



Philippine Nurses Association of Metro Houston

One PNAMH, One FAMILY

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

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





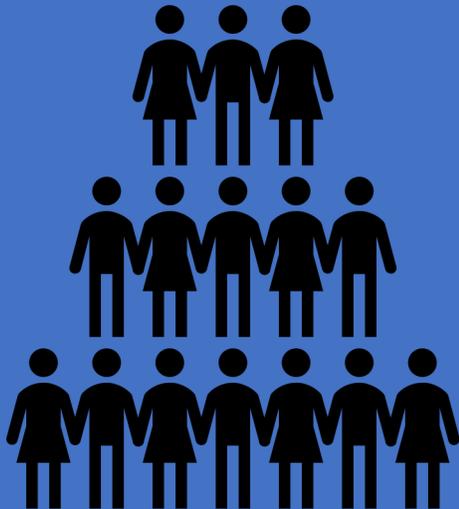
Philippine Nurses Association of Metro Houston

One PNAMH, One FAMILY

Birthday Celebrations

F – FORWARD THINKING
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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 | Floendo | 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 |



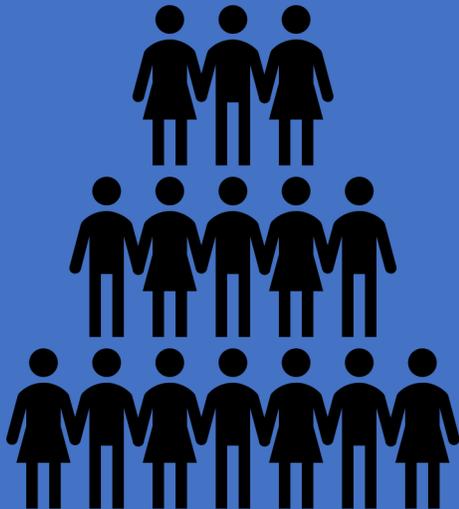
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Members



| First name | Last name | Birthday |
|------------|-----------|----------|
|------------|-----------|----------|

| | | |
|-------|---------|---------|
| Ellen | Orteras | July 07 |
|-------|---------|---------|

| | | |
|--------|--------|---------|
| Lorena | Rivera | July 12 |
|--------|--------|---------|

| | | |
|---------|-----------|---------|
| Cynthia | Desengano | July 17 |
|---------|-----------|---------|

| | | |
|-----|----------|---------|
| Lea | Geronimo | July 24 |
|-----|----------|---------|

| | | |
|--------|--------|---------|
| Ailyne | Jarder | July 25 |
|--------|--------|---------|

| | | |
|--------|--------|---------|
| Danilo | Lindog | July 28 |
|--------|--------|---------|

| | | |
|-----------|----------|---------|
| 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 M H

O N E P N A M M H

O N E F A M I L Y



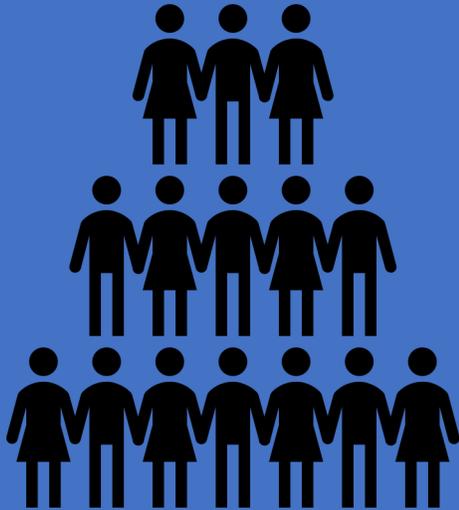


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Members



Service Community



Finance & Growth



Quality & Research



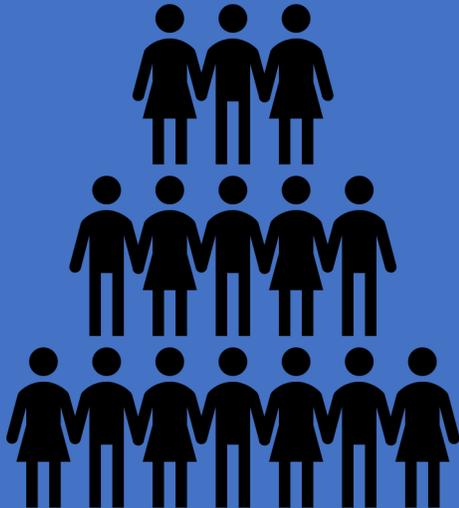


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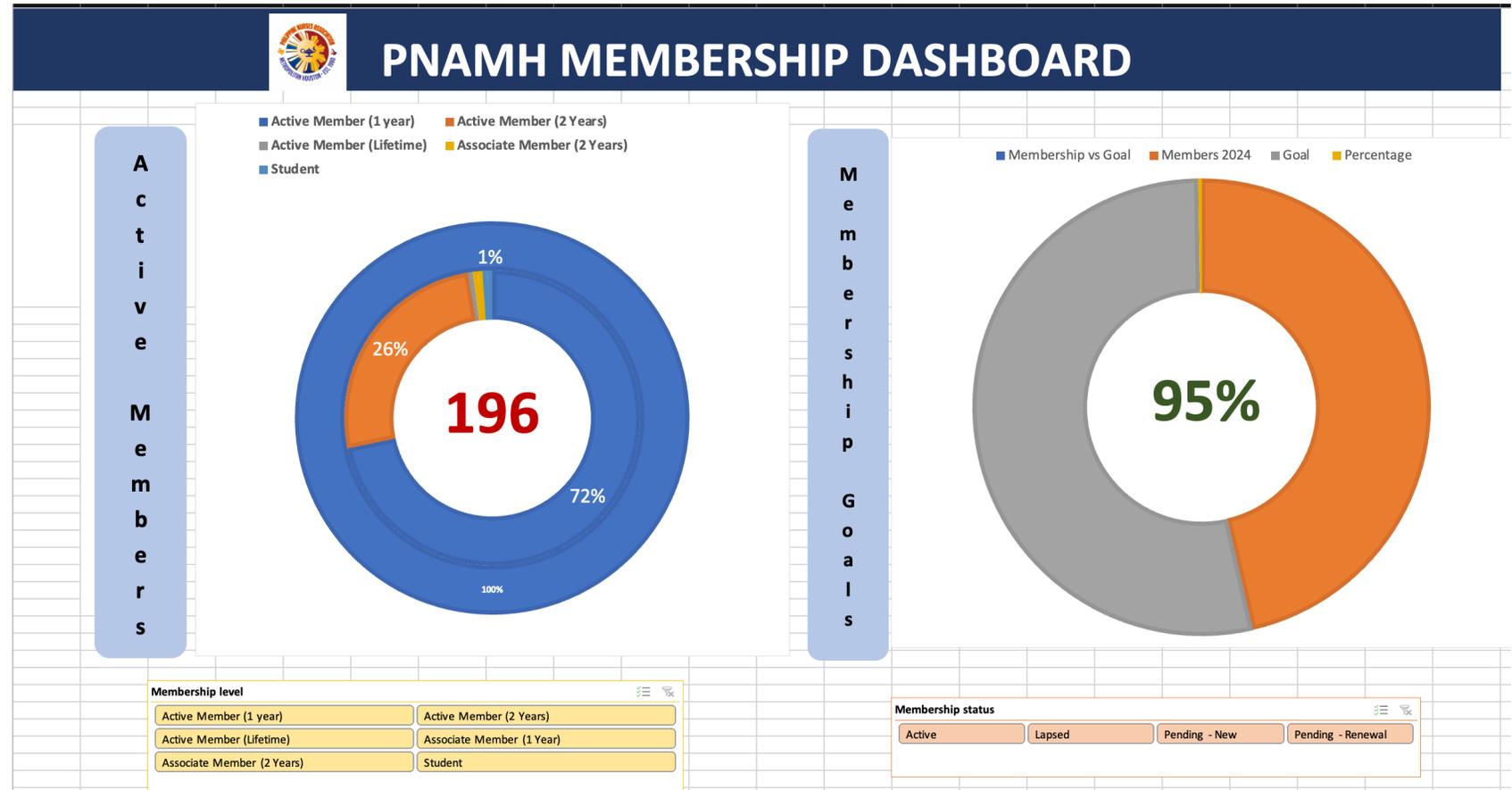
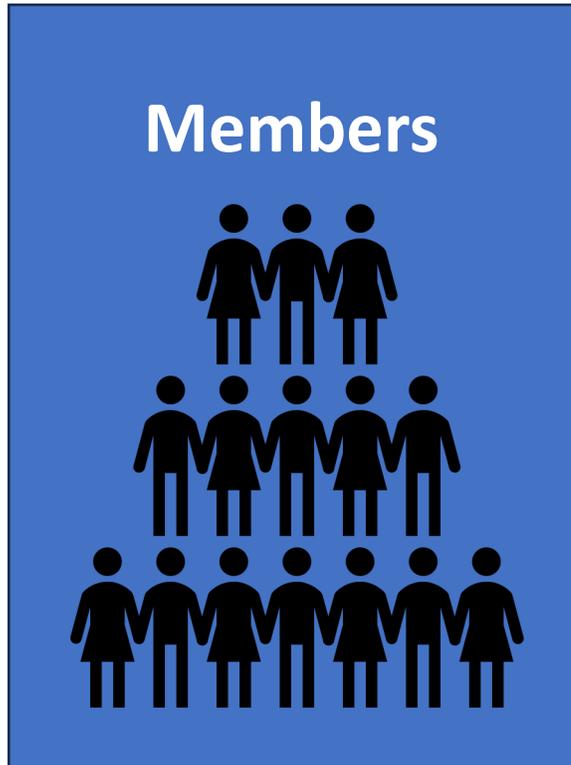
- DISCOUNTED RATES FOR CHAPTER MEMBERSHIP
 - Retired, 4+1 program
- CHAPTER & ORGANIZATION BEST PRACTICES
 - Needs Assessment of Members
 - On-boarding process & tools
 - Speakers Bureau
 - CE development and approval
 - Planned Education, Spring & Fall Seminar
- MEANINGFUL & CONSISTENT COMMUNICATION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



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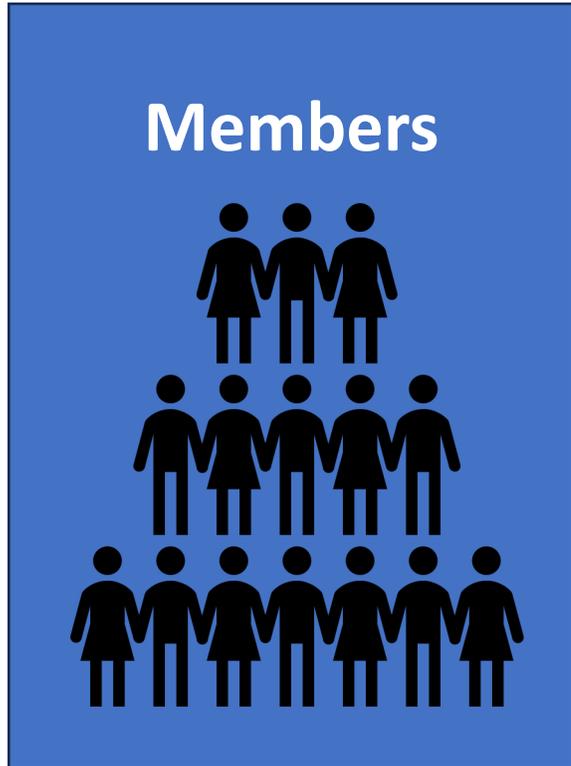




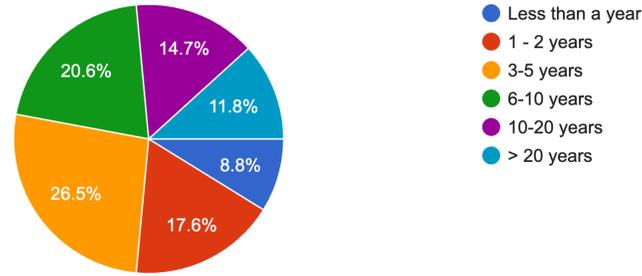
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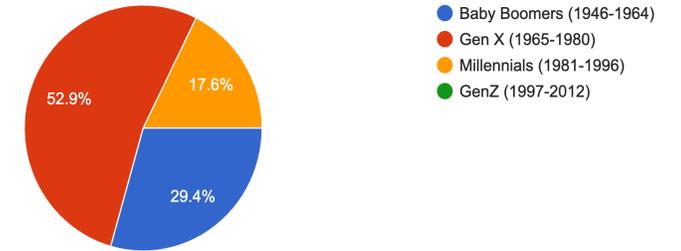
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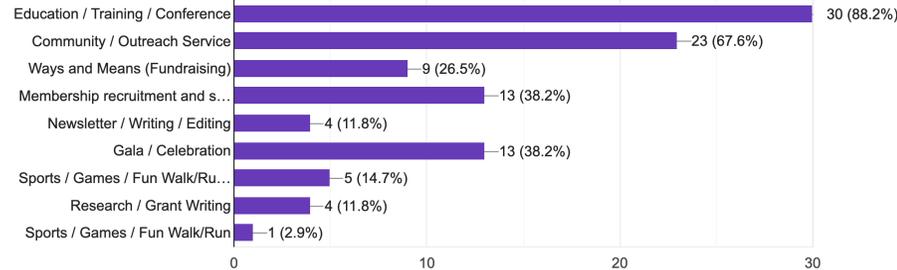
How long have you been a member of PNAMH?
 34 responses



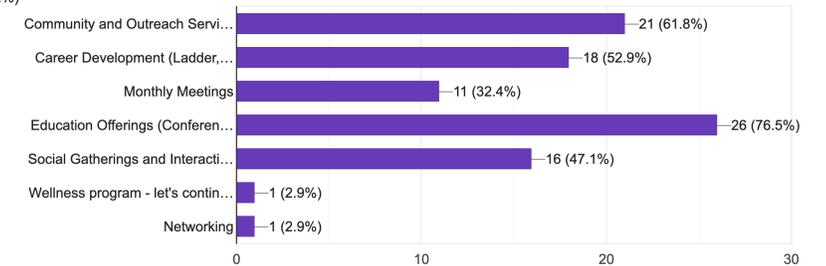
What generation do you belong to?
 34 responses



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

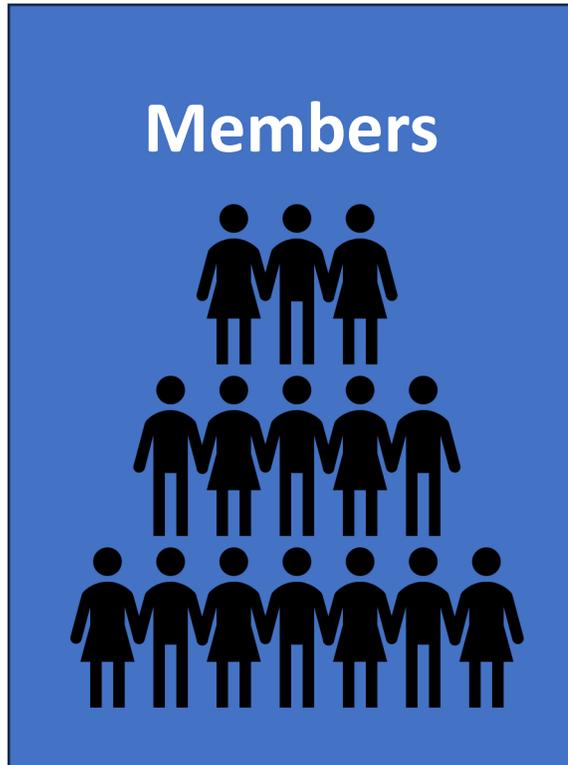




Philippine Nurses Association of Metro Houston

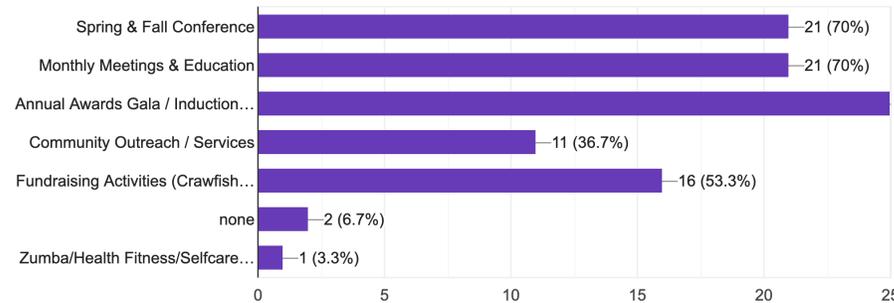
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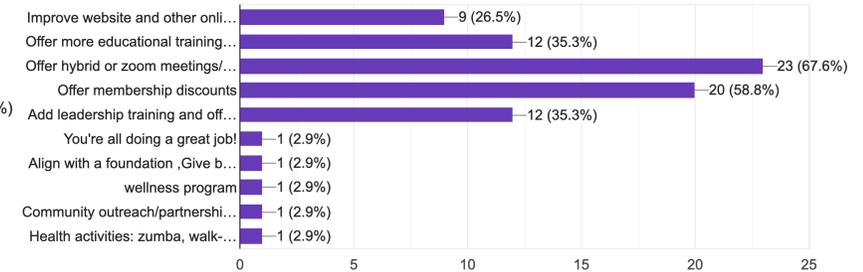
Which PNAMH Activities have you attended in past 3 years?

30 responses



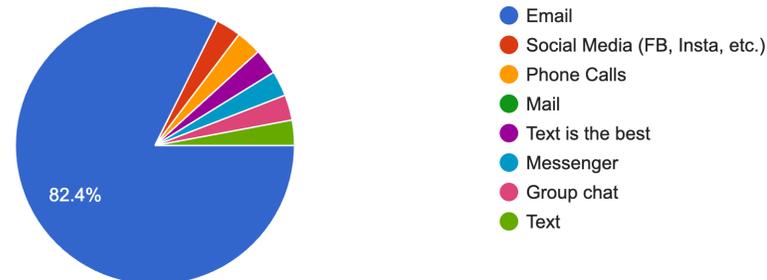
How can we best improve your membership experience at PNAMH?

34 responses



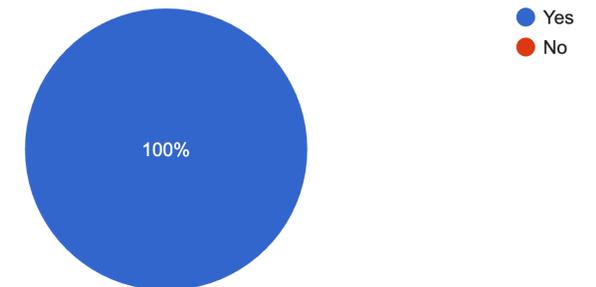
How would you prefer to hear from us?

34 responses



Would recommend PNAMH to a friend or a colleague?

33 responses

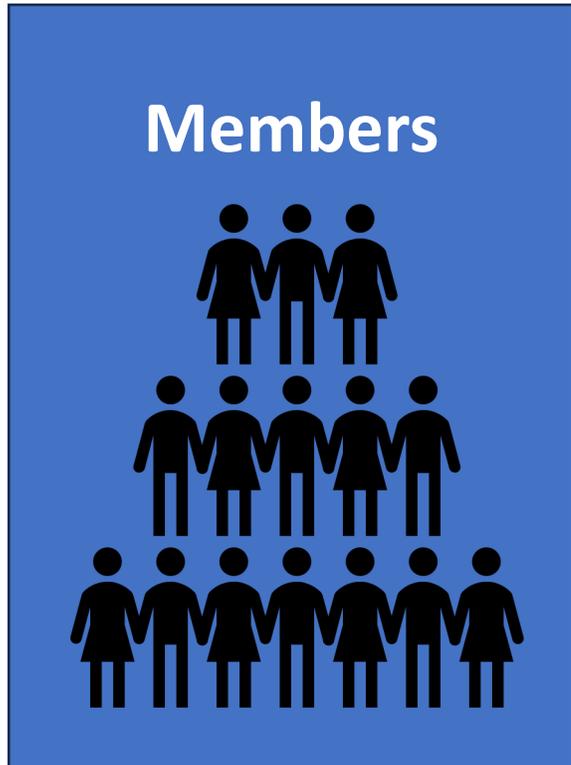




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Philippine Nurses Association of Metropolitan Houston

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, PNAMH
June 20, 2024
6:00 PM – 7:00 PM

Free CE Offerings
 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://commnanspnh.zoom.us/j/97822067587?pwd=RXBsc0p0RkRwMjRmMkY4YkZlbnR0aUJmRz09>
 Meeting ID: 978 2206 7587
 Password: 353697

Scan to Register



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

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

July – Sabbatical
August 22 – GMM & EA
 Maria Lea Mayoral – Presenter
September 19 – GMM & EA

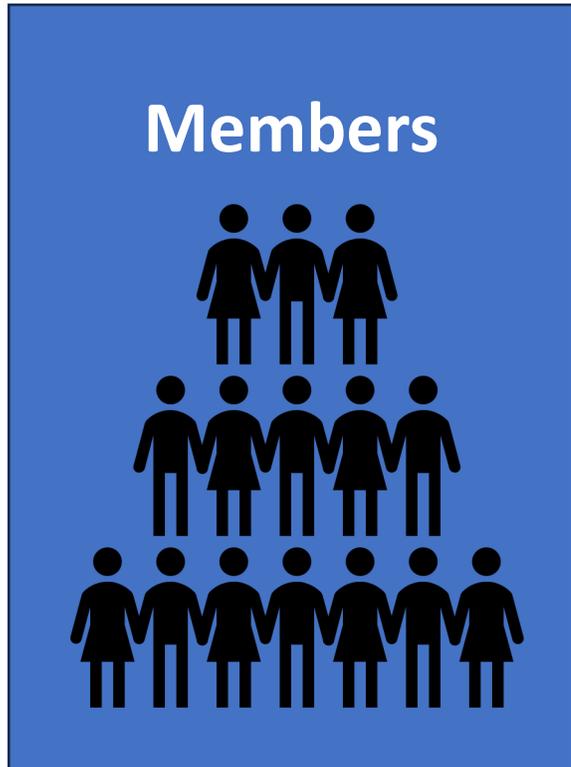
October 19
 Fall Conference –
 Houston Methodist



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PHILIPPINE NURSES ASSOCIATION OF METROPOLITAN HOUSTON



METRO PULSE



JUNE 2024 EDITION WWW.PNAMH.NET



PNAMH GALA - CELEBRATING EXCELLENCE IN NURSING
Greetings PNAMH Members and Supporters!
We are delighted to bring you the highlights from the prestigious PNAMH 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 PNAMH OFFICERS

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

FCNAMH 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



JUNE 2024 EDITION WWW.PNAMH.NET



KALAYAAN EVENT

The Kalayaan event was a vibrant celebration of freedom and community, and PNAMH (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 PNAMH 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.

PNAMH 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 PNAMH 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.

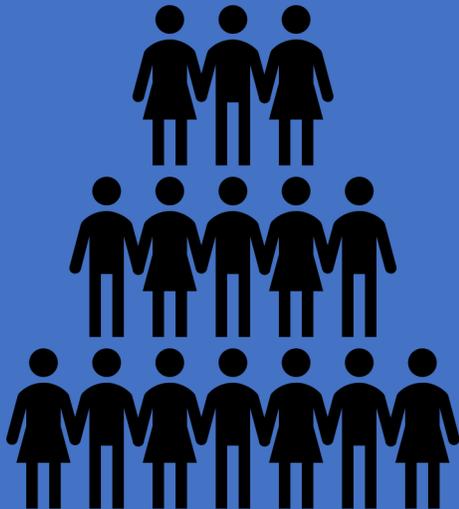


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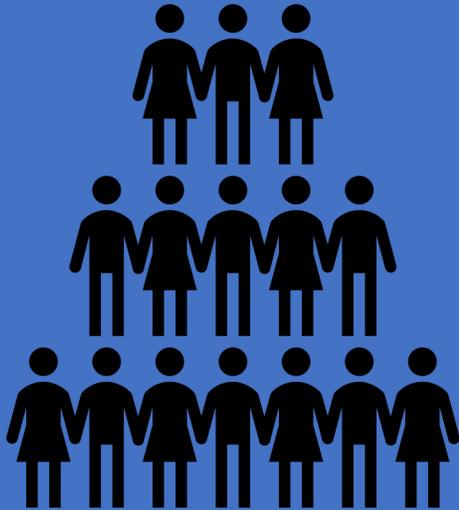


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Members



Service Community



Finance & Growth



Quality & Research





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Service Community



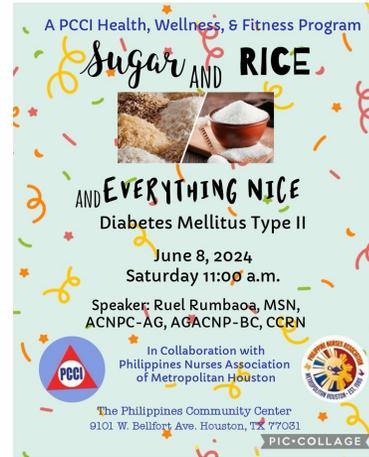
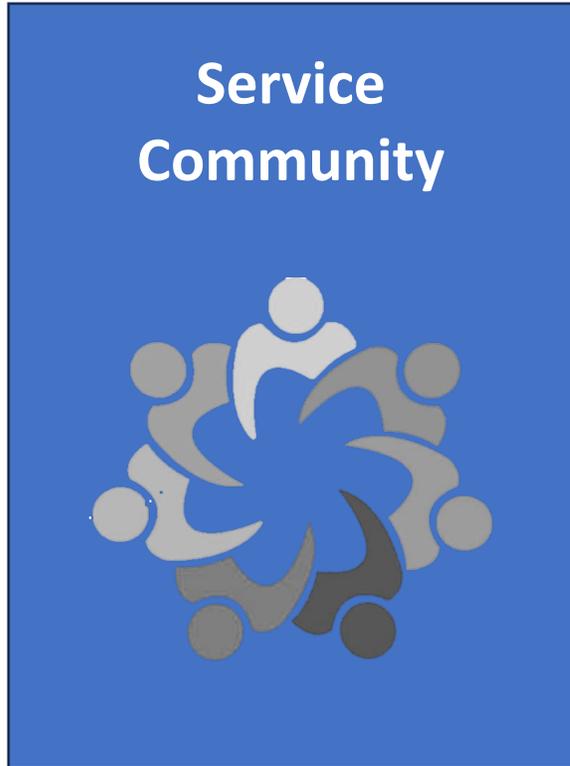
- MEDICAL MISSION
 - Davao
 - Romblon
- Shankar & PNAMH Filipino Nurses Scholarship Fund
- MEANINGFUL CONNECTION & WELL-BEING FOR THE COMMUNITY
 - 5-7 Outreach Program per year
 - Funding of Slippers program for key areas in the Philippines
- COLLABORATION WITH OTHER NURSING COMMUNITY ORGANIZATION
-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



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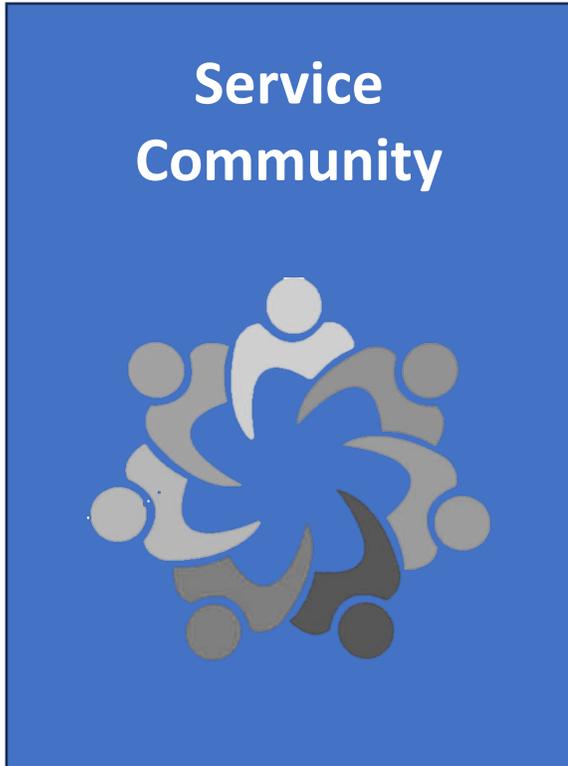




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Service
Community





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Service Community



Independent School District
THE SMART CHOICE

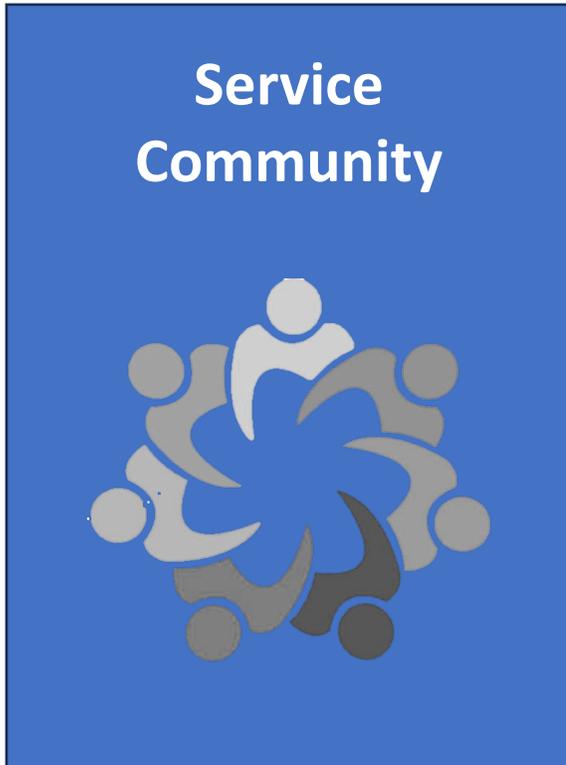
| | |
|--------------------|---|
| Event: | Back to School Health fair event |
| Date: | Saturday, July 27th 2024 |
| Location: | 6750 Cook Rd, Houston, TX 77072 |
| Event Time: | 8:00 a.m. to 12:00 p.m. Vendor Set up: 7:00 a.m. |



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University of Houston Filipino Student Association

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

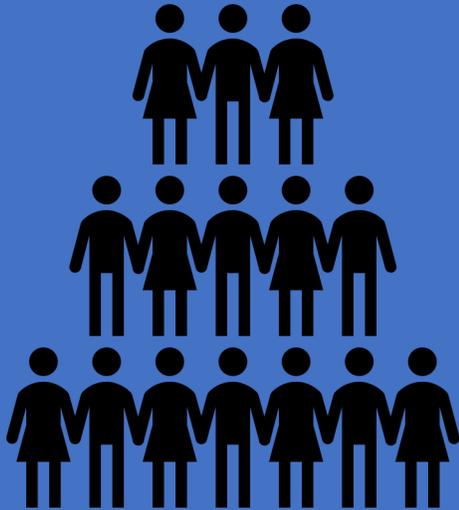


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Finance & Growth



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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| 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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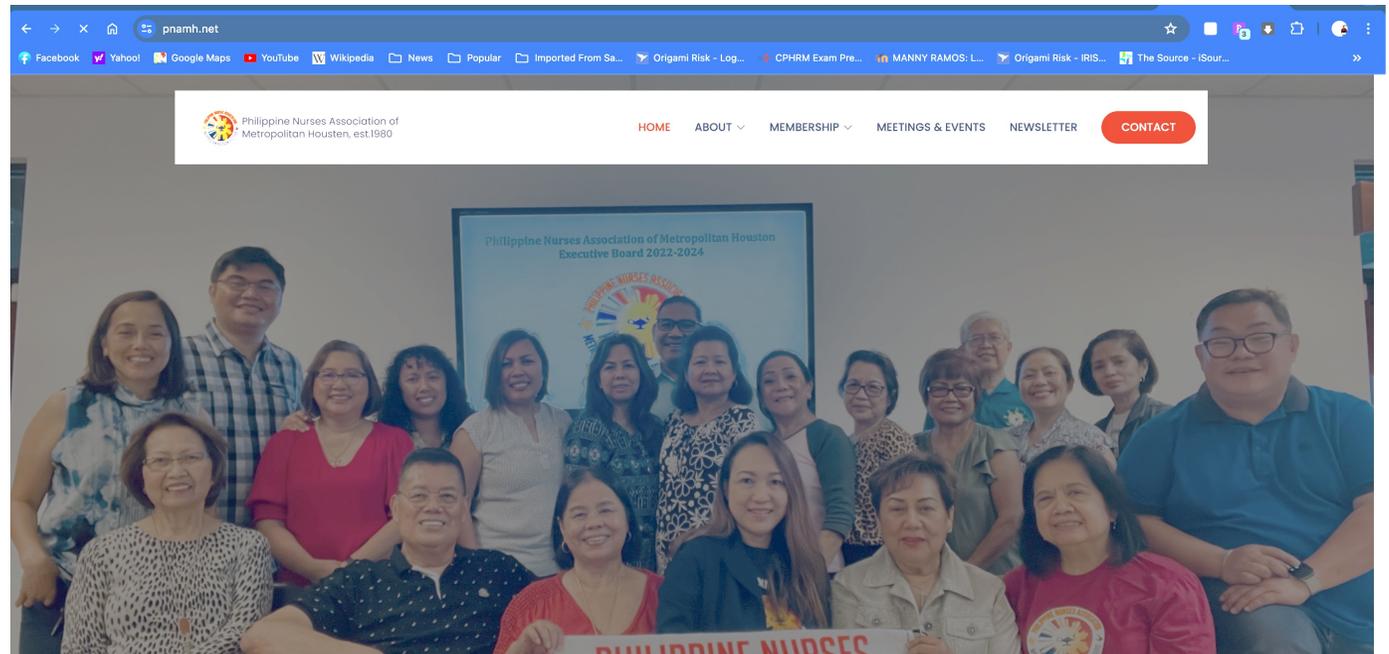


501C 3 Application

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

Website:

www.pnamh.net



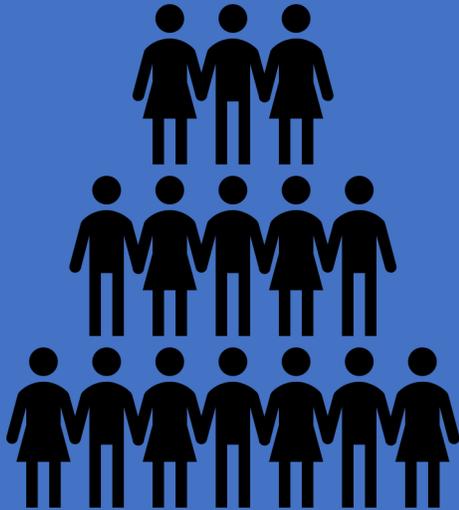


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Quality & Research





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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 M H

O N E P N A M M H

O N E F A M I L Y





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Old/New
Business

OUR UNITED VOICES
 PHILIPPINE NURSES ASSOCIATION OF AMERICA
45th
 NATIONAL CONVENTION
 HOSTED BY
 PNA Southern California

WE CARE:
 A Spotlight on Our Collaborative Journey to Excellence

Save the Date
17-21 JULY 2024
 THE WESTIN LONG BEACH HOTEL
 333 E. Ocean Blvd., Long Beach, CA 90802

www.mypnaa.org | infomypnaa@gmail.com

PHILIPPINE NURSES ASSOCIATION OF AMERICA
 NATIONAL CONVENTION
 JULY 17-21, 2024
 HOSTED BY
 PNA Southern California

EDUCATION DAY - JULY 19, 2024

SPEAKER

PAMELA WINDLE, DNP, RN, NE-BC, CPAN, CAPA, FAAN, FASPAN
 Director of Nursing
 Harris Health System ARC, Texas Naylor

Building Capacity and Engagement to Improve Patient-Centered Outcomes among Filipinos

Register
<https://qrco.de/belcxw>

Knights of Rizal Texas Area Foundation
 Cordially invites you to

"TRIBUTE TO DR. JOSE P. RIZAL"

Induction of KOR Texas Areas Officers: Central & North
 Recognition of Dr. Jose Rizal Excellence Awardees
 & KORTAF Members-Major Donors

Saturday, June 22, 2024, 6 PM
 Philippine Community Center
 9101 West Bellfort Blvd., Houston, TX 77031

Donations: \$55 (prepaid) \$65 (@ door) Attire: Formal/Filipiniana/Barong

RSVP: Sir Mel Garraton: (281) 851-7299 Sir Randy Datu: (832) 420-3702
 Sir Jun Dimalaluan Jr. (832) 588-7879 Sir Romil Rentuaya (404)353-5953

Ticket# 013



Philippine Nurses Association of Metro Houston

One PNAMH, One FAMILY

Calendar of Activities
2024 – 2026

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



| 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 PNA 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 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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