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E-Balita

*Diaryo ng Philippine Nurses Association ng America
The E-Newsletter of the Philippine Nurses Association of America*

PRESIDENT'S MESSAGE



Engage and Make a Difference: PNAA Moving Boldly to 2011

Reynaldo R. Rivera, DNP, RN, NEA-BC

By the time you read this, the 2010 will be but a foggy memory. I hope that the New Year and the start of 2011 provide us with the opportunity to reflect back on the past while simultaneously looking forward to the promise of a new year. I trust that 2011 will allow everyone to regroup, to focus on lessons learned in 2010 and to boldly forge ahead.

The Philippine Nurses Association of America has your future in mind. We continue to strive to:

- Provide quality educational programs that will enhance the clinical and leadership skills of our members.
- Improve bi-directional communication with the membership through e-Balita, membership satisfaction survey and PNAA President's forum with PNAA Chapter members.
- Enhance community partnership through Faculty Mentoring Program, Balik-Turo initiative and community outreach programs (Gawad Kalinga/Gawad Kalusugan, Kababayan Emergency Fund, Cancer Network, Health Heart, Healthy Family)
- Increase membership engagement through membership growth and participation in national initiatives such as Alliance for Ethical International Recruitment Practice, Global Forum on Migration and Development, NCEMNA, Genetics and Genomics initiative sponsored by INH.

2011 is our year of engagement. I look forward to meeting you at our annual PNAA Convention in San Francisco, California this June. Come and share your stories of engagement and making a difference with others.

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PNA NEW ENGLAND INDUCTION

By: Leila Amarra, RN



PNANE celebrated its 20th year anniversary last Saturday, October 30th with the Induction of the 2010-2012 Executive Board at Lombardo's in Randolph, Massachusetts. "The POWER of PNANE at 20: Making a Difference" has a jumpstart with all the preparation for the PNAA "star-studded" event, another successful teamwork of PNANE members and auxiliaries.

Jenny Aying opened the program with the Star Spangled Banner while Nelia Francisco led the group in Lupang Hinirang. We had two wonderful masters of ceremony: Janice Amihan and Ross Mangilog who complemented each others' talent. The Tremont Baptist Women's Ensemble with Arme Gallanaro, Mary Jean Jordan, Dolly Salimbay, Nits Mirando, Mengie Catilcong and Janice Amihan sang "Lead Me Lord" for the invocation.

There was dancing during dinner with vocal solo entertainment from our guests and our very own Jeannie Kua See with her rendition of "Hero." Rose Candaza, Nelia Francisco, Psyche Lacson, Lizabeth Purugganan and Jonathan Torremoro were joined by our auxiliary members in a Hispanic-inspired Filipino dance. A video of "PNANE at 20" was presented with Jennifer Aying narrating PNANE's history.

Nelia Francisco, 2008-2010 PNANE President thanked everybody for their support. Victoria Navarro, PNAA President-Elect introduced the guest speaker, Rey Rivera, PNAA President. Rey's message is on engagement of nurses and how it makes a difference in the nursing profession "today and everyday".

Our very own Leticia Hermosa assisted in the preparation of "Oath of Office" of newly elected officers. Susan Topacio, chairperson of NOMELEC Committee, presented the 2010-2012 PNANE Executive Board to Rey Rivera, Inducting Officer.

PNANE members are appreciative and greatly touched by the presence of PNAA Executive Board and PNAA Chapters: Rey Rivera, PNAA President Victoria Navarro, PNAA President-Elect, Nini Jurado, Madeline Yu (and Alfredo Yu) with our very own Jennifer Aying, PNAA Board Members, Phoebe Andes, PNAA Founding Officer and PNAA Foundation Adviser, Leticia Hermosa, PNAA Parliamentarian and Legal Adviser, Leo Jurado, PNAA Immediate Past President, Joy Garcia-Dia, Chairperson, PNAA Human Rights Committee Susan Castor, VP, Eastern Region, Marley Nicolas, Chairperson (Circle of Presidents) and President, PNA New Jersey, Eileen Espiritu, Secretary, PNA New Jersey, Susan Gador, President, PNA New York Cynthia Margalit, Vice President, PNA New York Leonie Mariazeta, Immediate Past President, PNA New York, Ferdie Luyun, President, PNA Pennsylvania, Rubie Goodier, PNA St. Louis, Missouri, Myrna Santos, PNA New York Board Member and "Nursing Office" editor

I invite all Filipino nurses to join our organization to make a difference. Leticia Hermosa, in her closing remarks, thanked everybody especially the members of the committees who worked hard to make this an "Affair to Remember."

There was dancing until Lombardo's lights were off at 12:30 AM.

PNA NEW ENGLAND OFFICERS

President: Leila Amarra, RN
 President-Elect: Maria Eden Gianan, RN
 Vice President: Rose Marie Candaza, RN
 Secretary: Regina Muyuela, RN
 Secretary: Ritchel Tolentino, RN
 Treasurer: Asenet Craffey, RN
 Treasurer: Lizabeth Purugganan, RN
 Auditor: Eva Psyche Lacson, RN
 PRO: Crispina Ampane, RN
 PRO: Rosaida Shkiew, RN
 Board Member: Bertha Coliflores, RN
 Board Member: Belinda Manuel, RN
 Board Member: Teresa Margate, RN
 Board Member: Ann Marie Larocca, RN
 Board Member: Maria Theresa Panizales, RN



PNA CENTRAL CALIFORNIA INDUCTION

By: Lourdes Nisperos, RN and Beth Rose, RN

On Saturday, November 6, 2010 Deputy Consul General Wilfredo Santos, Philippine Consulate General San Francisco inducts PNA Central California 2010-2012 Officers and Executive Board under the leadership of Lourdes Nisperos at Picadilly Inn University, Fresno, California. Honorable Wilfredo Santos read and gave the signed message and warmest greetings of President Benigno Aquino, President of the Philippines to the PNACC on its 21st Anniversary celebration and induction of its 2010-2012 Officers and Board of Directors. There were over 220 attendees in the event (the biggest ever by far) from different civic organizations, community leaders and nurses from different hospitals and healthcare institutions.

On behalf of the Western Region, I would like to thank the Immediate Past President, Maricon Esteban and the 2008-2010 for leading PNACC for the past two years and to all the Past Presidents especially to Dean Nancy Hoff, PNACC Founding President. Both Lourdes Nisperos and Maricon Esteban gave recognition to all of the PNACC Past Presidents during the event. Lourdes Nisperos' theme for her term is "PNACC Moving Forward: Engaging Members as One Voice Leads to Greater Collaboration and Nurse Excellence."

Mila Nino led the attendees in singing the PNAA Theme Song - Shine PNAA Shine. The vocal soloist with the band is Adam Geraldo, BSN, RN. Thanks to PNACC under the leadership of Lourdes Nisperos

and Maricon Esteban for making this event a memorable one. Congratulations to everyone and thank you for all that you do for PNACC and PNAA

Deputy Consul General Wilfredo Santos inducted PNA CENTRAL CALIFORNIA 2010-2012 new sets of officers under the leadership of Lourdes Nisperos. PNAA Vice President of Western Region, Ms. Beth Rose represented PNAA on behalf of Dr. Rey Rivera, since he has prior commitment in Mexico. Beth Rose eloquently delivered her speech as the guest speaker for that night. She gave an excellent speech that have made all those in attendance know more about PNAA and activities for all of us.

Those in attendance were nurses from several health facilities in Fresno and vicinity and many community leaders and friends. The attendees also received an official welcome greetings from the Mayor of Fresno, Mayor Ashley Swearingen. This will definitely enhance PNACC's visibility here and also from the President of the Filipino American Association of Fresno & Vicinity, Inc., Dr. Isabelo Artacho and was present at this event. Congratulatory messages were heard from Dr. Rey Rivera's, Beth Rose, Consul General Marciano Paynor, Jr's, of the Philippine Consulate General, San Francisco, California.

The PNAA song was sung to set the tone prior to Beth Rose PNAA speech. Entertainment was provided by one of our nurses, Adam Geraldo and also our member of the Couples for Christ (CFC) with his group as his accompaniment. This contributed to a very joyous atmosphere.

PNA CENTRAL CALIFORNIA OFFICERS

President- Lourdes Nisperos, MSN, BSN, RN
 Immediate Past Pres. - Maricon Esteban, BSN, RN
 Vice President- Christy Wood, BSN, RN
 Secretary- Rizza Valerio-Elep, BSN, RN
 Treasurer- Leonor (Elsie) Baruela, BSN, RN
 Assistant Treasurer- Cecile Utleg, BSN, RN
 Auditor- Teresita Parayno, BSN, RN
 Parliamentarian - Danny Baruela, BA, ADN, RN

Board of Directors:
 Resa Avendano, BSN, RN
 Oscar Borbon, MSN, BSN, RN
 Elnora Bugay, MSN, BSN, RN
 Annabelle Duka, BSN, RN
 Mila Nino, BSN, RN
 Fatima Tayo-Estacio, BSN, RN
 Diana Tubera, MSN, BSN, RN
 Salvacion Wee, BSN, RN





Work has begun for this administration. The administration needs the support of its members to achieve our goals and our four points strategic

initiatives (EECU) which was mentioned in my acceptance speech. This is based on PNACC theme for this administration which is aligned with Dr. Rey Rivera's PNAA Presidential theme. EECU is our four points strategic initiatives: E- Engagement, E- Excellence, C- Collaboration, U- Unity.

The Philippine Nurses Association
of Northern California, Inc.
is hosting the

 **32nd Annual PNAA
National Convention** 

June 28 - July 3, 2011
Hyatt Regency
5 Embarcadero Center
San Francisco, CA 94111

Don't miss this event!
Reservation taken now through April 11, 2011 at:
<https://resweb.passkey.com/go/PNAA>

 For additional information, please visit:
www.pnanorthcal.org & www.mypnaa.org
Contact: Marife Sevilla at 650.302.0210
or Malu Cruz at 650.303.5177
pnanorthcal@gmail.com





PNA METROPOLITAN DC INDUCTION

By: Susan Castor, RN

The Philippine Nurses Association of Metropolitan DC, Inc. (PNAMDC) celebrated their 40th year Anniversary and Induction of 2011- 2013 chapter officers last Saturday, March 19, 2011 at Renaissance Arlington Capital View Hotel, Arlington, Virginia.

The event was graced by almost 270 guests including the PNAMDC past presidents and members; Philippine Embassy Vice Consul, Corina Apostol; Executive Director of Migrant Heritage Commission, Attorney Arnedo Valera; PNAA Executive Boards Victoria Navarro, Susan Castor, Marley Nicolas, Iluminada Jurado, and Dino Doliente III; and PNA Maryland chapter members headed by Fe-Nieves Khouw.

The newly inducted officers were sworn-in by PNAA President-elect, Vicky Navarro on behalf of President Rey Rivera. Marissa Usman, the 12th president and her executive board affirmed their commitment to PNAA and its mission as they took their oath.

The outgoing President, Alice Andam, who held the position for 10 years, was beaming with pride. She expressed her heartfelt and humble gratitude to all the officers and members for their unwavering

support. She had accomplished nine medical-surgical-dental missions to the Philippines that provided 32, 473 indigent patients' free healthcare services. She pledged her continued support to her beloved organization and also announced that she will continue to lead the implementation of the yearly medical mission.

Capping farewell message was the giving of tokens of appreciation to the outgoing set of officers who extended their support during her term which paved the way for the realization of the organization goals. It was a fun filled night with good food, good dancing, and good people. We had another treat post party; we were served with delicious pansit, lumpia and adobo. We would like to thank PNAMDC for their hospitality.

PNA METROPOLITAN DC OFFICERS

President- Marissa Usman
 President-Elect: Leonora Mendoza
 Recording Secretary: Vivian Sola
 Asst. Recording Secretray: Florina Reynoso
 Corresponding Secretary: Prima Colburn
 Asst. Corresponding Secy: Lorna Imperial-Seidel
 Treasurer: Caro Manilay-Robles





PNA HAWAII INDUCTION

By Jose Jacob MSN, ED
RN and Ramon Sumibcay,
BSN, RN

The celebration did not commence last November 20 but started last October 30 when PNAH hosted a Halloween fun dance party for their friends and family. Wearing their best Halloween costumes, Filipinos dance lovers had a good time. A U.S. Army



command center, Camp Smith Lanai in Aiea, Hawaii was the site of the social gathering.

Philippine Nurses Association of Hawaii rejoices once more and reached another milestone since its inception when the association celebrated its 10th year anniversary. It was a culmination of the numerous accomplishments and achievements the association has done in the community, and its contributions to Philippine Nurses Association of America. The association has truly lived up to its slogan: Visibility, Vitality and Viability. It is also the result of the enduring support and endorsement by the former PNAH presidents guided by the founding president, Tina Salvador BSN, RN CNN, the advisory council lead by Dr. Anne Leake PhD, RN (the PNAH PRIDE Awardee for the night's affair), and the patronage of the PNAH membership. This festivity marked PNAH inception in 2000. Former PNAA president Pete Calixto BSN, RN, CNN was the inspirational backer in the foundation of this association with the assistance of other PNAA chapter members. PNAH is one of the PNAA western region members.

Coinciding with the anniversary was the PNAH 6th induction of officers. They invited the PNAA president Dr. Rey Rivera DNP, MA, EdM, RN, CCRN, NEA-BC as the guest speaker and

proclaimed the newly elected PNAH officers for the year 2010-2012.

It was resounding affair well attended by Hawaiian dignitaries and was held at the well-known Ala Moana Hotel in the City of Honolulu. Attendees are public figures in the Hawaiian community including the Philippine Consul General in Hawaii, the Dean of the University of Hawaii School of Nursing and Dental Hygiene and cohorts, the delegations of the vice president and CNO of the Queens Medical Center, the president and members of the Filipino Nurses Association of Hawaii (FNOH), the presidents of different community organizations in Hawaii, State legislators and many more.

With the audience in awe, Dr. Rivera eloquently spoke his wisdom of engagement and how to get

PNA HAWAII OFFICERS

President: Marianela Jacob MSN, APRN, FNP, RN
 President-Elect: Tina Salvador BSN, RN, CNN
 Vice President: Marife Aczon-Armstrong
 PhD, MSN, MSCP, BSN, RN
 Vice President: Edel Matias BSN, RN, CM
 Corresponding Secy: Violet Sadural BSN, RN
 Recording Secy: Lisa Josue-Cabaccang
 BSN, RN, CNN
 Treasurer: Erlinda Ferrer BSN, RN
 Assistant Treasurer: Aurora Sera RN
 Auditor: Norgen Orpilla BSN, RN, CPAN
 Asst Auditor: Tina Fernandez BSN, RN, CNOR
 PROs: Medy de Lara BSN, RN, Emely Eala RN
 Business Managers: Lou Marcelo BSN, RN, C
 Estela Ruiz MSN, APRN, FNP, RN
 Board Member: Brenda Monegas BSN, RN
 Board Member: Nenita Jose BSN, RN
 Board Member: Amelie Washington MPH, BSN RN
 Board Member: Edna Higa MSN/ED, RN



involve, get engaged and make a difference in the community. The speech made a lot of transformations and knowledge to the ideas what the PNAH is all about. Added to the success of the gala night was the marvelous dance numbers of our very own colleagues as one of the highlights of the evening.

PNAH President Marianela Jacob's theme is: "Engage PNA Hawaii and Make a Difference: Promoting a local, national, and international commitment by conveying awareness of the Filipino culture in the community, to excel in the cultural aspect of nursing with dedication and passion to build a strong Nursing profession today and beyond."

Her theme speaks for itself. It is a resonance of the cultural diversity of Hawaii, the cultural disseminations that the organization would like to convey and how culturally we Filipinos fit in or excel in this much-diversified population. And as nurses, she said, we have to be more passionate in caring

and consider the cultural identity of the patient. She would like the members of the association to be more pro-active, be engaged and make a difference.

The next day November 21, 2010, was an educational dissemination day powered by the doctors in the house, Dr. Leake and Dr. Armstrong with Dr. Rivera as the guest lecturer. Most of the topic discussed was regarding research, and their dissertation papers. The PNAH members and some nursing students attended this lecture day. Donation from Western Union made this seminar possible.

Lastly, on December 5, 2010, the PNAH officers and members packed again for their family and friends, a December affair to remember, "The PNAH Christmas bash" at Hale Koa Hotel, Banyan Tree Showroom. Three (3) consecutive months of get-together parties that will predict how is demanding the coming years for the officers and members of the PNAH.

Farm Build at PNAA Gawad Kalinga Village

By: Tita Edralin Ravi, MA, RN, CM
PNAA GK/GKAl Committee Chairperson 2010-2012

On February 15, 2011, PNAA members joined the Kansas City World Outreach Lions Club, who sponsored the GK Farm Build at our PNAA Gawad Kalinga Village, launched the "BAYAN ANIHAN" or Farm Build. This was coordinated by Beth Rosas, a KCWOLC member with the GK Bayan Anihan Team headed by Jonah de Lumen in the Philippines. PNAA members who participated and volunteered to work in the Farm Build are: Gilda Lauchli from PNA Indiana; Rosa Williams from PNA Greater St. Louis; Tita Ravi from PNA Gulf Coast Florida; Ernie Rosas, Vicky Herrera, Moppette Florentino, Mary

Aragon and Amie Valera, all from PNA Greater Kansas City and Dr. Rusty Francisco. This Farm Build will benefit the residents of the PNAA GK Village where they will have free source of fresh vegetables and hopefully source of income. PNA Wisconsin and its' President Zen Edralin donated funds for this project and Tita Ravi sponsored the "Boodle Fight", a special luncheon given to all volunteers. Some KCWOLC members were also in attendance headed by their President Alcy Malkmus.

Jonah de Lumen from GK Bayan Anihan and ChaCha del Rosario from GK CDFI (Philippines) organized the event locally with hundreds of volunteer students from the University of Polytechnic, St. Mary's College and other local schools and few local government staff. All volunteers, including our PNAA members were subdivided into teams to do the manual labor of

building fences, painting, building the compost shed and gate, soil preparation and actual planting of seedlings, vegetables and Moringa plants. The Department of Agriculture donated the seedlings as their share of government support for this project. Other volunteers were the Kapit-bahayan, which are the residents of the GK village, some LGU and GK personnel. All volunteers were rewarded with the satisfaction of helping our poor kababayans and the fun of participating in the "Boodle Fight" where food were laid out on a table covered with banana leaves and each one have to fight their way to get some food. In spite of the heat and shortage of tools and equipments the group finished the whole Farm Build in due time and completed their task before the day is over. Of course, just like any other Filipino event, there were many Kodak moments, laughter and fun which made a difficult job easier to complete.

For more information about GK Bayan Anihan, the GK Food Sufficiency Program, google GK Bayan Anihan, translated in English as "Community Harvest". This is a project in partnership between the Department of Agriculture (DA) and the Gawad Kalinga (GK) to address the growing issues of hunger. It is powered by multi-sectors including local government units, the Association of Colleges of Agriculture in the Philippines (ACAP), non-government organizations (NGOs), corporations and Couples for Christ. It aims to address hunger of one family at a time by setting up sustainable food programs in impoverish communities, with the battle cry "Goodbye Gutom!" (Goodbye Hunger). It also intends to raise awareness on the hunger issue and encourage everyone to help in the fight against hunger.

During this trip, Tita Ravi, PNAA GK Chairman, Gilda Lauchli (PNAA Project Coordinator), Alice Andam and Dr. Rusty Francisco (PNAA GK Advocates) visited the ongoing construction of the PNAA GK Village on separate dates. On February 21, 2011, at the residence of Gilda Lauchli, the

PNAA GK Committee representatives signed the Partnership Agreement/MOU together with Mr. Tony Meloto, (founder of GK), Cha del Rosario (Philippine GK official representative) and Tita Edralin Ravi, PNAA GK Chairperson. The group also visited the Enchanted GK Village in Angat, Bulacan where a bigger GK Farm with all kinds of vegetables, different livestock/ farm animals such as pigs, ducks, goat, doves and chickens.

Update on the PNAA GK Village

According to the local GK Bulacan builder team, by May 30, 2011, they will complete the 20 houses with the new design that was originally planned for PNAA Village, landscaping & beautification. The PNAA GK Village signage was designed by one of Dr. Rusty Francisco's staff. Dr. Francisco has agreed to be the PNAA GK Philippine Project Coordinator. We encourage everyone to visit our PNAA GK Village in Piel, Baliwag Bulacan. All your donations and support towards this initiative are greatly appreciated. If any individual or chapter wish to donate towards one GK house or sponsor a water pump or a multipurpose building, please contact any of the PNAA GK committee members in your respective region or call Tita Ravi, PNAA GK Chairperson at 727-455-0224.



Announcement Awareness for January 2012 PNAA Nurse Balik-Turo Volunteers

Overview and objective of the PNAA Nurse Balik Turo: The PNAA Nurse Balik Turo was formally launched in January 2008 during the 6th International Nursing Conference in Manila. It was envisioned as a program of “teach back” wherein nurses from the USA coming home to the Philippines impart their knowledge and subject matter expertise to their compatriots in the Philippines in a series of lectures and presentations that have been pre-arranged with counterpart schools or hospitals.

Objectives:

- 1) Provide and impart state of the art clinical expertise and knowledge
- 2) Improve exchange of medical and clinical information between individuals or schools between countries
- 3) Enhance education and knowledge of colleagues in the homeland about cutting edge technologies.
- 4) Gain a rewarding experience for the exchange as well as learn from Philippine colleagues about their methodologies and ways of doing things that may differ from us.
- 5) Sustain partnerships with collaborating associations and nursing colleagues in the homeland.

Calling on Possible Interested Subject Matter Experts (SMEs) in any of the following CARE categories:

(1) Clinical (2) Administration (3) Research (4) Education

Criteria for Selection of Faculty:

- Understands the Mission, Vision and values of PNAA
 - Must be a member of the PNAA
 - Has participated in any of the educational, community, or inter-agency activities of the PNAA or any of its chapters
 - Recognized as a subject matter expert in the proposed topic and has presented nationally at recognized venues, or conferences.
- Possesses knowledge, skills and competencies in a special field pertaining to any of the CARE

Categories:

- Has experience and subject matter expertise in the special field/topic of interest for at least five years
 - Has special training, advance degree/education or certification in the special field/subject matter.
 - Has conducted research, quality improvement project, survey or study in the special field/topic of interest.
 - Has presented or taught on subjects/topics related to the special field at the state, regional or national level
 - Has served as a consultant in a special field/topic of interests to be presented.
- Possesses the Required Technological Skills:
 - Proficient in Power Point presentation as well as other programs such as excel or word.
 - Has access to electronic signature capability
 - Good speaking skills and can hold audience interest.
- Required to have access to e-mails as a mode of communication.

If you are interested, please e-mail May Mayor, PNAA Nurse Balik Turo Coordinator for 2010-2012 at PNAApres0608@aol.com.



PNA NEVADA INDUCTION

by: Helen J. Miranda Ymson, RN
President-Elect -2010-2012

The PNA Nevada officers were inducted by Nevada Attorney General Catherine Cortez- Masto on February 12, 2011 at Suncoast Hotel and Casino, Las Vegas, Nevada. The event was very successful.

PNANevada has been a successful Professional organization since 1992 under the leadership of Belen Gabato, BSN, MSN, RN, founder of PNANV. Our main objective is to foster unity among nurses and promote growth and development and welfare. We provide and coordinate educational programs to our fellow Filipino-American nurses, colleagues, regardless of race, religion and ethnicity.

PNANV with its unique and important goal and objectives does collaboration and partnership to various organization in the community. Outreach programs such as Shot's for Tot's, Influenza, H1N1, vaccine for both children and adults, Hep B Free



PNA NEVADA OFFICERS

President: Cristy Sampal, RN
President -Elect: Helen Ymson RN
Vice President: Mary Betita RN, APN
Corresponding Secretary: Maureen Nasiak, RN
Recording Secretary: May Chevez, RN
Treasurer: Efren Bolor, RN
Asst. Treasurer: Pure Hidrosollo, RN
Asst. Auditor: Fernando Ymson, RN
Business Manager: Delaila Lapid, RN
Assistant Business Manager: Malou Richard, RN
Parliamentarian: Priscilla Santayana, RN
PRO: Amelia Abello, RN
PRO: Vidaflor Braganza, RN
PRO: Carmen Lemon, RN

Peace Officer: Rolando Jacala, RN
Peace Officer: Sergio Abello, RN
Peace Officer: Elvis Sampal, RN



Las Vegas (Hepatitis) makes our involvement visible and accessible to the community. Our success can be attributed to the undying and devoted services of our past and present dynamic PNANV Executive Board who shared their voluntary and enormous time and accomplished the mission and goals of the association.

Our heartfelt thanks to the PNANV Executive Board and to everyone who supported us. PNANV looks forward for another fruitful term as its elected



officers and members work together to attain the organization's mission and vision.



PNA MARYLAND INDUCTION

By Fe Nieves-Khouw, MSN, RN

Last year, December 19, 2009 saw one of the biggest snow storms in Baltimore City closing all businesses except for hospitals and news agencies. It also closed Martin's West, the venue for PNA-Maryland's Christmas party. Fast forward to December 18, 2010, Dino Doliente, outgoing president of PNA-MC was checking the daily weather forecast suspicious that the weather would once again play havoc on PNAMC's induction Ball. Thankfully the day's weather was uneventful. It was indeed a special day capping two years of extraordinary activities and accomplishments achieved with Dino Doliente III at the helm. We were heartened that cherished friends from New Jersey, Pennsylvania, Metro D.C., New England, and as far away as Missouri made the trip to Baltimore, despite the threats of snow. Friends, family and colleagues from the local Maryland area joined us in the festivities. Dr. Patricia Travis, President of the Maryland Nurses Association graced our program as featured guest speaker.

We were in a celebratory mood because 2009 and 2010 saw significant milestones and achievements for PNA-Maryland. In 2009, Dino Doliente and Alice Andam presided over the most successful and well-attended PNAA convention in Baltimore City. Six months after, in January 2010, PNA-MC went on its first and highly successful medical mission to Davao City which, in the words of those that participated was "life changing". This medical mission touched the lives of over a thousand children and adults from one of the poorest areas of Davao City. 950 children were treated to their first McDonald's happy meal – not so nutrition conscious, unless one remembers that this was a meal the children would otherwise not have eaten. This trip to the Philippines was organized by

Aleli Frias who partnered with local government and a school of Nursing in Davao and Sonia Neumeier who successfully solicited the support of several chapters of the Rotary.

On the first day of snowfall in Howard County in December, 2009 a subchapter was born. The Southern Maryland subchapter (PNAMC-SM), convened by Leorey Saligan held their first meeting, election of officers and strategic planning under the expert coaching of Dina Krenzischek. PNAMC-SM members showed us how to grow a subchapter by leveraging their youth and expertise in the use of new technology. The PNAMC-SM's website was online a week after its founding.

In August 2010, the annual educational seminar "Tools for Change: Engaging Filipino Nurses in Advancing Healthcare", with 6.6 CEUs from PNAAF was held at Howard Community College featuring mainly Filipino nurses as speakers. Evaluations proved the seminar was well received. Other educational topics presented through the year ranged from financial planning "How to Maintain Wealth in America" to workplace issues such as "This language Thing: Speaking Tagalog or One's Dialect in the Workplace". This latter topic initiated a conversation within our chapter about the silent problem encountered by many members in their workplace. In addition to this, we had a bowling event for members, sponsored a Sanbayan mass and through it all, we grew our membership by over 100%. We congratulate Dino for leading us through all these achievements. We thank those who contributed to these achievements including Lil Salada, the shadow who made the 2009 National Convention successful and Fely Tanseco who delivered on Dino's promise of "crabs", "crabs", "crabs".

On December 18, 2010 we welcomed the incoming officers and executive board. It was a day to renew our commitment to the ongoing work of PNA-MC and to set our sights on new goals and to continue to build on the achievements of previous years. It is not just about recycled commitments but



sets of fresh eyes, new ideas and energies. Congratulations to the incoming officers of PNAMC. Expectedly, these officers are already active and contributing members of PNA- Maryland. Together with committee co-chairs, we will continue the legacy of excellence the previous three PNAMC presidents have established. The bar is set high. We plan to achieve synergism and provide opportunities to cultivate talent and interests in the service of the mission, vision and goals of PNA-MC and the Philippine Nurses Association of America.

We look forward to the next two years as we give wings to our ideas, feet to our goals and heart to the continuing mission of PNAMC. We appreciate the

chance to give life to the oath first recited many years ago in Metro DC and renewed at our induction.

PNA MARYLAND OFFICERS

President: Fe Nieves-Khouw MSN, RN
 President-Elect : Virginia Alinsao MBA, RN
 Secretary: Mary Joy Lazo BSN, RN, CPAN
 Asst Secretary: Lovella Eugenio BSN, RN, CNOR
 Treasurer: Maria Janet Brigoli BSN, RN
 Assistant Treasurer: Eleanor Baura BSN, RN
 Board Member: Lil Salada BSN, RN, CNOR
 Board Member: Julius Brigoli BSN, RN, CNOR
 Board Member: Fely Tanseco BSN, RN CPAN



PNA SOUTH CAROLINA INDUCTION

By: Gilda Paroda
 Immediate Past President

PNA South Carolina celebrated its 17th Biennial induction Ball, and Awards Night on January 22, 2011 at The Redbank Club in Goose Creek, SC 29445. The joyous event was attended by 120 guests, officers and members of the chapter. The guest speaker was Mr. Todd Gallati, FACHE, CEO of Trident Health System. He spoke about diversity in the workplace and as well as current topics confronting healthcare.

The President's closing remarks included goals about increasing the chapter's membership and to continue and support the current mantra of Rey Rivera, President of PNAA regarding engagement and making a difference.

Awards were given to deserving outgoing officers. For the remainder of the night, everyone enjoyed by dancing the night away. A special Thank You is given to the wonderful ladies of the Eastern region, Vicky Navarro, Susan Castor, Marly Nicolas and Nini Jurado, for sending us beautiful roses. PNAA was present that night.



PNA SOUTH CAROLINA OFFICERS

President - Betty Inigo BSN, RN
 Pres. Elect - Janet Muchuelas MBA, BSN, RN
 Vice President - Ofelia Campos BSN, RN
 Secretary - Lucy Bellon BSN, RN
 Treasurer - Anabelle Galik BSN, RN
 Asst. Treasurer - Tess Albano BSN, RN
 Auditor - Ophelia Game BSN, RN
 PRO - Cristina Diano BSN, RN
 Board of Director:
 Trini Aldea, CRNA, BSN, RN
 Ligaya Aquino, MSN, BSN, RN
 Merly Bangcuyo, BSN, RN
 Lily Cabading, BSN, RN
 Barbara Casayuran, BSN, RN
 Linda Singian, BSN, RN

New Chapters



PNA NEW HAMPSHIRE INDUCTION

Simply SPECIAL... was the Induction of the first Board of Officers for PNA New

Hampshire, the 40th chapter of PNAA and the 11th chapter of PNAA Eastern Region. With a very humble potluck celebration with no frills, fancy glitters, laces and balloons, PNA NH Officers beamed with smiles after completion of their Induction Ceremony.

The Induction Ceremony began with a Catholic Mass officiated by Father Williams K. (trained in Isabela, Philippines) and was attended by the Lebanon New Hampshire Community. He welcomed the PNAA Executive Board representatives led by PNAA President Dr Rey Rivera of New York and from New Jersey, Immediate Past PNAA President Leo-Felix Jurado with wife Nini Jurado, PNAA Board Member, Susan Castor, PNAA Vice President (ERC) and Marley



Nicolas, COP (ERC). From Massachusetts, Jeanette Livelo, PNAA Auditor and Jennifer Aying, Board Member.

Among those who attended were PNANE Officers Leila Amarra, Nelia Francisco, Francel Solar and Bertha Coliflores. PNA NH Officers Amy Villaluz, President, Michelle Apigo, Pres-elect and Archie Apigo, Auditor are members of the Sacred Heart Church Choir who sang "Shine, Jesus, Shine" which reminded us of the PNAA Theme Song. The choir's rendition of "Peace" and "Let there be Peace on Earth" have touched the hearts of many people during the celebration. The Apigo's also sang the US and Philippine National Anthem to begin the Induction Ceremony at the Church's Social Hall.

PNA NEW HAMPSHIRE OFFICERS

President: Amelia Villaluz, RN
 President-Elect: Michelle Apigo, RN
 Vice-President: Cherry Ragudo, RN
 Secretary: Karen Aquino RN
 Treasurer: Marianne Diaz, RN
 Auditor: Archie Apigo, RN
 PRO: Aurora Hinchey, RN
 Board Member: Cathy Avelino, RN
 Board Member: Charina Moran, RN
 Board Member: Rose Canaveral, RN
 Board Member: Nieves Nabaysa, RN
 Board Member: Jane Suarez, RN
 Board Members/ Liaison
 Lani Canabano, RN (Concord)
 Gladys Lucena, RN (Swanzy)
 Analisa Marques, RN (Winchester)
 Alma Cavaney, RN (Canaan)

During Leo Jurado's inspirational message, he described how PNA-NH came about, a gift from Chit Abriam and Jeanette Livelo, PNA-NH Godmothers at the culmination of his PNAA Presidency. He followed it by presenting Amy Villaluz, PNA-NH Founding President and her Executive Board with the PRISM plaque of appreciation and the Certificate of PNAA Chapter Membership. Leo, being the PNA-NH "Godfather" reminded us of Filipino culture's "pakimkim" to a newly baptized or newly inducted PNA-NH to help them start their new life as a PNAA chapter. His generosity was so inviting that many followed suit.

With much anticipation, Cherry Ragudo, PNA-NH Vice President assisted two young children in presenting the PNANH banner to their members for the first time. The logo/banner was designed and



donated by Rochie Panganiban, PNANH auxiliary support who re-flected PNANH's wish to include the image of the "old man's face" in the logo.

Dr Rey Rivera, as guest speaker delivered his Presidential mantra "Engage and Make A Difference" eloquently and with much passion. He was well received by PNANH officers as he met few of them the night before and were impressed by his accomplishments.

Amy Villaluz, in her acceptance speech was able to adapt Rey's mantra easily as she described the challenge of engaging members in New Hampshire and how to make a difference in terms of community service and education. Equally impressive was Michelle Apigo's introduction of

Amy Villaluz as she infuse humor into her speech. Michelle was eager, enthusiastic and optimistic in her closing remarks. The program sequence and timing was facilitated by the charming, humorous and articulate Mistress of Ceremony, one of the PNANH Board Member, Amor Robinson.

It was very historical, New Hampshire now have their own Filipino Nursing Organization. These young Filipino nurses are the "pioneers" on this Northern part of America and PNANE through the combined effort of Jean and Chit, PNANE Advisory Board Members finally delivered their first offspring, a constituent chapter of PNAA, the PNA New Hampshire.



PNA RICHMOND VIRGINIA The Genesis

By Marj Mohta RN BSN

An invitation to attend the 10th Eastern Regional Conference in 2007 at Cherry Hill, NJ, opened the doors to this journey. I was the lone attendee from Richmond, Virginia. Having met the PNAA's movers and shakers at that conference, I was infused with enthusiasm and energy. A few weeks later, Guia Caliwagan, the then PNAVA President approached me with the idea of forming a subchapter in Richmond. While still reeling from the energy I had picked up from the conference, I started calling on my friends to share Guia's vision of forming a sub-chapter. Our initial group of a few close friends and colleagues gradually blossomed as we invited other nurses who had the same vision of professional development, a sense of obligation to serve the community and the desire to expand their horizons.

With Guia's guidance, having met the minimum membership requirement and armed with our own set of bylaws, we were officially inducted as a subchapter in October 2008 as PNAVA-RIC (Philippine Nurses Association of Virginia-Richmond) with 21 founding members and yours truly as its first President. Our lives were never the same since then. Our mission was clear. We focused on three areas of development: continuing education, community involvement and professional leadership. We quietly navigated our way, as we learned the ropes expected of a subchapter.

After attending various PNAA conferences, we enriched ourselves ten-fold. We then started our own initiatives still embracing the PNAA mission and goals, not only for the benefit of the members but the community as well. It was challenging at best but the rewards we reaped were priceless and are forever etched in our memories. We are constantly reminded, what a wonderful profession we, as nurses have chosen. That we are able to make a difference in someone else's life is just plain wonderful.

As we focused on the strengths of our members, a realization set in about the endless



possibilities we can get ourselves involved in as part of our growth. I researched the dynamics of a chapter extensively and communicated to our members about the possibility of being a chapter ourselves. We used our resources to the fullest by having healthy discussions with exemplary leaders like Perry Francisco and Carmina Bautista who were some of the highly caliber PNAA leaders I initially met in New Jersey. I advocated about our aspiration and the direction we were planning to take.

We wanted to test the water further, take on more challenges and responsibilities thus the desire to be on our own feet became more and more appealing. On a leap of faith, we had a unanimous decision to apply as a PNAA Chapter. The support and encouragement we gained from PNAVA, our mother chapter made it easy for us to prepare for the transition and Philippine Nurses Association of Richmond, Virginia PNARVA was born!

The Induction

By Susan Castor, RN

Please join me in welcoming the new sets of officers of PNA Virginia and their subchapter Richmond, Virginia under the leadership of Bea Sazon and Purificacion "Tita" Bonzon respectively. Rey Rivera, Marley Nicolas and I celebrated with them and we were so amazed by the outpour of support from the community, friend and families, in spite of the Pacquiao - Margarito boxing match that night. The event was held at Chesapeake Conference Center in Chesapeake, Virginia. Dr. Rey Rivera inducted them, addressed the attendees and laid out his mantra of Engaging and Making a Difference. Most of the PNAVA Council of Wisdom were present such as Perry Francisco, Carmina



Bautista, Alma de Guzman, Nancy Dimaano and Sol Aguinaldo.

Carmina Bautista was surprised to receive her Presidential and Nursing Excellence award that night. There were three Nursing Scholarship Awards given and each recipient received \$1,000.00 each. We were all entertained by the presentation of PNAVA Dance Ensemble and Zumba Exhibition by PNAVA Richmond subchapter. It was so much fun watching all attendees dancing gracefully, their line dancing is so different but the huge dance floor was never been empty.

PNA RICHMOND VIRGINIA OFFICERS

President: Purificacion Bonzon RN
 President-Elect: Clarita Fox, RN
 Secretary: Monica Pioquinto
 Assistant Secretary: Mila Aguilar, RN
 Treasurer: Alma Ereso, RN
 Assistant Treasurer: Elizabeth Balallo, RN
 Auditor: Gordon Estrada, RN
 PRO: Dhol Tuason, RN
 Business Manager: Imelda Raguindin, RN

Have you completed the 2011 PNAA Member Survey?

<http://www.surveymonkey.com/s/PNAAMembershipSurvey>

Nursing in a Global Context

By: Cecile Alvarez, RN

As faculty of the Fairleigh Dickinson University (FDU), I was privileged to participate in the Conference of Non-Governmental Organizations in Consultative Relationship with the United Nations (CoNGO) in Geneva in July 2009. The CoNGO is an independent association of more than 600 non-governmental organizations (NGOs) around the world. It facilitates participation of NGOs in United Nations (UN) debates and decision-making. The CoNGO's major centers are in New York, Vienna and Geneva (CoNGO, 2010).

The theme for the Geneva Component of the CoNGO's Civil Society Development Forum was "Threats to the Health and Development of Nations, Civil Society Proposals on Global Public Health in the Context of the Global Economic Crisis." Sub themes included responding to health inequities at local and international levels, dealing with the shortage of health care workers, addressing the increase in non-communicable/chronic diseases, financing global access to health, including health technologies, ensuring the right to health for women

throughout the life-cycle, and promoting prevention and treatment of HIV/AIDS. Conclusions and recommendations of this forum are entered as key elements in the UN Economic and Social Council's (ECOSOC) High-Level Segment and Annual Ministerial Review (CoNGO, 2010).

Nations are intertwined in many ways. The forum was set up to allow participation in formal workshops as well as informal networking in between sessions. It was an opportunity to meet NGO members around the world as well as high level UN officials. Global health issues require global partnerships in solving problems. As a nurse who has worked in three countries, in public health and in acute care settings, I was able to give input in the discussions. Input in these discussions is valuable in that it is included in the report that is submitted to the ECOSOC. It is an opportunity to influence global health policy. As an educator, I was able to mentor FDU doctoral students who were part of our contingent. Why be involved in a global forum? In the words of Dostoevsky which stand at the entrance to the museum of the International Red Cross in Geneva, "Every one of us is responsible to all men for everyone and everything."

Retrieved from <http://www.ngocongo.org/about>

Palakpakan Corner

Congratulations to **Jayson Valerio, MSN, RN**, Chair of ADN Program and **Christie Candelaria, MA, RN, CCRN**, Assistant Chair of ADN Program at South Texas College, McAllen, Texas for this faculty promotion and prestigious honor. In addition, Christie Candelaria is the recipient of the Distinguished Teaching and Learning Award (DTLA). This recognition / award are given annually to faculty that are nominated by the students and their colleagues for their exemplary teaching strategies. This year the DTLA recognition was presented to Christie Canderia during the Professional Development Day on August 27, 2010. Christie is also the recipient of the 2010 South Texas College Jaguar Excellence Award for her professional excellence in the Instructional Service Division. This recognition was held last November 19, 2010 at the Nikki Rowe Auditorium McAllen, Texas.

Join the SCR Colleagues in sending our best wishes to Pam Peterman as she enjoys her retirement years. We congratulate **Pam Peterman**, President, PNA

Georgia on her retirement effective December 31, 2010. Pam is a Board Certified Family Nurse Practitioner and worked under Dr. James Sexson for many meaningful and productive years. Her impact on the lives of many families will forever live in the hearts and minds of the people she touched and made a difference. To start the New Year, on January 5-16, 2011, Pam and her husband Mr. Robert Peterman participated in a mission trip to Cap Heitien, Haiti to work with the Missionaries of the Poor (MOP). They helped the brothers take care of 170 residents, men, women and children, mostly mentally challenged. We are wishing Pam and her husband a life long happiness as both are retired and will have plenty of rest and relaxation.

Reynaldo R. Rivera was featured in the January issue American Association of Critical-Care Nurses online AACN Bold Voices. During the interview, Rey talks about his Filipino heritage and about engagement. The article can be accessed here: www.aacn.org/WD/Publishing/Docs/BoldVoices/BV01_11_Interview_online.pdf In addition to this, Rey was also featured in Minority Nurse.

Colorectal Cancer Screening

By: Rose Sexton, RN, BSN, Endoscopy Nurse Manager, St. John Medical Center
PNAO Member, Way/Means Chairperson

As an endoscopy nurse I frequently see patients who are having a colonoscopy for the first time. If they are celebrating their fiftieth birthday by having a screening colonoscopy I congratulate them for making a wise health choice and urge them to tell all their friends and family to do the same. These conversations are light hearted and filled with jokes about “getting old” and jokes about the colonoscopy preparation which involves a thorough bowel cleansing. After the procedure I wish them well and end the encounter by saying “see you in ten years!”

Ten years is the interval recommendation for colonoscopies by the American Society of Gastroenterologists if there are no abnormal findings. If there is a family history of colon cancer then the screening is recommended at an earlier age and at more frequent intervals. Sometimes I see patients who have delayed getting their first screening colonoscopy for many years. Finally their general practitioner shames them into coming in and I too gently admonish the patient for waiting so long. I have had patients in their nineties who have never had a colonoscopy! It may not sound so bad to you but to an endoscopy nurse it is terrible. I have also

had conversations with colleagues, (yes, endoscopy nurses) who have delayed getting their screening colonoscopies. While the prospect of having a colonoscopy is not appealing it is well worth the trip. Colon cancer is preventable but the best way of finding out if your colon is healthy is through direct viewing through a colonoscope by a board certified gastroenterologist.

Sadly, I often see patients who do not come in for a colonoscopy until they have symptoms that they cannot ignore – bleeding, weight loss, abnormal bowel habits. If they are found to have a malignant mass they then begin the devastating journey to meeting with a surgeon and an oncologist. Colon cancer can be a fatal cancer. But it can also be a treatable cancer if it is detected early enough.

March is National Colon Cancer Awareness month. Every year many private as well as government funded groups attempt to persuade people to have a colonoscopy. If you are over age fifty or have a family history of colon cancer I urge you to have a colonoscopy at the recommended intervals. If you remain unconvinced please visit the American Cancer Society’s website. The site will help dispel some of the myths and misconceptions about colon cancer and about having a colonoscopy.

Incidentally, I will be celebrating my fiftieth birthday in March of this year by having my first colonoscopy. Happy fiftieth to me!

***Be Engaged
Spread the News***
**MARCH is
NATIONAL COLON CANCER
AWARENESS MONTH**

“On Air” Rescue

By: Bessie E. Schiroky, PNAO Advisory Council

A PNAO missionary unexpectedly and prematurely began her intended medical mission while at 35,000 feet above the clouds! Irene Castaneda, an Oncology Unit nurse in Cleveland Clinic, was on her way to Manila last Jan. 27 to join the rest of the missionaries for an annual medical/surgical mission. She was accompanied on the Delta Airline flight by her co-missionaries – her aunt, Dr. Juanita Castaneda and Pina DeLeon, PNAO president-elect.

As related by observers and Irene herself - the rescue event unfolded when Irene noticed a passenger, seated a few rows in front of her, suddenly feeling faint. A stewardess made an announcement asking medical personnel among the passengers for help. Irene witnessed the near fainting episode and was the first responder. She immediately took the man's vital signs and determined that he was severely hypotensive after seeing how pale, cool, and clammy he was and feeling his thready pulse and finding out that his SBP was only 70! Irene, who used to be a military nurse before she started working for CCF, immediately laid the ill man on his back with feet raised. She quickly started an IV line (after one try!) as well as infusion of NS in an attempt to raise the man's BP. She then asked someone to awaken Dr. Castaneda (she and Pina happened to be sleeping soundly when the event occurred!) so her medical advice on what to do next could be sought.

Dr. Castaneda determined that the man needed to be admitted to a hospital so he could be properly evaluated and treated. It turned out – three liters of fluid boluses were given en route to Anchorage, Alaska where the flight was diverted to and his SBP still barely reached 90! Irene stayed with the patient and monitored his condition until the EMTs picked

him up in Alaska and transported him to a hospital. In gratitude, Delta Airlines awarded Irene with a free 10,000 extra miles for her life-saving effort. Irene also received accolades from the CCF CNO, Debbie Jones, who mentioned her act of “heroism” in the CCF newsletter.

We applaud Irene for her quick and astute nursing assessment, dexterity and competence. A nasty situation was prevented from turning more complicated... it could have possibly turned into a life threatening situation! We, in the PNA Ohio, highly commend Irene for her remarkable actions... it truly demonstrated a Filipino nurse's competence and compassion! Thank you Irene for making us all



very proud! Here are the missionaries on a “picture taking” break while waiting for the next batch of post-op patients to get transferred to the Recovery Room. Irene is the nurse in light blue scrubs between the two young volunteer nurses in green who live locally. Bessie is right behind her. The missionaries all worked as a team and Irene was usually asked to start the IV lines of the infants and young children. Working in an Oncology Unit had made her such an expert in starting IVs which she put to good use when she encountered the urgent situation in the plane. Good job Irene!

CHAPTER NEWS

PNA Metropolitan Houston

Annual Fun Walk- November 19, 2011 is a fund raising activity to help fellow PNAMH Members who are sick and are



needing financial assistance. This annual project is chaired by Cleo Robinette and participated by the Past PNAMH Presidents, PNAMH Executive Board, PNAMH Members / Families and other Community Supporters.

Big Hearts Donated to the Homeless
By: Gloria Lamela Beriones, MSN, RN, NEA-BC

This long, hard, and freezing cold winter season, the PNA Metropolitan Houston (PNAMH) Executive Board opened their hearts to help the homeless and

keep them warm. They collected blankets, winter coats, and socks, and donated them to the homeless through Loaves and Fishes, a faith-based non-profit organization that provides hot meals and warm shelter to women who are victims of many difficult circumstances in life.

It is with sincere gratitude that we thank those PNAMH Executive Board members who showed their kindness and goodness to the most vulnerable people in Houston, Texas. Here are the extraordinary people who lovingly shared their blessings with Houston's homeless brothers and sisters: Glo Beriones, Sheila Ecobiza, Aleza Espinosa, Grace Diaz-Font, Riza Mauricio, Arlita Pang, Nora Peralta, Cleo Robinett and co-workers/friends, and Gina Shankar. On February 12, 2011, amidst the many errands that awaited Cleo and Butch Robinett, Riza and Orlando Mauricio, and Glo and Ren Beriones, their hearts led them to Loaves and Fishes on Congress St. at the center of



Downtown Houston. The men were assisted by the staff in carrying loads of blankets, winter coats, socks, women's underwear, female personal necessities, and most of all, two coolers of grapefruits for the consumption of the folks at the shelter.

The donors left the shelter with sadness in their hearts knowing that there were many other people who were poor, vulnerable, and who needed love, kindness, and help. While it may have been the donors first, it will certainly not be their last visit to Loaves and Fishes. They vow to bring more PNAMH nursing colleagues to experience the joy of serving those that are hungry and underprivileged.

PNA TAMPA

On Nov. 20, 2010, PNA Tampa under the leadership of Victoria Fabio, President and PNA

Tampa Executive Board provided a continuing education to its members and other nursing colleagues on "Cultural Aspects of Palliative Care" free for the members and was held at the University Community Hospital. This was followed by CPR class, free for the PNA-Tampa members and \$10.00 for non members.

The PNA South Texas Rio Grande Valley celebrated their annual education seminar and Christmas Gala Night and induction of newly elected executive board 2010-2012 at Renaissance Casa de Palmas Hotel, McAllen, Texas on Dec. 4, 2010. SCR colleagues are recognizing and thanking Ted Rey Llasos, Immediate Past President and Executive Board 2008-2010 for their leadership and contributions to the growth of PNA-SRGV. The theme of the education seminar was "Engaged in RGV Nursing Challenges to Make a Difference in the World" held at Cooper Center, South Texas College, McAllen, Texas. It was well attended by nurses and nursing students.

PNA Gulf Coast Florida

A Night With the Stars

By: Orpha Ale Mineque, BSN, RN, CCRN

December 10, 2010 was an exciting evening for the Philippine Nurses Association of Gulfcoast Florida, Inc (PNAGF) as it celebrated its annual Scholarship and C.A.R.E Awards Night at the Spartan Manor in New Port Richey honoring the PNAGF 2010 Scholars and CARES Awardees with the theme "A Night with the Stars" featuring the PNAGF's President Esmeralda Santos' mantra to engage every PNAGF member to be a S.T.A.R.

S-SHINE-to continue visibility and community outreach programs

T-TEAMWORK-to carry on a united vision and goal

A-ACHIEVE: new challenges and continue to pursue goals set by PNAGF

R-RECOGNITION: to recognize accomplishments through awards and scholarships, to motivate and engage new members and retain current members.

The event was well attended with over two hundred guests, mostly Filipino-American nurses, colleagues, family and friends from Pinellas and Pasco counties. It was highlighted by the presence of Kathryn Gillette, former CEO of New Port Richey Community Hospital and current CEO of Osceola Regional Center as guest speaker. Also in attendance were Leigh Massengill, chief executive officer of New Port Richey Community Hospital, the future Medical Center of Trinity and Dr. Rao Musunuru, a renowned staff cardiologist at Bayonet

Point Hospital in Hudson Florida. His long list of community accomplishments earned him the Point of Light Award from Governor Charlie Crist in 2008.

The C.A.R.E Award is given to outstanding members of PNAGF who exemplify excellence in their nursing practice. The following are the awardees for 2010 in the following categories: Administration: Evangeline Pagulayan, RN, BSN, Regional Medical Center Bayonet Point, Hudson Florida, Clinical Nurse: Cecile M. Medenilla, RN,BSN, TNCC, Osceola Regional Medical Center, Kissimmee Florida, Education: Heidi Stein, RN-BC, MSN, CRN, St Petersburg College of Nursing, Florida International University College of Nursing/ Health Sciences, Morton Plant Mease Healthcare, Community Service: Meian Santos, RN, BSN, Tampa General Hospital.

PNAGF Scholarship Program is given to nursing students who excel in academic and community outreach initiatives and need financial assistance in their studies. This is in support of PNAGF's commitment to professional growth and development and advancing the future of nursing profession. The scholarship awardees received \$1000.00 each. Congratulations to Jonathan Soller, University of Tampa BSN Program, Elsie Barlow, RN, transitioning to BSN Program, St Petersburg College and Margarita Garcia, LPN transitioning to RN Program, Saint Petersburg College and PNAGF 1st Lifetime Achievement Award was given to Beatriz F. Miranda, MSN, RN, FAAN.

Congratulations to all our awardees. PNAGF continues to shine! WE Care...We Share....Together we can make a difference."

PNA Georgia

PNA Georgia held a seminar was held on November 5, 2010 at the Southern Regional Medical Center in Riverdale, GA. There was a total of 67 attendees. Topics included Healthcare Reform, Hand & Vascularized Allotransplantation, Cord Blood Preservation, Diagnosing Mild to Moderate Dementia in Older Adults, Bringing Faith & Health and Right Brain-Left Brain: Exploring your Nursing Style. PNA Georgia President, Pam Peterman's leadership and hard work resulted in a very successful seminar.



Do you have a story that you want to share with others? Here's your chance. If you would like to contribute an article for the EBalita, submit your article to EBalitaEditor@gmail.com. If there is interesting news about your chapter, please submit it through you chapter's president for publication. Articles should be submitted in Times New Roman 12, single-spaced not to exceed one page. All articles are subject to review by the editorial board prior to publication.



History of PNAA PRIDE Award

By Sofia E. Bole, RN (PNA Michigan)

In 1997, in an effort to enhance the quality of Chapter Newsletter publications, the Philippine Nurses Association of America (PNAA) launched the PRIDE AWARD contest. This was during the administration of Ampy de la Paz and the chairmanship of Nelson Tuazon, PNAA Editor of the Philippine American Nurse (PAN) at the time (1996 -1998). Mr. Tuazon developed the original criteria and scoring tool using a Likert scale. This opportunity is open to all paid chapter members of PNAA. It originated with the submission of the 1997 chapter newsletter publications (preceding year).

PRIDE stands for Professional Presentation, Relevance, Inspiring, Diversity, and Educational. The first PRIDE Award distinction in chapter newsletter publication was given in San Diego, California in 1998. This was during the PNAA National Convention hosted by PNA San Diego. This convention also marked the presidential inauguration of Lolita Compas as the incoming PNAA president (1998-2000). All PNAA presidents thereafter adopted and implemented the PRIDE Award contest. To date, five PNAA Editors have chaired the PRIDE Award: Nelson Tuazon – New Jersey; Sarla Duller – PNA Southern California; Cynthia Demetillo – New Jersey; Sofia Bole – PNA Michigan, and currently Davy Diongson – PNA New York. In 2005, Sally Ani – PNA South Carolina chaired the PRIDE because Sarla Duller was the editor of their chapter and they have an entry.

Two categories had been awarded, one for chapter newsletter and one for the editorial. The First PNAA PRIDE Award recipients in 1998 were: PNA New York for Best Chapter Newsletter (Chapter President – Lorna Schneider), and PNA Michigan for the Editorial Award (Editor – Anita Dy, President – Sofia Bole). The award has been given annually since then. From 1999 to the present, two chapters had been neck and neck in vie for this distinction: PNA Southern California and PNA Michigan. Good luck to all chapters!

PRIDE AWARD SUBMISSIONS

SUBMIT two (2) issues of your 2010 newsletter publication
10 copies of each issue

To be considered for the award in 2011, please mail your entries
on or before May 15, 2011 to:

Davy G. Diongson, MPA, RN
PRIDE Award Chairperson 2010-2012
351 East 4th St# 1B
New York, NY 10009
Phone: 917/497-7792

There are two awards that will be distributed: Best Chapter Newsletter
Best Chapter Editorial Award

SCORING TOOL FOR BEST CHAPTER NEWSLETTER					
Name of Chapter:					
Name of Chapter Editor:					
Name of Newsletter:					
Occurrence of Publication: <i>(check all that apply)</i>					
<input type="checkbox"/> Winter <input type="checkbox"/> Spring <input type="checkbox"/> Summer <input type="checkbox"/> Fall (5 is the highest score)					
Criteria	1	2	3	4	5
Professional Presentation					
1. Physically appealing (not crowded, cramped; capture's reader's attention).					
2. Consistency in fonts, formats, and location of standard sections (e.g. editorial, president's report, etc.).					
3. Combinations of texture, color, and graphics that are pleasing and attractive ((i.e. photos, data properly captioned and described, color not glaring.)).					
Relevance					
1. Information updated and useful to readers.					
2. Content meets the needs of the members (evidence of needs assessment or feedback from readers is required).					
3. Newsletter reports both on local and PNAA activities.					
Inspirational Element					
1. Content promotes the vision of PNAA (visibility, viability, and vitality)					
2. President's message/editorials encourage unity, esprit de corps, and team building.					
3. Newsletter recognizes members (announcing promotions, grants, and welcoming news members).					
Diversity					
1. Variety of topics (clinical, administrative, education, research, community, and entrepreneurship).					
2. Different writers (except for the president's message, editorial and other standing committee report).					
3. Topics deal with global issues outside of the local chapter (lobbying, legislative, other organizations).					
Educational					
1. Reports on educational programs / activities.					
2. Content encourages or motivates members to pursue career enhancements, development, and professional growth.					
3. Informative, new ideas, trends.					

SCORING TOOL FOR BEST EDITORIAL PRIDE AWARD

On a score of 1-5, rate the editorial based on 5 being the highest, 1 being the lowest. Please circle your score.

1. Current issues relative to nursing	1	2	3	4	5
2. Topic enhances professional growth	1	2	3	4	5
3. Relevance of topic to the mission/vision of PNAA	1	2	3	4	5
4. Inspirational, encouraging chapters to join PNAA (locally, nationally)	1	2	3	4	5
5. Organization and composition	1	2	3	4	5



EDITORIAL

By: Davy G. Diongson, RN

There has been much written about the plight of American labor unions in recent months. There are always two points of view with regard to labor: those who belong to unions and those who do not. Labor unions have been around since the early late 1800s. It wasn't until the 1900s that unions became a force. During the Industrial Age, unions were created to protect the rights of workers. Workers were disenfranchised and companies tended to exploit their employees with long hours, unsafe conditions and poor pay. Labor unions arose to combat these disparities. During the 1980s, the decline of unions started with the mass firings for air controllers by President Reagan because of their failure to return to work timely and a because of their threat to public safety.

The Bureau of Labor Statistics states that RNs constitute the largest healthcare occupation with 2.6 million jobs. About 21 percent of registered nurses are union members or covered by union contract.

Based on a Bureau of Labor Statistics report published on January 21, 2011, in 2010, the union membership rate was 11.9%, down from 12.3% a year earlier. In 1983, union membership was 20.1% and there were 17.7 million union workers, compared to 14.7 million in 2011. Highlights from the 2010 data:

- The union membership rate for public sector workers (36.2 percent) was substantially higher than the rate for private sector workers (6.9 percent).
- Workers in education, training, and library occupations had the highest unionization rate at 37.1 percent.

- Black workers were more likely to be union members than were white, Asian, or Hispanic workers.
- Among states, New York had the highest union membership rate (24.2 percent) and North Carolina had the lowest rate (3.2 percent).

It would appear that union memberships have declined. Unions, it appears, have become the focus of political ire in many states. Because of scarce resources, union collective bargaining is threatened to end in some states. Ending collective bargaining is seen as way of scaling costs. In addition to this, the idea of last hired-first fired is also being reassessed and threatened to be replaced with merit-based advancements.

It would appear that a compromise between union leaders and employers is necessary. Both sides will have to resolve this issue ensuring that workers's jobs are secure and fiscal responsibility to the state budgets. It's a tough balancing act.

Not all union workers are members of professional sports or wealthy movie stars. For the nurses and teachers who belong to unions, it is about survival.

As someone who was union grievance officer and who now holds a nonunion position, I have insight into both points of view. Unions are essential in practice areas where employees may feel disenfranchised, but I also am aware that unions need to compromise and accept that meritocracy is not a bad word and that union members should be rewarded and acknowledged for great work.

What are you thoughts on this? Send me your thoughts by email to EBalitaEditor@gmail.com.

Editorial Board

Davy G. Diongson, RN
Sofia E. Bole, RN
May Mayor, RN
Rey R. Rivera, RN
Gloria Beriones, RN
Susan Castor, RN
Beth Rosas, RN
Beth Rose, RN

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Nurses on the Runway

By: Arlita Pang, BSN, RN (PNA Metro Houston)

The Philippine Nurses Association-Metropolitan Houston (PNAMH) gave a new twist to its fund raising event, presenting nurses as the “fashionistas”.

On Saturday, February 26, 2011, PNA MH had a fashion show fund raising event, “Nurses on the Runway” held at Houston Hilton Hotel, SW Fry. There were 5 categories of outfits that nurses chose from: Western, “Elegant” Philippines, Cocktail or Dressy or Business Casual, Evening gown and Nurses Uniforms “through the years”. About 30 nurse “fashionistas” voluntarily joined to model their own favorite and elegant pieces with their own

Dizon Shields, two years old and twin sisters Shiloh and Saige Montecillo four years old.

The event was very well attended and everyone enjoyed the food, the show and



dancing. Event Chair, Arlita Pang said this would not have been possible without the team effort and hard work of the co-chairs: Eufe Chua, Nora Peralta, Estrella Esguerra and Cherry Sloan Medrano; full support and assistance of PNA MH President, Riza Mauricio and the PNA MH Board. Sponsors for the evening included Dennis Corpus of Time & Space, representing Macy's and Fiesta Mart and JRN Copier and Printing.



choice of category. This is a good representation of nurses in all shape and forms”, PNA MH President Riza Mauricio said in her welcome address.

Some nurses modeled once, others twice or three times giving the guests 42 different views of elegant clothing. Most of the nurses walked the runway by themselves and few walked with their spouses and daughters giving a different look and variation. It was amazing to see every “fashionista” walked with confidence, elegance, style and glamour and the fun and enjoyment in their faces and body languages were very apparent and all the guests responded equally.

As nurses, we are famously known for our tender loving care and great bedside manners, always in a hurry, walking and running the hallways of hospitals to get to our patients. That night, these ‘fashionistas’ were transformed from scrubs and lab coats to elegance and glamour on the runway. It was the nurses uniform category that captured attention and provided laughter as it was presented humorously well, with models portraying Florence Nightingale, nursing student, in scrubs, futuristic attire and the after work dress. The participants were also happy to be joined by three very young and future models and maybe future nurses: Mia

Models in each Category:

Western: Arlene Granados, Grace Woodmansee, Susan and Dennis Hefti, Rose O'Donnell, Pam Windle, Marissa Loveless

“Elegant Philippines: Dorie Tangalin, Gloria Beriones, Grace Diaz-Font, Babs and Ed

Ramirez, Marie Mercado, Bebot Miranda, Susan and Dennis and Susan Hefti.

Cocktail or Dressy/Business Casual: Kathy Rasos, Felice and Eric Espinosa, Marissa Loveless, Lito Silva, Gina Shankar, Lorna Spiotto, Rose O'Donnell, Don Foronda, Luz Reyes, Carolyn Umayam, Emmery and Hebba Allil

Evening Gown: Riza Mauricio, Arlene Granados, Marie Mercado, Rosa Ally, Nina Hill, Rose Sullivan, Panthita Palakawong, Kathy Rasos, Lorna Spiotto, Gina Shankar, Charmaine Dizon Shields and daughter, Mia, Pam Windle.

Nursing Uniforms “through the years”: Gina Shankar, Babs Ramirez, Grace Diaz-Font, Arlene Granados, Luz Reyes, Dennis Hefti, Cherry Sloan Medrano, Cleo Robinett.



REMINDER

Awards Committee Call for Nominees

Nominations will be accepted for the following categories:

- Clinical Nurse
- Nurse Administrator
- Research Nurse
- Nurse Educator
- Advanced Practice Nurse
- Nurse Informatics
- Community Service
- Nurse Entrepreneur

For any questions or any additional information, please contact the following Awards Committee Members:

- Pam Windle, Chair pwindle@sleh.com
- Leila Busch, Co- Chair North Central Region lexilzb@aol.com
- Jenny Aying, Line Officer anjoervin@yahoo.com
- Grace Diaz-Font
South Central Region gfontn@sbcglobal.net
- Dina Krenzischek
Eastern Region dinaak@verizon.net
- Ferdie Luyun
Eastern Region: fgluyun1@yahoo.com
- Elaine Soliven
Western Region elaine.soliven@gmail.com

Deadline for all completed forms must be postmarked on or before March 29, 2011

CALENDAR of EVENTS

March	April	June / July
25, 26, 27 South Central Regional Conference Host Chapter: PNA Cameron County Texas Holiday Inn, Brownsville, TX Regional VP Contact: GBeriones@comcast.net or Sandy Lalata, President, PNAT-CC, Inc sandz_316@yahoo.com .	29, 30 / May 1 North Central Regional Conference Host Chapter: PNA Greater St. Louis Hotel Lumière, St. Louis, MO Regional VP Contact: BethBRosas@gmail.com	28, 29, 30 / July 1, 2, 3 32nd Annual PNAA Convention Hyatt Regency 5 Embarcadero Center San Francisco, CA Reservation taken now through April 11, 2011 at: https://resweb.passkey.com/go/PNAA For additional information, please visit: www.pnanorthcal.org & www.mypnaa.org Contact: Marife Sevilla at 650.302.0210 or Malu Cruz at 650.303.5177 pnanorthcal@gmail.com

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