



PHILIPPINE NURSES ASSOCIATION OF AMERICA

Inside PNAA



STRATEGIC | SYNERGISTIC | SOCIAL ACTION

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November 18, 2012



Heroes and Giants Amongst Us

By: Vicky Navarro, President

Dear Eastern Region Chapter Presidents, Current and Potential Leaders,

I would like to thank all of you for an excellent representation during the 1st Leadership Academy of my term. The expanded attendance for free: i.e. in addition to the usual chapter president and president elect, each chapter was able to send 3 potential leaders

The testimonies of the next generation of Filipino American nurses are definitely very uplifting: a new RN from New York attended because of his aunt's prodding; 2 Filipino American student nurses from Boston College (Rollie Perea's Nursing School efforts) attended to observe what we are as a professional organization. All three gave very positive back; observed an excellent leadership program and how we manage our nation-wide organization.



and 2 each for subchapters. For this year, our Leadership Planning team allotted majority of the time to interactive learning.

Based on what I observed you all were very engaged particularly in the small group sessions on real life problem management. Dino Doliente's presentation on Handoff between incoming and outgoing Chapter Presidents and Treasurers will certainly provide for a smooth transition, more structure and prevent legal situations related to chapter funds.

Emma Cuenca's presentation on Consensus Building is a more collaborative way of coming to a decision that will be supported by members of the Executive Board. While Amy Tizon's topic on Effective Power Point Presentation showed her marketing background with the message that the best connection with the audience may be attained with "less is more".

I will be waiting for the evaluation report so we can continue to improve on our leadership seminars in the other regions.

The professionalism of each one of you made them very proud of their Filipino heritage. We will be starting student membership as pipeline for PNAA's viability.

The success of our Eastern Region Program was made possible by the collaborative efforts of: Ernie Rosas and Merlita Velasquez (PNAAF) for increased funding.

Fe Nieves Khouw, Perry Francisco and Susan Caster who were unable to make it but were the team at the inception of the program planning.

Dino Doliente, Emma Cuenca who worked on the 2nd leg of the planning and provided oversight of the seminar day.

Jennifer Dizon for the day's background work.

Carmina Bautista, Bea Sazon, and PNA Virginia for the conference preparation.

And to one unsung heroine: Jenny Aying, for her unselfish efforts and work in getting the logistics in place, CEUs and all related paperwork.

Continued to page 15

Theme: Developing Competency for Healthcare Disparity

The 15th PNAA Eastern Regional Convention "Developing Competency for Healthcare Disparity" held at the Colonial Williamsburg Lodge in Williamsburg, Virginia, on November 9 & 10, 2012 was a huge success to say the least.



Dino Doliente

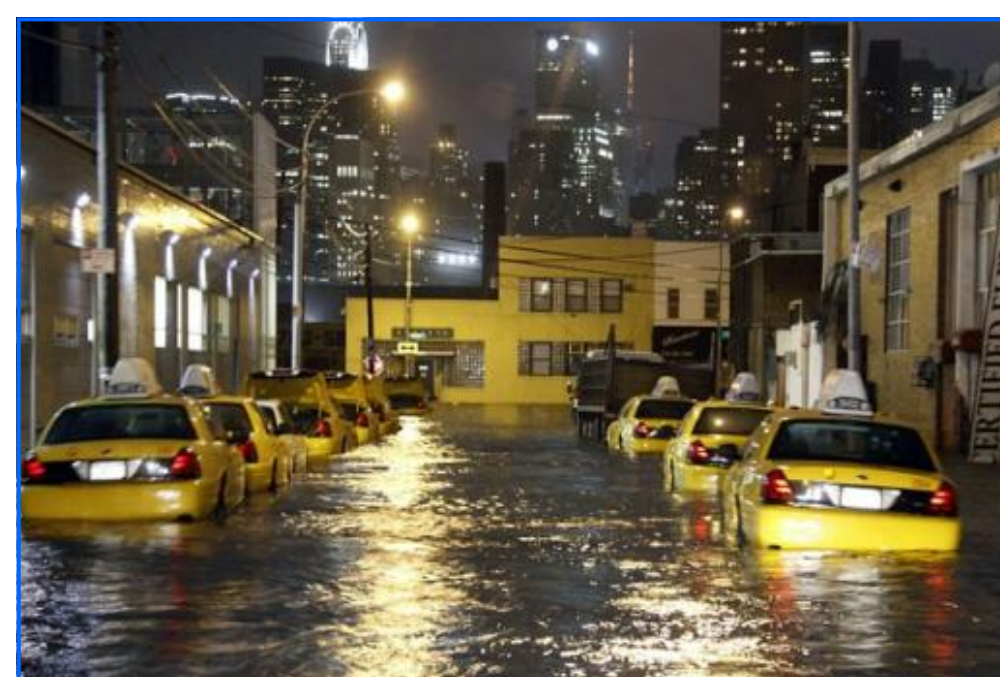
The opportunities that are available for nurses to grow and become more powerful when they convene together to share their knowledge and experiences is priceless. It was great to see all the Filipino-American nurses who took advantage of their proximity to Williamsburg to attend the Continuing Education Program and Leadership Institute being offered. It was such a wonderful opportunity to network with other fellow Filipino-American nurses from around the area and from around the different states. New professional and personal bonds have been formed that would last a lifetime.

The Planning Committee has done a great job in the conceptualization of the programs. The attendees had a great time listening to the speakers and their thought provoking topics. All the attendees for sure were able to take home a thing or two that they can use in their everyday lives either as nurses in their workplace or as leaders in their own chapters.

But of course, any conference will not be complete without the Networking Night. It was highlighted with a sumptuous dinner of seemingly endless seafood buffet. The Gala Night was notably graced by the Mayor of Williamsburg himself, Clyde Haulman and a Filipino Delegate of the 21st District of Virginia Beach, Ron Villanueva. In the end, the night did not fail expectation of providing glitz and glamor with the thematic Masquerade Ball where everybody just had fun and danced the night away.

MHC Enjoins Filipinos to Support Oplan Kaligtasan for Sandy Victims

New York | The Washington, DC-based Migrant Heritage Commission (MHC) enjoined Filipinos keep the bayanihan spirit alive by actively taking part in the Oplan Kaligtasan which has initiated assistance to victims of the hurricane Sandy that lashed New York, New Jersey, and Connecticut Monday. Oplan Kaligtasan is the relief campaign sponsored by the National Alliance of Filipino Concerns of which MHC co-executive director Arnedo Valera is a legal counsel. MHC lauded the spontaneity of family and friends to help victims of Sandy. "Sandy may have destroyed lives and billions



in properties, but the human spirit of cooperation or bayanihan will always rise above it," said MHC co-executive director

Grace Valera Jaramillo. The MHC has repeatedly enjoined Filipino Americans to take safer grounds before the hurricane hit land Monday night. It also went out of its way to help distressed residents in the localities of the national capital. The MHC is supportive of the advisories issued by the Philippine Embassy and consular offices as well as the relief efforts of the group NAFCON in the affected states. Arnedo Valera added that victims of Sandy should immediately seek relief from the Federal Emergency Management Agency or FEMA. MHC is likewise providing assistance to those in need by tapping NAFCON concerned agencies.

A FREE COMMUNITY SERVICE ANNOUNCEMENT OF THE MIGRANT HERITAGE COMMISSION (MHC) under its Information, Publication and Research Program MHC brings people together to foster a culture of UNITY and SERVICE3 MHC Executive Directors: Grace Divina Victoria S. Valera, Jesse A. Gatchalian, Arnedo S. Valera, Esq. 202-247-0117 / 202-631-8856 / 703-675-6334 migrantheritage@gmail.com <http://www.migrantheritage.org/>

EDITORIAL STAFF COMMENT



To all our Colleagues in PNAA: Please be informed that we, the Editorial Staff, publish articles in our Inside PNAA newsletter accordingly as we receive them from chapters of the different PNAA Regions. If you want articles about your region/chapter activities published, we would be able to accommodate them only if you send them on time. Inside PNAA news is published bi-monthly on the 15th and 30th of

every month, **Submission deadline is 3 days prior to publication.**

Please send your articles to:

Madelyn Yu (Chair) @ pnaaublicrelations@gmail.com

Ferdinand Luyun @ ferdinand.luyun@yahoo.com

Ruby Godier at weldra71@msn.com

Mel Carillo at mel.carillo@gmail.com

THANK YOU



Inside
PNAA
Staff

Madelyn Yu
Editor in Chief

Ferdinand Luyun - Associate Editor

Ruby Godier - Eastern Region Contributing Editor

Mel Carillo - Contributing Editor, Western Region



15th Eastern Regional Conference

Williamsburg, Virginia | November 9-10, 2012

By: **Lourdes Nisperos, MSN, RN,**
PNAA VP, Western Region

The PNAA Regional Conference was held in the beautiful and historic Williamsburg, Virginia at the Colonial Williamsburg Lodge.

The 4 PNAA Vice Presidents, Dino Doliente, Beth Rosas, Pam Windle and Lourdes Nisperos attended the conference. We had a brief RVP meeting and discussed our activities in our respective regions. We have been conducting RVP conference calls but our face to face meeting made us closer and enhanced greater bonding and also with our Circle of Presidents (COP) Leaders. The successful leadership program highlighted on the theme of President Vicky Navarro that focused on organizational skills and PNAA related projects. The educational program is with topics of

common health issues in our communities. A very successful concurrent session on strategic planning attended by the PNAA Executive Board, Committee Chairs and Co-Chairs and all of us presented our performance goals.

As Regional Vice Presidents it gave us an added insight in our direction for this administrative term under the leadership of Vicky Navarro, who spoke on her platform and how to operationalize with our organizational activities. The Networking Night with great seafood buffet and zumba dancing has energized us. The Masquerade dinner dance with 2 chapter induction, PNA-Richmond and PNA Virginia gave us more chance to network with everyone and also enjoyed the food, music and line dancing. It was an educational and fun filled conference. Special thanks to the Chapter organizers and the Eastern Region and Dino Doliente, PNAA VP, Eastern Region. Congratulations to all and the new officers of both Chapters.

PNA of Tampa Bay confers 1st Liwliwa Award



Ariel Zabala, RN, BSN, MN, current president was conferred the first Liwliwa Award of PNATB during the chapter's Annual General Assembly held at Florida Tampa Hospital on November 3, 2012.

Dr. Liw Villagomez, founding president personally handed the Certificate of Award and \$500 check to Mr. Zabala. The Liwliwa Award replaces the Nurse of the Year Award and was named as a homage to the chapter's matriarch.

Dr. Villagomez added that her name literally means "to comfort" in Ilocano which is a must-have trait of all nurses.

Mr. Zabala thanked his family, mentors, and the members for supporting him to achieve PNA TB's mission and goals. On his State of the Chapter Report, he informed the attendees of the 100% increase in membership as well as winning the first prize in the 2012 SCR Teamwork Recognition and Award.

Meanwhile, Cristina Spiegel, BA, BAAS, MSc acted as a guest speaker and delivered a talk entitled,

"Meditation and Motivation to Achieve Alignment with a Better Frame of Mind in Your Career and Achieving a Miraculous and More Calming Life for Nurses."



Ms. Spiegel emphasized the importance of meditation not only on our personal lives but also to ease the stressful nature of the nursing profession.

She was followed by Kim Hodges, LPN who discussed Mental Wellness and its utilization in Home Health Care setting.

The participants were also offered CPR class, and concurrent self studies on Prevention of Medication Errors, Domestic Violence, and HIV/AIDS.

Attendees to the Annual General Assembly held at Florida Hospital Tampa on Nov. 3, 2012.

Founding President Dr. Liw Villagomez (right) and Past President Vicky Fabreo (left) confer the Liwliwa award to Ariel Zabala, current president.

South Central Region attends the 15th Eastern Regional Convention



The PNAA Eastern Regional Convention was a big success. It was well attended by the different chapters from the Eastern Region, whose members, though affected by the recent Hurricane (Sandy) that devastated the Northeast did not stop their drive to attend the much awaited Convention. There were also representatives from the Western, North Central and South Central Regions present.

The first day was the Leadership Institute and ended the day with the Networking night. Everybody enjoyed the sumptuous seafood dinner buffet. There was dancing in preparation for the Gala night and raffle ticket prizes given to lucky ticket holders. The second day was the Educational Day. At 10 o'clock in the morning, the PNAA Executive Board, Advisory Council and Cabinet met in the conference room and started the PNAA Strategic Planning Meeting. It was a full day schedule of productive meeting that ended at 6 o'clock PM.

At exactly 7 o'clock PM, the Gala night started with the parade of banners. PNA Gulf Coast Florida joined the Eastern Region Chapters in the parade. It was a masquerade ball. The highlights of the event were the Induction of new officers of 2 Virginia Chapters, PNA Virginia and PNA Richmond. President Vicky Navarro inducted the Presidents first and then they inducted their respective Executive Board. It was a night to remember. An affair to rekindle old and make new friendships.

Thank you PNA Virginia and PNAA Eastern Region from your friends from PNAA South Central Region for a successful PNAA 15TH Eastern Regional Convention.

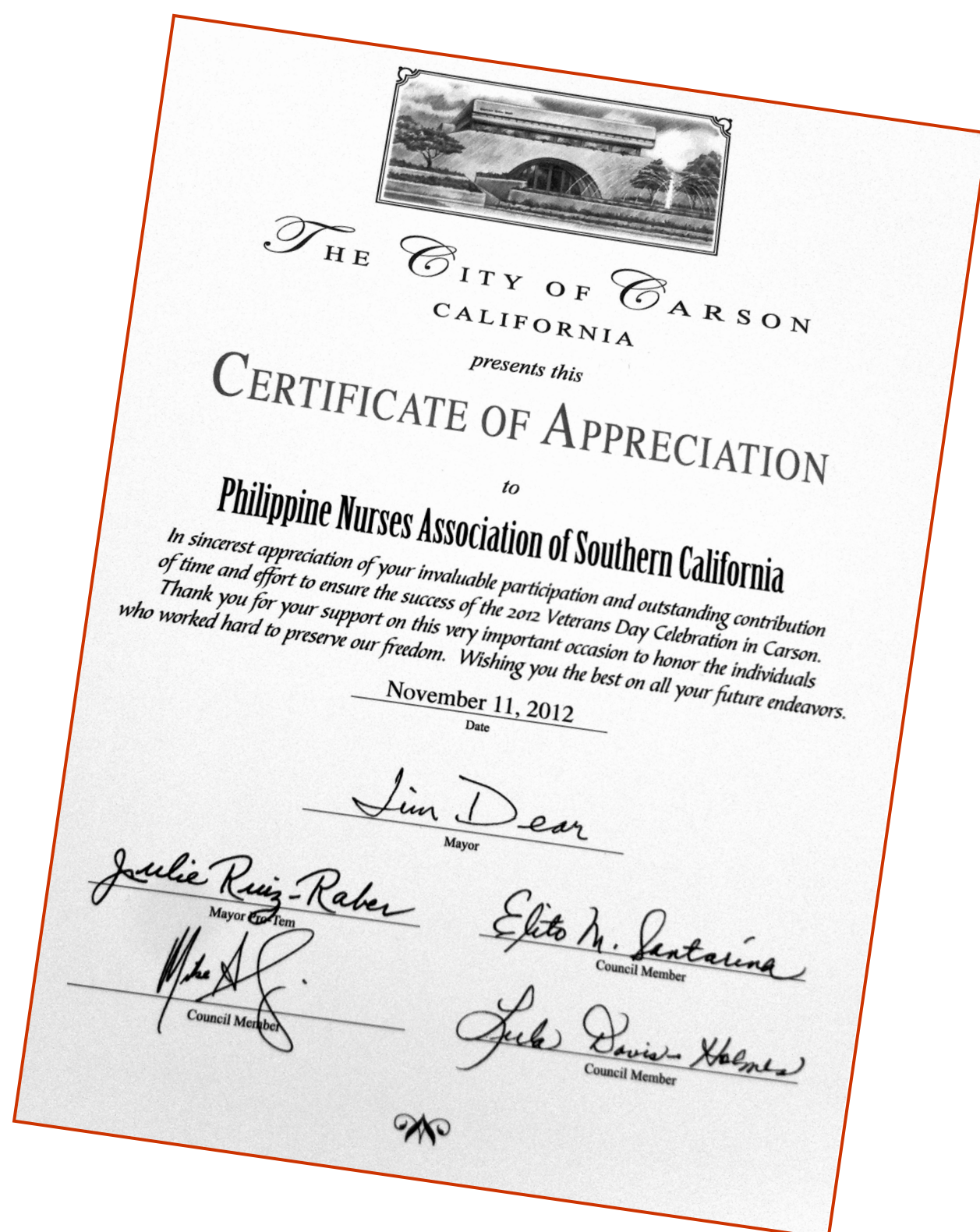


PNASC Receives a Certificate of Appreciation from the City of Carson!



Left: PNASC volunteers, Sheryll, Deovina, and Glenda, at work!
 Top: Glenda, Deovina, and Sheryll with a veteran of two wars, Joel Garcia!
 Lower left: Sheryl and Deovina with Department of Veterans Affairs Commissioner Saliman!

The Philippine Nurses Association of Southern California (PNASC) received a "Certificate of Appreciation" from Jim Dear, Mayor of Carson, California, for providing a first aid station during Veterans' Day celebration held at Culver Veterans' Park, 22400 Moneta Avenue, Carson, California 90745 on November 11th, 2012. PNASC was represented by Community Outreach Chair Sheryll Quinto; Vice President Deovina Jordan; Assistant Treasurer Glenda Totten; Associate Member James Jordan; and Volunteer John Quinto. The PNASC team performed blood pressure checks and BMI checks as well as provided health teachings. A number of US veterans, Filipino American veterans, wives of veterans, and members of the community were particularly pleased to see Filipino American nurses participating and contributing their time and effort to honor the veterans!



RP Ambassador Visits Tampa Bay

By: Orpha Ale Mineque, RN, BSN, CCRN | It was an exciting afternoon as leaders and members from various professional and civic Filipino –American organizations gathered at the Bayanihan Arts and Events Center in Tampa Florida on August 26, 2012 to welcome His Excellency Jose L. Cuisia Jr., Ambassador of the Philippines to the United States. During the event, Judge Maribeth Raffinan from the Superior Court, District of Columbia suitably and admirably spoke about the Ambassador's numerous awards and accolades in her introductory remarks that

truly make His Excellency a top-notch diplomat.

His nomination to his current position by President Benigno S. Aquino last November 2010 was confirmed in February 2011 by the Commission on Appointments. He is an alumnus of De la Salle University where he graduated with degree in Bachelor of Arts and Bachelor of Science in Commerce (magna cum laude). He earned his Master's in Business Administration-Finance at the Wharton School, University of Pennsylvania.

The Ambassador congratulated the Filipino community in Tampa Bay and praised them for their unity and teamwork. He wished that he would see more of the team spirit in other US states and cities. He proudly presented the achievements of the current leadership in the Philippine government and gave promising report that there is an upward swing in the economy and business opportunities are searing for investors in the country. He urges everyone to support the SAVE Our Industries Act to make it into law, a bill currently pending in U.S. Congress that will help save jobs in

the U.S. textile and Philippine apparel industries.

His love for the youth was inspiring. He spent special time with the Filipino–American youth in an open forum where he heard their stories and concerns. As future leaders he wanted to instill in them the importance of education and encouraged them to be good citizens.

The day culminated with entertainment from the "Musikong Kawayan" (Bamboo Orchestra) and beautiful Philippine folk dances from members of the Philippine Performing Arts Company. Light refreshment followed and was enjoyed by everyone.

The event was also an opportunity for attendees to bring nonperishable goods to support victims from the recent typhoon that flooded several areas in the Philippines.

Sources:

www.Philippineembassy-usa.org

www.saveourindustriesact.com

PNA-NY Receives TOFA Award



By: Vernie Bacolot, MS, RN-BC PNA-NY President 2012-2014 | The PNA New York Chapter received "The Outstanding Filipino Americans in New York" (TOFA-NY) Heritage Award (2012) at TOFA-NY's awarding rites held at the Weill Hall, Carnegie Hall

Saturday, October 27, 2012. Certificate of Honor reads: This TOFA Heritage Award is given to PNA-NY whose involvement with the Filipino American community is deemed invaluable and immeasurable. In commemoration of Filipino American History Month in October,

we celebrate your achievements as you help raise the profile of Filipino Americans in the New York area by promoting the exceptional quality of service, artistry and professionalism Filipinos are known for. Given this 27th of October 2012 in New York City. Signed by founding Chairman Elton Lugay and Consul General Mario de Leon, Jr.

Photo left: Susan Gador, Vernie Bacolot, Reynaldo Rivera, Carmen Meliton, Leony Quinones, Lorelei Belardo, Becky Canaliya, Marie Ortaliz, Archiel Buagas, Mary Joy Garcia-Dia, Corazon Sy, Ian Saludares, Edmund Mercado, and Davy Diongson attended the event.

PNASTL “Vegas Night” Event a Success!



By: Cynthia Montejo | PNA STL (St. Louis Chapter, MO.) held a successful VEGAS NIGHT fund raising event at the residence of Jean Reyes last Oct. 20, 2012. With its energetic president Jonel Maminta in attendance, she was joined by immediate past president Rosa Williams, president-elect Cynthia Montejo, PNA STL founders Didi Calabio and Lily Cayabyab and members Judy Ferrer, Dolly Musni, Jenjen Hazelbaker, Noreen Tan, Ces Arcaya, Cheri Nievera and Bong Umali. Guests included husbands and notable members from PMA and FAAMO. It was an enjoyable night of socializing filled with laughter and fun playing bingo, mahjong and poker for everyone who also satisfied their gastric needs with Filipino sumptuous dishes.



HUMAN RIGHTS COMMITTEE

This committee's goals are: to continue to address HR Issues from different PNAA Chapters as they arise; and to continue to collaborate with Legislative Committee and Public Relations/Cultural Affairs Committee in the identification and resolution of HR issues.

The committee has received reports on the following human rights issues:

1. Curriculum concurrency problem with Philippine graduates.
The California Board of Nursing has declined Philippine graduates' application to take the NCLEX as their curriculum shows that their theory classes were not taken concurrently with their clinical rotation. These are graduates who are now here in the United States as immigrants. This issue is currently affecting many of our Philippine graduates.

The California Board of Nursing recommends that these Philippine graduates go back to school to retake the subject where there is a question of discrepancy. The California Board of Nursing has a list of accredited schools where the graduates can bring their transcripts for review. This is causing fear among the Philippine graduates that they may have to do their nursing education all over again; or for the Philippine graduates to challenge the LVN exam and work as LVN'S upon passing the Board Exam.

The Human Rights Committee reported that Dean Carmel Divinagrancia is currently in the U.S. A. and has letters for the California Board

of Nursing from the Philippines Commission of Higher Education (CHED) Commissioner Licuanan. Human Rights Committee Chair Marife Sevilla will meet with Dean Divinagrancia and will give a report to the PNAA Executive Board after the meeting. This is truly a big progress since the California Board of Nursing has been trying to contact the Philippine Regulatory Commission.

2. A Filipino nurse in Colorado who applied for a job at the Tri County Health Department was denied on the grounds that the BSN program she finished from Quezon City Medical Center is not recognized by AACN and NLNAC, Inc. in the U.S.A. The Chapter President was requested to do the fact finding of the problem in order for HR Committee to present to the PNAA Executive Board. The Human Rights Committee will present a follow-up report to PNAA Executive Board and will make a position statement upon receiving any progress from Philippine authority and California Board of Nursing.

Human Rights Committee Members:

Marife Sevilla, Chairperson
Vernie Bacolot, Eastern Region
Cris Bernal, South Central Region
Maricon Esteban, Western Region
Mede Cereno, North Central Region

Hurricane Sandy did not dampen spirit of Middlesex Subchapter members

In the aftermath of hurricane Sandy, the PNANJ of Middlesex Subchapter members and their families are doing their fair share of volunteering and helping out their fellow New Jerseyans who are in need. Some were even affected by the hurricane themselves; but this thoughtful, committed group of people did not let anything deter

arrived.

Other members were busy in their own community; Malou Torralba made sandwiches in her hometown's high school for the victims of the storm. Mildred Cruz and her sister donated clothing, etc. Eva Villar-Trinidad, who is a Union County Medical Reserve Corps volunteer, has been



them from doing their part.

Last Sunday, November 11, 2012, Myrna Young, Teresa Damito, Teresa de Vries, Jessa Manalastas, Jay Layug,

Evelyn Codilla, Mary Grace Liwag, Vicki Pangilinan, along with their family members cooked breakfast for the Sandy Storm Disaster Rescuers. These are a group of military veterans who came from different parts of the U.S. (Washington State, Oregon, etc.), to help out. They were very grateful that after a week of being here, they finally had their first hot meal since they



helping out at her local shelter in Cranford.

There are still plenty of opportunities to help out and to do something, however big or small. Not one of us can do everything but together we can be a strong force that can achieve a whole lot more.

Photos of PNANJ Middlesex County Subchapter cooking breakfast for volunteers for Hurricane Sandy hard at work to restore the lives of many victims of the storm.

Philippine American Nurses Association of South East Florida (PANASEF)

We are happy to introduce to you the newest chapter of PNAA in the Sunshine State of Florida: The Philippine American Nurses Association of South East Florida (PANASEF) formerly PNAMM.

The chapter members are from the counties of Miami-Dade, Broward, Fort Lauderdale, Pompano Beach, Boca Raton, and the Palm Beaches.

Filipino-American nurses in South Florida are invited to join the nationally recognized chapter. We are also encouraging inactive PNAA members to renew their membership through the PANASEF. Your membership to the PANASEF automatically grants you membership to the Philippine Nurses Association of America (PNAA).

The PANASEF chapter would like to thank the PNAA family as well as the community for their support.

Family Health Awareness Fair 2012

Philippine American Nurses Association of South East Florida (PANASEF) participated in the Community Health Awareness Fair at the Our Lady of Lourdes Catholic Church last October 28, 2012.

PANASEF members collaborated with other organizations in the community such as Baptist Health South Florida, Cancer Support Community, Alzheimer's Association, Community Blood Center of Florida Inc, The Children's Trust, etc. They provided health promotion and disease prevention activities through diabetic education, health screening (cholesterol and blood pressure monitoring) and cardiovascular counseling (therapeutic lifestyle changes).



Cholesterol screening by Baptist Health South Florida representatives with PANASEF members and officers.



PANASEF Pres. Fely Perlas with Treasurer Jo Reyes and member Minda Villanueva providing diabetic education and nutrition counseling.



Top: PANASEF officers (L-R): Board member Maggie Estole, Treasurer Jo Reyes, President Fely Perlas, Pres-Elect Beth Postrado, Board member Angelica Ligas, and Secretary Caleb Rasay.

Board members Cristina Umbac and Teresa Ravelo not in picture.

Above: PANASEF officers, members and friends from other organizations. **Bottom:** PANASEF officers with Honorary Philippine Consul Angelo Macatangay, MD.



PANASEF Pres. Elect Beth Postrado checking a participant's blood pressure and promoting therapeutic life changes.



PANASEF member Freda Arzadon with Board member Maggie Estole, teaching FIU about cardiovascular health promotion.

Eastern Leadership Conference

By | **Majuvy Sulse MSN, RN, CCRN**

PNANJ President 2012-2014

ER COP 2012-2013

ER Leadership Conference delegates were welcomed to a warm Buffet Lunch of Clam Chowder soup, variety of hot sandwiches, pasta, southern style beef steak, and home-made bread and desserts. It was a feast for most of us who have travelled far and wide for this conference. Ms. Jenny Aying, PNAA BOD served as the moderator for the session. President Navarro greeted the delegates with "getting to know her" (as PNAA President), her vision for PNAA, her mantra. An interesting presentation of the colors of her brain and their significance captured the audience and made them understand of how and why the president chose her mantra of Strategic Synergistic Social Action. PNAA Education Chair Emma Cuenca introduced the concept of Consensus Building as a Decision making Process as opposed to Roberts Rule using unanimous/ majority voting. According to Ms. Cuenca, Consensus model allows for better decision making, implementation and relationships as people's opinions or reasons for disagreement are heard, valued and understood. For an effective consensus building, time factor has to be considered since it takes time to brainstorm ideas, get people to express ideas with no solutions and allow for disagreements but no accusations. ER VP Dino Doliente talked on Hand Off between the incoming and outgoing Presidents/ treasurers as a process of keeping and recording reports and equipments for the chapter and subchapters. His goal is to have 100% compliance with the new hand off forms that would basically transform to fiduciary, accountability, commitment and transparency in our chapters and regions.

Amy Tizon, PNAA Assistant Secretary shared her technological expertise with her "The first 20 minutes- Presentation that Counts". This would entail planning with objectives in mind, outlining or blue printing contents and finally getting the best design in terms of clarity, color, and no overcrowding of slides.

Highlight of the Leadership Conference was the presentation of different case studies using consensus building, hand off communication and use of PowerPoint presentation and technology. There were eight groups and each one came with great ideas and ways of presentation from basic oral presentations with charts, PowerPoint presentation and use of role play. Certainly, there were a lot of take home bright and new ideas we can use for more successful chapter building.

Our gratitude to the best facilitators: Jeanette Livelo, Cherina Tinio, Rollie Perea, Virginia Alinsao, Beth Rosas, Bessie Schirocky, Romy De Vera & Luz Llasos. Congratulations to the committee planners for a successful leadership program. To PNAA EB and PNAAF for allowing more chapter and subchapter members to attend the Leadership Forum thank you and more power to you all!



ER Leaders getting ready for their group assignments and topics.



One of the groups assigned to Facilitator Beth Rosas did role play on English only Rule position statement.



Many of us come from various places to be one in building PNAA's mission of strategic, synergistic empowering collaborations and building a healthy environment. Mabuhay PNAA!



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CHRISTMAS LUNCH
DECEMBER 20, 2012
10AM—2PM
VENUE TBA
FREE CEU !!!



EXECUTIVE BOARD MEETING
NOVEMBER 28, 2012
3PM—5PM
PANERA BREAD, IRVING

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Philippine Nurses Association North Texas *focus*

Mission Statement

As the official chapter of the Philippine Nurses Association of America (PNAA), the Philippine Nurses Association of North Texas shall uphold and support the mission of the PNAA by creating positive image and welfare of its members through the promotion of professional excellence and contribution of significant outcomes to healthcare and society.

Community outreach serves 205 residents

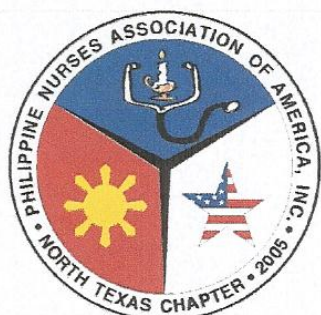
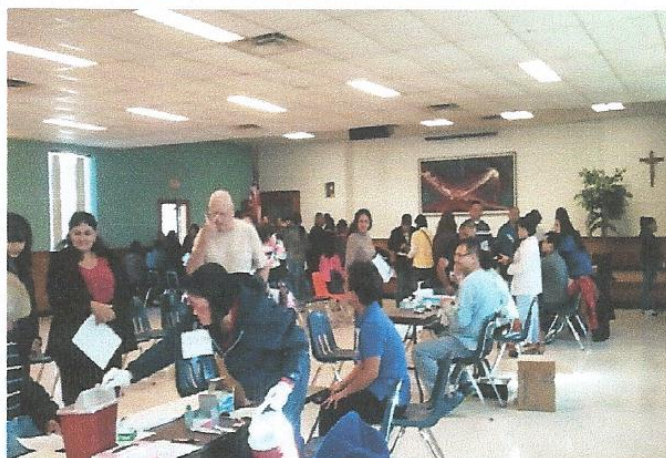
Irving, TX. On October 28, 2012 a record number of parishioners from Saint Luke's Catholic Church participated in the annual fall community outreach and health fair sponsored by the Philippine Nurses Association of North Texas (PNA-NT).

Led by the 2012-2014 Executive Board officers, members, and their families some 205 residents availed of blood pressure checks, BMI screening, blood glucose screening, flu vaccination for a minimal fee, vision screening, free consultation with a volunteer physician, and assistance with Medicaid applications.

"This is indeed a wonderful way to spend a Sunday," thus said Dr. Valadez, who generously shared his medical expertise to the predominantly Hispanic population.

It is a fact that there is an increasing number of people who need health promotion and disease prevention measures; and who better to do this than nurses? Clearly nurses can do so much for the benefit of the community.

It is also noteworthy to mention that PNA-NT was able to establish an electronic database of participants. This will help facilitate registration for future health screening activities.



SHARE YOUR TIME & TALENTS — BE A MEMBER TODAY!

Membership: As a PNA-NT Chapter member, your membership at the national level with PNAA is automatic.

Educational: Free C.E. offerings. May receive special discounts on conventions and some educational programs.

Networking: Opportunity to network with experts in your field of specialty through participation in professional activities locally, nationally or internationally. Meet new friends and find old colleagues.

Communication: PNA Journal; Website: www.mypnaa.org

Recognition: PNA-NT is a recognized professional organization. For career enhancement (attendance at meetings/activities) and professional advancement.

Suggestions for future issues of the newsletter? Contact: Mona Gaw



The Commission on Elections (Comelec) Chairman Sixto Brillantes announced the en banc's unanimous approval of the application of Ang Nars party-list group. The election body was strictly implementing guidelines of the Supreme Court that ensure only those who belong to marginalized and under-represented sectors, e.g. labor, peasants, fisherfolks, urban poor, indigenous cultural organizations, elderly, handicapped, women, youth, overseas workers can run for party-list seats in Congress.

Brillantes said Ang Nars, Inc. was allowed because they represent the marginalized group of professional nurses who have yet to be employed or those who have chosen to stay in the Philippines. Ang Nars, Inc. identified its nominees as Leah Primitiva Paquiz, Lydia Arco Palaypay, Chris Gonzales Sorongon, Caridad Moncal Galban and Anna Marie Kapunan.

Note: The majority of the PNA America chapters are tax-exempt organizations under 501(c)(3) of the Internal Revenue Code and are RESTRICTED in supporting political parties. However, individual members may choose to join or give monetary support to Ang Nars, Inc.

Nurses Party List Group Approved by RP COMELEC Congressional Seats in Next Year's Election

By: Dr. Germina Risos-Rio, PNAA Legislative Chair

Manila, Philippines, Nov. 14, 2012 | Ang Nars, Inc. is a non-stock, non-profit, registered Advocacy Organization ensuring and promoting the socio-political and economic professional rights of nurses with the responsibility to provide safe quality nursing care to the Filipino people. It is comprised of registered nurses fully supportive of the Philippine Nurses Association, the Official Professional Organization, duly recognized by the Board of Nursing (BON) and the Philippine Regulation Commission (PRC).

Congratulations

AC Bally's Casino & Resort Steaming Hot with Honors to Divas and Dons

October 24 | NJ State Nurses Association's Foundation-The Institute for Nursing honored the 2012 Divas and Dons in Nursing at the Atlantic City Bally's Casino & Resort. While the Divas & Dons in Nursing celebration pays tribute to the unique and extraordinary contributions of NJ Nurses which impact on the nursing profession and the community, it also serves as the Institutes' primary fund raiser for the scholarship projects of the organization. Of the 19 honorees, 3 are PNANJ outstanding members:

Susan G. Castor, Chief Nursing Officer, HealthSouth Rehabilitation Hospital, Toms River (Former PNANJ President)
Maria Lapid – Administrator, Green Acres Manor (Former PNANJ President)
Barbara Chamberlain – Director, Continuing Education/HRET (Retired), Consultant, Master Trainer Team STEPPS (PNANJ Honorary Member).

In a stunning blue gown, Susan highlighted her acceptance speech by reading an email from one of her staff's parents whom Susan had made



a real difference. Said staff had gone back to school to pursue a degree in nursing through Susan's encouragement, support and mentoring. She also thanked her husband and immediate family as well as her extended families who were present to support & cele-

Top: DIVA Sue Castor (Middle): The 2012 IFN Divas & Dons (Bottom): Susan & Barbara joined by the PNANJ

EB and past Diva herself Phoebe Andes and Don Leo Felix Jurado.

★ Press Releases



PNAGF attend Sampaguita Ball 2012

The Philippine Nurses Association of Gulf Coast Florida joined the celebration of the prestigious event in Tampa, Florida, the Sampaguita Ball. It was the grandest fund raising event awaited by most of the Filipinos in the Tampa Bay area. PNAGF is a member of the Board of Directors of the Philippine Cultural Foundation, Inc. One of its mission is to promote the cultural heritage of the Philippines.

This momentous affair was attended by more than 400 guests in their beautiful, sophisticated Philippine terno for women and Barong Tagalog for men. The program included different regional dances of the Philippines which were performed by the Philippine Dance Company of Tampa Bay. The guests enjoyed dancing with the music of the Total Sound Band. It was a night to remember but most importantly, an event with a good cause.



" The martyr sacrifices themselves entirely in vain. Or rather not in vain; for they make the selfish more selfish, the lazy more lazy, the narrow narrower."
Florence Nightingale

★ Congratulations ★★



Rollie Perea, MSN, RN, CRNP, (PNA-NE), spoke about Patient-Centered Medical Home, an innovative program for improving primary care that facilitates partnerships between individual patients, their personal physicians, and when appropriate, the patient's family. The focus was about organizing care around patients, working in teams and coordinating and tracking care overtime. Rollie is an eICU Critical Care Nurse Practitioner and eEducator from Boston, MA and co- founder of Medical Strategies and Management System (MS2), a company that help organizations improve ED workflow.



Carmina Bautista, MSN, RN, FNP-BC, BC-ADM The PNAA Advanced Practice Nurse Forum (APNF) participated at the recently concluded ER Conference in Williamsburg, VA. The APNF session of the Education Day featured 2 APNF members.

Carmina Bautista, MSN, RN, FNP-BC, BC-ADM, spoke about improving access to care among the underserved and underinsured through utilization of innovative technology and advances in self- care management. Carmina, APNF Regional Representative 2010- 2012 is a Diabetes Nurse Practitioner affiliated with the Naval Medical Center in Portsmouth, Virginia.

Cherina Tinio, Past President of PNA Northern California Chapter (2008-2010) and a current Advisory Council was invited for the 4th time to speak at



the Nursing Junior Students at San Jose State University last November 6, 2012. Her presentation is about Behavior Management of Patients with Alzheimers Dementia. During her presentation, she emphasized the importance of assessing the patients behavior, the triggers for the behavior and how to best manage

the behavior utilizing the non-pharmacological interventions as the initial interventions then Pharmacological interventions as a last resort. The take home message at this presentation was well received by the nursing students. At the end of presentation, Dr. Kathy Abriam Yago brainstormed with the students as to what is best nursing diagnosis that the students could utilize to their current clinical rotations and in their actual work performance.

★ Recent Events ★



15th Eastern Regional Conference

The Philippine Nurses Association of America recently concluded its 15th Eastern Regional Conference in Historic Williamsburg, Virginia. Hosted by the hospitable and fine nurses of PNA Virginia Chapter, the 3 day event was filled not only with fun, enjoyment, camaraderie but also with professional enrichment. Although the convention was hosted for RNs from the eastern region of the USA, PNAA nurses from all over California, St. Louis, Kansas City, MO., Texas, Ohio, Indiana, Florida and other States came to join and support the event.

From Page 1



A big thank you to the PNAA Board of Directors a true team on its own: Romy De Vera, Bessie Schiroky, Al Espinas, Grace

Font-Diaz and Jennifer Aying for their well-researched presentation on the Value of PNAA to each one of us. This was indeed very timely and the team will take it on the road to all the regional conferences. A member survey was designed by the team in collaboration Marlon Saria, Research Committee. The BoD has been tasked to articulate to the presidents PNAA's value and to prepare the membership to look at how we compare with other nursing organizations with regard to membership dues. Ernie Rosas' talk on PNAA Foundation clarified its goals and how it is supporting the programs of PNAA a testament of strengthening our synergy.

And finally to the many members from PNA New Jersey and New York who despite the many days of no electricity, gasoline rationing and wet basements from hurricane Sandy made it to the Eastern Region Conference.

I salute you, always striving for the best!



Victoria B. Navarro, MAS, MSN, RN
President 2012-2014

The PNA-New York
cordially invites you to its
2012 Christmas Party
Saturday, December 1, 2012
1 PM-6pm
1-2pm cocktail 2-6pm Buffet
The Astoria World Manor
25-22 Astoria Boulevard, Astoria, NY 11102
Phone: (718) 278-7766
RSVP by November 25
to Lorelei Belardo (917.353.1967),
Becky Canaliya (917.497.8438),
or Vernie Bacolot (201.681.8987)
Donation of \$65
Open Bar & Free Parking

Plan to attend this wonderful New York event if you are in the area. Donation \$65: open bar and free parking



The 15th Regional Conference was graced with the presence of Williamsburg Mayor Clyde Haulman. From L-R: Bea Sazon, outgoing PNAVA President, Mayor Haulman, PNAA President Vicky Navarro, Justine Reyes-Ford, incoming PNAVA President and Delegate Ron Villanueva.

The Philippine Nurses Association of New Jersey Inc.
Bergen County Subchapter
cordially invites you to our
Annual Christmas Party and Fundraising Night
Sunday, December 9, 2012 - 6:00 PM - 10:30 PM
Grand Chalet
1377 Route 23 South
Wayne, NJ 07470
\$60.00 per person - \$30.00 10 years old and below
For More information Please contact:
Amy Parilla 201 783 5492 Digna Desea 201 403 6205
aparilla@gmail.com franceszrt@hotmail.com
Veronica Benitez 551 486 3218 Grace Vickerie 973 406 7838
veronhntz@gmail.com gvcuevas2003@yahoo.com
Attire: Semi - Formal

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Philippine Nurses Association of America, Inc. (PNAA) Western Regional Conference

*Philippine Nurses Association
of Central California (PNACC)
Host Chapter 2013*

Member of the PNAA Western Region (with 11 Chapters)
and PNAA (with 43 Chapters Nationwide)

Date: April 19, 20, 21, 2013 (Friday-Sunday)

Place: Tenaya Lodge at Yosemite

1122 Highway 41

Fish Camp California 93623

(877) 635-5807

www.tenayalodge.com

★ Upcoming Events ★

**March 19-20, 2013 — The 10th Annual National Conference
Asian American Pacific Islander Nurses Association** Theme:
"Global Health: Nursing in the Future- Research, Education, and Prac-
tice"

Venue will be: Hale Koa Hotel, 2055 Kalia Road, Honolulu, Hawaii
96815

Deadline for abstract submission: November 1st (Thursday) 2012, 5
p.m. (EST) More info, contact: Merle R. Kataoka-Yahiro, Dr.P.H., MS,
APRN, Associate Professor, AACN Leadership for Academic Nursing
Program Fellow, Asian American Pacific Islander Nurses Association,
Secretary (2010-2012)

University of Hawaii at Manoa School of Nursing and Dental
Hygiene, 2528 McCarthy Mall, Webster 409, Honolulu, HI 96822

Ph: 808 956-5329 | Fax: 808 956-3257

Cell: 808 349-8309 | Email: merle@hawaii.edu

2nd Collaborative International Conference

The PNAAF is cordially inviting you all to join us for our exciting and
educational 2nd Collaborative International Conference to be held in
the beautiful and progressive City of Bacolod, Negros Oriental. This
year's Conference is co-Sponsored by the Association of Deans of
Nursing Colleges & Universities, Region VI.

Please disseminate the attached brochures ASAP to your Regional
COP's and Chapter Presidents. Colleagues, come and join us and
experience the hospitality of our people in Bacolod City, you will be
up for a surprise.

Ernie Rosas, RN BSN, President 2011-2013, Philippine Nurses Asso-
ciation of America Foundation,

Office: (816) 455-3400 <> Cell: (816) 213-4017

Nov 16 — Ocean County-Thanksgiving Party/Dinner Dance

email Maribeth Tecson maribethtecson@yahoo.com

Community Events

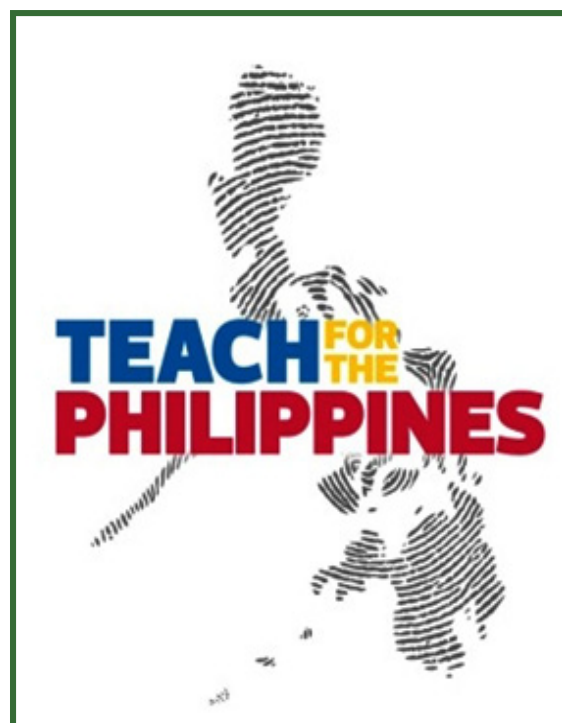
Dear Kababayans and Friends

If you know anyone interested in reaching out and gaining
experience teaching in the Philippines in 2013, kindly share with
them this innovative new program
launched by Young Filipino-
American leaders in the United
States.

Spearheaded in the East Coast by
Mr. Michael Vea and Ms. Angela
Lagdameo, both of whom were
chosen among the first batch of
10 Filipino American Youth Lead-
ership Program delegates by the
Philippine Embassy in Washington
D.C. The program aims to bring
10 Filipino-American teachers to
the Philippines to teach in re-
source-challenged schools.

More information may be secured from the attached press
releases. Thank you for your time and cooperation.

Philippine Consulate General, New York



Save the Date!

34TH ANNUAL NATIONAL CONVENTION
JULY 24-28, 2013
RENAISSANCE CLEVELAND HOTEL
24 PUBLIC SQUARE
CLEVELAND, OHIO 44113

**STRATEGIC
SYNERGISTIC
SOCIAL ACTION**
Empowerment and Collaboration

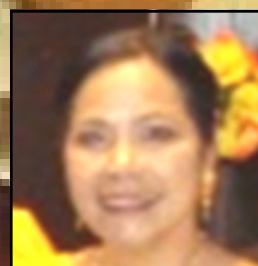
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ASSOCIATION OF AMERICA, INC.

HOSTED BY
PHILIPPINE NURSES
ASSOCIATION OF OHIO, INC.

WWW.MYPNAA.ORG | WWW.PNAO.ORG

Happy Thanksgiving

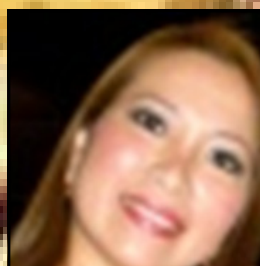
Inside PNAA Editorial Board



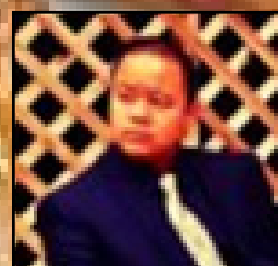
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