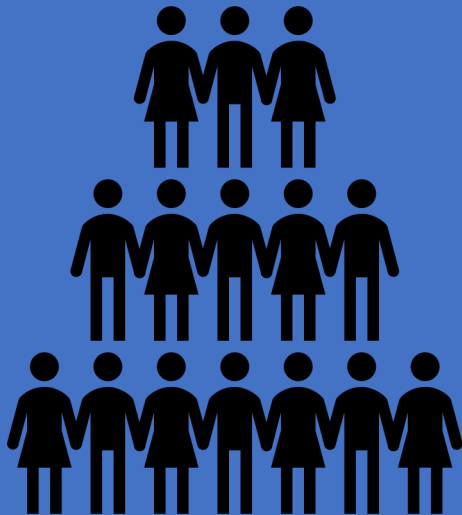


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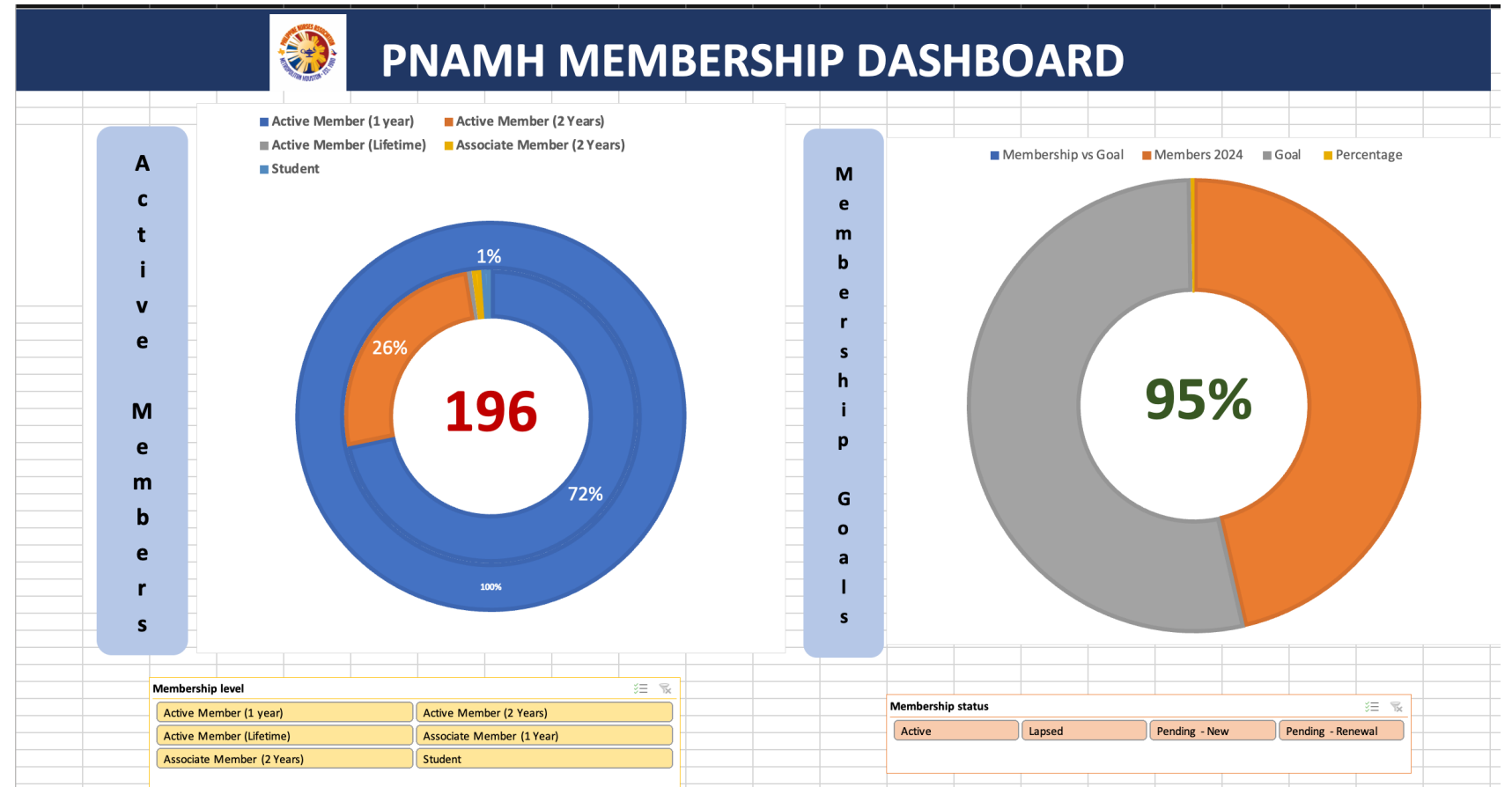
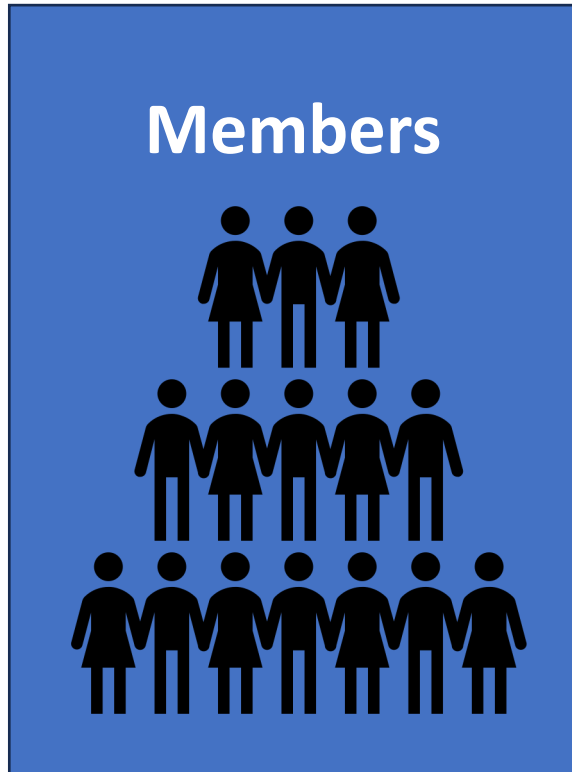
- DISCOUNTED RATES FOR CHAPTER MEMBERSHIP
 - Retired, 4+1 program
- CHAPTER & ORGANIZATION BEST PRACTICES
 - Needs Assessment of Members
 - On-boarding process & tools
 - Speakers Bureau
 - CE development and approval
 - Planned Education, Spring & Fall Seminar
- MEANINGFUL & CONSISTENT COMMUNICATION
 - Utilization of shared platforms, etc
- VISIBILITY & TRANSPARENCY



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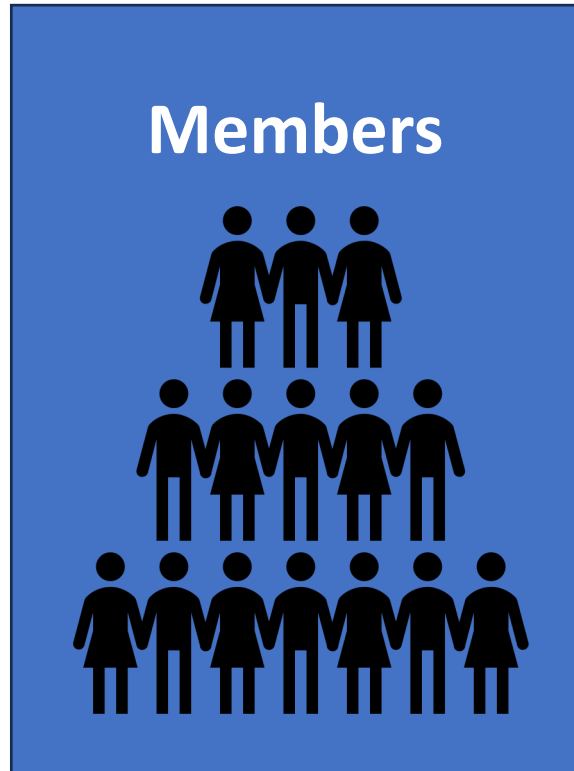




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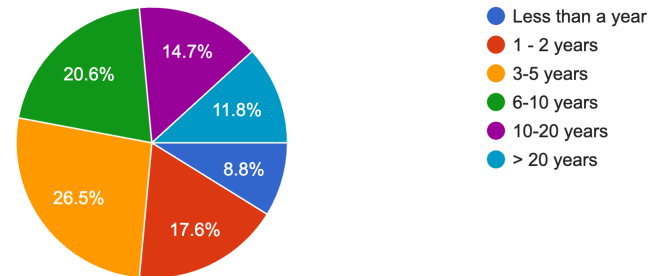
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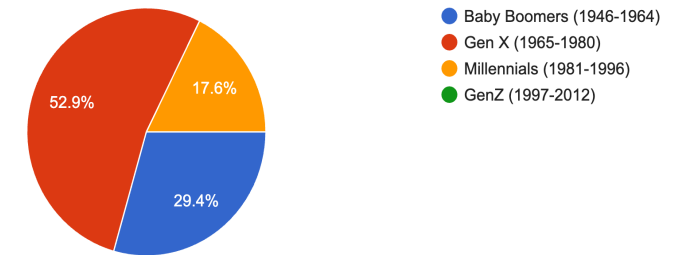
How long have you been a member of PNAMH?

34 responses



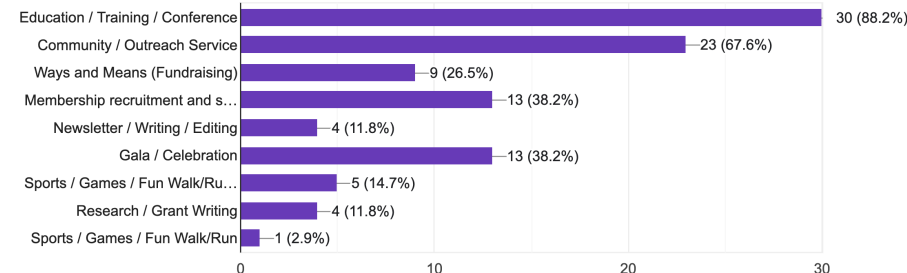
What generation do you belong?

34 responses



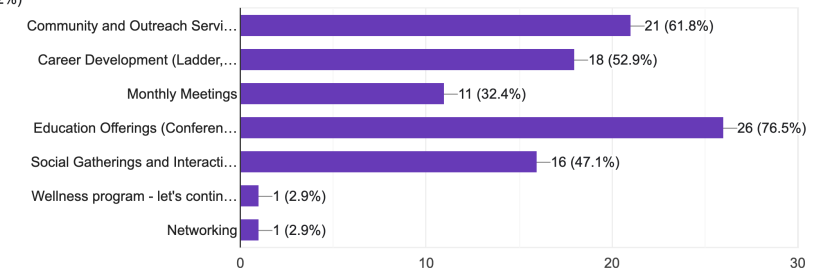
What are your areas of Interest in an organization?

34 responses



Which PNAMH offerings do you find most beneficial to you as a nurse and as an individual? Select all that apply

34 responses



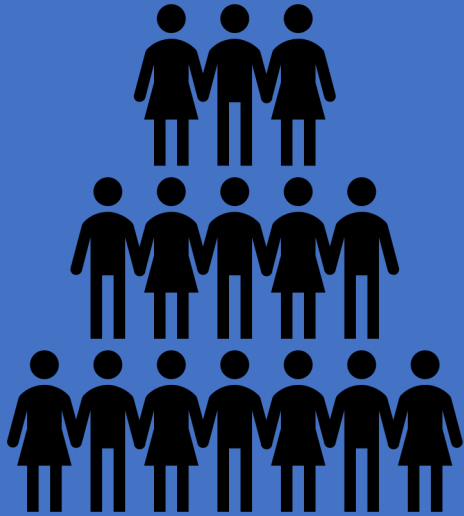


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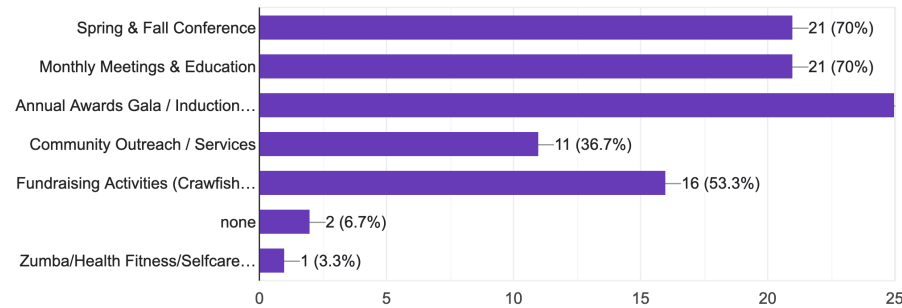
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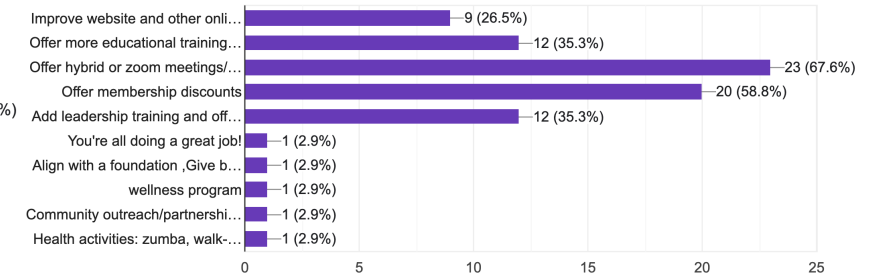
Which PNAMH Activities have you attended in past 3 years?

30 responses



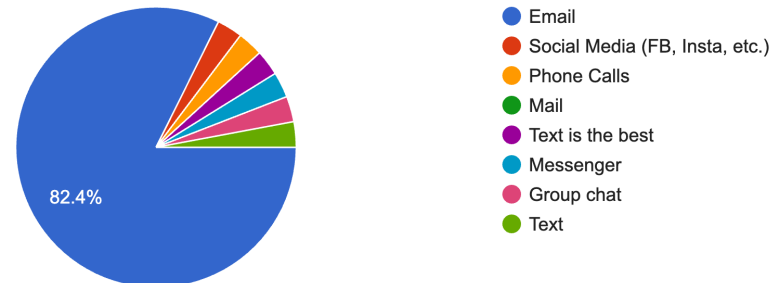
How can we best improve your membership experience at PNAMH?

34 responses



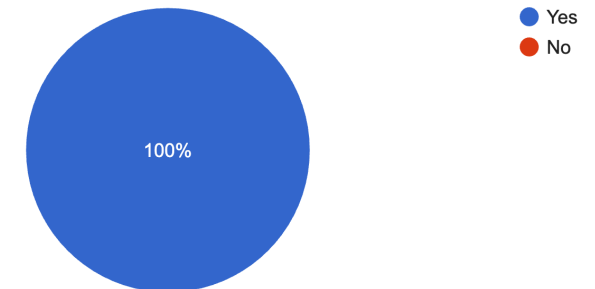
How would you prefer to hear from us?

34 responses



Would recommend PNAMH to a friend or a colleague?

33 responses





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**Philippine Nurses Association of
Metropolitan Houston**

PNAMH FOUNDATION
Supporting our nurses and our community.

General Membership Meeting
June 20, 2024
5:15 PM – 6:00 PM

**Dollars and Treatment: What
Nurses Need to Know About
Financial Toxicity**

Sohrab Alexander Sardual, MBA, RN, NE-BC
Asst. Director, Pediatric ICU
Texas Children's Hospital
President-Elect, PNAHM

June 20, 2024
6:00 PM – 7:00 PM

Free CEOfferings

The Philippine Nurses Association of America
Foundation is approved by the California Board of
Registered Nursing CDP #14134 for 1.2 contact
hours.

Join Zoom Meeting
<https://commonspoint.zoom.us/j/97822067587?pwd=mtcsc0BIRw03MlY0ZGlnbXU5dWdmNjR1>

Meeting ID: 978 2206 7587
Password: 353697

Scan to Register



Michael E. Debaque VA Medical Center
Building 108-A
2002 Holcombe Blvd
Houston, TX 77030

Contact Us for more details:
PNAMH Education Team
Jonathan Gecomo – 832.283.673.
Grace Woodmansee – 832.859.8773
Rizza Iagan – 832.814.8824
Mae Nerida Idul – 856.366.0907
Lea Geronimo – 281.844.4198

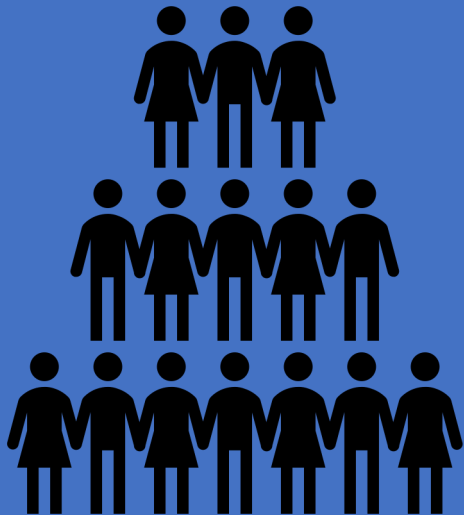


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PHILIPPINE NURSES ASSOCIATION OF METROPOLITAN HOUSTON

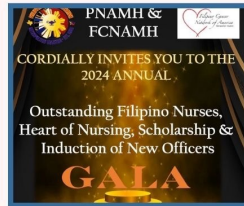


METRO PULSE



JUNE 2024 EDITION

WWW.PNAMEH.NET



PNAMH GALA - CELEBRATING EXCELLENCE IN NURSING

Greetings PNAME Members and Supporters!
We are delighted to bring you the highlights from the prestigious PNAME Gala held on May 11, 2024, an evening dedicated to honoring excellence and achievement in nursing. The event, which took place at the Westin Oaks, Houston, was a resounding success. It was filled with camaraderie, celebration, and recognition of outstanding contributions to the nursing profession.

INDUCTION OF NEW PNAME OFFICERS

The gala commenced with the official induction of the new PNAME officers, who have taken up the mantle to lead and serve our organization with dedication and commitment. Their leadership promises a bright future for PNAME, advocating for Filipino nurses and advancing our collective goals.



AWARDS AND RECOGNITION



HEART OF NURSING AWARD

The Heart of Nursing Award was presented to individuals who embody the spirit and essence of nursing—compassion, empathy, and dedication to patient care. Their selfless acts of kindness and empathy touch lives and make a lasting difference in the communities they serve.

AWARDING OF OUTSTANDING FILIPINO NURSES

A pivotal moment of the evening was the recognition of the Outstanding Filipino Nurses. These exceptional individuals exemplify the highest standards of nursing practice, demonstrating unwavering compassion, expertise, and leadership in their respective fields. Their stories inspire us all and remind us of the profound impact nurses make in healthcare and beyond.

SCHOLARSHIP AWARDS

FCNAME also had the privilege of awarding scholarships to deserving nursing students, investing in the future of our profession. These scholarships support aspiring nurses in their educational journey, empowering them to become future leaders and innovators in healthcare.



PHILIPPINE NURSES ASSOCIATION OF METROPOLITAN HOUSTON



METRO PULSE



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KALAYAAN EVENT

The Kalayaan event was a vibrant celebration of freedom and community, and PNAME (Philippine Nurses Association of Metro Houston) was proud to be a part of it. Our participation this year was marked by several key activities that showcased our commitment to health, education, and community service.

One of the primary roles PNAME played during the Kalayaan event was as the first aid responder. Our team of skilled nurses was on hand to provide immediate medical assistance, ensuring the safety and well-being of all attendees. Their quick response and professional care were invaluable, making sure that everyone could enjoy the festivities with peace of mind.

PNAME also conducted health education sessions, sharing valuable information on a range of health topics. Additionally, we offered free blood pressure screenings, helping attendees monitor their health and become more aware of their cardiovascular status.

The Kalayaan event was also an excellent opportunity for PNAME to recruit new members. Our booth was bustling with activity as interested individuals stopped by to learn more about our mission and how they could get involved. The enthusiasm and dedication of our members were evident, and their smiling faces reflected the joy of working together for a common cause.

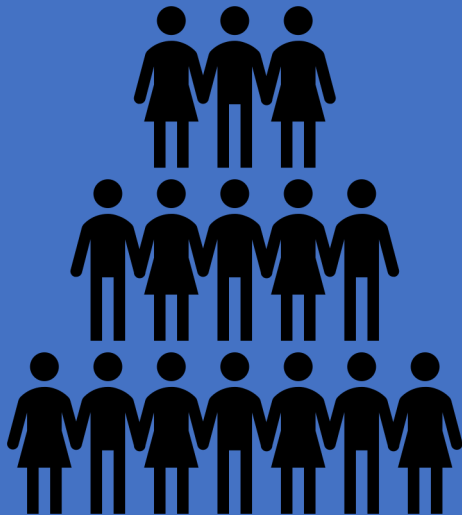


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Members



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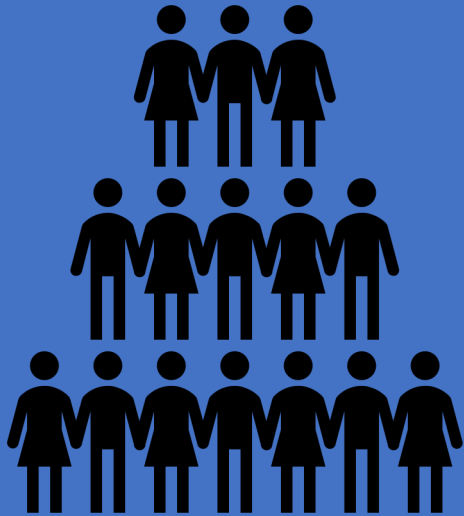


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Service Community



Finance & Growth



Quality & Research





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Service Community



- MEDICAL MISSION
 - Davao
 - Romblon
- Shankar & PNAMH Filipino Nurses Scholarship Fund
- MEANINGFUL CONNECTION & WELL-BEING FOR THE COMMUNITY
 - 5-7 Outreach Program per year
 - Funding of Slippers program for key areas in the Philippines
- COLLABORATION WITH OTHER NURSING COMMUNITY ORGANIZATION
- LINKAGES WITH OTHER PROFESSIONAL ORGANIZATION (CHAMBER OF COMMERCE, ETC.)



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Service
Community





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Service Community



Independent School District
THE SMART CHOICE

Event:	Back to School Health fair event
Date:	Saturday, July 27th 2024
Location:	6750 Cook Rd, Houston, TX 77072
Event Time:	8:00 a.m. to 12:00 p.m. Vendor Set up: 7:00 a.m.



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Service
Community



University of Houston Filipino Student Association

- Volunteer during PNAMH Event
 - Gala
 - Donation drives
 - Workshops
 - Scholarship
 - 45th Anniversary Book

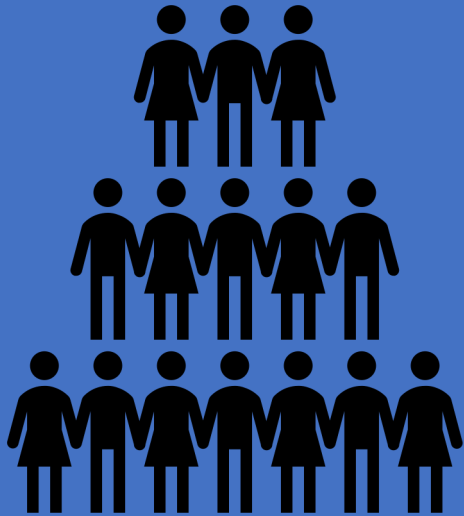


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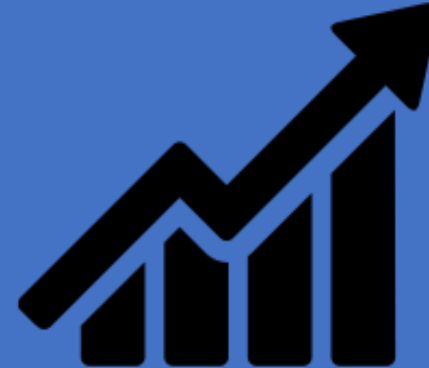
Members



Service Community



Finance & Growth



Quality & Research





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Finance & Growth



- 15% increase in Membership
- BENCHMARK FINANCIAL PROGRAM FROM OTHER ORGANIZATIONS
- 501C3 application
- NEW WEBSITE
 - ONLINE STORE AND CAREER SITES



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Finance & Growth





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Finance & Growth



2024-2025 Budget Summary			
Expenses	Projected Expenses		
Administrative	\$ 7,000.00		
Operational	\$ 7,600.00		
Professional Development	\$ 12,000.00		
Publicity	\$ 2,200.00		
Wellness/Social	\$ 1,500.00		
Community Outreach / Medical Mission, etc	\$ 8,000.00		
Sunshine Fund / Disaster Fund	\$ 1,500.00		
Committees			
Membership	\$ 1,900.00		
Education	\$ 7,200.00		
Ways & Means	\$ 3,500.00		
501C3 Application - Special Project	\$ 1,000.00		
Total	\$ 53,400.00		
Projected Income	Number	Amount	Projected Income
Membership	180	\$ 30.00	\$ 5,400.00
New Recruit	50	\$ 30.00	\$ 1,500.00
Education (GMM / Spring Fall)			\$ 19,500.00
Mission/Fundraising (Fun Walk, Crawfish, etc)			\$ 28,000.00
Total			\$ 54,400.00
Overall Budget Summary 2024-2026			
Projected Expenses		\$ 53,400.00	
Projected Budget		\$ 54,400.00	
Total		\$ 1,000.00	
OFN 2025			
Projected Expenses		\$ 30,050.00	
Projected Income		\$ 37,000.00	
	Projected Revenue	\$ 6,950.00	
Grand Total			\$ 7,950.00



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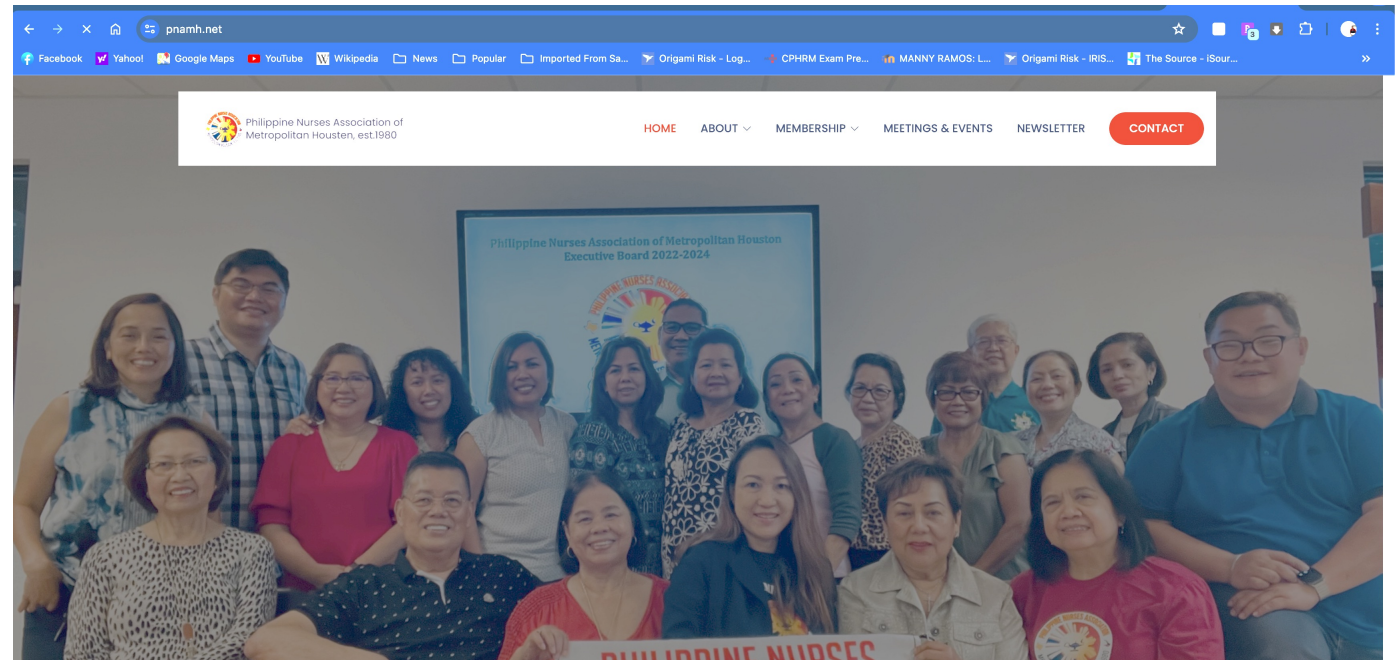


501C 3 Application

- Special Committee Formed
- Texas State – Approved
- EIN - Approved
- IRIS – in progress

Website:

www.pnamh.net



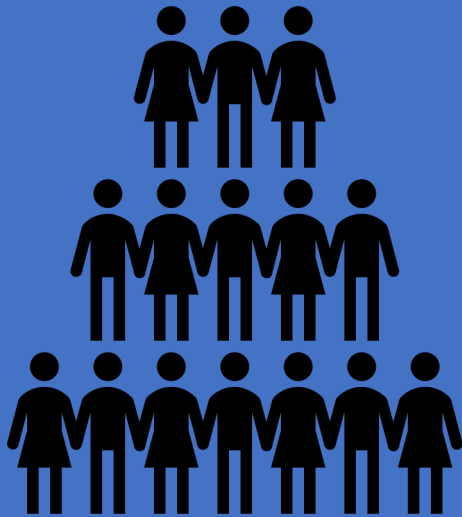


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Finance & Growth



Quality & Research





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Quality & Research



- **ADOPTION OF SIX SIGMA & LEAN PHILOSOPHIES**
- **ASSESS MEMBERS NEEDS AND ORGANIZATIONAL PROJECTS**
- **UTILIZATION OF SHARING PLATFORMS**
- **GRANT WRITING AND RESEARCH**



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Quality & Research



Google Forms
Registration
Forms Approval
Automated Certificates



Hybrid Meetings &
Education

P N A M H

O N E P N A M H

O N E F A M I L Y





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Old/New
Business





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Calendar of Activities
2024 – 2026

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Old/New
Business



Year	Month	PNAMH	PNAMHF	FCNA	Community Partners
2024	May	13 - Gala 16 - GMM		25 – Gift of Life	
	June	1 – Strategic Planning 15- Kalayaan (CO) 20 – GMM	1 – Crawfish Boil		8 – DM PCCI 9 - FACT 15 – Kalayaan (PKH)
	July	Sabbatical 17-21 PNAA National Convention July 27 Alief (CO)		22 – Quarterly Meeting	27 – Alief Back-to-school Health Fair
	August	22 - GMM		17 – Annual Cancer Symposium	
	September	19 – GMM / Danny (Fund)		14 – Quarterly Meeting	
	October	17 – GMM 19 FALL – TMH / Plant Sale		26 - Picnic	
	November	21 – GMM 9 Fun Walk / Bake Sale SCR Conference		2 – MD Anderson Boot Walk	
	December	Sabbatical 14 - XMAS PARTY		7 – Christmas Party	
2025	January	Sabbatical Medical Mission & International Conference			
	February	20 - GMM			
	March	20 - GMM			
	April	17 – GMM 12/19- SPRING			
	May	3-GALA 15 - GMM			
	June	19- GMM			
	July	Sabbatical			
	August	21- GMM			
	September	18- GMM			
	October	16-GMM 18/25 - FALL			
	November	20-GMM			
	December	Sabbatical 13– XMAS PARTY			



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