



inside PNAAA

Official Newsletter of the Philippine Nurses Association of America, Inc.



OUR UNITED VOICES
WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY

Women's HISTORY MONTH

 www.mypnaa.org



Editorial

As we bid farewell to Women's History Month, it's crucial to pause and recognize the profound impact this annual celebration has on our society and our organization. The theme for 2024, "Women Who Advocate for Equity, Diversity, and Inclusion," spotlights the invaluable contributions of women who champion the elimination of bias and discrimination from both individual lives and institutional settings. Throughout history, women have been instrumental in shaping our world, yet their efforts have often been overlooked or undervalued. Women's History Month serves as a poignant reminder of the struggles, achievements, and resilience of women from diverse backgrounds.

In this newsletter edition, we shine a spotlight on several women leaders who epitomize courage, determination, and an unwavering commitment to fostering a more inclusive and equitable society. We celebrate their achievements and acknowledge their lasting impact on both our organization and society at large.

We also highlight in this month's newsletter the recent Global Summit V and the 14th International Nursing Conference held in Iloilo City, Philippines. This significant gathering featured expert speakers and covered a range of topics, from innovation and climate change to the nursing workforce, education, and research. Through personal reflections shared by attendees, we gain insight into how this conference inspired them to return to their respective workplaces with renewed vigor, ready to make meaningful contributions to people's lives. You'll also have the opportunity to learn about the diverse medical missions carried out by our chapters and members across the Philippines. The selfless dedication our members have demonstrated in serving our fellow kababayans is truly commendable.

As we conclude, I extend warm Easter wishes to you and your loved ones. May this season be filled with love, joy, and blessings as you gather with family and friends to celebrate.

Warm regards,

Bob Gahol
Editor-in-Chief

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ABOUT INSIDE PNAA

inside PNAA is the official newsletter of the Philippine Nurses Association of America, Inc.

Our Vision:

To connect PNAA members by providing quality and timely information and news.

Our Goals:

- i. To serve as the primary platform of information for PNAA members
- ii. To highlight the achievements of the PNAA members
- iii. To serve as the base for overall schedule of activities for PNAA and its numerous chapters

For more information about
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President's Message

OUR UNITED VOICES: WE CARE
 Wisdom. Excellence.
 Collaboration. Advocacy. Respect. Equity.



Greetings to my beloved PNAA colleagues! Join me in celebrating the month of March as the National Women's History Month. The theme for this year, continue to capitalize on women's advocacy for diversity, equity, and inclusion (DEI) in our society. The nursing profession and various professional nursing organizations, and most especially the Philippine Nurses Association of America, Inc. (PNAA) continue to promote the importance and value of DEI in nursing practice and the communities we live in. How do we advocate for DEI? This is a question that each one of us should be able to answer right away. It is my pride and joy to share to everyone that of the PNAA has a task force 2022-2024 on the Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity through Diversity, Equity, Inclusion, Belongingness, and Social Justice. I want to recognize and honor Dr. Sasha Rarang, Chairperson of the task force (DEIBSJ) together with members, advisers, and expert speakers for their phenomenal impact to fellow Filipino American nurses and the public in raising awareness on the healthcare needs of marginalized populations: lesbian, gay, bisexual, transgender, and queer. Dr. Sasha Rarang is an inspiration to me and for so many colleagues for her passion, commitment, and dedication in providing webinars to open conversations on the real healthcare needs of LGBTQ population. Did you know? Dr. Sasha Rarang and the task force provided three live webinars in 2023 with two distinguished speakers on LGBTQ: Dr. EM Garcia and Dr. Marion Yates.

As we continue to celebrate the National Women's History Month please remember to recognize and honor women who strongly advocate as role models and ambassadors for DEIBSJ in the nursing profession and the communities we serve. We will strive to eliminate discrimination in our workplaces and instead promote and advocate for DEIBSJ. Together we are proud of the excellent works of PNAA and the 55 chapters across the country that are contributing to DEIBSJ hence impacting healthy lives of people in communities we live in.

Gloria Lamela Beriones
Gloria Lamela Beriones, PhD, RN, NEA-BC
 President 2022-2024
 Philippine Nurses Association of America, Inc.



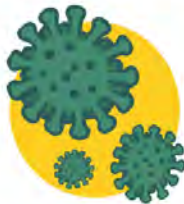
FLU VACCINE: GET THE FACTS

YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.^{1,2} A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU



CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.³



Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.⁶

Remember that a flu vaccine not only protects you, but it also can help protect those around you, including people who are at higher risk for serious flu illness, like babies, young children, older adults, pregnant people, and people with certain chronic health conditions.

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety.⁷ Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.⁷

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit [WWW.CDC.GOV/FLU](https://www.cdc.gov/flu) for more information.

1. <https://www.cdc.gov/flu/spotlights/vaccine-reduces-severe-outcomes.htm>
2. <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>
3. <https://www.cdc.gov/flu/about/burden-averted/2018-2019.htm>
4. <https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm>
5. <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>
6. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
7. <https://www.cdc.gov/flu/prevent/general.htm>



Last Updated AUGUST 2022



We're calling on one million or more people to lead the way toward better health.

What is precision medicine?

Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. The goal is to be able to tell people the best ways to stay healthy.

What is the All of Us Research Program?

The All of Us Research Program is a large research program. The goal is to help researchers understand more about why people get sick or stay healthy. People who join will give us information about their health, habits, and what it's like where they live. By looking for patterns, researchers may learn more about what affects people's health.

How do I join the All of Us Research Program?

There are two ways to join:

- Visit the All of Us website JoinAllofUs.org.
- Download the All of Us app.

Because All of Us is research, you will be asked to complete an informed consent process. This process tells more about what is involved, and the risks and benefits of joining.

What will you ask me to do?

If you decide to join All of Us, we will ask you to share different kinds of information. We will ask you basic information like your name and where you live, questions about your health, family, home, and work. If you have an electronic health record, we may ask for access. We might also ask you to give samples, like blood or urine. We also want to know if you will want information about your DNA.

How long will the All of Us Research Program last?

All of Us may last for at least 10 years. We hope you will stay involved over time. If you join, you can withdraw at any time for any reason without penalty.

Why should I join the All of Us Research Program?

You will be contributing to research that may improve health for everyone. Here are some examples of what researchers might be able to discover:

- Better tests to see if people are sick or are at risk of getting sick.
- Better mobile apps to encourage healthy habits.
- Better medicine or information about how much of a medicine is right for each person.

What will you do to protect my privacy?

We will take great care to protect your information. Here are a few of the steps we will take:

- Information we have about you will be stored on protected computers. We will limit and keep track of who sees the information.
- We will remove your name and other direct identifiers (like your Social Security number) from your information and replace them with a code.
- Researchers must promise not to try to find out who you are.
- We will tell you if there is a risk to your privacy because of a data breach.
- The All of Us Research Program has Certificates of Confidentiality from the U.S. government. This will help us fight legal demands (such as a court order) to give out information that could identify you.

 JoinAllofUs.org

 AllofUsARC@asianhealth.org

All of Us, the All of Us logo are service marks of the U.S. Department of Health and Human Services.



PNAA Career Center

Employers:

- **EMAIL** your job directly to nursing professionals
- **PLACE** your job in front of our highly qualified members
- **SEARCH** our resume database of highly qualified candidates
- **MANAGE** jobs and applicant activity right on our site
- **LIMIT** applicants only to those who are qualified
- **FILL** your jobs quickly with top talent

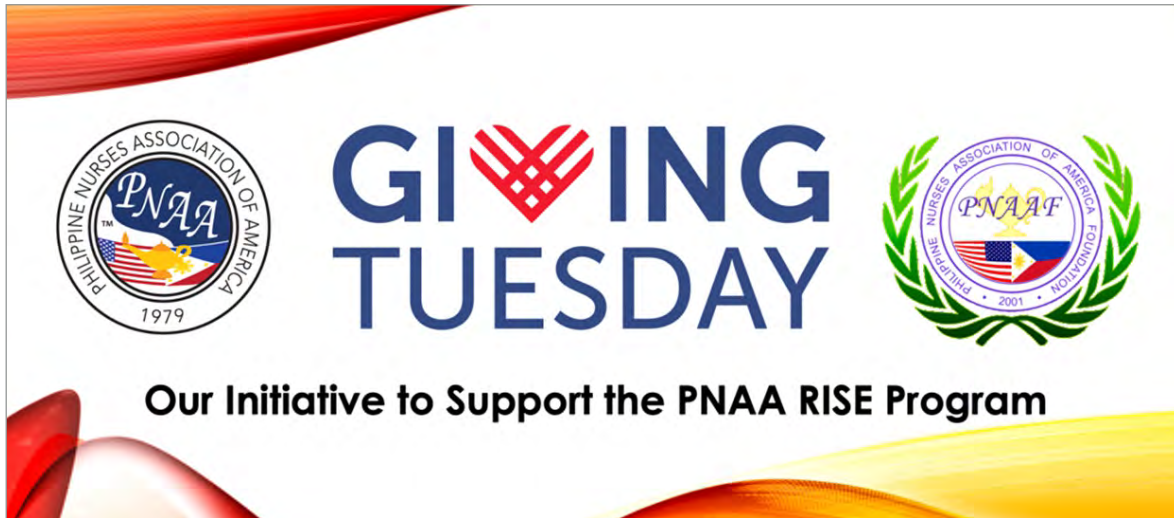
Job Seekers:

- **POST** multiple CVs and cover letters. Choose an anonymous career profile that leads employers to you
- **SEARCH** and apply to hundreds of fresh jobs on the spot with robust filters
- **SET UP** job alerts and get an email when a job matching your criteria is posted
- **RECEIVE** career advice, interview and networking tips, and more

jobs.mypnaa.org

The PNAA Giving Tuesday 2023 Campaign to help sustain the PNAA's important initiatives

By COL (Ret) Bob Gahol
Chair, PNAA Giving Tuesday 2023 Campaign



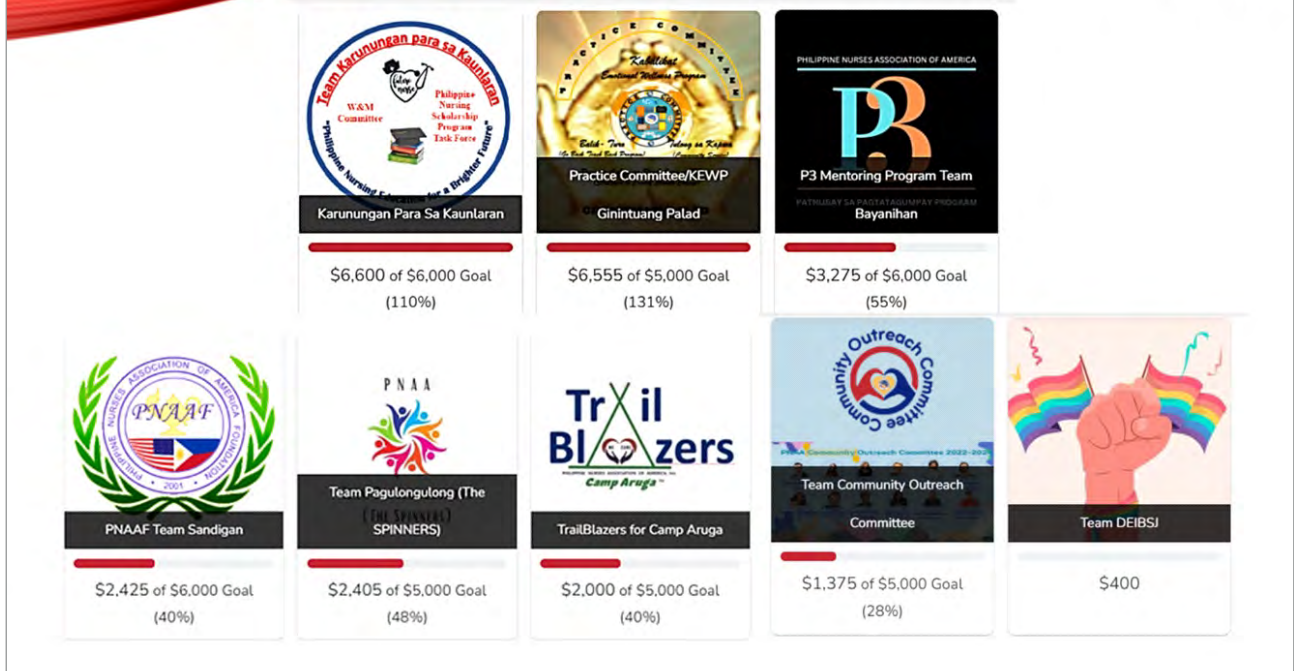
The PNAA has a multitude of impactful initiatives tailored to the professional growth and career advancement of the Filipino-American nursing community. Among these initiatives are the Resilience Program, dedicated to fostering a resilient workforce; the Innovation & Research program, which provides grant opportunities to support members in research endeavors and quality improvement efforts; Scholarship Awards aimed at incentivizing members to pursue further nursing education; and various Empowerment programs including the iLDP, Camp Aruga Leadership Bootcamp, Patnubay sa Pagtatagumpay (P3) Formal Mentoring Program, and Leadership Institute. These initiatives collectively form the RISE Program, which is pivotal in facilitating the community's development.

Sustaining these programs necessitates financial backing from both generous individuals and grants. Heading this crucial effort is the PNAA Business Development Office (BDO), led by Carmina Bautista, tasked with securing funds and sponsors to ensure the continued sustainability of the RISE funding. Carmina has reached out to me to spearhead the 2023 PNAA Giving Tuesday Campaign.

The PNAA launched its GivingTuesday Campaign for the RISE Program on October 30, 2023. To amplify our efforts, we enlisted numerous volunteers as GivingTuesday Ambassadors to aid in fundraising, aiming to broaden the program's impact. Setting a target of \$50,000, consistent with previous years, our team embarked on active engagement, rallying over 50 ambassadors and forming 8 teams.

The campaign concluded on December 15, 2023, having garnered \$27,175 in donations, equivalent to 54% of our goal. While falling short of the \$50,000 mark, this year's campaign marked a significant success, surpassing the 2021 Giving Tuesday proceeds of \$15,455 by an impressive 74%.

GIVING TUESDAY TEAMS



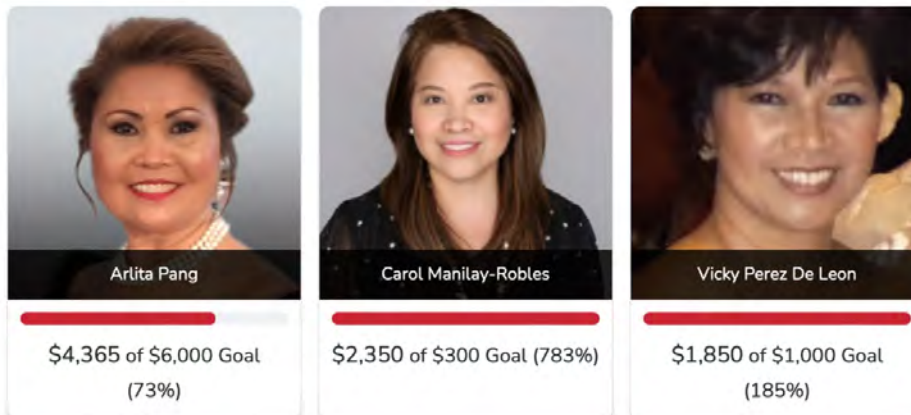
- Total Amount Raised = \$27,175 (54% of the goal)
- Total number of donors = 247
- Average amount donated = \$108.81
- 31 Giving Tuesday ambassadors raised an average of \$866.94

We congratulate the top 3 individual and top 3 team fundraisers:

Individual Awardees

- Gold: Arlita Pang
- Silver: Carol Robles
- Bronze: Vicky Perez De Leon

TOP 3 INDIVIDUAL FUNDRAISERS



Team Awardees

- Gold: Team Karunungan para sa Kaunlaran (Philippine Nursing Scholarship Program Task Force)
- Silver: Team Ginintuang Palad (Practice Committee/Kabalikat Emotional Wellness Program)
- Bronze: Team Bayanihan (P3 Patnubay sa Pagtatagumpay Mentoring Program)



The recipients of these awards will be presented with trophies, recognizing their unwavering dedication and steadfast commitment to the triumph of our campaign. We extend our heartfelt gratitude to all ambassadors and the remarkable generosity of our donors, who align with our vision of fostering a more resilient and empathetic community.

Anticipation mounts for the upcoming 2024 Giving Tuesday Campaign later this year as we persist in our mission to empower nurses, champion excellence in patient care, nursing education, and leadership, and facilitate the ongoing professional growth of our members.

WOMEN'S HISTORY MONTH

Celebrating Women's History Month



Teresa Onrubia Ignacio-Gonzalvo

Teresa Onrubia Ignacio-Gonzalvo, BSN, RN, MPA, retired in 2017 as its system Vice President and Nurse Executive for Integrated Care Management at Sentara Healthcare in Virginia. As a compassionate and tenacious nurse, she loves facing the challenges of care transitions, working with uninsured/underserved populations, negotiating unique patient situations with insurance companies, and addressing complex scenarios with post-acute placements. Together with her husband, Jaime Gonzalvo, USAF Maj (Ret), they moved to the Indianapolis area to be closer to family. A dedicated community advocate for democracy, diversity, and health, Teresa volunteered her time with the Philippine Nurses Association of America as its past president-elect of PNA Virginia, chapter Chair-Constitution and By-Laws Committee, and Chair of the PNAA Ethics Committee, when she was given the Service and Team Spirit Awards by PNAA. Currently, she continues to serve as the Co-Chair and Associate Editor of the Inside PNAA Newsletter and has a regular column called "Ang Tambuli-the Rhythm of Nursing Life." As an active member of PNA Indiana, Teresa is a faculty member of the Leadership Development Program for the national organization. In Virginia, she volunteered her time as a member of the Board of Directors of non-profit community agencies.

WOMEN'S HISTORY MONTH

"Empowering Women: Celebrating Women's History Month"

By Mindy C. Ofiana MSN, RN



Women's History Month is a necessary time to honor and recognize the accomplishments of women throughout history, and it is an opportunity for me to share my personal story as a Filipino woman nurse. As a nurse, I have witnessed firsthand the strength, resilience, and dedication of women in the medical field.

In my nursing journey, I have encountered numerous challenges and triumphs. Like many women in the healthcare industry, I have faced systemic barriers and discrimination. However, I have also been inspired by the incredible women who paved the way before me and made significant contributions to nursing.

In celebrating Women's History Month, it is crucial to highlight the achievements of women in all sectors, including politics, science, art, literature, and more. Women have made invaluable contributions to these fields, often in the face of adversity and limited opportunities. As women, we can inspire and motivate future generations by sharing our stories and experiences. By doing so, we can

encourage them to aim high, overcome obstacles, and achieve greatness. Let's all unite to empower each other and pave the way for a brighter tomorrow.

Women's History Month also serves as a reminder of the ongoing struggle for gender equality. Despite the progress that has been made, women continue to face unequal treatment and discrimination. As a female Filipino nurse, I fully understand the importance of tackling these issues and promoting gender equality in healthcare and other areas. We must continue to push for equal representation in leadership roles, equal pay for equal work, and the eradication of violence and harassment against women.

Women's History Month's value is recognizing past achievements and educating, inspiring, and empowering future generations. Studying the accomplishments of historic women provides a deeper appreciation for their contributions to society. Their stories can motivate us to overcome challenges and accomplish remarkable feats.

In addition to celebrating women's achievements, Women's History Month provides an opportunity to address the ongoing issues women face today. We must work towards promoting gender equality and empowering women to reach their full potential. Only by doing so can we create a more just and equal society. It is time to stand up and make a difference. We must stand behind organizations and initiatives that work towards advancing the rights and opportunities of women worldwide.

As we reflect on Women's History Month, let us remember the words of feminist leader Gloria Steinem, who emphasized that the fight for gender equality is a collective effort. We must pay tribute to the past, appreciate our progress in the present, and strive for a fairer future for everyone. Let us continue to support and empower women of all backgrounds and experiences, recognizing and celebrating their diversity and complexity. Together, we can create a world where women are truly valued, respected, and equal.

WOMEN'S HISTORY MONTH

Happy International Women's Day Honoring Dr. Kathy Abriam Yago

By **Diane Josephine Santiago**
PNANC Board Member



Let us honor Dr. Kathy Abriam Yago, a beacon of inspiration for women advocating for Equity, Diversity, and Inclusion. Her unwavering dedication to the nursing profession and her selfless mentorship have positively impacted students and long-time careerists alike. Her scholarships for PNA Northern California conferences foster professional development and inspire the next generation to take the lead in our community.

Dr. Kathy Abriam Yago's tireless efforts to promote equity and diversity in the Fil-Am and local Bay Area community are genuinely empowering. Her mentorship of current and future nurses, particularly in academia, has been instrumental in their career growth. As one of the first doctorally-prepared nurses in the PNAA, she has set a high standard for others to

follow. Her service on the equity and diversity committee in PNAA is a testament to her ongoing commitment to fostering equity and inclusion in the workplace and community.

Even before it became a mainstream concept, Dr. Kathy Abriam Yago's advocacy for work-life balance is truly commendable. Her leadership at San Jose State University's Nursing department, where she allowed nurses and mothers to bring their children to meetings, is a testament to her understanding and support for working mothers. This flexibility and her engaging leadership style created a conducive environment for all to participate. She has paved the way for a more balanced and inclusive workplace, making it possible for working mothers to pursue a career in the profession. On this International Women's Day, let's celebrate all the hard-working women in healthcare!

WOMEN'S HISTORY MONTH

Emma Barrido – PNA Tampa's Generous Gem: A woman who advocates for Diversity, Equity and Inclusion

By Liwliwa Villagomez, PhD, RN, CCRN-K, Founding President | PRO, 2022-2024



Emma Barrido, BSN, RN

Our world is enriched by the presence of women who, through their tireless efforts, have shaped society for the better. In our local community, the Tampa Bay Area, we are fortunate to have a shining example of such dedication: Emma Barrido. PNA Tampa proudly celebrates her during this 2024 National Women's History Month and for the years to come. Emma's journey with PNA Tampa began in 1992 when she relocated from Chicago to Tampa. She currently serves as a Board Member. Her commitment extends beyond PNA, as she is also actively involved with the Philippine Cultural Foundation, Inc. (PCFI), Pilipino American Association of Tampa (PAAT), and Ang Bisaya of Florida (ABF).

Emma's contributions to equity, diversity, and inclusion are not just significant; they are life-changing. Her active involvement in Gawad Kalinga (GK) in Tampa Bay, USA, is a testament to this. Under her leadership, GK has built two villages with 20 to 23 homes. Recently, GK Tampa Bay broke ground for 50 more homes in Ormoc, Leyte, a project she helped fundraise for. Emma's influence in rallying the community to support the less fortunate is profound. Last Christmas, she spearheaded a fundraising effort that provided monetary gifts to 177 families in Ormoc, Leyte, a testament to her unwavering commitment to making a difference.

Emma believes in helping individuals move their lives to self-sufficiency. To illustrate, she started a Livelihood Program at Sulpa Village in Cabintan, Ormoc, Leyte, by donating capital money to farmers. In addition, structurally, she helped improve the lives of the village residents by contributing to the construction of a concrete stair-step pathway from the upland (mountain top) to the lowland, as well as the construction of a kitchen and a waiting shed so they can rest. Before the construction of the concrete stair-step pathway, the residents used to slide down or roll down the slopes. To the residents, the concrete stair-step was like a pathway to heaven!

Emma's belief in the transformative power of education is unwavering. She sees it as a catalyst for personal growth and societal progress. To demonstrate this, she has awarded scholarships to 50 students pursuing various majors, a testament to her deep gratitude for the nursing profession that has enriched her life in countless ways. Emma's journey in nursing began over 40 years ago when she graduated with a Bachelor of Science in Nursing, belonging to the first batch of the 4-year BSN Curriculum at the Central Philippine University in Iloilo City.

Immediately after graduation, she went to Manila and worked at Manila Central University Hospital in Caloocan City as an Operating Room/Emergency Room Nurse from 1981 to 1982. In 1982, she left the Philippines to work in Jeddah, Kingdom of Saudi Arabia. Her employment in Saudi Arabia jump started her exploration the wider world of nursing. It was in 1983 when she came to the United States. She was first employed by Coler Memorial Hospital in New York. She also worked in neighboring hospitals such as Beth Israel and Hospital of Joint Diseases as Operating Room Nurse. In 1985, she moved to Chicago and took the Assistant Director of Nursing position in a long-term facility, St. Joseph Home. She simultaneously worked at Mount Sinai Hospital. Seven years later, in 1992, she moved to Tampa, Florida. She began as a staff nurse at the Cardiovascular Unit at St. Joseph's Hospital and Tampa General Hospital. In 1998, she and her husband established an Assisted Living Facility, now a Group Home.

Emma has been married to Rocky Barrido for almost 40 years now. They are blessed with three children: Melissa Joy, April Rose, and Rocky, Jr. They are also blessed with three grandchildren (Melissa's): Miles Jordan, Mia Joy, and Serena Jade de la Cruz. Melissa and April are now nurses, and Rocky Jr. is on his way to becoming one.

WOMEN'S HISTORY MONTH

A Meaningful Journey to Health Equity, Diversity, and Inclusion: From the Confines of a Homeless Shelter

By Camela Comilang, MSN, APRN, FNP-C
President, PNA Texas Cameron County



One year ago, just days before my February 16th birthday, I discovered a powerful way to celebrate life. I stumbled upon an unused, small, one-bedroom medical clinic inside the Good Neighborhood Homeless Shelter that had been closed pre-COVID. Since then, there have been no longer any medical volunteers. I spoke to Belinda Bradford, one of the homeless shelter staff, and found out that they need providers such as MDs, NPs, or PAs who can come and volunteer their services for FREE NON-EMERGENCY MEDICAL CARE. Despite the clinic being dusty and ill-equipped, I saw its potential and decided to make the most of it.

The idea of a medical clinic in the Good Neighborhood Homeless Shelter to provide free medical care for the homeless was not embraced by non-profit organizations, which was disappointing and disheartening. However, I remained undeterred and determined to pursue my plan and make it a reality. As a Benevolent chair of a FIL-AM organization, I wanted to do more to contribute to Health Equity and Health Diversity and Inclusion in our community. When I discovered the unused medical clinic in the Good Neighborhood Homeless Shelter, I was excited to be able to help those in need. However, I quickly realized that the clinic needed some work, and I was empathetic towards the homeless people who would use it.

I asked one of my coworkers, Dina, a seasoned EMT and RN student, to come and help me. We cleaned the room and created paper charts, consents, and referrals. I became an office manager STAT. On the day I launched my first free non-emergency medical care on February 12, 2023, I raised a Birthday gift fund worth \$700 and donated it to people experiencing homelessness. I even convinced my friend Amy Casanova, MSN RN, to donate \$400 to buy a small laptop.

I invited Dr. Zachary Keatts, a young and charming new Internal Medicine hospitalist in town from Kansas, who happens to be off that day. He was a missionary with a church in Colombia and Peru and had a heart for helping others. I persuaded him to join me in my mission for volunteerism and service. We saw about 20 patients and even referred some to a local community clinic for long-term care. I coordinated the healthcare of people experiencing homelessness while Dina got vital signs and consents, and I mainly did the calling of prescriptions and giving patient instructions.

As we served homeless women and men from all walks of life, I was struck by the painful realities and hard facts and statistics that plague our country. Social Determinants of Health (SDOH), health literacy, poverty, hunger, drugs, crimes, mental health illness, and victims of human trafficking or smuggling are all challenging issues that the homeless face daily. Despite these challenges, education is an essential, affordable tool for the clinic. I spent most of my time on education and prevention to help people make lifestyle changes. My background as a family nurse practitioner prepared me to engage with homeless people, and I realize that our country needs more people like me who are not afraid to serve selflessly and be empathetic towards those who need our help the most. It was daunting, but I took the initiative to make a difference in the world and help those in need. I am proud of what I have accomplished so far and will continue to do my part in making the world a better place.

As we celebrate Women's Heritage Month today, it is high time that we start recognizing the need for more women willing to push their boundaries and soar, serving their communities and going after education, health policy, and scientific discovery. Our healthcare system in the West has been centered around a disease model for far too long, ignoring the importance of prevention and holistic approaches. Our healthcare providers need to be incentivized enough to keep patients healthy, and we fail to promote the benefits of natural or preventative medicine. There are still many areas in our country that need a thorough understanding of Functional Medicine or a holistic approach, and this is making our healthcare system sicker instead of promoting health and wellness. It is time to educate the public and prioritize the voices of frontline heroes over social media and policies. We need to recognize that some of the complex health problems can be solved by simple solutions, such as "Let food be thy medicine and medicine be thy food" - Hippocrates. Taking a break and keeping the Sabbath holy (as the fourth commandment in the Bible suggests) is also crucial for healing and recovery in this fast-paced world. As we continue to see patients every week at our free clinic, which I have yet to name, I firmly believe that women are God's divine gift. As Proverbs 31:25-31 says, "She is clothed with strength and dignity, and she laughs without fear of the future. When she speaks, her words are wise, and she gives instructions with kindness.

Happy Women's History Month! Women are God's Divine gift.

Camela Comilang MSN, APRN, FNP-C
 Philippine Nurses Association of Texas Cameron County, Inc
 Newly Elected President 2024-2026 "PNATCC SOARs"

Disclaimer: My story and my experience are honest, and my point of view (POV) does not represent anyone or an organization except my honest perspectives



WOMEN'S HISTORY MONTH

DoReMiFa, the Singing Nightingales of PNA North Texas-Dallas

By Joel Clemente, MAN, RN
PNA North Texas: Dallas



Formed in August 2021, DoReMiFa comprised of PNA North Texas-Dallas chapter nurse Angelica Tobias, MSN, RN, CCRN-CSC-CMC, ECMO Specialist, her fellow nurses Edel Astronomo, BSN, RN, Kayla Marantal-Chapman, MSN, RN, and Angel Balboa-Concepcion, BSPsych, a wife of a nurse, made an impact to the North Texas community through their talents in singing. Soul-enriching and mesmerizing, their presentation of songs and music captivates the heart and soul of the viewing audiences.

The group is visible in Filipino-American community activities, from the Philippine Independence Day celebration to the Lone Star Palengke event. As front-line performers, the group performs in concert renditions by our Filipino artists coming from our beloved Philippines.

The voices of the female quartet, singing like nightingales, not only bring happiness to the Fil-Am community within the metroplex but also stir up a deep sense of nostalgia. Their performances, filled with the essence of OPM, aka Original Pilipino Music, culture, tradition, beliefs, and practices, transport the audience back to

their beloved home country. Listening and watching the group's interpretation of music and accompanying them through dancing truly relieves homesickness and evokes nostalgic memories of yesteryears back home.

Not only are the DoReMiFa band members talented singers, but they are also dedicated community servants. Balancing their responsibilities towards their families, other people, and their patients, they find time to render community service. Whether it's through PNANT-Dallas giving back itineraries, fundraising projects such as walks for a cause, or other church, social, and civic organizations, they are always there, making a difference. In spirit, they are united in bringing joy to others through their voices, as they believe that music is the language of the soul for both individuals and groups alike. Consequently, when people listen to their voices and witness their live performances, it instills a sense of comfort, hope, and inspiration.

In honor of National Women's History Month, the DoReMiFa quartet epitomizes the mission and vision of womanhood in our world: brave, empowering, strong, of substantial character, and their pivotal roles in nation-building are immeasurable.

As God-fearing and law-abiding citizens, the DoReMiFa vocal quartet not only passionately advocates for equity, diversity, and inclusion but also embodies these values in their actions. They are a shining example of women serving others and society alike, and their dedication to these principles is truly inspiring.



Credits and sincere gratitude go to Edel Astronomo and Frenchie Carreon

WOMEN'S HISTORY MONTH

Celebrating International Women's Day

By **Diane Josephine Santiago**
PNANC Board Member



On this joyous occasion of International Women's Day, PNA Northern California stands united in celebrating today's women. President-Elect Lourdes Moldre, MSN, BSN, RN, ACNP-BC, and Women of UCSF Health Co-Chair, skillfully moderated the UCSF Health fireside chat, delving into the theme of 'Women in Healthcare: Challenges, Successes and Lessons Learned.' Let us continue our collective journey towards diversity, inclusivity, and the harmonious integration of family and work. Together, we can forge a more equitable world for all!

The Women of UCSF Health orchestrated a momentous fireside chat, where our esteemed leaders shared their personal journeys and professional growth. This impactful event drew over 200 attendees, both in person and virtually. As our organization continues to evolve, these discussions serve as a beacon of inspiration, fostering networking opportunities and encouraging others to step into leadership roles. As women of UCSF Health Co-Chair Lourdes Moldre, MSN, BSN, RN, ACNP-BC, aptly put it, 'Our focus is on visibility, on showcasing the exceptional women leaders within our organization, and on inspiring others to follow suit.'

WOMEN'S HISTORY MONTH

The Women of PNA A

By Joel Clemente, MAN, RN
PNA North Texas: Dallas

Young and old...

They serve as the voices of the Filipino-American nurses community
here in this great Nation.

From east to west to north and south.

Their contributions to nursing education, research, practice, and
entrepreneurship...

Catapulted them to greater heights to their full potential

Thus making their mark as the modern Florence Nightingale of this era.

They shine like the brightest stars in the universe...

By their actions, words, and deeds

In making our world a better place to live in.

Stronger and together...

Near and far

They lift up to their commitment, dedication, and devotion

In bringing a glimpse of hope, healing, and recovery ...

To the people, they render the utmost tender loving care and service.

Looking back and journeying onwards...

For a brighter future

They remain true to their pledge of maintaining their integrity...

Uplifting the standards of the nursing profession

And advocating for equity, diversity, and inclusion.



Ang Tambuli-the Rhythm of Nursing Life

By: Teresa Ignacio-Gonzalvo, RN, BSN, MPA
Associate Editor and Columnist, Inside PNAA



On Women's History Month-Meet Sister Anne Therese Nobleza, SPC My Mentor and “Tormentor!”

In honor of Women's History Month, I shared my nursing journey through the years by honoring Sister Anne Therese, SPC, then Director of Nursing at Medical Center Manila, Philippines, in 1974. Sr Anne graduated from St Paul, Iloilo, in 1956. She had worked in various hospitals run by the St Paul sisters throughout the Philippines.



Words alone cannot describe this petite, incredible, well-respected, feisty nun at MCM. Her reputation precedes her. As a nursing student at St. Paul College of Manila, doing our clinical rotation at MCM, one of our base hospitals, I have seen and encountered Sr Anne as she made rounds at the various clinical units, speaking to the nursing staff, the patients/families, and physicians. She commanded respect and integrity among the nursing team and doctors, fear at times among the orderlies, and awe for this nursing student starting her clinical practicum. Her presence was always felt whether it was at the Medical Surgical Unit, Labor and Delivery, ICU, OR, ER, Recovery Room, or the hallways. Her leadership, clinical, and spiritual guidance were inspiring and humbling. She also had a temper, rarely seen but maybe heard. When I accepted the Head Nurse position, I clearly remember her words: “Remember, Techie, not everyone thinks like you.” Famous words that kept me focused through the years! Indeed!

A recent visit to the Me're Monique Home of the St Paul sisters in Ticud, Iloilo, Philippines, brought back overwhelming flood of emotions with precious memories and tears of joy, of my early years as a staff nurse at MCM. In 1974, I applied as a staff nurse after our clinical rural experience at Andres Bonifacio Memorial Hospital at Trece Martires, Cavite. Armed with the ideals of a young nurse, Sr Anne interviewed and hired me the same day. I was excited to return to familiar hallways, physicians, and staff, run by the St. Paul sisters, with Sr. Anne as the Director of Nursing and Sr. Antoine as the Hospital Administrator. I was first assigned to a Med Surg unit on the 7th floor, with rotating shifts. I immediately plunged into the role of a staff nurse, idealistic, learning, and coping with life and death. After six months, my head nurse asked me to meet with Sr. Anne at her office. I was unsure what it was about, and trying to recall if I had made any mistakes or received physician complaints in recent weeks, I hurriedly ran to her office. No, it was not about any of the above.

Much to my pleasant surprise, Sr. Anne was very complimentary about my work and shared great feedback from the nursing team and physicians. I was very grateful and felt blessed that she offered me the Head Nurse position on the 5th Floor, a Med Surg unit on one side and a Step-down unit on the other wing. I was very open with her and



expressed my doubts about being a novice leader; most positions were in my high school and college years. She said that I could do it and that she would help me. And yes, she did mentor me throughout my nursing career, and I am forever grateful to her. Thus, my leadership journey commenced! It was indeed true teamwork. Thanks to the Sister supervisors, Sr Zeta, Sr Reginald, Sr Lorna, and the others who made a difference in our patient care and daily operations.

The rest is history! I quickly rose through the ranks of a nursing supervisor with rotating shifts, then Assistant Director of Inservice Education, and lastly, as the system Director of Education for University Physician Services, Incorporated, encompassing Medical Center Manila, Marian Hospital (MCM Annex), and Marian College. These opportunities laid the foundation for my nursing career and leadership growth and opened doors to future pathways: this built confidence, character, clinical skills, resilience, and tenacity. Sr Anne's guidance and teachings crossed my thoughts when challenges, trials, and tribulations would happen. This tough nun's example kept me going when the going got tough, many times in my fifty years of nursing.

I clearly recall that a strong earthquake shook the medical center when I was the night shift supervisor. I asked an orderly to make rounds with me, woke Sister Anne up, ensured no one got on the elevators, and secured the oxygen tanks and other equipment. I prayed for all our safety. No evacuation needed to happen then; our

disaster and fire plans were activated. I am so grateful that there were no injuries. Some minor damages occurred, but all were managed appropriately. Whew!

Fast forward to February 2024. Sr Anne Therese is now 93 years old, living at Me're Monique Home in Iloilo. She remembers our good old days. Through the years, I was able to visit her a few times when I came home, whether it was at MCM, St Paul Hospital in Baguio City, Emilio Aguinaldo University (now De La Salle University) in Dasmariñas, Cavite, and now at Iloilo. Her role is less stressful and more relaxed. Aside from her spiritual responsibilities as a prayer warrior, she is the sister assigned to the Information Desk with some administrative support. Rose is her ever-diligent caregiver. Sister Anne's appetite is good, and she also enjoys the outdoors. She is in her wheelchair and still has an unforgettable, sweet smile. Her laughter is contagious. Many, many thanks, Sr Anne. You laid the foundation for my growth and were there through the years. Thanks for your faith in me and your prayers for me and my family. Success for me is defined by you being there for me in person and spirit. To God be the glory and Caritas Christi Urget Nos. You have made a great difference in our patients' and nurses' lives. Your courage and legacy live on through all the nurses who worked with you.





Palakpakan CORNER

Congratulations to Filipino-American Women Leaders in Texas for their recognition during the National Women's Month

March-April 2024

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Noravil Guzman
Tamayo



Eleonor Jacinto
Maines



Gloria Jorque



Carmencita Magno
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Ariana Jade Datu



Reeya Clarissa
Mequiabas



Camela Comilang



Grace Monroy



Jocelyn Brandon



Geraldine Abaquir
Perez



Arlene Sanchez



Chat Musick



Michele Agbayani
Mills



Ursula Palacio



Noemi Noriega
Frias

Womens National History Month 2024

one Philippines honors inspiring and empowered Filipino American Women Leaders in Texas



GERALDINE ABAQUIR PEREZ BSN, RN, RNC-NIC
President, Philippine Nurses Association North Texas-Dallas Chapter
 PNA North Texas-Dallas Chapter is a nonprofit organization based in the Dallas Fort Worth Metroplex and a constituent chapter of the national PNA. Established in 2005, the group works in various fields of nursing, with a mission to uphold and foster the positive image and welfare of Filipino American nurses, promote professional excellence, and contribute significant outcomes to healthcare and society through education, research, and clinical practice. The organization is very active in providing education and community service to the DFW community.

MECHELE AGBAYANI MILLS
President and CEO, Better Business Bureau, Central East Texas, Tyler TX.
 The Better Business Bureau is a non-profit organization focused on advancing marketplace trust. Since 1912, BBB has helped people make smarter buying decisions by connecting them with trustworthy businesses. Businesses who have earned the BBB Accreditation Certification have met all BBB criteria and have committed to upholding high ethical standards.

JOCELYN BRANDON
President, Philippine Women of America, Inc. (PWA) San Antonio, TX
 PNA is a non-profit organization based in San Antonio, TX. Its mission is to preserve and promote Filipino cultural identity, heritage, traditions, and values through social kinship and motivating young Filipinos and Filipino Americans to pursue higher education. Over the years, PWA has successfully launched pageants to raise scholarship funds. The group also identified numerous scholarship recipients.

CAMELA C. COMILANG, MSN, APRN, FNP-C
President, Philippine Nurses Association Texas Cameron County, Inc.
 Brownsville, TX. Philippine Nurses Association, Texas Cameron County, Inc. is a professional nursing organization and a local chapter of the Philippine Nurses Association of America. Its mission is to uphold the positive image and welfare of the Filipino American nurses and its constituent-members. Additionally, this group promotes professional excellence and growth of the nursing profession by inter-collaboration with other agencies to implement projects which contribute to positive outcomes in healthcare and society.

AERIANA JADE DATU
President, Kabataang Pangarap Ni Rizal Texas, Houston, TX.
 KAPARIZ Texas is a nonprofit Filipino youth organization that promotes the ideas of Dr. Jose Rizal on youth. Composed of younger Filipino Americans, KAPARIZ was organized with goals to develop leadership and instill social responsibilities. The group aims to create a breeding ground for the next generation of great leaders. Members adhere to the motto, "Unus Instar Omnium," which means One Like All. The organization builds and grows through unity and companionship.

NORAVIL GUZMAN TAMAYO, BSN, RN
President, Philippine Nurses Association of Austin, Texas
 Austin, TX. PNAATX was formed on 30 August 2019 in response to the needs of the Filipino nurses in the Austin area to serve as a mechanism to deal with professional issues and concerns. On 13 April 2023, the group officially became the 53rd chapter of the Philippine Nurses Association of America, Inc (PNA). This group continues to be the leader in Texas capital in advocating for Filipinos and Filipino American nurses and the community through its education, social and cultural initiatives.

ELEONOR JACINTO MAINES
President, Alpha Phi Omega Metropolitan Houston AA, Houston, TX
 APO MH AA is one of the 35 active members across America that are under the APO Philippines Fraternity/Sorority based in the Philippines. The group adheres to its 3 cardinal principles of Leadership, Friendship, and Service. As a nonprofit organization, it focuses on community service in the US and the Philippines. These includes the Adopt a Park, Beach Clean-up, Planting in Parks (collaboration with Tees for Houston), Financial Support for Medical/Dental missions in the Philippines.

GLORIA JORQUE
President, People Caring for the Community Inc. (PCCI)/Philippine Community Center, Houston, TX.
 PCCI is a non-profit Filipino American organization dedicated to promoting and preserving the Filipino culture and heritage while offering health, social, and educational services to all. The PCCI board and its members have generously volunteered numerous hours to deliver health screenings, education, and prevention initiatives to thousands, primarily within underserved communities, in collaboration with other organizations. PCCI takes pride in its role as the steward for the Philippine Community Center - the sole community center of its kind in Texas.

CARMENCITA MAGNO DE VILLA
President, Philippine Institute of Civil Engineers, Inc. (PICE) - USA Chapter, Austin, TX.
 PICE USA Chapter is a nonprofit professional organization dedicated to unifying Filipino civil engineers in the USA while fostering innovation and excellence in the profession who are recognized as global leaders and professionals in the industry. The group provides a platform for networking, professional development, and knowledge sharing among its members. PICE also partakes in community initiatives that aim to provide a positive impact on society in the US and back in the homeland.

REEYA CLARISA MEQUIABAS
President, East/Southeast Asian Association (ESEAA) Hightower High School, Missouri City, TX.
 ESEAA displays a variety of cultures coming from East and Southeast Asia. It gives the students more knowledge about the specific traditions from ethnic backgrounds. The goal is to promote communication and knowledge between Southeast Asians, East Asians through social and educational events. The group also wants to add this club to establish official representation in our high school, Hightower. The plan is to increase collaborative work with other clubs to empower unity between cultures and foster a safe space for ethnic communities in promoting their traditions.

GRACE A. MONROY, M.D.
President, Texas Unified Society of Thomasians, Katy, TX.
 TxUST is a 501c3 nonprofit organization consisting of alumni and former students at the University of Santo Tomas. Since its inception, the group had launched numerous medical, surgical, and dental missions in the Philippines. In the Houston area, the group is also involved in many collaborative initiatives with other community organizations by participating in different events that promote health, culture, and education. TxUST proudly supports scholarship programs for deserving but needy students in the Philippines.

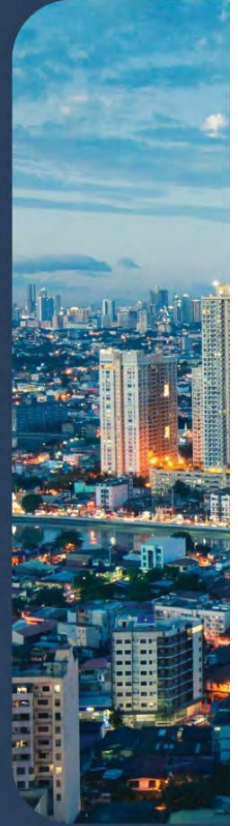
CHAT MUSICK MHA-HI, BSN, RN
President, Philippine Nurses Association of the Texas Golden Triangle, Silsbee, TX.
 PNATGT is a professional, voluntary, non-sectarian, and nonprofit organization established to uphold the professional image of and foster the welfare of the Filipino American nurses. It has a mission to lead and inspire nurses to be catalysts for change in healthcare. There are over 100 active members and associate members coming from many different ethnic groups, who are committed to improving the lives of the patients they serve by pursuing excellence, integrity, and quality in the practice of nursing.

NOEMI NORIEGA FRIAS, MBA, PH.D.
President, Filipino American Chamber of Commerce of Greater Houston, Richmond, TX.
 FACCGH promotes entrepreneurship and bridges local and international business opportunities. It provides opportunities to participate in training, conferences, business networking events, B2Bs (business-to-business) and trade missions. Encouraging and growing trade and commerce between the US and the Philippines; and supporting MSMEs (micro, small, medium enterprises here and abroad) is FACCGH's flagship program since its inception. FACCGH is the Federation's Chamber of the Year by the Federation of Philippine American Chambers of Commerce (FPACC).

ARLENE Y. SANCHEZ, MD
President, Philippine American Chamber of Commerce RGV, McAllen, TX.
 PACC RGV is a nonprofit organization composed of Filipino and Filipino American business owners with goals to promote the interests of its members and provide a venue for networking in the hope of improving the local business environment and strengthening communities. PACC RGV organizes educational venues for its members and the public. It also pursues projects that benefit the community at large.

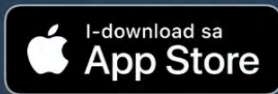
URSULA V. PALACIO
President, Houston Fil-Am Lions Club, Houston, TX.
 HFALC adheres to the motto, "We Serve," and that is serving the community whenever possible. It actively adheres to the principles of good governance and responsible citizenship. It has undertaken a variety of community and collaborative activities that support the civic, cultural, social, and moral welfare of the community. HFALC seeks to unite the clubs in the spirit of bonds of friendship, good fellowship, and mutual understanding.

- RYAN TEJERO
Editor-in-Chief, ONE PHILIPPINES TEXAS NEWS
Senior Columnist Writer, Chicago's Via Times
Chair, Advisory Board US Pinoys for Good Governance - Michigan
Marketing/Promotions Advisor, Filipino American Society - Iowa
Executive VP - UPAA in America



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COVID VACCINE UPDATE

COVID protection just got simpler

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SPECIAL

PNA Indiana's Legacy for Internationally Educated Nurses (IENs) in Indiana-Our Journey

By **Mattie Delos Santos Upano, MSN, RN**

2020-2024 PNA-Indiana President

Edited by **Teresa Gonzalvo**

Removing barriers for foreign-educated nurses (FENs) in obtaining RN licensure in the State of Indiana finally came to fruition when Senate Bill 132 was signed into law by Governor Eric Holcomb on March 11, 2024. This bill expanded pathways for RN licensure of FENs **by examination or endorsement**. The bill was built upon the 2022 House Enrolled Act 1003, which included a segment expanding pathways of licensure for FENs **by endorsement only**. PNA-IN has worked to build consensus with the Administration and providers on this legislation to streamline the licensure process.



Co-authors of SB 132: Senator Liz Brown and Senator Ed Charbonneau

Currently, we are in the midst of a critical nursing shortage. We need to attract qualified professional nurses to provide safe care to our patients in Indiana. The CGFNS December 2023 Nurse migration report stated that CGFNS had issued 29,936 VisaScreen certificates in 2023 compared to 25,936 in 2022. The Philippines is the top country, with 60.8% of applications coming from this country. We have to compete with 49 other states in the US to attract these nurses to our state and facilitate the early entry of these qualified professional nurses to take care of our fellow Hoosiers. Finally, the passage of SB 132, the culmination of PNA-Indiana's FEN licensure advocacy that was started in 2008, will allow us to do that.

The success of this legislative process came about through collaboration of the Philippine Nurses Association of America (PNA)/PNA-IN with the Indiana State Nurses Association (ISNA), SB 132 co-authors: Senators Liz Brown and Ed Charbonneau, Indiana University Health (IUH), Indiana Health Care Association (IHCA)/Indiana Center for Assisted Living (INCAL), IVY Tech, Cook Group, their lobbyists and other stakeholders.



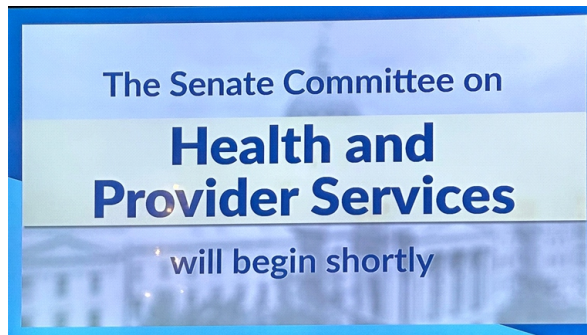
*Blayne Miley, Esq
ISNA Director
of Policy and Advocacy*

The Indiana State Nurses Association (ISNA) supported PNA Indiana's IEN licensure journey starting with a petition to the Indiana State Board of Nursing Rulemaking process from 2008-2021 until its advocacy through the legislative process in 2022 and 2024. According to Mr. Blayne Miley, "I commend PNA's advocacy and persistence to improve the licensure process for internationally educated nurses seeking an Indiana nursing license." Mr. Miley is the ISNA Director of Policy and Advocacy.



Nick Goodwin

According to Nick Goodwin, "Indiana's long-term care industry is committed to delivering the highest quality care for its elderly and vulnerable residents, and it starts with supporting the industry's diverse and talented workforce. Through expanded international and domestic partnerships, the long-term care sector will grow and continue to meet the increasingly complex needs of its residents," stated Nick Goodwin, Director of Government Affairs for the Indiana Health Care Association. "We are grateful for our partnership with the Philippine Nurses Association of Indiana and Indiana State Nurses Association. Our collaboration and advocacy last legislative session led to the successful passage of Senate Enrolled Act 132, which made important regulatory changes to nurse licensure requirements for international applicants. The new law will streamline the process for nurses who want to come and work in Indiana's rewarding healthcare industry."



*Sharron Crowder, PhD, RN, ATSF, FAAN
Clinical Associate Professor
Special Assistant to the Dean
for Health Policy Initiatives
Indiana University School of Nursing*

According to Dr. Sharron Crowder, "The examination and endorsement nurse licensure language of Public Laws 69 (2022 HEA 1003) and 17 (2024 SEA 132) are the results of persistence, steadfast advocacy, and stakeholder collaboration. There is historic significance for Mattie Upano, PNA of Indiana, and Indiana's nursing profession." Mattie was one of the participants of Dr. Sharron's "Empowering Indiana's Nurses of Color for Health Policy Leadership" pilot research study in 2021.

This 7-week research study was very timely. The knowledge, experience, and skills I've gained from participating in this study empowered me in my quest to affect policy to streamline internationally educated nurses' licensure in the State of Indiana. Dr. Crowder was with me during my legislative process journey in preparation for the 2022 HEA 1003 (Public Law 69) and 2024 SEA 132 (Public Law 17). She held my hand so to speak throughout the whole process.

Dr. Jason Gilbert has a long enduring relationship with PNA Indiana. In 2023, as VP & CNE of IU Health, he recruited and employed 200 IENs at IU Health.



Jason Gilbert, PhD, MBA, RN, NEA-BC
Executive VP &
Chief Nurse Executive, IU Health

According to him “I am proud to celebrate the successful advocacy and passage of HEA 132 in partnership with the PNA-IN. This legislation will finally ease the legal barriers our highly valued Internationally Educated Nurses face in obtaining licensure through initial licensure and endorsement in Indiana. Our International Nurse colleagues are a welcome and valued addition to our professional nursing workforce across the state. I am proud of the collaboration between IU Health and the PNA-IN which influenced the passage of this important bill.”



L-R: Nick Goodwin, Government Affairs Director, IHCA/INCAL, Mattie Upano, President, PNA-IN, Dr. Katie Feley, CNO, ISNA, Tory Castor, SVP Government & External Affairs IUH, & Earl Salavante, Assistant Secretary, PNA-IN



Gretchen Gutman, VP Public Policy, Cook Group



Dr. Matthew Connell, VP for Healthcare,
Ivy Tech Community College – Systems Office, Ivy Tech



L-R: Dr. Sharron Crowder, Clinical Associate Professor, Special Assistant to the Dean for Health Policy Initiatives, IUSON, PhD student, IUSON, Mattie Upano, Tory Castor & Dr. Jason Gilbert, IUH

Senate Enrolled Act 132

SECTION 17. IC 25-23-1-11, AS AMENDED BY P.L.148-2023,

SECTION 14 IS AMENDED TO READ AS FOLLOWS [EFFECTIVE JULY 1, 2024]: Sec. 11. (a) Any person who applies to the board for a license to practice as a registered nurse must: ...

(g) The board shall issue by endorsement **or examination** a license to practice as a registered nurse to an applicant who:

- (1) is a graduate of a foreign nursing school;
- (2) **has successfully passed the National Council Licensure Examination (NCLEX);**
- (3) provides:

A) documentation that the applicant has:

- (i) taken an examination prepared by the Commission on Graduates of Foreign Nursing Schools International, Inc. (CGFNS); and

- (ii) achieved the passing score required on the examination at the time the examination was taken;
- (B) a satisfactory Credentials Evaluation Service Professional Report issued by CGFNS; or
- (C) a satisfactory VisaScreen Certificate verification letter issued by CGFNS; and or
- (D) a satisfactory credential verification assessment from an organization that is a member of the National Association of Credential Evaluation Services or any other organization approved by the board; and**

(4) meets the other requirements of this section...”

Brief history

PNA-IN's FEN advocacy came about because of the challenge posed by the 1990-1992 PNAA President & 2008-2010 PNAA Executive Director Mrs. Remedios Solarte in her Inspirational Address at Mattie Upano's Induction as President for the first time in 2008. At that time the CGFNS Examination was removed as a prerequisite for RN licensure in a few states. During this time period Manila, Philippines became one of the 18 international testing sites as well. Since the CGFNS is considered a predictor of passing the NCLEX, it is deemed to be a duplicative exam and is no longer necessary. The availability of NCLEX exams in 18 sites outside the US removed the barrier for FENs to take and pass the NCLEX before coming to the US – an initiative of the National Council of State Boards of Nursing (NCSBN).

Sure enough, the 2008-2010 PNA-IN Executive Board led by President M. Upano, supported by the PNAA leadership, accepted the challenge and started FEN's licensure advocacy through the rule-making process. Ms. Upano presented a petition to remove the CGFNS exam from the Indiana Administrative Code of Nursing at the Indiana State Board of Nursing (Board) Board meeting on Nov. 20, 2008. The ISNA Executive Director Earnest Klein provided testimony in support of the petition. The Board unanimously approved the petition. However, the rule-making process did not progress despite two more attempts at representing the petition to the new Board members.



L-R: Dr. Cesar Solarte, Mrs. Remedios Solarte (deceased), Nicole, Frank & Mattie Upano

PNA-IN Leaders who took on the challenge along with PNAA Leaders and their supporters:



PNA-IN EB Mela Miroff, RN, MHA, FACHE & husband Drew Miroff, Esq.



L-R: 2010-2012 PNAA President Dr. Leo-Felix Jurado, 2006-2008 PNAA President Ms. May Mayor & Mattie Upano



L-R: PNA-IN EB: Redd Knotts, Emma Tolentino, Lena De Jesus, Mattie Upano, Diana Darang and Liz Jackson (deceased)



Photo taken in 2008 outside ISBON office: L-R: PNA-IN EB: Emma Tolentino, Founding President, Josie Jimenez, President 2004-2006, Mattie Upano, President, 2008-2010; 2014-2016; 2020-2022; 2024-2026, Redd Knotts, Executive Director, Mr. Ernest Klein, ISNA Executive Director, Lena De Jesus, President, 2010-2012, Nitz Delacruz, Member of the Board

Then, Gov. Mike Pence issued a moratorium on rule change upon taking over as Indiana Governor in 2013. The petition became stagnant until 2022 when Rep. Ethan Manning, recognizing the need to remove barriers to FEN licensure in Indiana, submitted to the Indiana legislature HB 1003. PNAA/PNA-IN with support from Mr. Blayne Miley, ISNA Director of Policy and Advocacy, Dr. Katie Feley, ISNA CEO, Dr. Sharron Crowder, IU SON Clinical Associate Professor & Special Assistant to Dean for Health Policy Initiatives, Dr. Jason Gilbert, IUH VP & CNE, IHA, Dr. Jean Putnam, CNE Community Health North, Dr. Rachel Spalding, Good Samaritan Vincennes, Dr. Hannah Maxey, Director, IU Bowen Health Workforce Research & Policy, and other stakeholders collaborated in support of this bill until it was signed by Governor Eric Holcomb on March 10, 2022. It took 14 years to get this FEN advocacy progress halfway through. At least the challenge posed by Mrs. Solarte came about and Mrs. Upano was able to give her a signed copy of **HEA 1003** provided by Gov. Holcomb himself.



L-R: 2010-2014 PNAA President Vicky Navarro, M. Upano, 2016-2018 PNAA President Dino Doliente, Heidi Delos Santos, & Nenet Good

All of PNAA and PNA-IN feel fortunate, blessed, and grateful to have this initiative completed successfully in 2024 with the passage of SB 132.



L-R: Sofia Bole, M. Upano, Mrs. Remedios Solarte, Dr. Gloria Beriones, Dr. Cesar Solarte, & Dr. Annie Vista



Photo taken at PNA-Michigan's Golden Anniversary on October 8, 2022;
L-R: M. Upano, Mrs. Remedios Solarte, and PNAA 2022-2024 President Dr. Gloria Beriones

PNA-IN Supporters: L-R: Dr. Lillie Mae Padilla Krishna, Dr. Gopal Krishna, HB 1003 author Rep. Ethan Manning, Mattie & Nicole Upano, Erv & Barbara Irwin Herman and Andy Zwickel



Photo taken of 2022-2024 PNA-IN EB & PNAA NCR VP Manelita "Bong" Dayon at the Governor's Residence in August 1, 2022 to celebrate with Indiana Governor Eric Holcomb, who signed HB 1003 into law on March 10, 2022.

What is in store for the future?

PNA-IN continues to groom their officers and members to learn about nursing policy and the legislative process. ISNA is a wonderful resource and provides great support for PNA-IN. Thus, PNA-IN became an affiliate member. PNAA collaborated with ISNA to make the ISNA Legislative Process podcast available to its members for free, on-demand, with contact hours provided for participation. This podcast will be available at www.mypnaa.org at the Legislative Committee corner.

What a way to start the learning process by an in-person meeting with their own legislators and nursing colleagues at the Indiana statehouse on Feb. 20, 2024.



Blayne Miley, Esq. has supported the PNA-IN's FEN advocacy starting in 2012 when he took over from Mr. Klein after his retirement until its successful completion in 2024, along with Dr. Feley. This is a long, enduring journey fraught with ups and downs, but we persisted and prevailed. We cannot thank them enough and wish them all the best!

L – R: Dr. Katie Feley, Mr. Blayne Miley and Mattie Upano.

The future nursing policy leaders of PNA-IN: L-R: Earl Salavante, Patricia Inesoria, Fatima Salazar, Rayna De Castro with Mr. Blayne Miley, ISNA Director of Policy & Advocacy, Mattie Upano, & Daisy Blythe



It cannot be stressed enough that it is important for nurses to learn about policy and the legislative process. After all, according to Nicole Galan, RN, MSN, *“Healthcare policy can shape nursing licensing requirements, staffing and regulatory requirements for hospitals and other healthcare providers, funding for healthcare, healthcare accessibility, responses to pandemics and disasters, and vaccination requirements.”*

Nicole Galan, RN, MSN *“Health Policy Nurse Career Overview,”* Nurse Journal, Updated February 28, 2023



COMMITTEE UPDATES

Advanced Practice Updates

By Velma Dumag Yep, DNP, MSN, APRN, GNP-BC
 PNA Southern California VP 2022-24

March is Colon Cancer Awareness Month

We know that March is Colon Cancer Awareness Month, but March is NOT the only month for Colon Cancer Awareness. Every day should be cancer awareness!

According to the World Health Organization, cancer is the leading cause of death worldwide, accounting for nearly 10 million deaths in 2020. In 2020, there were 1.93 million cases of colon and rectal cancer (CRC). And there were 916,000 deaths related to CRC. *“With the adoption of widespread colon cancer screening in the developed countries, the incidence and mortality of colon cancer have decreased in the targeted population. However, for young adults below the age of 50, the incidence and mortality of colorectal cancer (CRC) have been increasing over the last 25 years.”* (Ahmed, M., 2020).

Additionally, according to Ahmad, M. (2020), many causes of CRC are genetics: Gene mutations (adenomatous polyposis coli (APC), deleted in colon cancer (DCC), K-ras, p53, B-Raf proto-oncogene serine/threonine kinase (BRAF), mismatch repair genes) and microsatellite instability lead to the development of colon cancer.

Current Guidelines:

The Multi-Society Task Force (MSTF) and American College of Physicians (ACP) recommend initiating screening colonoscopy at age 50 years in all individuals except African Americans, who should begin screening colonoscopy at age 45 years, the American Cancer Society (ACS) recommends initiating screening colonoscopy at age 45 years in all individuals irrespective of race and ethnicity.

Filipino Americans and CRC Screening

Filipinos are understudied in how they perceive CRC screening. However, a study by Khalil et al. in 2022 investigated the impact of cultural characteristics on colorectal cancer screening adherence among Filipinos in the United States. 117 Filipino men and women aged 50 years or older participated in the cross-section research design. The lifetime proportion of immigration, language preference, and cultural beliefs of personal control regarding health outcomes are measured by cultural characteristics. Demographic and healthcare variables were also measured to describe the study sample. Participant recruitment employed culturally responsive sampling methods. The study concluded that related to the CRC screening, there was no personal internal control of health

outcomes perceived. There was also no significant association between language preference and screening. There was no significant relationship between the length of immigration and screening adherence. However, the study concluded that age and their healthcare providers' recommendations significantly impacted colorectal cancer screening adherence.

Advanced Practice Nurses and Professional Nurses Roles

Filipino American professional nurses are responsible for promoting colorectal cancer screenings to our families, patients, and the communities we serve. We have the knowledge, skills, and competencies to educate the public on cancer prevention and guide them through treatments, palliation, and cure. Many of us work in different clinical settings and academic settings, where we have the means and voice to promote health and wellness.

CRC is preventable through screening with stool, imaging, and endoscopy tests, and the US Preventive Services Task Force recommends that all Americans at average risk for CRC start screening at age 45; our role as professional nurses is to act as enablers to obtain CRC screenings and remove barriers to undergoing CRC screenings. We all know that an ounce of prevention is much better than a pound of cure. Therefore, we use the tools we have been educated to advocate for local, state, and federal policies to promote colorectal cancer prevention and screening in our communities.

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Carine Khalil, Antwon Chaplin, Shenazar Esmundo, Austin Crochetiere, Christopher V. Almario, Filipinos' attitudes, barriers, and enablers on colorectal cancer screening: Insights from a qualitative research study, *Cancer Treatment and Research Communications*, 10.1016/j.ctarc.2022.100657, 33, (100657), (2022).

<https://www.who.int/news-room/fact-sheets/detail/cancer>

GLOBAL AFFAIRS

PNAA engages in a courtesy call with the Commission on Filipinos Overseas

By Madelyn Yu, Chair, PNAA Global Affairs Committee



12 February 2024, Quezon City, Philippines. Following their insightful guided tour at the Malacañang Museum, the Philippine Nurses Association of America, Inc. (PNAA) paid a courtesy call to the Commission on Filipinos Overseas (CFO) and engaged in a fruitful discussion with the CFO Chairperson, Secretary Romulo “Leo” V. Arugay, along with Atty. Alma Royandoyan-Alli, Head Executive Assistant, and Director Marita D. Apattad of the Project Management Division on February 12, 2024.

During the courtesy call, Ms. Madelyn L. Yu of the PNAA's Committee on Global Affairs provided an overview of their successful conduct of the Filipino Nurses' Global Summit and 14th International Conference in Iloilo on January 25-26, 2024. Exploring avenues for collaboration, Ms. Yu inquired with the CFO about its conduct of Pre-departure Orientation Seminars (PDOS). Director Apattad mentioned that the CFO, through its Migrant Integration and Education Division (MIED), conducts PDOS for Filipino nurses holding EB3 visas bound for the US, which aims to educate them about their rights and obligations, immigration procedures, settlement concerns, and avenues for addressing concerns during their tenure in the US as skilled workers. Additionally, Ms. Yu inquired about possibly organizing Post-Arrival Orientation Seminars (PAOS) at the Embassy and Consulates of the Philippines in the US upon their arrival to support Filipino nurses transitioning to American healthcare settings further.

In addition, the PNAA delegation discussed their philanthropic activities in the Philippines, highlighting the medical mission undertaken during their visit to the Philippines. In response, Mr. Erwin S. Paul Cristobal shared the *Lingkod sa Kapwa Pilipino* (LINKAPIL) program, the CFO's flagship program, which facilitates the transfer of various forms of assistance from overseas Filipino donors to support projects spanning healthcare, education, livelihood assistance, small-scale infrastructure, and skills transfer. The PNAA expressed its willingness to support the program and sought clarification on the process of contributing to the Philippines, particularly about the Adopt-A-Scholar project aimed at assisting Filipino students.

Furthermore, to facilitate opportunities for second and third-generation Filipino youth in New Jersey to reconnect with their cultural heritage and explore their roots, Ms. RC Carrera presented the CFO's Youth Leaders

in the Diaspora (YouLeaD) program to the delegation. The PNAA has expressed an intent to support this endeavor by promoting it to the different chapters of the PNAA in the US, recognizing its potential to assist Filipino-American youth in comprehending a significant aspect of their Filipino identities.

Before the courtesy call ended, Secretary Arugay expressed his optimism for a continuous and fruitful partnership between the CFO and PNAA. He also proposed possibly organizing an Ugnayan in New Jersey, where the PNAA-Global Affairs Committee is headquartered, to engage with Filipino nurses in the US. This is to signify the CFO's commitment to reaching out to Filipinos worldwide to monitor migrant welfare and explore avenues for diaspora engagement through collaboration with the PNAA.

Following the courtesy call, Secretary Arugay handed the tokens to PNAA and Atty. Royandoyan-Alli accompanied the delegation to the registration and PDOS area of the CFO located on the 20th floor, specifically the PDOS room for US-bound Filipinos.



GLOBAL AFFAIRS

Serving the Aetas in Cagayan, Philippines

By Madelyn Yu, Chair, PNAAC Global Affairs Committee



Aetas: Who are they?

The Aetas, also Ayta or Agta, Ati or Negritos are indigenous people to the main island of Luzon in the Philippine Archipelago. They are a hunter/gatherer population considered by anthropologists to be descendants of the original inhabitants of the Philippines.

Aetas are physically dark-skinned, have finely curled hair, and short stature. They are located in the isolated regions along the foothills of Mt. Pinatubo in the Zambales Range in the province of Pampanga. Traditionally, Aetas lived in small, mobile groups of 1-5 families that practiced a form of slash-and-burn agriculture called “kaingin.”

The massive eruption in 1991 of Mt. Pinatubo resulted in the relocation of thousands of this population. Many of these families were moved to settlement villages in surrounding regions by relief organizations and governmental agencies. The establishment of these settlements enabled a variety of social agencies to gain greater access to the Aeta population.

One settlement in particular, in Sitio Coquinangan in Cagayan, was a group of Aetas that were relocated from a neighboring mountain due to active fighting between NRAs and government soldiers a few years back. They are

now settled in this area and comprise over 200 members. The soil in this settlement is arid and dusty and not easy to cultivate. The Aetas have expressed their desire through their leader/spokesperson to return to their previous mountain location.

We, the nurse missionaries from New York and New Jersey, together with some spouses, encountered some Aeta children during our *Tuli* (circumcision) mission in Barangay Masi, Pamplona, Cagayan. The children attend the local public schools. The families of Jules Galang and Vickie Arirao of PNA NJ, Bergen County Subchapter President, have been providing feeding programs for this population for years. This feeding program was also done on the last leg of our medical/surgical missions.

The Aeta leader/spokesperson informed us that they eat mainly once daily and are lucky to eat twice daily. They stated that government feedings are very infrequent, and they desire to have a livelihood of their own. Sometimes, they are given rice to eat, but most of the time, they survive by hunting and gathering. They consume a great variety of food, including rice, wild pig, shrimp, peas, vegetables, *paniki* (fruit bat), wild chicken, and bamboo bat.

Also called Negritos, the Aetas are descended from Australo-Melanesian peoples, that were some of the earliest settlers of the Philippines. The National Commission on Indigenous Peoples estimates that the population of the Aetas in the Philippines is approximately 11.3 million, or 11-12% of the population.



The team that served the Aetas: PNA NJ nurses Madelyn Yu and Vickie Arirao with her husband, Jules Galang, Majuvy Sulse with her husband, Gil, and Sahlee Manongdo with her husband, Babbut. Many of Vickie Arirao's relatives prepared, cooked, packed, and served the food.



The children of the Aetas with their spokesperson in the foreground



GLOBAL AFFAIRS

PNAA explores Philippine history with a guided tour at the Malacañang Museum, facilitated by CFO

By Madelyn Yu, Chair, PNAA Global Affairs Committee



06 February 2024, Manila, Philippines. The Philippine Nurses Association of America, Inc. (PNAA) embarked on a journey through Philippine history with a guided tour at the Malacañang Museum, facilitated by the Commission on Filipinos Overseas (CFO).

Following the success of the PNAA's Filipino Nurses' Global Summit and 14th International Conference held in Iloilo on January 25-26, 2024, the members of the PNAA's Global Affairs Committee, led by its Chair, Ms. Madelyn D. Yu, seized the opportunity to immerse themselves in Philippine culture and history. The visit to the Malacañang Museum was part of their itinerary following their medical missions and other engagements in Luzon.

Before the guided tour, the delegation went first to the National Shrines of Saint Michael and the Archangels and Saint Jude Thaddeus, located within the Malacañang Complex. Accompanied by Mr. Erwin Paul Cristobal and Ms. RC Carrera from the CFO's Project Management Division, the tour commenced at the Bahay Ugnayan featuring President Bongbong Marcos's Road to Malacañang, which provided insights into his life and electoral triumph during the last election. Subsequently, the group proceeded to the Teus Mansion, also known as the Presidential Museum, which showcased the lives and legacies of the former presidents of the Philippines.

Looking ahead, they are scheduled to pay a courtesy visit to the CFO's Chairperson, Secretary Romulo "Leo" V. Arugay, on 12 February 2024 for a productive exchange of ideas and collaboration opportunities between the CFO and PNAA.



Lynn Acampado, PNANJ RN, and Madelyn Yu, also of PNANJ, inside the Malacañang Heritage Museums; Behind are the busts of past Philippine presidents



Madelyn D. Yu in front of the Malacañang Heritage Museums



L-R: CFO staff, Babbut Manongdo, Vickie Arirao, Sahlee Manongdo, Madelyn Yu, Lynn Acampado, Josie Tan, and CFO staff at the Malacañang Heritage Museums

UPDATED AND ORIGINAL COVID-19 VACCINES: WHAT IS THE DIFFERENCE



Updated vaccines

The updated vaccines are called “updated” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5. Two COVID-19 vaccine manufacturers, Pfizer-BioNTech and Moderna, have developed updated COVID-19 vaccines.

Original vaccines

Previous COVID-19 vaccines are called “original” because they were designed to protect against the original virus that causes COVID-19. As of April 18, 2023, the original Pfizer-BioNTech and Moderna COVID-19 vaccines are **no longer authorized for use by the FDA in the United States**. Updated Pfizer-BioNTech and Moderna COVID-19 vaccines are being used for all age groups.

To find COVID-19 vaccine locations near you: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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STAY UP TO DATE WITH COVID-19 VACCINES : WHAT YOU NEED TO KNOW



On April 19, 2023 the CDC updated its COVID-19 vaccine recommendations to simplify guidance and allow people at higher risk for severe COVID-19 to get an additional vaccine dose.

- **Everyone aged 6 years and older** should **get one updated Pfizer-BioNTech or Moderna COVID-19 vaccine** to be up to date regardless of whether they've received any original COVID-19 vaccines.
- **People aged 65 years and older** may get a 2nd dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine at least four months after the initial bivalent dose.
- **People who are moderately or severely immunocompromised** may get additional doses of updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

Why did the CDC make this recommendation? Older adults and people with compromised immune systems are at higher risk for severe COVID-19, and data show that the effectiveness of COVID-19 vaccines wanes over time. An additional dose of the updated vaccine offers this group extra protection from getting seriously ill with COVID-19.

- **Children aged 6 months–5 years** may need multiple doses of COVID-19 vaccine to be up to date, including at least one dose of updated Pfizer-BioNTech or Moderna COVID-19 vaccine, depending on the number of doses they've previously received and their age.

To find COVID-19 vaccine locations near you: Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

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Summit V
Conference

Filipino Nurses' Global Summit V and 14th International Nursing Conference



Philippine Nurses Association
Association of Deans of Philippine
Commission on Filipino



of America, Inc.
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Colleges of Nursing
Overseas



Filip
and 14th

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Filip
and 14th



WE CARE: Filipino Nurses at the Forefront of Global Health

25-26 JANUARY 2024

Iloilo Convention Center, Iloilo City, Philippines



Filipino Nurses' Summit V and the 14th International Nursing Conference

January 25-26, 2024

By **Cris Escarrilla, MSN, BSN, RN**
 Chair, PNASD Education Committee

The first time I attended the Global Summit two years ago, it was held via Zoom conferencing because of the Covid-19 pandemic. Even then, I learned so much about global health and the impact of nursing worldwide and health care in the Philippines. Two years later, it was a face-to-face conference held in Iloilo City, Philippines. This time, I am one of the fifteen PNASD delegates. I was excited to witness the different sessions, keynote speakers, and the message throughout the conference.



There will be many articles about the speakers, panelists, and moderators. Many articles will be written about the wonderful experience, collaboration, and interaction between professionals and experts in different fields of nursing. However, I would like to share the takeaways from the topics discussed on how this conference came upon and the many heroes behind the scenes who made this conference possible instead of repeating what has already been said. Volunteers from different PNA chapters came to dedicate their time and resources to support the conference. From our President, Dr. Gloria Beriones, to the VPs of the various regions and their colleagues, the conference's advisers, the leadership of Dr. Dino Doliente III and his team ensured that assigned volunteers covered every area in logistics.

PNASD President Perly Aguinaldo and the delegates volunteered to take on the “Ushering” duties. Thank you to our fearless leader, Ms. “Bong” Dayon, NCR RVP, for the beautiful skirt that gave us the feeling of the conference theme. We stood by the entrance to ensure attendees would head to the proper registration desks between the Philippine and the US side. We assisted the registration desks in answering questions within our capability to prevent long waits in line. We ushered participants to their seats and educated them

on the importance of bracelets so they could participate correctly in their chosen conference sections. We kept the hall quiet by diligently holding the “Silence” signs around the conference hall and beyond. Nurses can become quite noisy when a topic interests them; it is an engaging conference.

PNASD members Dr. Merlie Ramira and Dr. Razel Milo also presented their research project titled Life Satisfaction Among Community Participants: A Cross-sectional Study through the Poster Presentation. This study collaborates with PNASD leaders, members, and the community at the PNASD-sponsored Mental Health Fair on Life Satisfaction Scale (SWLS) surveys.



Dr. Merlie Ramira, Dorothy Brown, and Crissy Escarrilla

It was a delight to greet them in costumes as they approached the hall at the Networking Night. Everyone has enjoyed dressing up and wearing outfits supporting a country around the globe or region in the Philippines. It is time to let loose and enjoy the party. The Iloilo delicacies are on full display for consumption at every meal opportunity, from the conference to the dinner at the networking night. It is no wonder they call themselves one of the gastronomy capitals of the Philippines, with cuisine I have never tried until then.



Dr. Merlie Ramira, Dorothy Brown, and Crissy Escarrilla



Dinner arranged by the Ilongas with Filipino Rondalla music



I will be remiss not to mention the hospitality of the “Ilongas” from PNAA. They combined forces to provide us – the attendees from the conference, with the experience of the Dinagyang festival and a taste of the Iloilo cuisine through the dinner and farewell lunch they organized. It was indeed an experience to remember. They made it look easy, which I am sure has taken a lot of preparation and coordination behind the scenes. Thank you, “Ilongas” from the bottom of my heart.

The day after the conference, we set out to watch the Dinagyang festival. It is Iloilo's spectacular festival of culture and faith. We can feel the pride of the young Iloilo warriors who toiled day and night to perfect their performances. PNAA delegates were seated in a separate section to the right of the grandstand. Furthermore, PNASD delegates proudly wore our T-shirts made for the occasion. We danced, clapped, and were entertained by the performances. It is a cultural show of choreography that brings history, faith, and entertainment together.

Many people were involved, from the dancers to logistics support. They numbered in the hundreds per barangay who participated in this competition. The sets were simply amazing with bright colors on display, they moved in unison, and each movement told the story of the Ati people, on their struggles, and their undying spirit.



PNAA Family

PNASD Members at the Dinagyang Festival





Maligayang Pagdating Kababayan! Filipino Nurses from Around the World Come Together

By Catherine Rubio, RN, PHN, MSN



The Global Registration Planning Team worked hard preparing for this big day. We had our monthly meetings, weekly meetings, and open communication chat via group messenger to iron out our respective roles. On January 25, 2024, the wake-up time was 4:00 am for the 6:00 am call time at the Iloilo Convention Center. “Good morning, Iloilo!!!! Welcome to our Fifth Filipino Nurses' Global Summit and 14th International Conference.”

Feeling proud and wonderful to be at the home of the first nursing school in the Philippines. The initial touchpoint of the conference was registration. Two designated registration areas were ready to check in attendees. At the left side of the entrance was the Philippine Nurses Association Incorporated (PNAI)/ Association of Deans of Philippine Colleges of Nursing (ADPCN) registration team that welcomed international delegates and their student-sponsored attendees. At the right side of the entrance was the Philippine Nurses Association of America (PNAA) registration team that welcomed US delegates and their student-sponsored attendees.

Shine PNAA shine....as US delegates from different chapters and subchapters were greeted with beautiful smiles and happy energy. It was indeed a delight to welcome fellow PNAA “kababayan” nurses who traveled all the way from the United States to support and be a part of the long-awaited phenomenal 2 days event. The on-site registration team was busy but carried on with enthusiasm. The energy was building -up as the international delegates lined up at the entrance for the parade of nations. The program was packed with outstanding and inspiring plenary and session speakers. The conference program showcased Filipino American nurses on innovation, research, equity advocacy, technology, education, and nursing excellence around the globe. The fruitful discussions and meaningful connections created a stronger bond of caring Filipino nurses, “saan man sa



Mundo” (anywhere in the world). Attendees surely enjoyed another priceless learning experience and opportunity for personal and professional development at the forefront of global health. The success of the registration is owed to the Registration Planning Team and on-site Registration Volunteers. Congratulations on a job well done!



Happy and wonderful Volunteers



US Delegates

PNA Pennsylvania
 PNA Central California
 PNA Virginia
 PNA Tennessee
 PNA Arizona
 PNA Metro Houston
 PNA Northern California
 PNA South Riverside County
 PNA New York
 PNA Central Florida
 PNA Southern California
 PNASC West LA Subchapter
 PNA New Jersey
 PNA San Diego
 PNA Oregon Washington
 PNA Hawaii
 PNA New England
 PNA Maryland
 PNA Metropolitan DC
 PNA Cincinnati-Northern Kentucky
 PNA Northwest Indiana
 PNA Austin
 PNA Georgia
 PNA Corpus Christi
 PNA Texas- North
 PNA Michigan
 PNA Nashville

Thank you for your 2 days of hard work and dedication.



BRINGING TOGETHER FILIPINO NURSES FROM AROUND THE GLOBE.

PARADE OF NATIONS

**SEE YOU AGAIN
IN 2026!**



First-time Attendee: Global Summit and International Nursing Conference

By Kristin Roque, RN
PNASD Member

The Filipino Nurses Global Summit took place in Iloilo, Philippines in February 2024. This momentous event marked my first attendance at such a gathering, and it was truly an exhilarating experience. Beyond the convention's confines, we engaged in a myriad of delightful activities. The summit provided a platform for Filipino nurses from around the world to unite, engage in discussions, and address important issues within our profession. We explored a wide range of nursing-related topics, including advancements in healthcare, patient care, and nursing education. This significant occasion allowed us to collaborate with the goal of elevating and enhancing the healthcare industry.





Additionally, the summit provided Filipino nurses an opportunity to reconnect with their roots, celebrate their contributions to the nursing profession, and develop a strong sense of pride in their heritage. It sparked meaningful conversations about the challenges faced by Filipino nurses and explored ways to overcome these obstacles collectively, making it an engaging and impactful event. The summit not only allowed us to celebrate the invaluable contributions we make as Filipino nurses but also enabled us to address the challenges we face with determination and resilience. I am lucky to attend such an event, and I am eagerly anticipating the next Filipino Nurses Summit.



First-time Attendee: Global Summit V and 14th International Nursing Conference

By Ma. Leonora Menguito, RN, BSN, CPAN
PNASD Member

The Art of Discovering: It was a delight to hear from the keynote speaker, Robyn Begley, Chief Executive of the American Organization of Nursing Leadership (AONL), that their journey to Magnet designation was because of the vital contribution of the intelligent, dedicated, talented, and hardworking Filipino Nurses who are willing to collaborate and expand their contribution to their nursing profession. As a Clinical Nurse Magnet Champion in the Perioperative Department at UCSD Hillcrest, those words were magnified in magnitude and sealed my enthusiasm that this conference will be stimulating and rewarding.



It was my first time attending the PNAA International Conference, my first time in Iloilo, and my first come-back conference from COVID-19. The vibrant atmosphere, from the registration to the fully packed hall of the Iloilo Convention Center, attested to the anticipation of the Filipino Nurses' Global Summit V and 14th International Nursing Conference. There were student nurses, professors, international nurses' recruiters, nurses who were nuns, and Filipino nurses from all over the world. The Parade of Delegates infused the Olympic-like atmosphere. The Officers of the Philippine Nurses Association from the UK, Australia, Dubai, Japan, China, and, of course, the USA had more attendees and crowd pleasers, and the roar continued when the Dinagyang dancers displayed their dancing prowess.



Elaine, Leonora and Perly

“The Theme Pinoy Nars: We Care Saan Man Sa Mundo” truly reflects the story of Philippine nurses' migration from the 1960s to the present. We may leave our country for greener pastures, but we proudly bring our country with us by maintaining the reputation of being the most caring, hardworking, and practical nurses. It is, therefore, essential to continue our passion for learning to advocate for the excellent quality of care. We should continue to contribute to the health care system wherever we are. “Our role in transforming our health systems to ensure everyone can lead a healthy and productive lives is indispensable- and everyone should know that.” Dr. Tedros Adhanom Ghebreyesus (WHO Director General, ICN Congress, 2017)

Loraine Evangelista's journey to Nursing Research leaves me the most poignant note that leaving a legacy that helped change the caring landscape changed my outlook on Nursing Research. We give our best as clinicians, educators, and mentors, but to leave behind a clinical practice that changed or molded the nursing profession is an honor and achievement. The shortage of nurses was profoundly emphasized; the demand and the supply of nurses imposed a considerable problem, predicting that by 2030, all baby boomers will be over 65. By 2034, older adults will outnumber the number of children in the US (US Census Bureau, March 2018). On the other hand, as the top exporter of nurses abroad, the Philippines faced the challenges of nursing

shortage on their own, needing help keeping their nurses for better living conditions, better opportunities, and recognition. Eight thousand nurses are leaving the Philippines annually. US immigrant nurses sent \$1.6 billion annually to friends and family in the Philippines, which helped the country's gross domestic product. We are the unsung heroes, professionally and economically.

The call for better opportunities abroad and the need for nurses in the Philippines are the opposing factors that challenge every nurse, especially new graduates. The open discussions among participants and the speakers were exciting; it summarizes that anywhere in the world, better pay, better working environment, better benefits, and recognition that nurses are an integral part of the health system and of society are the answers that need to be addressed and considered.

The two-day event ended in an exhilarating experience as the PNAA President challenged the crowd to give back to our country. As we struggle with the US and the Philippines nursing shortage, I will share this thought: we all should encourage our fellow Filipino Nurses to be active and involved in our organization. We should all contribute to scholarship programs that enable deserving, underprivileged Filipino students to study Nursing in the Philippines. The scholarship should allow them to serve the country for two years, and whatever they do after their service, we can rest assured that "they care, saan man sila sa mundo."

After meeting new colleagues, friends, and experiences, I left Iloilo with so much vigor. Iloilo is known as the culinary capital of the Philippines with their famous delicacies and local produce. If the PNAA conference entails discovering the Philippines' beautiful cities and exploring Filipino culture and heritage while you nurture your passion for learning and your profession, count me in for the next conference.



Visited, Learned and Feasted in the Motherland First Time Attendee's Reflection to the Filipino Nurses Global Summit V

By Jay Larrosa, MSN, PHN, RN-BC, ACM-RN, FACDONA
PNASD Chair, Mental Health Advocacy Committee



The Philippine Nurses Association of America's (PNAA) love for the county of where the roots of its members were from was without a doubt demonstrated during the Filipino Nurses Global Summit V. The international conference embodied the Philippines' newest tourism campaign slogan as well, "Love the Philippines".

Making the decision to attend the international conference was not difficult to make. When an opportunity presents to visit the motherland after decades of being there last also comes with an opportunity to learn on important issues and trends in healthcare and an opportunity to immerse into the stories, chants and rhythm that comes with a festival, you take it! In addition to the opportunities of being able to visit, learn and feast, it is also going to be my first time attending a PNAA Global Summit.

My journey to the Filipino Nurses Global Summit V started with taking a flight from Los Angeles and a stop-over at Incheon before landing in Manila. Then, flew a day after to the island where the conference will be. The host hotel and convention center were adorned for a festival, Dinagyang that honors the city's patron saint, Senor Santo Nino.

In addition to being an attendee to the global summit, I also had an opportunity to serve with the Registration Committee led by Catherine Rubio. The role included putting items together for the attendees



such as tote bags, lanyards, and printed materials. I was also able to relieve those who were on the registration table as well as performed some logistics roles. I am so proud, too, of the members of San Diego chapter serving as ushers and being part of the planning committee.

The opening ceremony was world class. The global summit was filled with relevant and timely information that promotes the personal and professional growth of not only the Filipino-American nurses but the nurses from any part of the globe. The networking night did not disappoint either. Attendees donned on their best regional and national costume. The entertainment was phenomenal.

Attendees of the global summit were also given an opportunity to immerse themselves in the Dinagyang Festival. They partied during the vibrant parades, witnessed the world-class performances of the tribe warriors, danced to the rhythmic drumbeats, and enjoyed the elaborate costumes and decors of each performing tribe.

Being a member of PNAA's National Committee, Archive, I was also pleased to have the opportunity of seeing some of its team leaders and members again: Dr. Phoebe Andes, Dr. Rose Estrada, Nini Jurado as well as meeting others in person for the first time: Dr. Lilibeth Cuevas and Mary Lou Arocena.

I keep getting inspired after attending PNAA's events such as my very first ever PNAA Global Summit and for sure this will not be my last. This will be the first of many and I am hoping that I will be able to continue to give back to my fellow Filipino-American Nurses. Profoundly grateful that I was able to visit, learn and feasted in the motherland and all because I was able to attend the global summit. Thank you, PNAA for the wonderful experience!





The 2024 Global Summit and International Nursing Conference: A PNA Northeast Florida (PNANEF) Executive Board Officer Experience

By Angelica Doloroso, DNP, APRN, FNP-BC
Board Member 2022-2024



Every two years since early 2000, the Philippine Nurses Association of America (PNA) hosts the Global Summit and International Nursing Conference, successfully bringing together nurses and nursing leaders worldwide. These meetings highlight collaboration, education, and promotion of professional excellence with increasingly growing participation over the years.

We were presented with the opportunity to travel and attend the PNA Global Nursing Summit V and the 14th International Nursing Conference in Iloilo City from January 25 to 27, 2024. Iloilo City, a city of warmth and vibrancy, welcomed us with open arms. Its rich history, cultural beauty, and gracious residents made our stay truly unforgettable. The festive airport welcome, the serene and well-kept city, and the flavorful native dishes added to the place's unique charm.



The 2-day global conference was not just impressively presented and well attended, but it also offered a wealth of knowledge. The educational sessions' clear objectives and high relevance were a testament to the conference's commitment to professional excellence. The lively information exchange with the delegates further enriched the learning experience.

The networking night was a highlight of the conference, offering a platform for camaraderie and professional connections. It was a joy to meet and reconnect with fellow attendees, including former acquaintances from the Philippine Heart Center and friends from across the states. Such interactions are invaluable for our professional growth and development.

Overall, it was an unforgettable event. We recognize the hosting city and its organizers. We also pay tribute to our current President, Dr Gloria Beriones, and her executive board for their unwavering support of the cause of PNAA.

As a member of the PNANEF, I highly encourage everyone to attend these conferences. By attending, we position nursing in the front and center for professional excellence and to lead practice changes in health care.





Nursing Journeys Converged: Unveiling My Personal Transformative Insights from Global Summit V & International Nursing Conference 2024

By Dan Lovinaria, DNP, MBA, APRN, CRNA, CHSE, FNAP, FAANA, FAAN
Global Summit First-time attendee



Attending the Global Summit V and 14th International Nursing Conference in Iloilo, Philippines for the first time was a truly transformative experience. As a Filipino-American nurse, I was proud to be part of an event that brought together over 600 nurses from different parts of the world, all united by a common goal: to make a difference in global healthcare. The theme of the summit, **"We Care: Filipino Nurses at the Forefront of Global Health,"** perfectly captured the essential role that Filipino nurses play in shaping healthcare systems worldwide.

The first day of the summit was filled with anticipation and excitement. Renowned speakers and experts from the nursing field took the stage, sharing their knowledge, insights, and experiences. The discussions were thought-provoking, highlighting the latest developments in healthcare and providing valuable perspectives on the future of nursing.

The summit also served as a cultural exchange platform, where nurses from different regions shared their unique nursing experiences and insights. This fostered collaboration and understanding among participants, promoting a

global perspective on healthcare challenges and solutions. The diversity of attendees created a vibrant atmosphere, with the exchange of ideas and celebrating cultural diversity.

Moving on to the second day of the summit, the focus shifted towards shaping the future of global healthcare. Keynote speeches and panel discussions delved into critical topics such as nursing education, advanced practice nursing, and catalysts for transformation in healthcare systems.

The panel on shaping the future of nursing education explored innovative teaching methods, curriculum development, and the integration of technology into nursing education. The discussions emphasized the importance of equipping nursing students with the necessary skills and knowledge to meet the evolving demands of healthcare.

The panel on advanced practice nursing (APN) sheds light on the challenges and opportunities in APN practice in the Philippines and globally. Experts from different countries shared their experiences and highlighted the need for standardization of APN roles and regulations to enhance collaboration and ensure the delivery of high-quality care.

Another engaging session focused on catalysts for transformation in healthcare. The panelists discussed the crucial role of nurses in leadership, advocacy, and policy-making to drive positive change in healthcare systems. It was inspiring to see how nurses are taking on leadership roles and making a significant impact in shaping the future of healthcare.

The power of nursing research was also emphasized during a panel discussion on unleashing the power of nursing research. Esteemed researchers presented their groundbreaking insights, demonstrating the impact of evidence-based practice on patient outcomes. The session highlighted the importance of promoting research in nursing, fostering collaboration, and creating platforms for knowledge exchange.

Overall, the Global Summit V and 14th International Nursing Conference provided a platform for nurses and healthcare professionals to engage in critical discussions, share best practices, and shape the future of healthcare worldwide. It was a testament to the commitment of Filipino nurses and the global nursing community towards improving patient care and advancing the nursing profession. Attending this summit was an incredible opportunity to learn, grow, and be inspired by the remarkable work being done by nurses around the world.





Global Summit and International Nursing Conference Highlights Filipino Nurses' Contribution to Healthcare Equity, Collaboration, and Advocacy and Shape the Future of Nursing

By Cielito Matias-Schwartz, MSN RN
PNAH President



PNAH delegates pose during the Global Summit with Ms. Mindy Ofiana and Dr. Leticia Hermosa

The Global Summit V hosted by the Philippine Nurses Association of America (PNAA) on January 25th, 2024 held in Iloilo, Philippines brought together Filipino nurses from around the world to spotlight their significant contributions to advancing global health. The summit centered on themes of equity, collaboration, and advocacy, emphasizing the vital role Filipino nurses play in healthcare systems worldwide. Through enlightening presentations and engaging panel discussions, subject matter experts shared strategies to promote equity in healthcare delivery, foster collaboration among healthcare professionals, and advocate for policies that support nursing excellence. The summit served as a platform to showcase the invaluable contributions of Filipino nurses and their commitment to driving positive change in healthcare on a global scale.



International themed Networking Night, PNAH appropriately representing. (L-R) Emilyn Ramones, Violeta Arnobit, Cielito Matias-Schwartz, Lisa Yokoyama, Mater Alcubilla, and Catherine Hopf

The international nursing conference held on January 26th, 2024 was a beacon of empowerment and inspiration for attendees. With a focus on equipping participants with valuable knowledge and insights, the conference aimed to elevate the quality of nursing practice and shape the future of the profession. Through presentations, engaging discussions, attendees gained the tools and inspiration needed to drive positive change and innovation in nursing, ensuring a brighter future for healthcare worldwide.



Emilyn Ramones, Lisa Yokoyama, and Cielito Matias-Schwartz rubbing elbows with national leadership at the Nursing Conference



A whopping fifty-two recipients of the PNAA Student Attendance Grant

By Nini C. Jurado, MSN, RN

Chair, PNAA Global Summit & International Conference 2024 Student Attendance Grant



It was a very well attended PNAA Global Summit & International Nursing Conference in Iloilo City, Philippines with our partners, PNA and ADPCN. This year, we have the highest PNAA Student recipients since we offered the Nursing Student Attendance Grant in 2018 during Dr. Dino Doliente's presidency.

The applicants met the rigorous criteria to become a student scholar. The criteria included academic performance, annual family income, and their potential to contribute to the nursing profession through their involvement in student and civic organizations. The scholarship grant covered the conference registration fee (\$150.00) and an allowance of Php 2,500 per student.

The committee acknowledges our major sponsors with this initiative including Avant Health Care Professionals, Health Carousel Foundation, MedPro International and WorldWide HealthStaff Solutions. We also would like to thank other sponsors, including: PNAA Foundation, PNA Metro DC, PNA South Carolina, PNA Metro Houston Foundation, PNA Southern California, PNA San Diego, PNAA Executive Board, University of San Carlos Alumni Association in Houston, Global Care Services and many generous PNAA friends and members. We would be remiss if we do not mention the support and cooperation of the Deans of Nursing of

the following schools in the Philippines for allowing their students the opportunity to attend the international conference and be a part of significant conversations regarding the current and future state of nursing and global health in general. The following universities had student grantees: Ateneo de Davao, Baliuag University, Batangas State University, Cagayan Valley University, Central Philippine University, Centro Escolar University, College of Our Lady of Mount Carmel, Holy Angel University, Holy Name University, Manila Central University, Manila Tytana College, National University, Notre Dame of Midsayap College, Our Lady of Fatima University, St. Louis University, St. Paul University-Tuguegarao, Trinity University of Asia, University of the Cordilleras, University of the Philippines, University of San Carlos - Cebu, University of San Agustin, University of Santo Tomas, and West Visayas State University.

**Filipino Nurses' Global Summit V
and 14th International Nursing Conference**
WE CARE: Filipino Nurses at the Forefront of Global Health

PNAA STUDENT GRANT RECIPIENTS

Hannah Neri	Patricia Gabisay	Aira Marie Reyes	Richelle Ramirez
James Lagunday	Xyru Corral	Shaneelle Sunga	Sherobyl Bautista
Vincent Clavel	Jannah Yson	Kyla Manarang	Carlota De Leon
Charlize Ocate	Robert Opang	Marielle Fallorina	Trevor Lomotos
Lance Joshua Roldan	Steven Calvo	Kyle Saguinot	Therese Cayanan
Charles Importante	Theresa Dedoroy	ustin Balauag	Princess Aubrea Malonso
FJ Rio Bantuga	Quezea Gimeno	Andrea Dawn Sarmiento	Gwyneth Taguiam
Shane Deleon	Hannah Narvasa	Lorraine Jillian Del-ong	Althea Barcebal
Anohla Gomez	Daniella Perucha	Kay Ann Olegario Castro	Desiree Ann Abadilla
Waymel Diel	Jerzle Molina	Jan Walter Cardenas	Dave Bernal Jr
Maieul Comendador	Lance Haspe	Paul Macadangdang	Kim Albert Castro
Trisha Blancaflor	Jairus Chiu	Trixie Mae Barangan	Gabrielle Leonardo
OJ Catarata	Margareth Saquibal	Marc Vincent Pestrana	Raiden Visconde

Several students shared their reflections and learning experiences at the conference. Foremost, the scholars expressed their heartfelt gratitude to PNAA for providing the rare opportunity that brought their unforgettable experiences. An attendee summarized her "take aways" in every session and that each session broadened her understanding of the multifaceted challenges nurses encounter worldwide. She added that she now has a deeper appreciation for the unique contributions of Filipino nurses globally and their unwavering commitment to providing holistic and culturally sensitive care. Xyru Alecxis D. Corral of West Visayas State University wrote "Allow me to recount a particular moment that encapsulates the essence of my experience. During a 30-minute break, I found myself in a small group discussion with seasoned nurses from various corners of the globe. One nurse shared a profound story of resilience and compassion in the face of adversity, leaving an indelible mark on my perspective. This nurse was also an ICU nurse and an alumnus from my university. He shared the journey of how to become an ICU nurse outside the country and how to become a nurse anesthetist. He was very enthusiastic and inspiring."

It was very stimulating to hear their stories gained from the conference. The student scholars were engaged and animated. They demonstrated a great deal of knowledge acquisition but also had fun participating with

many events like the networking night. As chair of the student attendance grants, I reveled watching the students as they were learning and enjoying at the same time. Therese Mae J. Dedoroy, also from West Visayas State University wrote, "I had a good time during the Networking/Gala Night because it showcased the rich diversity of Filipino culture through the costume contest. I also participated in various games and some dancing." Indeed, the Global Summit and International Conference was a life changing event for many of the student recipients.



*Dear Philippine Nurses
Association of America.*

We student grantees from West Visayas State University - College of Nursing would like to extend our heartfelt gratitude for allowing us to come together, learn from each other, and continue our shared journey of growth and discovery.

It was inspiring to witness nurses' dedication and expertise across the globe, which enriched the discussions and made the event memorable. Your commitment to excellence has undoubtedly made a significant impact on our lives as future nurses.

Reflecting, we will carry forward the spirit of collaboration, innovation, and learning into our respective endeavors.

Once again, thank you, and more power!
*Love, Scholarship Grantees
from WVSU - C*





PNA San Diego sponsors RNs from Iloilo, Philippines

By Merlie Ramira, DNP, APRN, FNP-C
 PNASD Past President

Every two years, the Philippine Nurses Association of San Diego County sponsors registered nurses working in the Philippines to attend the Global Summit and International Nursing Conference. PNASD Sponsor-A-Nurse committee comprised of Merlie Ramira, Chona, Lutap, and Vickie Berbano selected six registered nurses out of 20 applicants from Iloilo working in different hospitals. PNASD paid their registration fee to attend the Filipino Nurses' Global Summit V and the 14th International Nursing Conference held at the Iloilo Convention Center, Iloilo City, Philippines, on January 25-26, 2024. The event was in collaboration with the Philippine Nurses Association of America, the Philippine Nurses Association, the Association of Deans of Philippine Colleges of Nursing, and the Commission on Filipino Overseas.

The criteria for the selection included information on their name, email address, address in the Philippines, place of employment, current position, and how many years working as staff nurse. There were also three questions that each applicant had to answer: 1) Tell us why you decided to become a nurse, 2) Why PNASD should select you to receive the sponsorship grant, and 3) How will attending the nursing conference support you with your professional career and professional advancement. The team posted the announcement and instructions on social media on how to apply.

PNASD President Perly Aguinaldo congratulated our six PNASD-sponsored nurses from the Philippines. They are



PNASD members and Sponsored nurses from Iloilo, with Speaker Butch Meilly

Ayesha Luzanta, The Medical City Iloilo; Fidel Yongque III, The Medical City, Iloilo; Mary Gilel Palm, from Ramon D. Duremdes District Hospital; Stephane Joyce Figueroa, from Metro Iloilo Hospital and Medical Center, Inc., Christine Gonzalez Sodusta from Asia Pacific Medical Center, Iloilo, and Alyana Nadine Bacugan, from Iloilo Mission Hospital. PNASD wishes them well and hopes that they had a wonderful time and learned a lot from the conference. They also shared their experiences and pictures from the conference. It is worth mentioning that PNASD is also proud that our previously sponsored nurse in 2016 Mr. Harby Abellanosa, Chief Nursing Officer, Cebu South Medical Center was invited to be a panel speaker during the International Nursing Conference in 2024. What an inspiring success story!

Mary Gilel Palma, RN

BSN – University of San Agustin



“I am truly honored to be one of the nurses sponsored by the PNASD group to be part of this beautiful, informative, and interactive convention. It is my pleasure to meet everyone. I had an enjoyable time conversing with my fellow

nurses and those working abroad with their clinical experiences and expertise. It is genuinely unique. We were all united. I am grateful for the experience. I wish that the PNASD organization will continue its advocacy for helping Filipino nurses hand in hand. More powers, and God bless each and every one of you!”

Ayesha Luzanta, RN

BSN – University of San Agustin



“Attending the Global Summit and International Conference was a profoundly enriching experience, delving into crucial topics such as nurse migration and post-graduate education. Among the highlights was the networking night, which emerged as a

standout occasion, fostering connections with fellow members of the Philippine Nurses Association, both

local and abroad. As a delegate representing clinical nurse educators in Iloilo, I felt deeply honored to contribute to the scholarly discourse.

Throughout the event, I gleaned invaluable insights into best practices and innovative methodologies within the nursing field. From discussions to workshops, every session offered a unique perspective, broadening my understanding and equipping me with practical knowledge to implement in my practice. The collaborative atmosphere enhanced the learning experience as diverse professionals shared their expertise and experiences.

The opportunity to network was particularly beneficial, allowing me to forge meaningful connections with peers and experts. Exchanging ideas and experiences with fellow attendees not only enriched my understanding but also opened doors for potential collaborations and partnerships in the future. I commend the organizers for their meticulous planning and execution, facilitating seamless interactions and fruitful discussions. Their efforts in curating a program that catered to attendees' diverse needs and interests deserve applause. The Global Summit and International Conference provided a platform for learning, networking, and exchanging insights, leaving a lasting impact on all participants.

In conclusion, I am immensely grateful for the opportunity to participate in such a transformative event. The knowledge gained and connections will undoubtedly shape my professional journey and contribute to advancing nursing practices in my community and beyond.”

Christine Sodusta Gonzalez, RN

Master in Nursing Administration (in progress) –
Central Philippines University
BSN – Central Philippine University



“It has always been on my wish list to attend such a momentous event, and I am not expecting that this could have a significant impact on my life as a nurse... I have learned that as nurses, we can contribute a lot to our society and be a part of it to make a

better future for all kinds of people in various aspects of life around us, not only for Filipinos. Through this event, I have learned that compassion in our chosen career as a nurse has always been there, trying to reach out and encourage every nurse out there to go further, even to politics, so as to improve our education and research more in later days... Thank you as always, PNASD... “

Stephane Joyce Alborote – Figueroa, RN

Master of Arts in Nursing (in progress) – Western Visayas University
BSN – University of San Agustin



“I have always loved attending conferences because they provide opportunities to network with other professionals and colleagues.

Attending the PNAA Global Summit and International Nursing Conference last January 25-26, 2024, was a wonderful experience; I enjoyed myself, met nice people, and developed some productive relationships. Most importantly, it was a challenging, thought-provoking opportunity to see how I could best improve myself locally and, in the future, globally in my nursing career. I was also able to network with people around in a relaxed atmosphere.

I want to extend my heartfelt gratitude to the Philippine Nurses Association of America and San Diego, especially Dr. Ramira and her team, for giving me the opportunity and the chance to be a scholar at this prestigious event. I will forever treasure this experience as part of my nursing journey. Once in my lifetime, I could attend this very heartwarming and informative conference.”

Alyana Nadine Bacugan, RN

BSN - Central Philippine University



“Thank you, Ma'am Ramira and PNASD, for giving me this opportunity as one of the RNs sponsored by PNASD. I learned a lot from our speakers. It was a wonderful opportunity for me to meet a lot of nurses, not just in the Philippines but all over

the world. I hope to experience more of this to learn what is happening to our profession and how I will improve myself as a professional nurse. Thank you, Ma'am, and to all the sponsors of this conference.”

Fidel Yongque III, RN

Master of Arts in Nursing (in progress) – Central Philippine University
BSN – University of San Agustin



“I am very thankful for the opportunity the PNA San Diego, California Chapter gave me. And I take pride in being a participant in these two events. The 5th Filipino Nurses' Global Summit and 14th International Nursing Conference held on January 25-26, 2024, at the Iloilo

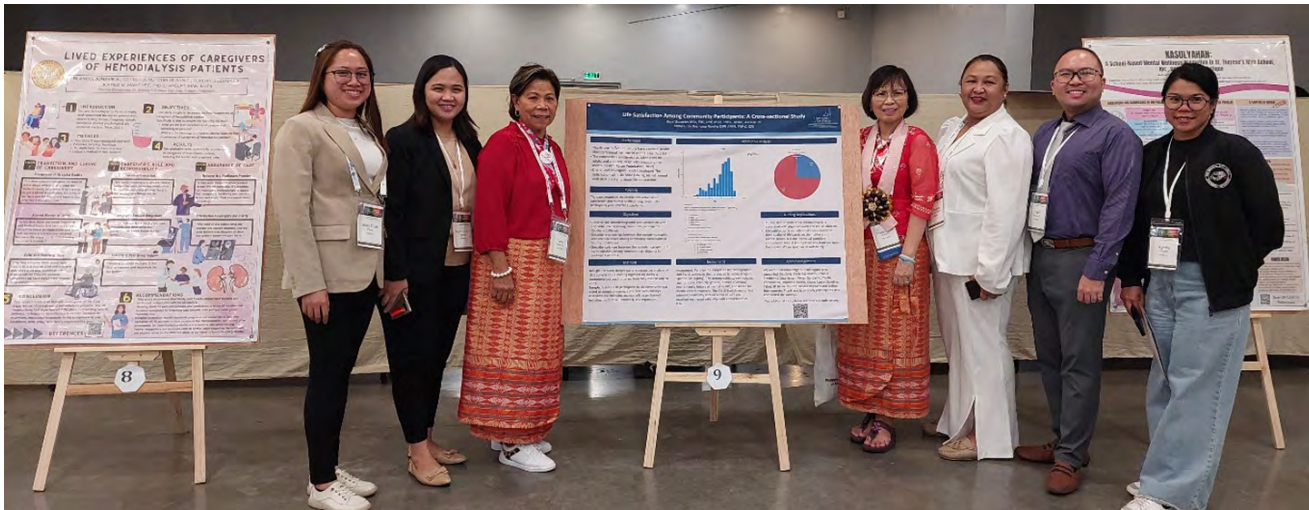
Convention Center in Iloilo City, Philippines, with the theme: WE CARE: Filipino Nurses at the Forefront of Global Health, highlighted the remarkable contributions and advancements in the field of nursing on both a national and international scale. The conference served as a platform for Filipino nurses to engage in meaningful dialogue, exchange knowledge, and foster collaboration with their counterparts worldwide. One of the most notable aspects of the summit was its emphasis on addressing contemporary challenges nurses face globally, particularly considering the post-COVID-19 pandemic. Sessions delved into innovative strategies for enhancing healthcare delivery, ensuring patient safety, and promoting the well-being of healthcare professionals amidst the evolving landscape of healthcare.

Furthermore, the conference provided a forum for sharing best practices and evidence-based approaches to nursing education, research, and clinical practice. Discussions and presentations covered a wide range of topics, including nursing leadership, the Filipino Nurse Diaspora, nurses' migration, advanced nursing practice, mental health care, disaster nursing, and technological advancements in healthcare.

Notably, the conference highlighted the indispensable role of Filipino nurses in the global healthcare workforce. With their dedication, resilience, and expertise, Filipino nurses continue to make significant contributions to improving health outcomes and addressing disparities in diverse healthcare settings worldwide.



RVP Western (Ret) Col Bob Gahol, PNASD leaders, and Sponsored RNs from the Philippines



Poster Presentation Room -L-R: Christine, Stephane Joyce, Perly Aguinaldo, Merlie Ramira, Christine, Fidel & Ayesha (not in the picture -Alyana Bacugan)



Networking Night PNASD Members and Sponsored RNs



GS and INC Conference - PNASD President Perly Aguinaldo, PNAA President-elect Dr. Marlon Saria, Mary Gilel Palma, Ayesha Luzanta, Fidel Yongque III, Dr. Merlie Ramira - PNASD Past President, Dorothy Brown – Corresponding Secretary.



PNASD members and PNASD-Sponsored nurses from Iloilo



PNASD members



Harby Abellanos (speaker) and PNASD-sponsored nurses





Philippine Nurses Association of America Nurse Balik-Turo Program 2024, ETC...

(after COVID-19 pandemic)

By Jennifer N. Aying, DNP, MS, RN, ACNP-BC, ANP-BC and Rosario May Mayor, MA, RN

The pandemic did not stop us (the PNAA Nurse Balik-Turo program organizers) do the most important tasks we love to do. In 2022, still at the height of COVID-19 crisis, we did the 1st virtual PNAA Nurse Balik-Turo 2022 with Central Philippine University as the major collaborating college of nursing together with colleges of nursing of Medical Colleges of Northern Philippines, University of St. La Salle, Trace College, St. Louis University, San Carlos University, and Riverside College of Nursing from the Philippines. We thank very much to new technology and its innovations, like the C&E Solutions, the PNAA Nurse Balik-Turo 2022 was attended by almost three thousand participants of student nurses, clinical instructors, staff nurses, graduate student nurses and deans of the colleges of nursing around the Philippines and US nurses.



This year 2024 marked the PNAA Global Summit V and 14th International Nursing Conference held on January 25 and 26, 2024 in Iloilo international events, for the first the two face to face PNAA Nurse City and in Sara, Iloilo; one in the City, and one special simulation



City. In conjunction with these time after the COVID-19 pandemic, Balik-Turo 2024 were held in Iloilo University of St. La Salle, Bacolod program in CPU, Jaro, Iloilo City.



On January 24, 2024, the morning Balik-Turo in collaboration with the St. Paul University under the leadership of the university's president Sr. Teresita Baricaua, SPC and Dean Dulce Tilos of the college of nursing together with the faculty, was held at the Iloilo Convention Center, Megaworld Boulevard, Mandurriao, Iloilo City. The theme of the event "PNAA United We Care – Sharing Contemporary Nursing Knowledge and Specialized Expertise in the Healthcare Today" was well attended and well

received by more than 800 participants of student nurses, clinical instructors, staff nurses, and deans of the colleges of nursing in the province of Iloilo. We were honored and proud of our very own PNAA immediate past president Dr. Mary Joy Garcia-Dia as our keynote speaker who delivered an excellent talk on *“Diversity, Equity, and Inclusion: The Impact of Colonization”*. Likewise, we were rewarded by our impressive speakers expertise; Dr. Mary Dioise Alzheimer’s and Community Awareness Garcia-Dia *“Artificial and Informatics”*, Ms. Landscape in International panelists who shared their careers; Colonel Bob and Lieutenant Colonel Specialization on Graboso on *Nurse Executive Pathway*. Rosario May Mayor, the 14th PNAA president, Founder and Director of the *“go back, give back, and teach back”* program eloquently explained the history of PNAA Nurse Balik-Turo program. PNAA’s current president, Dr. Gloria Beriones supported and graced all the events with Executive Director, Dr. Leo Jurado. Dr. Beriones made sure she was present to warmly welcome the participants.



who shared their line of Ramos on *“Unraveling Dementia: Bridging the Gap to and Support”*, Dr. Mary Joy Intelligence, Virtual Nursing, Virginia Alinsao *“Changing Recruitment”*, and the three amazing inspiring nursing Gahol on *Military Nursing*, Dr. Marlon Saria on *Nursing Oncology*, and Dr. Rebecca



The inaugural special simulation PNAA Nurse Balik-Turo 2024 afternoon session to the theme of **“PNAA United We Care – Specialized Balik-Turo: A Simulation Program”** was led by the Practice Committee under the strong, dedicated, and passionate chairman Dr. Riza Mauricio in collaboration with the long-time partner, the Central Philippine University College of Nursing held at the CPU state-of-art (Apollo Simulation/Lucina Fidelis) simulation laboratory in Jaro, Iloilo City. The simulation program was surrounded by our PNAA caliber faculty in Medical Surgical Group namely, Dr. Romeo Devera in Station 1 Skills: NGT Insertion, Dr. Jennifer Aying in Station 2 Skills: Insertion of urinary catheter, Dr. Rebecca Graboso in Station 3 Skills: POC (perform SC insulin administration and blood glucose check), and Dr. Pamela Windle in Station 4 Skills: Perform blood therapy with 1 unit of PRBC and Oxygen therapy; and the Critical Care/High Acuity Skills Group of



Dr. Riza, Mauricio, Dr. Mary Joy Garcia-Dia, Dr. Warly Remegio, and Ms. Femarie Bedona. The PNAA Nurse Balik-Turo organizers and coordinators were very grateful to our registration and technical support group of Leila Amarra, Arlita Pang, and Susan Repotente. The CPU college of nursing faculty was led by the very able humble yet enthusiast Dean Melba Sale with her hard-working professors/coordinators Alvin Gustillo, Ma. Lourdes Sampiana, Lena Giron, Rona Edemne, and Rita Penaso. The simulation program as a maiden project was a huge success attended by graduating 4th year level student nurses, clinical instructors, and deans from CPU and Filamer Christian University from Roxas City, Capiz. During the debriefing session, the participants expressed verbally their gratitude to the PNAA Practice Committee for the specialized simulation experiences they missed during the pandemic.



The PNAA Practice Committee has been busy this year, did not settle for one but two Balik-Turo events and a medical mission. One of the committee’s goals is to strengthen PNAA’s partnership with professional organizations and amplify the significance and consequences of climate change especially to the health of every human being.



A Balik-Turo to healthcare professionals was held in the Municipality of Sara on January 29, 2024, with Dr. Renzo Guinto, one of the world’s pioneers in the new discipline of planetary health and a leading advocate for the decolonization of global health was the guest speaker. The event on **“Community Balik-Turo on Climate Change and People’s Health (Balik-Turo sa Kumonidad Tungkol Sa Pagbabago ng Klima at Epekto sa Kalusugan Ng Mga Tao)”** was a collaborative “go back, teach back” program with the Municipality of Sara Local Government Unit (LGU) and its citizens under the mayorship of Dr. and Major General Jon N. Aying. The program was well received by more than 100 engaged professionals of doctors, nurses, midwives, teachers, principals, and government officials, rescue/emergency responders, firefighters, police officers, clergy people of the town of Sara.



Another collaboration with the Municipality of Sara LGU, Western Visayas Society of Ophthalmology, and Iloilo Provincial Health Office was the **Medical Mission** on January 30, 2024, with services provided which included medical, optometry, dental, circumcision services, free prescribed medications. The mission also included free fluoride treatments, and program helped more than Sara, Iloilo availed the free than 500 free prescribed that day. The hardworking Committee – Dr. Mauricio, Kabalikat Emotional RVP (North Central) Bong Solem; and auxiliary volunteers – Ma. Fe Aying and of course the husbands Vik, Dodi, Jimmy, Johnny were there to help. Susan Repotente led the feeding program while Bong and Ofelia did the talks on health and disease prevention to the people waiting to be seen by the physicians. Dr. Aying, Ofelia and Susan demonstrated on how to do correct hand washing to children.



haircut, free reading glasses, gift giving to the children. The 1100 people of 7 Barangays in medical benefits, with more medications were dispensed all-out supportive Practice Dr. Aying, and Sue Repotente; Wellness program members – Dayon, PNANE President Ofelia Solem; and auxiliary volunteers – Ma. Fe Aying and of course the husbands Vik, Dodi, Jimmy, Johnny were there to help. Susan Repotente led the feeding program while Bong and Ofelia did the talks on health and disease prevention to the people waiting to be seen by the physicians. Dr. Aying, Ofelia and Susan demonstrated on how to do correct hand washing to children.



It takes a village to provide a successful event. We were blessed and grateful to the faculty we worked with for their passion, willingness, and eagerness to be part of these endeavors. Not only that these events were held in huge convention centers in the City of Iloilo, or a state-of-the-art laboratory but these are gratifying feeling reading/hearing the positive excellent evaluations, whether written or verbal provided by the participants, were heartwarming.

In our part, it is all about EDUCATION, SERVICE, and FUN!

Thank you to PNAА, PNAAF, PAMANA, PNANE for the financial support and to those individuals, friends, colleagues who took part big or small in the deliverance of these successful events.



PNAA Practice Committee in Collaboration with PNAA Balik Turo and Central Philippine University: Serving Filipino Nursing Communities, ONE STUDENT at a TIME

By Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, FCCM & Jenny Aying, DNP, APRN-BC



The Practice Committee under the leadership of Dr. Riza V. Mauricio and Dr. Jenny N. Aying collaborated with Ms. May Mayor, Director PNAA Balik Turo, and Dr. Melba Sale, Dean College of Nursing-Central Philippine University (CPU), Iloilo City for the first-ever **Specialized Balik Turo, A Simulation Program** at the Central Philippine University in Iloilo, City on January 24, 2024, from 12:30 to 5:30 PM at the CPU Simulation laboratory.

The guests of honor during the pre-simulation Program were PNAA President Dr. Gloria L. Beriones, PNAA Executive Director Dr. Leo Felix Jurado, and CPU President Rev. Dr. Ernest H. Dagohoy. CPU alumni and PNAA members attended the event to support the educational endeavor. They were Arlita Pang, Leila Amarra, Eden Gianan, Rolando Gatilao, and Gina Shankar.



The senior nursing students of CPU Iloilo, City, and Filamer Christian School College of Capiz, Iloilo, attended the simulation Balik Turo. The medical-surgical and high-fidelity critical care simulations were structured in a scenario-based activity to improve the knowledge and skills of students caring for a diverse patient population with complex conditions.

Medical Surgical Faculty

Dr. Jenny N. Aying
Dr. Romy de Vera
Dr. Pam Windle
Dr. Becky Graboso

Critical Care/High Acuity Skills Faculty

Dr. Riza V. Mauricio
Dr. Mary Joy Garcia-Dia
Dr. Warly Remegio
Fe Marie Bedonia

CPU Faculty

Dr. Melba Sale
Alvin John Castillo
Ging Sampiano
Rona Idemne
Rita Elanga
Lena Giron

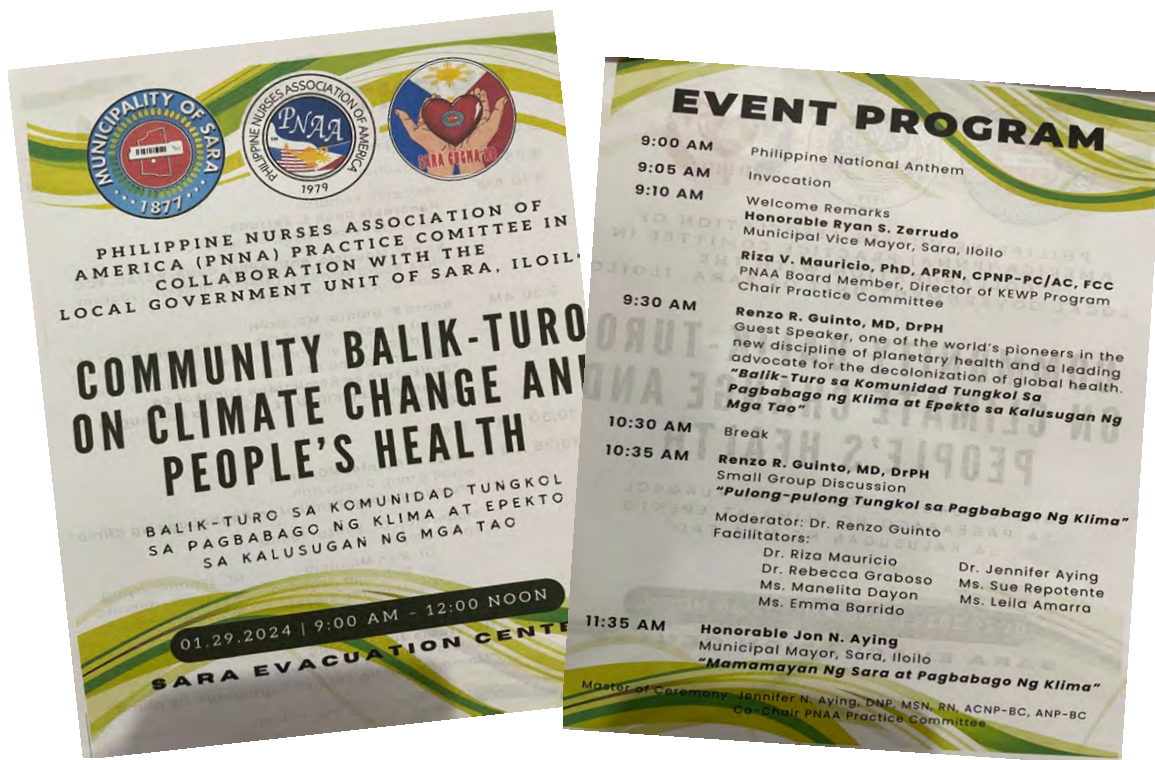






Climate Change Impacts Human Health

By Riza V. Mauricio, PhD, APRN, CPNP-PC/AC, FCCM
& Jenny Aying, DNP, APRN-BC



The Practice Committee has been advocating for climate change education for many years. This year, their campaign for climate change extended to the poor communities in the Philippines. The community **Balik Turo on Climate Change** was led by Dr. Riza V. Mauricio and Dr. Jenny Aying. They collaborated with Honorable Jon N. Aying, the mayor of Sara, Iloilo, and Dr. Renzo Guinto, a global expert on Climate Change and Planetary Health. Honorable Aying invited the “Sangguniang Bayan” members and other local officials, school heads/Principals, Medical Officers, and community leaders of Sara to an immersive, in-person workshop at the municipal center in Sara, Iloilo on January 29, 2024, from 9:00-12noon. Dr. Renzo Guinto gave a lecture on the topic “Pagbabago ng Klima at ang epekto sa Kalusugan ng mga Tao” (Climate Change and its effects on people’s health). A mini-worship followed the lecture facilitated by Dr. Mauricio, Dr. Aying, Dr. Graboso, Bong Dayon, Sue Repotente, and Ofelia Solem.

The community of Sara reported experiencing climate changes from extreme drought, heat waves, changes in precipitations, rising seawater, increased intensity and frequency of severe weather, etc. The committee gathered robust data during the workshop related to the effects of climate change on the people that will become the foundation for future community interventions in the area.

Practice Committee Community Balik Turo in Sara, Iloilo Topic: Climate Change and People's Health



Practice Committee with Honorable Aying, Mayor of Sara, Iloilo January 29, 2024 at the Mayor's Office





Empowering Communities: Filipino Nurses Join Hands in Philippine Medical Mission

By **Cielito Matias-Schwartz, MSN RN**
PNAH President

In a remarkable display of solidarity and compassion, Filipino nurses from various PNA Western chapters joined forces in a recent medical mission in Bay-ang Ajuy, Iloilo, Philippines. This collaborative effort aimed to provide essential healthcare services to this underserved community, by partnering with the Beatriz D. Tupas Scholarship foundation.

Nurses assisted with health screenings, circumcisions, and distributing medications to those in need. The mission embodied the core values of the nursing profession: dedication, compassion, and service to humanity. Nurse volunteers from PNACC, PNAH, and PNAOW united under a common goal, and worked tirelessly to make a tangible difference in the lives of school age boys and families facing limited access to healthcare resources.

Health screenings provided this small community an opportunity to receive vital medical assessments and early intervention from the town physicians who were also involved in the mission. Nurse volunteers served as advocates for health literacy, further reinforcing preventative care education, empowering individuals to take proactive steps towards better health outcomes, and laying the foundation for sustainable wellness.

Medication distribution played a pivotal role in addressing immediate healthcare needs within this barangay. Access to essential medications is often limited in remote areas, exacerbating existing health disparities. Coordinated efforts, and the generous monetary donations from each of the chapters, ensured that medications reached those who needed them most.

The impact of the medical mission extended far beyond the immediate beneficiaries. By collaborating with other Western regional chapters, the PNAA nurses demonstrated the strength of unity in addressing healthcare challenges. Together, they exemplified the spirit of bayanihan, harnessing collective expertise and resources to uplift communities in need.

Moreover, the mission underscored the importance of global solidarity in advancing healthcare equity. As healthcare professionals, we recognize our responsibility to serve not only our local communities but also marginalized populations worldwide. Through international collaboration and partnership, we have the ability to amplify our impact and contribute to the global health agenda. With each medical mission and act of service, let us continue to stand united, advocating for equitable access to healthcare and championing the well-being of all, thereby reaffirming our pledge to make a difference, one community at a time.



Cielito Matias-Schwartz, presenting a check to Ms. Beatriz D. Tupas on behalf of PNAH



Catherine Hopf and Cielito Matias-Schwartz of PNAH embracing the warm welcome



PNAH nurses and Physician volunteers



PNAH nurses at the pharmacy



Medications ready for distribution



School aged boys eagerly awaiting their turn for circumcisions at the town clinic



Height checks for the children



WR chapter nurses and PI nurse volunteers at Barangay Bay-ang Health Center



Time for merienda!



Group picture of all medical volunteers



Personal Reflection on my First Medical Mission

By Kyle Didulo Masangkay, RN
PNASD Member

Reflecting on my first experience as a PNASD member and medical mission volunteer, I was moved to experience the importance of community cohesion, family, and human connection the people of Santo Domingo valued and were prevalent. I observed how others helped elderly patients in their community navigate the various booths when volunteers were busy helping other patients.



Having the privilege to be a part of the medical mission and serve has changed my outlook professionally and personally. On a professional level, working in a foreign environment with limited resources has enhanced my skills in communication with various backgrounds and resourcefulness. Coming from San Diego, where healthcare has a strong presence in the community with many large hospitals, I was reminded of how powerful an impact a single nurse can make in healthcare locally and globally. My experience has changed my appreciation of being a nurse and a community member. It was a humbling yet empowering experience that showed me the impact nurses can make in global healthcare.

Respiratory Virus Guidance Snapshot



Core prevention strategies

<p>Immunizations</p>	<p>Hygiene</p>	<p>Steps for Cleaner Air</p>	<p>Treatment</p>	<p>Stay Home and Prevent Spread*</p>
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Additional prevention strategies

<p>Masks</p>	<p>Distancing</p>	<p>Tests</p>
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***Stay home and away from others until, for 24 hours BOTH:**

Your symptoms are getting better

+

You are fever-free (without meds)

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick or are recovering

CDC Updated Respiratory Virus Guidance in a Snapshot

CDC released updated and practical recommendations to help people lower risk from common respiratory viral illnesses, including COVID-19, flu, and RSV. The CDC recommendations include core preventive steps and strategies such as:

Staying up to date with vaccination to protect people against serious illness, hospitalization, and death. This includes for flu, COVID-19, and RSV if eligible.

Practicing good hygiene: Cover coughs and sneezes, wash or sanitize hands often, and clean frequently touched surfaces.

Taking steps for cleaner air: Bring in more fresh outside air, purify indoor air, or gather outdoors.

Seeking treatment. For people with COVID-19 and influenza, treatment is available and can lessen symptoms and lower the risk of severe illness.

Staying home and away from others when sick. Return to normal activities when symptoms are improving for at least 24 hours, and fever gone without use of a fever-reducing medication.

Additional precautions to take for 5 days after returning to normal activities:

- *Masking* to help lower the risk of virus transmission
- *Distancing* yourself and others helps lower the risk of spreading a respiratory virus
- *Testing* provides useful information to help you make prevention or treatment choices

CDC's updated guidance reflects how the circumstances around COVID-19 have changed. While it remains a threat, today it is far less likely to cause severe illness because of widespread immunity and improved tools to prevent and treat the disease.

Source: <https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

Disclaimer:

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Bridge Access Program Para sa Bakuna at Paggamot sa COVID-19



Pangkalahatang-ideya ng Programa

Sa ilalim ng pamamahala at pangangasiwa ng CDC, ang **Bridge Access Program** ay patuloy na tinitiyak ang pagkakaroon ng tulay para sa bakuna at paggamot sa COVID-19 pagkatapos ng komersyalisasyon ng mga produktong ito na magmumula sa Oktubre 2023 hanggang sa Disyembre 2024.

Sino ang nararapat sa programang ito? (Eligible)



Ang mga nasa hustong gulang na nabibilang sa 25-30 milyon na walang health insurance, gayun din ang mga may health insurance na hindi nakatatanggap ng libreng coverage para sa COVID-19 vaccines and treatments.

Ang programa bang ito ay permanente o pirmihan?



Ang programang ito ay nagsisilbing pangsamantalang tulay (temporary bridge) na mag-uugnay sa permanente at komprehensibong Vaccines for Adults Program na iminungkahi sa FY 23 at FY 24 ng [President's Budget](#).

Saan makakakuha ng Bakuna (Vaccine)?

Sa isang lokal na Health Provider

Gagamitin ng CDC ang kasalukuyang pakikipagtulungan sa state at local health departments (LHDs) upang mabilis na maipamahagi and mga COVID-19 vaccines sa tulong ng mga providers sa kani-kanilang networks.



Pamamahalaan ng CDC ang pagbili at pamamahagi ng mga COVID-19 vaccines para sa state at LHDs, gayun din ang pangangasiwa nito at ang pagbibigay ng tulong-teknikal.

Sa isang lokal na sentrong pangkalusugan (local health center)

Federally qualified health centers (FQHCs) ay makikipag-ugnayan sa LHDs at state immunization programs para masiguro na makakakuha sa mga providers ang mga nasa hustong gulang na walang mga health insurance.



Ang HRSA ay magbibigay ng pondo at suporta sa FQHCs network upang matiyak ang outreach at vaccine delivery sa komunidad na kanilang pinaglilingkuran.

Sa malapit na botika o parmacya (nearby pharmacy location)

Makikipagtulungan ang CDC sa mga botika/parmacya upang matiyak na ang mga nasa hustong gulang na walang health insurance ay patuloy na makakakuha ng libreng COVID-19 vaccines and treatments na ginaganap sa libu-libong botika sa buong bansa.



Gagamitin ng iba't-ibang sangay ng mga botika/parmacya ang kanilang extensive footprints at ang kanilang pakikipag-ugnayan sa komunidad, upang maabot ang mga nasa hustong gulang na walang insurance, gayun din ang mga hindi nakatatanggap ng sapat na serbisyong pangkalusugan.

KUNG MAY KATANUNGAN :

Makipag-ugnayan sa ISD Bridge Program inbox:

PolicyISDBridge@cdc.gov

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P N A A CHAPTER NEWS



PNA-CCTX Inducts EB 2024-2026

By **Haziel Camota, BSN, RN**
Immediate Past President 2022-2024

From Corpus Christi, the Sparkling City by the Bay, Philippine Nurses Association of Corpus Christi Texas (PNA-CCTX) recently held the inauguration of its third president, Nanette Sebastian, and her Executive Board (EB) 2024-2026 on February 24, 2024 at the Holiday Inn Downtown Marina in Corpus Christi, Texas.

Donning their elegant Filipiniana attire at this auspicious event, the officers and members of the Philippine Nurses Association of Corpus Christi gathered together to celebrate the new set of officers 2024-2026, the outgoing officers of EB 2022-2024, and all of the nurses in attendance. The ballroom was abuzz with around 160 eager attendees. The food, music and entertainment were great; networking and camaraderie were superb!

The PNAA leadership was headed by our energetic president, Dr. Gloria Beriones, who inducted the new set of officers accompanied by SCR VP, Manny Ramos, and Board Members, Dr. Riza Mauricio and Melissa Cunanan.

Representatives from the community were also there, which included officers from the Coastal Bend Fil-Am Association, leaders from the hospitals in the city, and of course friends, families and supporters of PNA-CCTX.

It was a night to remember as the future of PNA Corpus Christi is looking bright as ever! Good luck and more power to Philippine Nurses Association of Corpus Christi Texas!





Toy Drive by the PNA Corpus Christi Texas Chapter

By Mary Spicak, BSN, CCRN



The members and officers of the PNA-CCTX Chapter started a 3-part toy drive to benefit children who are victims of childhood trauma such as domestic violence. Launched in the first week of December, 2023, we completed this toy drive last January 27, 2024. Our PNA Chapter identified Station #3 of the Corpus Christi Fire Department as the repository of these stuffed toys. The Medic Unit of Fire Station #3 has been identified in 2018, by the Firehouse Magazine, as the sixth busiest ambulance in the country and the top in Texas. They respond to 20 – 25 calls on an average shift. Studies show that childhood trauma and stuffed toys are intertwined as “a healer and a healed”. Stuffed toys can provide diversion whether a child’s stress stems from anxiety, sickness, and or pain. These toys are connected with warmth, pleasure, and convey a sense of security and protection. They can reduce tension simply because the child is entertained when engaging with them.

In the promotion of our mission and vision to provide community outreach opportunities to Filipino and Filipino-American nurses in Corpus Christi, we aim to continue this project and plan to include our local Children’s hospital in the future.





P N A A

CHAPTER NEWS

PNA Greater Saint Louis's Community Outreach in Guindulman, Bohol

Write-up and photos by **Josie Veit, BSN, RN**; PNAGSL President 2022-2024

Annabelle Cosas, BSN, RN; PNAGSL Editor/Bylaws & Policies & Procedures Chair 2022-2024



The Philippine Nurses Association of Greater St. Louis conducted a Community Outreach in the Philippines at Casbu, Guindulman, Bohol on February 20, 2024. Casbu is the ancestral hometown of President Josie Veit. She did an extensive research to collaborate with the local government units such as the mayor, the Barangay captain and the school principal. Communication was done by email for months. Before the event, Josie even met up with the mayor and visited the school as there was no school when she was growing up. Doing the outreach with her were two PNAGSL past presidents, Evelyn Sullivan and Maria Hipolito and their husbands, Rocky and Tony, respectively. Josie's husband, Richard and daughter, Ashley also joined the team. Because of the rain, the mayor suggested to hold the event in the Barangay Hall. The stage was already set-up with a long table and a microphone.

The outreach comprised of serving lunch and giving each student a backpack filled with school supplies. For lunch, PNAGSL staff served 180 Jollibee meals (chicken, rice, spaghetti and juice) to 156 students, nine teachers, eight Barangay Health workers and seven Barangay officials. Distribution was done by grades starting with the Daycare children till the sixth graders. While the students were eating, Josie announced that they were giving to the school two basketballs and two volleyballs. Everyone gave a loud "yeah" and the loudest applause!

After finishing their lunch, Josie called the students from each grade back to the stage to receive their backpacks. Each backpack contained a notebook, writing pad, ruler, crayon, pencil case, pencils, pens, eraser and sharpener.

The PNAGSL team also provided the Daycare and Kindergarten classrooms with laminated posters of alphabet, numbers, shapes, colors, fruits, animals and vegetables and big square puzzle mats. For the classroom of the first graders, given out were flashcards of alphabet, numbers, shapes and colors while the classrooms of the second to sixth graders received flashcards of addition, subtraction, division and multiplication.



The school principal came up the stage and gave a brief speech of gratitude. She thanked PNAGSL for making a difference on the lives of the children. She thanked Josie for choosing their school for the outreach mission. Casbu Elementary School gave PNAGSL a framed Certificate of Appreciation. Josie stated that “it was so heartwarming, so fulfilling and just seeing the children's faces with joy made your eyes tear-up. It was a priceless experience!”



As for Rocky (Evelyn Sullivan's husband), such moving encounter brought tears to him; claimed this outreach was the highlight of his trip to the Philippines.



This community outreach in Bohol by PNA-GSL was a great success. Charity swells our hearts through this unselfish act of giving!





The principal of Casbu Elementary School presented Josie a Certificate of Appreciation for PNAGSL's support and generosity to the students.



Casbu Barangay Health Center was part of the Bohol visit. In the name of PNAGSL, Josie donated six blood pressure monitors to six purok (districts). Josie is shown here with the health center staff.



PNA Metro DC's Ate and Kuya Program: A Welcome Program to Support Internationally Educated Nurses (IENs)

By Christine Pabico, PhD, RN, NE-BC, FAAN

Introduction

As healthcare continues to experience a worsening nursing shortage exacerbated by the COVID-19 pandemic, the American Nurses Association urged the U.S. Department of Health and Human Services to declare the shortage a national crisis. The United States (U.S.) is hiring more nurses from other countries to ensure an adequate supply of nurses. The Philippines has been the primary source of nurses worldwide since the 1970's, with the U.S. as the ultimate destination ([Choy, 2003 \[ojin.nursingworld.org\]](https://ojin.nursingworld.org)). Up until now, migrant nurses, remain a crucial pillar of U.S. health care.

Problem

The prospect of working in the U.S. is a dream for Filipinos. However, literature highlights how the initial excitement is often overshadowed by social isolation, anxiety, loneliness, and high levels of stress (many of our members can relate to having gone through the same experience). Migrating to the U.S. means being separated from family and friends, starting a new life in an unfamiliar environment, and having to adapt to a new culture, language, food, weather, just to name a few. In fact, the University of Illinois at Urbana-Champaign Counseling Center noted that foreign-born nurses undergo through the stages of cultural adaptation: honeymoon stage, culture shock, recovery, adaptation, reverse culture shock.

Internationally educated nurses (IENs) who lack sufficient support experience significant stress. Research demonstrates that clinician well-being directly affects patient outcomes. Therefore, reducing stress and addressing factors that contribute to burnout are critical for enhancing patient care and safety. Studies also indicate that heightened stress can lead to burnout, cynicism, and decreased performance over time, as well as higher rates of nurse turnover or "quiet quitting," where nurses remain in their positions but become less engaged.

When IENs are not immediately integrated into the health system and the local community, they struggle to cope. Some choose to leave as soon as their contract ends. In some cases, they may even break their contracts to relocate to areas where they have family or friends, or where their unique attributes are appreciated, and their cultural needs are met. Sweet and Hawkins (2015 [ojin.nursingworld.org]) highlight that while the nursing profession has become more diverse, some nursing leaders lack a deep understanding of the transition process for foreign-educated nurses. Additionally, employers and nurse managers are frustrated when well-intentioned initiatives fail to adequately address the unique needs of IENs or when IENs do not meet the needs of their unit/organization. This innovative and comprehensive program is a collaboration among PNAMDC, health systems, recruitment agencies, and IENs.

A Program to Support Internationally Educated Nurses (IEN) New to the U.S.

PNAMDC developed a comprehensive program aimed to foster more inclusive and culturally sensitive strategies to improve the sense of belongingness for newly arrived Filipino nurses in the DC, MD, and VA areas (and can be replicated for other migrant nurses and PNA chapters nationwide). The program will equally address challenges employers are experiencing with their IENs and identify best practices for recruitment agencies. This approach ensures positive outcomes for all parties involved, including the health systems, recruitment agencies, the nurses, and PNAMDC.

“Gabay Patungo sa Tagumpay”

Gabay Patungo sa Tagumpay is a comprehensive workshop/webinar series designed to support IENs in their acculturation process. This innovative program aims to provide IENs with the necessary tools and resources to navigate the challenges of working in a new healthcare environment while embracing their unique cultural identity.

Join the Ate and Kuya Program

Why it Matters?
We've all been in your shoes. We understand how the initial excitement of coming to the U.S. can be immediately overpowered by social isolation, anxiety, loneliness, and high levels of stress. Foreign-born nurses undergo through the stages of cultural adaptation: honeymoon stage, culture shock, recovery, adaptation, reverse culture shock. We want you to know that you are not alone. We want to be here to support you and help you navigate through those stages.

PNAMDC is here to partner with you and set you up for success!

Comprehensive Welcome Program

- 01 Identify Needs**
Focus group with IENs, employers, and recruitment partners to identify challenges and needs of migrating nurses. Invitation for health care organizations that employ IENs to attend a webinar to hear IENs' lived experience. The webinar will also offer strategies to help them support their newly hired nurses.
- 02 Connect with the Filipino Community**
IEN introduction to the Filipino nursing community. Invitation to networking events and field trips. Directory of local Filipino businesses and get introduced to local Filipino experts and resources.
- 03 Dedicated Mentor**
A dedicated ate/kuya (big sister/brother) that IENs can reach out to for guidance and someone who will reach out to them on a regular basis to help them navigate the new environment.
- 04 Welcome Pack**
Welcome packs for newly-arrived IENs that include culturally appropriate comfort items (e.g. rice cooker, a bag of rice, and other essentials).
- 05 Workshop and Webinars**
5-workshop/webinar series for IENs to discuss relevant topics to help with acculturation.
- 06 Culmination Event**
Celebrate and be recognized at the U.S. Philippine Embassy.

Together, we can make a difference.

<https://pnamdc.com>
Christine Pabico 202-271-8249
Maricon Dana 859-559-3692

The format for the first session will be a 6-hour in-person workshop which will provide opportunities for the IENs to connect with their peers and PNAMDC members. Topics that will be discussed include:

- Introduction to PNAMDC and available resources
- Strategies for overcoming challenges and managing expectations
- Addressing stereotypes and biases
- Effective communication skills
- Cultivating accountability and shared responsibility for success
- Reflective journaling to encourage self-reflection and personal growth.

The succeeding sessions will be in a 2-hr virtual webinar format which will include topics such as: Assessing Learning Needs; Active Engagement in Work and Community; Importance of Active Engagement in the

Workplace and Community; Pursuing Nursing Excellence, and Improving Resilience and Well-being. Other topics will be added based on feedback from the participants and identified needs. As a culmination of the learning series, a recognition event will be held at the Philippine Embassy

Dedicated Ate and Kuya

To provide IENs with crucial support and guidance, PNAMDC will pair IENs with dedicated ates and kuyas (big sisters/brothers) who can play a vital role in their integration process. Ates and kuyas will maintain regular contact with IENs, reaching out every two weeks during the first three months and then monthly thereafter. This consistent communication helps IENs feel supported and connected, reducing feelings of isolation and loneliness. They will also be available for guidance and support as IENs navigate their new environment. Lastly, Ates and kuyas will personally invite IENs to PNAMDC events and take them under their wing, to encourage participation and help them build connections within the organization.

PNAMDC
Ate and Kuya Navigator
Guideline

Goal: To provide support and guide for internationally-educated nurses (IENs) as they transition to the new culture and work environment. The support can extend toward a more holistic approach.

MINIMUM EXPECTATIONS

- ATTEND THE FACE-TO-FACE INAUGURAL IEN WORKSHOP IN APRIL AT THE VIRGINIAN.
- TEXT, CALL, OR MESSAGE THE ASSIGNED IEN AT LEAST ONCE A WEEK.
- GET THE PULSE OF HOW THE IEN IS ADAPTING TO THE NEW CULTURE AND ENVIRONMENT.
- BE A SOUNDING BOARD FOR BASIC ACCULTURATION CONCERNS RELATED TO THE NEW ENVIRONMENT.
- BE A SUPPLEMENTAL COPING MECHANISM.
- HELP ADDRESS THE ASSIGNED IEN'S HOLISTIC NEEDS OR REFER THEM TO SOMEONE WHO CAN PROVIDE THE RELEVANT ASSISTANCE NEEDED APPROPRIATELY.

IDEAS FOR ADDITIONAL SUPPORT (BUT NOT REQUIRED):

Welcome the assigned IEN at the airport.

Meet the assigned IEN personally and drive them to places where they can obtain the basic necessities.

Directory of Filipino Resources

IENs will receive a directory of local Filipino businesses, including restaurants, grocery stores, and services. This directory will help IENs access familiar products and services in their new environment. Introduction to

Filipino Owned Business in the DMV Area
by PNAMDC



Welcome
kahahayan

Welcome to the DC, MD, VA area! We understand that transitioning to the US can be both exciting and challenging. PNAMDC is proud to partner with Filipino-owned businesses who are ready to extend their heartfelt support. Your contributions to the healthcare profession enrich our community; therefore, we are honored to offer our assistance as you embark on this new chapter of your career journey. We understand the importance of cultural connection and community.

Our local businesses are happy to partner with us, connect with you, and support your needs.

Please know that you are not alone as you get settled, and we are here to champion your success every step of the way. We look forward to meeting you, welcoming you into our community, and helping you thrive in your new home.

Your PNAMDC Family

Filipino Stores
01



Filipino Global Market
• 6365 Livingston Rd, Oxon Hill, MD 20745
• (301) 446-0708

Filipino Global Supermarket
• 5509 Leesburg Pike, Falls Church, VA 22041
• (703) 820-1963

Kabahayan Market
• 43352 Minnieville Road, Woodbridge, VA 22192
• 703-730-0747

Philippine Oriental Market & Deli
• 3610 Lee Hwy, Arlington, VA 22207
• (703) 828-0303

Pinoy Market & Cafe
• <https://www.pinoymarketcafe.com/>
• 703-311-1337

Filipino Restaurants
02



Kalwa
• www.kalwado.com
• 101 Wharf St NW, Washington, DC 20004
• (202) 338-8379

Kaya Ja's Lechon Belly
• <https://www.kayajass.com/>
• 3284 Nicholson Ln, Fort H. Rensselaer, MD 20785
• (202) 548-8382

Pino's Kitchen
• <https://pinoskitchen.com/>
• 402 9th St NW

Purple Patch Food & Deli
• <https://www.purplepatchdeli.com/>
• 202,299,0032
• **Special offer: 10% off for nurses**

Real Filipino Kuzina
• www.realfilipino.com
• 6910 J Braddock Road, Alexandria, VA 22304
• 571-885-4035

Tiki on the 14th
• <https://www.tikoonthe14th.com/>
• 1411 14th Street NW, Washington, DC 20005
• 202-846-1932

local Filipino experts and resources in various fields, especially those identified by focus group participants as the greatest needs (housing, transportation, financial services, etc.) will help IENs access valuable information and support.

Welcome Pack

Simple welcome packs for newly-arrived IENs that include culturally appropriate comfort items and other essentials will be provided, based on availability.

Conclusion

PNAMDC's comprehensive welcome program for IENs aims to provide a warm and supportive environment for newcomers to the D.C. metropolitan area. By introducing IENs to the Filipino nursing community, providing networking opportunities, and connecting them with local resources, PNAMDC hopes to facilitate a smooth transition and promote a sense of belonging for all IENs.

Special thanks to the core group that helped develop the welcome program for Internationally Educated Nurses (IENs), including Maricon Dans, Co-chair of the program; Franz Henryk, Education Chair; Lourdes Careaga, Health and Wellness Committee Chair; Elmer Amparo, Ways and Means Committee Chair; Alvin Matium, Geneviev Lobaton, Aimee Sarmiento, and Emily Obcemea.



PNA Metro DC's Promise Fulfilled

By Lourdes Careaga, MSN, RN, CMSRN, NE-BC, Aida Imperio BSN, RN, Joy Arellano, BSN, RN, Christine Pabico PhD, RN, NE-BC, Prima Colburn, BSN, RN

“The woods are lovely, dark and deep. But I have promises to keep, and miles to go before I sleep.”

— Robert Frost

The Philippine Nurses Association of Metropolitan DC has successfully conducted its 19th medical-dental mission in Sagay, located in Camiguin Islands, Philippines from January 31-February 2, 2024. With a total of 60 medical mission volunteers, consisting of PNAMDC nurse members, nursing colleagues from PNA chapter affiliates, auxiliaries from metropolitan DC, from across the country and from the Philippines, this year's mission event has delivered on its promise to provide medical and dental services to the most vulnerable patient population in Sagay.

This mission was originally scheduled in 2021. Due to the onset of COVID in 2020 and the gradual reentry to normal, PNAMDC called for a pause to prioritize safety for all i.e. volunteers and recipients of care. All Medical Mission preparation for Sagay was eventually resumed in 2023.



• **Summary of Services**

Sub-totals (Day 1 - 2)	F	M	A	P	TOTALS	
1 Triage / Vital Signs	362	201	563	342	221	563
2 Medical Consult	297	107	404	404	0	404
3 Dental	290	144	434	210	224	434
4 Ophthalmology	593	217	810	789	21	810
5 Pharmaceutical	845	33	878	793	563	1,356
	<u>2,387</u>	<u>702</u>	<u>3,089</u>	<u>2,538</u>	<u>1,029</u>	<u>3,567</u>

OTHER: Sub-totals (Day 1 - 2)	F	M	A	P	TOTALS	
1 Laboratory	73	27	100	87	13	100
2 Minor Surgery	31	20	51	43	8	51
3 OB	38	1	39	36	3	39
4 Pedia	222	226	448	5	443	448
5 X-ray	27	33	60	41	19	60
	<u>391</u>	<u>307</u>	<u>698</u>	<u>212</u>	<u>486</u>	<u>698</u>

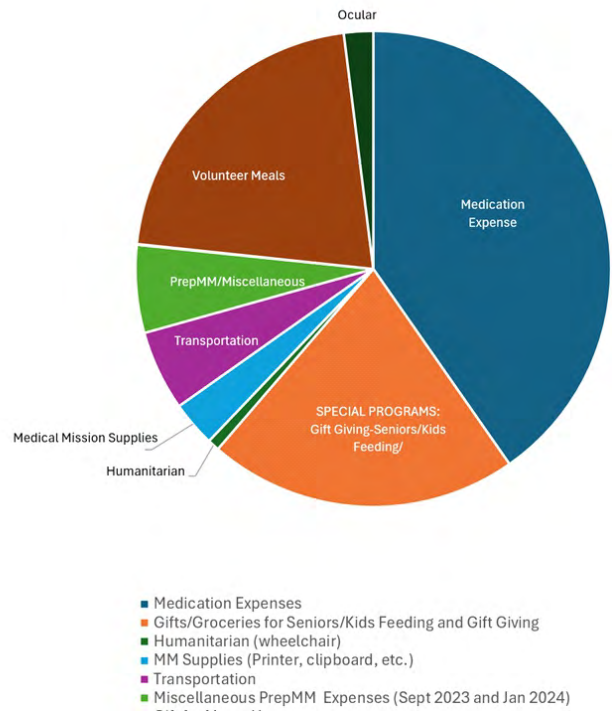
4,265

Service	TOTALS
Tsinelas for the Kids	120
Feed the Children	170
School supplies, umbrellas	200
Dental Kits	200
Seniors Gift Giving	
Nutrition/Personal hygiene	200
Humanitarian gift for Cerebral Palsy girl- Wheelchair	1
	<u>891</u>

Total Count for Combined Healthcare services and Special Programs recipient: 5156

Medical Mission Expense Distribution

2024 Medical Mission Expense Distribution



Data without its accompanying story are just numbers devoid of its true value. Behind these graphs and numbers are several hundred dedicated people who made this happen. The thousands of hours worked, not just on the actual mission event days itself, but in the year/s and months of preparation involved. The PNAMDC Medical Mission Committee, chaired by Joy Arellano, co-chair Aida Imperio and committee members Prima Colburn, Lourdes Careaga and current President Christine Pabico had the relentless support of the Camiguin health team under Dr. Gretchen Cabalang, MD and the Sagay's local government unit led by Mayor Joseph Uayan, PhD, RN. Our team worked very closely with Thelma Galon and Erline Patangan, local coordinators from Camiguin, who had demonstrated their fierce dedication and determination to make this mission happen.

As we concluded this mission in Sagay, the promise to deliver the medical - dental services and several special programs, though may be considered fulfilled, is not a definite end to PNAMDC's journey. PNAMDC and its dedicated members with the steadfast support of our community will continue to venture on many more journeys to keep its promise alive to deliver needed medical-dental services and special programs for many more vulnerable communities locally and globally.



Pharmacy Team



Welcome Dance in Sagay



With Medical Mission Committee Chair: Joy Arellano and Co-Chair/Lead Coordinator: Aida Imperio



Sagay Local Volunteer Team



With Sagay's Thelma Galon



Welcome Remarks by Christine Pabico, PNAAMDC President 2023-2025



P N A A

CHAPTER NEWS

The PNA of Metropolitan DC (PNAMDC) participates in the Wreaths Across America 2023

By Elmer Amparo



The Philippine Nurses Association of Metropolitan DC (PNAMDC) was honored to participate in the Wreaths Across America 2023 event on December 16, 2023. The Community Outreach Committee, chaired by Joy Arellano, organized the volunteers months before the event to ensure the members received up-to-date information. The participants, united from the District of Columbia, Maryland, and Virginia (DMV), came together on a chilly December morning at the Arlington National Cemetery. This collective effort was a testament to the unity and solidarity of the nursing community as we paid tribute to the fallen heroes who have made the ultimate sacrifice for our country. The atmosphere was filled with reverence and gratitude as our members prepared to pay tribute to our heroes, wearing a Santa hat, a lighthearted and festive symbol, and a touch of holiday cheer.

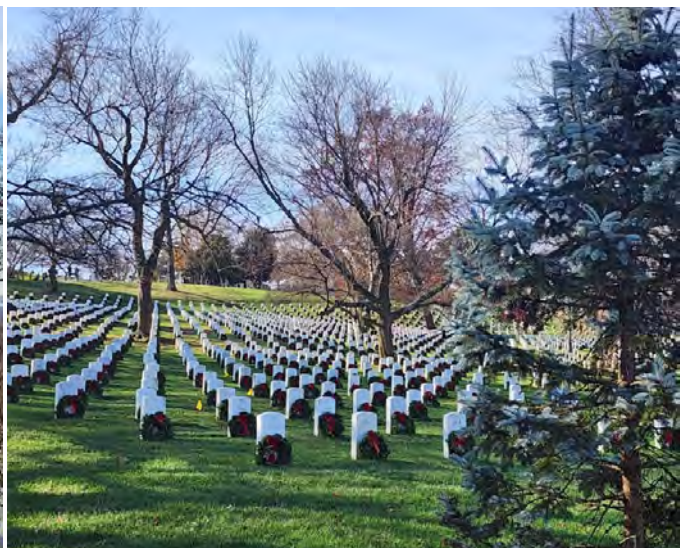
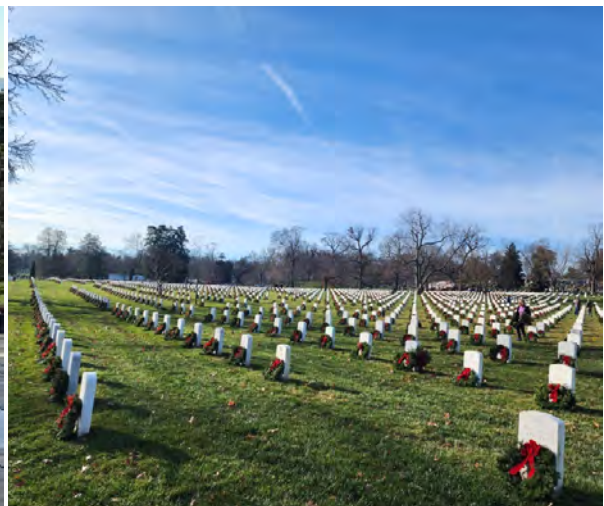
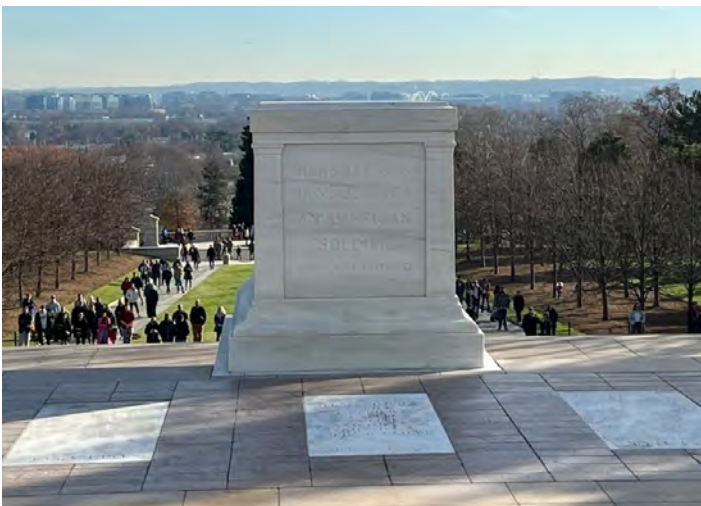
As the sun rose over the horizon, the PNAMDC volunteers joined the nationwide initiative to lay wreaths on the graves of veterans, symbolizing our collective appreciation for their sacrifices. Each wreath carried a story, a token of remembrance, and a symbol of our enduring gratitude.

The group witnessed the change of guard at the Tomb of the Unknown Soldier. It was a solemn and moving experience as we took a moment to reflect on the sacrifices these individuals and their families made. The experience was a poignant reminder that our duty as healthcare professionals extends beyond the hospital walls. It includes recognizing and paying homage to the sacrifices of those who have served our country with courage and dedication.

The PNAMDC members were deeply moved and felt profound pride and gratitude as they participated in this meaningful tradition. Each wreath they placed was a symbol of remembrance and a heartfelt token of appreciation for the selfless service of our nation's heroes. This emotional connection to the event is a testament to our respect and admiration for our heroes, and we hope to inspire the wider nursing community with our commitment.

The PNAMDC members were grateful for the opportunity to participate in Wreaths Across America 2023. We express our heartfelt gratitude to all our members, namely Joy, Prima, Mizpah, Achilles, Rose, Beth, Lenny, Edna, Zonna, Elmer, Rhea, and Kuya Vincent, who participated in this meaningful event. Their commitment to honoring our heroes exemplifies the values of compassion, service, and solidarity that define the spirit of nursing.

We look forward to continuing this tradition of honor and remembrance.





PNAA

CHAPTER NEWS

Bridging the Gap in Healthcare: A Medical Mission in Camiguin, Philippines

By Carol Robles, BSN, RN, DNS-CT, RAC-CT



PNAMDC Medical Mission 2024

As a volunteer, I assisted in triage and witnessed firsthand PNAMDC's commitment to providing comprehensive care. The mission, which provided medical, surgical, and dental care to marginalized communities, helped improve the lives of those in need. Over two days, the mission provided over 5,000 healthcare services, addressing the immediate medical needs of the local community. However, the impact of the medical mission extended beyond healthcare services. PNAMDC recognized the importance of addressing the basic needs of the community members. Through the mission, seniors received groceries, children received sandals, and 200 seniors received necessities and groceries, offering comfort and support. The mission also provided a memorable experience for almost 200 children by offering them a Jollibee meal, a special treat they had never experienced before, umbrellas, and school supplies.

The mission aimed to provide comfort and facilitate long-term solutions. Closing the health equity gap brought hope, healing, and improved well-being to those in need. Donors' support made this mission possible, and their contributions and the local government unit's partnership with PNAMDC touched the lives of many in Camiguin, creating a lasting impact on the community.



Sandals distribution

As the communications and marketing chair of the Philippine Nurses Association of America and its local chapter in Metro DC, I also had the duty of capturing the essence of the medical mission through photography. By documenting the mission's activities and impact on the local community, it is my hope to raise awareness and inspire others to participate in similar initiatives. Through my lens, I captured the faces of hope, resilience, and gratitude, sharing the stories of patients and the dedicated healthcare professionals who participated in the mission.

The medical mission was not only a professional endeavor for me but also a profoundly personal one. I was blessed to have the support and participation of my family, spanning three generations, including my spouse, son, and mother-in-law. Although my son could not physically join us in the mission as he got ill, his presence and unwavering support from afar meant a lot.

Finally, I am proud to say that I'm one of the five PNAMDC volunteers honored with the \$1,500 Medical Mission Grant from the DAISY Foundation. The DAISY Foundation's goal is to encourage nurses who have demonstrated extraordinary compassion in their daily practice to contribute to patient care for the

world's most underserved and vulnerable people. The grant helped pay for our personal expenses, such as airfare, hotel, and accommodation. I am grateful to the DAISY Foundation for their incredible support.



PNAMDC Medical Mission 2024 volunteers



*PNAMDC medical mission grant recipients.
L-R: Prima Colburn, Dr. Christine Pabico, Carol Robles,
Lourdes Careaga, Joy Arellano*

Calling all DAISY Honorees! Don't miss out on the opportunity to apply for a Medical Mission Grant! Make a difference in healthcare around the world.

Apply now:

<https://www.daisyfoundation.org/daisy-medical-mission-grants>



P N A A
CHAPTER NEWS

PNA Metro Houston & Lions Club: Striving for a Healthier Community

By Sohrab Alexander Sardual, MBA, RN, NE-BC
 PNAMH Vice-President



The partnership between the Philippine Nurses Association of Metropolitan Houston (PNAMH) and the Houston Royal Oaks Lions Club continues to flourish, as demonstrated by their recent collaboration at the LEOs event on February 25th.

PNAMH volunteers seized the opportunity to deliver invaluable health education to attendees. At their booth, they offered comprehensive stroke awareness training, including rapid assessments and crucial actions to be taken during a stroke. PNAHM volunteers also conducted blood pressure screenings, ensuring attendees had access to vital health monitoring. They were also equipped to check blood glucose levels, underlining the significance of proactive health management.

This event is a testament to PNAHM's active role in promoting the community's well-being. Through dynamic partnerships, PNAHM continues to significantly impact individuals, empowering them to prioritize their health and well-being.



PNA Metro Houston Rocks Houston: Uniting Filipino Nurses and Music Fans with Parokya Ni Edgar Concert

By Sohrab Alexander Sardual MBA, RN, NE-BC
PNAMH Vice-President



February showcased the collaboration between the Philippine Nurses Association of Metropolitan Houston (PNAMH) and Amor Productions to host the Parokya Ni Edgar concert in Houston, Texas. Parokya Ni Edgar is a beloved Filipino band known for their humorous and satirical songs, making them a nostalgic favorite for many.

The event served not only as a platform for Filipino immigrants and fans of Filipino rock music to come together but also as an opportunity for PNA MH volunteers to reconnect with former members and encourage them to rejoin the organization. By manning the entrances and acting as first responders, PNA MH volunteers demonstrated their commitment to community service while also using the concert as a networking opportunity.

Overall, the Parokya Ni Edgar concert on February 23rd, 2024, was a memorable night for fans of alternative rock music and a successful endeavor for PNA MH in strengthening connections within the Filipino community and the nursing profession in Houston.





P N A A
CHAPTER NEWS

PNA Northern California Meet the Candidates Night

By Diane Josephine Santiago, MSN RN CCRN CV-RN

On Friday, March 15, 2024, PNANC held a meet the candidates night on Zoom. Each candidate gave their introduction and goals and explained their experience for the upcoming two-year term. The event was hosted by Emily Danuco, BSN RN, who gave an introduction to PNAA and the activities of PNANC from Dr. Katy Abriam Yago. The benefits of PNAA were explained, as well as leadership programs and an introduction of the PNAA national board. The event was a fun-filled night with lots of high spirits, engagement, and excitement for the upcoming election.

PNAA BENEFITS	
BENEFITS	VALUE
<input type="checkbox"/> Meaningful relationships with mentors/peers	PRICELESS
<input type="checkbox"/> Stay Active with Annual 5K Fun Run/Walk	PRICELESS
<input type="checkbox"/> Community Outreach/Medical Missions	PRICELESS
<input type="checkbox"/> Wellness and Emotional Program	PRICELESS
<input type="checkbox"/> Camp Aruga Leadership Bootcamp	PRICELESS
<input type="checkbox"/> Patnubay sa Pagtatagumpay Mentorship Program	PRICELESS
<input type="checkbox"/> iLDP program	\$2,500
<input type="checkbox"/> PNAA Scholarship/Research Grants	\$1000+
<input type="checkbox"/> Clinical Ladder/Career Enhancement	\$1000+
<input type="checkbox"/> Free Contact Hours	\$500
<input type="checkbox"/> Tuition Discounts with University Partners	\$500+
<input type="checkbox"/> JNPARR - bi-annual/\$20 each	\$40
<input type="checkbox"/> Product Discounts Springer Book, etc	\$15

PNAA EXECUTIVE BOARD 2022-2024



DR. GLORIA L. BERIONES
President
PNA Tennessee



DR. MARLON SARIA
President Elect
PNA Southern California



DR. LEO-FELIX JURADO
Executive Director
PNA New Jersey



DR. LETICIA HERMOSA
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DR. WARLY REMEGIO
ER - VP
PNA New York



MANELITA DAYON
NCR - VP
PNA Northwest Indiana



MANNY RAMOS
SCR - VP
PNA Central Florida



COL (RET) BOB GAHOL
WR - VP
PNA Hawaii



TERESA DAMITO
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Assistant Secretary
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ASTER VARGAS
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DR. RIZA MAURICIO
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PNA Metro Houston



SUSAN REPOTENTE
Elected Member
PNA New England



MELISSA CUNANAN
Board Member
PNA North Texas



DR. SASHA RARANG
Board Member
PNA Southern California



DR. PRISCILLA SAGAR
Board Member
PNA New York



JANET PAGUIGAN
NCR - COPRR
PNA Cincinnati/KY



JUSIL RICE
SCR - COPRR
PNA Northeast Florida



MARIA SAGUN
WR - COPRR
PNA Southern California



CAT PALER
ER - COPRR
PNA Virginia



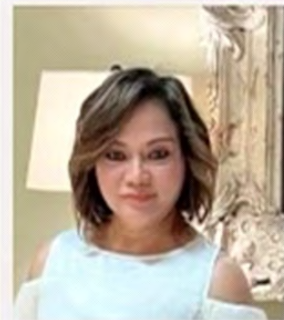
President Elect Eva Naredo



2024 PNANC Election Candidates



Secretary Nicole Brown



Treasurer Vicky Palomar



Auditor Diane Santiago



PRO Anna Cornel



Board Member
Baby Lyn Abadilla



Board Member
Norgene Erfe



Board Member
Melissa Carassus



Board Member
Katherine Abriam Yago

Electronic
Voting opens
April 15-22,
2024

Virtual Meet
Candidates on
March 15



PNA Northern California participates in the Covered California Event

By Diane Josephine Santiago, MSN RN CCRN CV-RN

PNANC participated in a Covered California event promoting signing up for this service. The service provides financial support if they qualify, as well as free assistance and many languages like Tagalog. Covered California goes over the state's health insurance choices and marketplace, where there are cost-sharing reductions of up to \$75,000 for families of four. Through Jan. 20, over 850,000 of Covered California's 1.7 million enrollees have qualified for these cost savings and richer benefits, and more than two-thirds of them can get an Enhanced Silver cost-sharing reduction plan for \$10 or less per member each month.

Compared to other Asian Americans and Native Hawaiian/Pacific Islanders (AANHPI), Filipino Americans are at:

- 70% increased risk of diabetes
- 67.5% have high blood pressure
- 57.1% have high blood cholesterol
- Filipina American women - 2nd highest incidence of breast cancer
- Filipino American men - highest incidence of pancreatic cancer



PNANC participated in this event to help bridge the gap this winter in collaboration with the Philippine Consulate of San Francisco. PNANC's President Rian I.G. Mocorro, DNP, MPH, APRN, PHN, FNP-BC, and President-Elect Lourdes Moldre, MSN, BSN, RN, ACNP-BC, spoke at the media forum on the importance of having health coverage for 2024 and beyond.



This was followed by a community discussion with community leaders on the barriers to accessing Covered California among Filipinos and Filipino-Americans attended by the PNANC President and PNANC Secretary Eva N, RN. Lastly, PNANC just submitted the application for a Covered California grant. Jeremy, Nicole, and Anna (2 out of 3 are the Stanford RNs) helped with putting in the application. Lots of work that they put into this, with multiple meetings in the past 3 weeks to make the 3/15 deadline of today. Cross your fingers that this grant will be received.



PNA San Diego's Medical Mission in the Philippines

On the day of the medical mission, we set up ten booths. These booths comprised of Registration, and vital signs and weights, Physical Assessment and Blood Glucose Screening, Demographic Survey and Health Education, Medical Consultation, Maternal and Baby care, Dental care, Optometry and Reading Glass Distribution, Pharmaceuticals/drug dispensing, Blood bank donation, and food distribution. The volunteers from PNASD, Philippine nursing students, medical students, doctors, pharmacists, the Philippine Red Cross, PNA Ilocos Sur members, Rural Health Unit staff, and Rotarians collaboratively run the booths.



The volunteers directed the clients to the appropriate medical area through the screening process. Some of them have been pre-screened to have dental care. Many people need more understanding of healthy lifestyles and access to medical care. While people were waiting to be seen by the appropriate provider, PNASD volunteers hosted lectures covering healthy lifestyles, medication adherence, exercise, etc.



Many patients screened showed signs and symptoms of illnesses unrelated to their chief complaint. Some of the patients had elevated blood sugar levels, high blood pressure, undiagnosed chronic illness, or untreated diagnosed chronic illness. The patients picked up their prescriptions at the pharmaceutical booth or a free set of glasses at optometry after being seen by the physicians. At the end of their visit, they had free lunch and drinks and a free haircut as they wished.

The maternal care booth provided expectant mothers with prenatal care and performed ultrasounds for some who were not even sure of their age of gestation. Volunteers offered education and a quick check of patients' blood sugar. Physicians examined children who had coughs and colds. The dental care booth provided the much-



needed dental care; most patients needed dental extraction. The Philippine Red Cross was busy assisting volunteer blood donors, and a group of local medical students assisted with the typing and screening of donated blood. PNASD volunteers took charge of the Reading glass distribution after the optometrist had done preliminary screening. The PNASD medical mission volunteers provided medical care and health teaching to 800 underserved kababayans from 36 Barangays.





The Office of the Santo Domingo Sangguniang Bayan, Resolution No.018, Series of 2024, was awarded to PNASD. Rico Soliven, the past President of the Rotary Club, accepted the award on behalf of PNASD. The Resolution stated, "It at this moment hereby **RESOLVED**, to **EXPRESS SINCERE THANKS AND DEEP GRATITUDE OF THE SANGGUNIANG BAYAN AND OFFICIALS OF SANTO DOMINGO ILOCOS SUR TO THE PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO CALIFORNIA FOR THEIR CONDUCT OF MEDICAL-DENTAL MISSION ON FEBRUARY 3, 2024, AT THE SANTO DOMINGO PEOPLE'S COLISEUM.**"



Medical Mission: Second Day PNASD is Making a Difference in the Lives of Underserved Children

By Merlyn S. Foronda, BSN, RN, CCRN
PNASD Corresponding Secretary



PNASD spent the second day of PNASD's Global Healthcare Outreach Program supporting the Rotary Club of Magsingal's Feeding Program for the underweight children of barangay Laoaingen. This barangay is one of the farthest barangays from the town proper and one of the poorest. It is close to the mountains of the Cordillera. First, we had the "Bring Me" game for the children with money for the winners. The game was so much fun, and everyone had a wonderful time! The children started feeling at ease and comfortable with the visitors. Then we started feeding them with chicken arroz caldo and boiled eggs.





Each child, five years old and under, was weighed to make sure they were within the acceptable percentile of weight for their age. The volunteers will report the data collected during the event to the barangay rural healthcare workers for follow-up. We gave health education on proper handwashing and brushing teeth through demonstration with audience participation. After the demonstration, we gave each child a 100 pesos cash incentive, oral care kits (toothbrush and toothpaste), bath soaps, and multivitamins. We can see happiness in the eyes of each child and their parents or support person. There was an ice cream vendor watching our program. Two of our PNASD members, Tess Porciuncula and Elaine Soliven, paid for his entire sale so the children could have free ice cream in the cone. Lastly, we donated blood pressure machines and hand sanitizers at the Rural Health Unit.

Feeding the children was indeed an unforgettable experience for us. It is so heartwarming to be of service to underprivileged children. PNASD's first medical mission, and we are hoping to continue this advocacy in the near future.



PNASD's First Global Healthcare Outreach Program

By Kyle Didulo Masankay RN, New Graduate Nurse, PNASD Member, and Perly Aguinaldo BSN, RN, PNASD President 2022-2024

On February 3-4, 2024, The Philippine Nurses Association of San Diego Inc. made history. The seventeen (17) PNASD members and officers, along with their families, collaborated with 13 Medical doctors, 12 dentists, two (2) Optometrist, a Pharmacist, Rotary Club officers, PNA Ilocos Sur President and members, nursing and medical students, Rural Health Unit (RHU) staff, and young Rotarians to volunteer and support PNASD's First Medical Mission and Global Healthcare Outreach.

Interview with Perly Aguinaldo, PNASD President



Kyle Masankay



Perly Aguinaldo

Q. This is the first-ever medical mission done by PNASD; what are your thoughts and feelings about this first medical mission?

First of all, this year, 2024, we will be celebrating PNASD's 50th Anniversary; it will be a significant part of our history and legacy to remember that we did our first Medical Mission in our 50th year.

Second, as a professional organization, we need to help advance the health equity of our underserved kababayans by bringing healthcare to where they are. There are so many health inequities that we need to address and do something to continue to move forward as a valuable professional nursing organization.

One of PNASD's goals is to promote Global Health. Many of our members suggested doing a medical mission. We can increase their engagement by introducing inspiring and motivating initiatives.

Q. What inspired you to hold the first medical mission in Santo Domingo, Ilocos Sur, out of anywhere else?

Our Philippine side local liaison, PNASD member, Elaine Soliven is from that area, she is aware of peoples' health needs and has participated with Medical missions held in the area. The Rotary Clubs that we decided to partner with are also from there; they have a lot of members in the medical fields, and they are very experienced in doing medical missions.

Q. Who participated in planning and coordinating this medical mission? Is there anyone in particular that you would like to recognize?

From the Philippines planning side, I would like to recognize Elaine Soliven, who coordinated all the activities, ensured that we had the volunteers we needed, and mobilized all her connections and resources. She was highly organized. Linda Sparks, one of our engaged members from Ilocos Sur, coordinated the transportation and tours for our volunteers and invited Governor Jerry Singson to join us on that day.

From here, I believe anyone who helped with the fundraising process, our PNASD leaders who trusted us, and most importantly, our members with their families who traveled to Ilocos Sur to volunteer and show their support. As many of them said, "It was an expensive but very gratifying volunteerism." I am incredibly grateful to Vivian Sanderlin, PNASD, past President, and BOD member, for attending and representing the BOD.

Q. Describe the planning process. Were there any challenges?

Once BODs confirmed the decision to do a medical mission, it took over one year to do some research; I reached out to PNAA leaders, chapter presidents, and other organizations who have done medical missions. Dr. Merlie Ramira, Past PNASD President and past WR RVP, made some phone calls to her connections to inquire as well. The information we obtained made us decide to collaborate and partner with other organizations. Since our leaders were concerned about liabilities and safety, I consulted a lawyer and tax experts for advice.

On March 28-31, 2023, I traveled to Santo Domingo Ilocos Sur; we visited the proposed venue and met with Rotary club officers, the Vice Mayor, and other local government officials. We confirmed the venue and accommodation for our volunteers. It was a very reassuring visit; at that point, it was a "GO."

The challenge was the fear that Rotary clubs would not have enough medical volunteers; their doctors were busy and could not confirm volunteer hours on those two days. The projected number of patients was 800, coming from 36 barangays. Our challenge was raising the funds we needed and other organizational issues.

Our first Giving Tuesday Fundraising platform was a success; it provided for half of our projected expenses. Thank you, Jay Larossa, Tess Porciuncula, chair of Business Development, spearheaded other fundraising activities. Overall, we were able to raise the funds we needed for our projected expenses.

Q. On the morning of the medical mission, what were your thoughts and feelings seeing everything coming together and seeing the people of Santo Domingo?

Happy and sense of relief! Witnessing our PNASD volunteers ready to work, along with almost 75 volunteers and an extensive line of patients, was very uplifting.

Q. We had many important Filipino leaders who visited our medical mission to show their support; who were they, and what were your conversations with them?

The Honorable Governor of Ilocos Sur, Jerry Singson, was there and pledged to support our next medical mission. Santo Domingo Mayor Bryan Dexter Tadena came two times for the opening and returned when the Governor was there. He is incredibly grateful, and he extended an invitation for next time. Their presence made our First Global Healthcare Outreach memorable.

Q. What do you hope will happen regarding medical missions?

We learned so much from this medical mission; we will address the issues we encountered before, during, and after the medical mission. Our medical missions will keep improving; hopefully, we will not have to wait too long for the next one.



P N A A
CHAPTER NEWS

PNA San Diego's Balikbayan Welcome Night



PNASD volunteers were greeted with a warm welcome and hospitality by the Mayor of Santo Domingo and other government officials the night before the medical mission. It was a banquet with food, music, dancing, and cultural productions, showing their appreciation for the partnership and the work scheduled for the next day. The Mayor's speech was heartfelt. PNASD President Perly Aguinaldo shared that this medical mission realized PNASD's vision "To Promote Global Health and Global Engagement."



The folk dances, greetings, appreciation, and dancing filled the Welcome reception, transforming the event room into a dance floor, and everyone was happy to show their dance moves!



The Philippine Nurses Association of Southern California West Los Angeles Subchapter Celebrating Heart Month

By Marie Navarro, MSN, RN, CCRN
 PNASC West LA Subchapter President 2022-2024



The PNASC/West LA Subchapter conducted Blood Pressure and Health Screening at the Philippine Consulate of Los Angeles by the Community Outreach Committee celebrating “Heart month of February”. Blood Pressure is a major Risk of Heart Disease. Have you checked yours? When was the last time you checked your Blood Pressure? How often do you exercise? Have you checked your low salt diet? How often do you spent self care & destress yourself being mindful of your health & well being? Check your Blood Pressure Regularly! PNASC /WLA cares our kababayans who works at the Philippine Consulate and its Filipino clients. # Philippine Consulate General of Los Angeles. During this time on 2/23/2024, we screened about 50 kababayans and educated them on the importance of listening& loving their HEARTS.

Our team was warmly welcomed by the Philippine Consulate General Edgardo Badajos and Cultural Staff. On the other hand, 2/24/2024 our Team-joined Firecracker Run event at China Town Los Angeles. We are one of the invited team to do Blood pressure screening during the event. The Los Angeles Chinatown Firecracker 5/10K walk/run is the largest and longest running Lunar New Year charity run in the United State established in 1978.PNASC/West LA serving the community focused on Cardiovascular Health during Heart Month. Love your Hearts. Committee members present at the Philippine Consulate of Los Angeles and Firecracker run event were Marie Navarro, Corazon Manapat, Victoria De Leon, and Roselyn Arciaga.





Philippine Nurses Association of America

PNAA CANDIDATE PROFILES

(arranged according to the positions then candidates alphabetically)



PNAA Election 2024

Election dates: May 3 - May 16, 2024

NOMELEC Committee
pnaa21stpresident@gmail.com



PNAA Election 2024

PNAA Election 2024 Candidate

President-Elect

Col (Ret) Bob Gahol
RN, BSN, MBA, MPA, MMAS, MSS

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

President-Elect

Manny Ramos

MSN, RN

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Vice President
for Eastern Region

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

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

PNAA Chapter: PNA New York

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Vice President
for North Central Region

Manelita Dayon
BSN, RN

Professional Position: Retired
PNAA Chapter: PNA Northwest Indiana

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Vice President
for South Central Region

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

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Vice President
for Western Region

Maricon Estebar

RN, BSN

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024
Candidate
Secretary.

Teresa Damito
RNC, C-EFM



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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Treasurer

Janet Cuaycong
MS, RN-BC- CRRN

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Treasurer

Asteria Vargas

RN, BSN

Professional Position: Clinical Nurse Coordinator - HCA Houston Healthcare West
PNAA Chapter: PNA South Texas Rio Grand Valley

PNAA Profile:

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

Personal Statement:

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



PNAAL Election 2024

PNAAL Election 2024 Candidate

Board Member

Ruzen Baluyot

MSNC, RN



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

PNAAL Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Dianne Bautista
MBA, MPH, MSN, RN-BC



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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Femarie Bedona

MSN, RN, CCRN

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Mafe Chase

DNPc, BSN, RN

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

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

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

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

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Carol Robles
BSN, RN, DNS-CT, RAC-CT

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

PNAA Profile:

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

Personal Statement:

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



PNAA Election 2024

PNAA Election 2024 Candidate

Board Member

Velma Dumag Yep

DNP, MSN, APRN, GNP-BC

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

PNAA Profile:

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

Personal Statement:

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

PHILIPPINE NURSES ASSOCIATION OF AMERICA

PRESENTATION OF CANDIDATES



APRIL 6, 2024



1:00PM – 3:00PM EST



Registration link:
qrco.de/bepNAB



PHILIPPINE NURSES ASSOCIATION OF AMERICA



North Central Region

CONFERENCE

WE CARE: Leveling the Field for the Future of Nursing



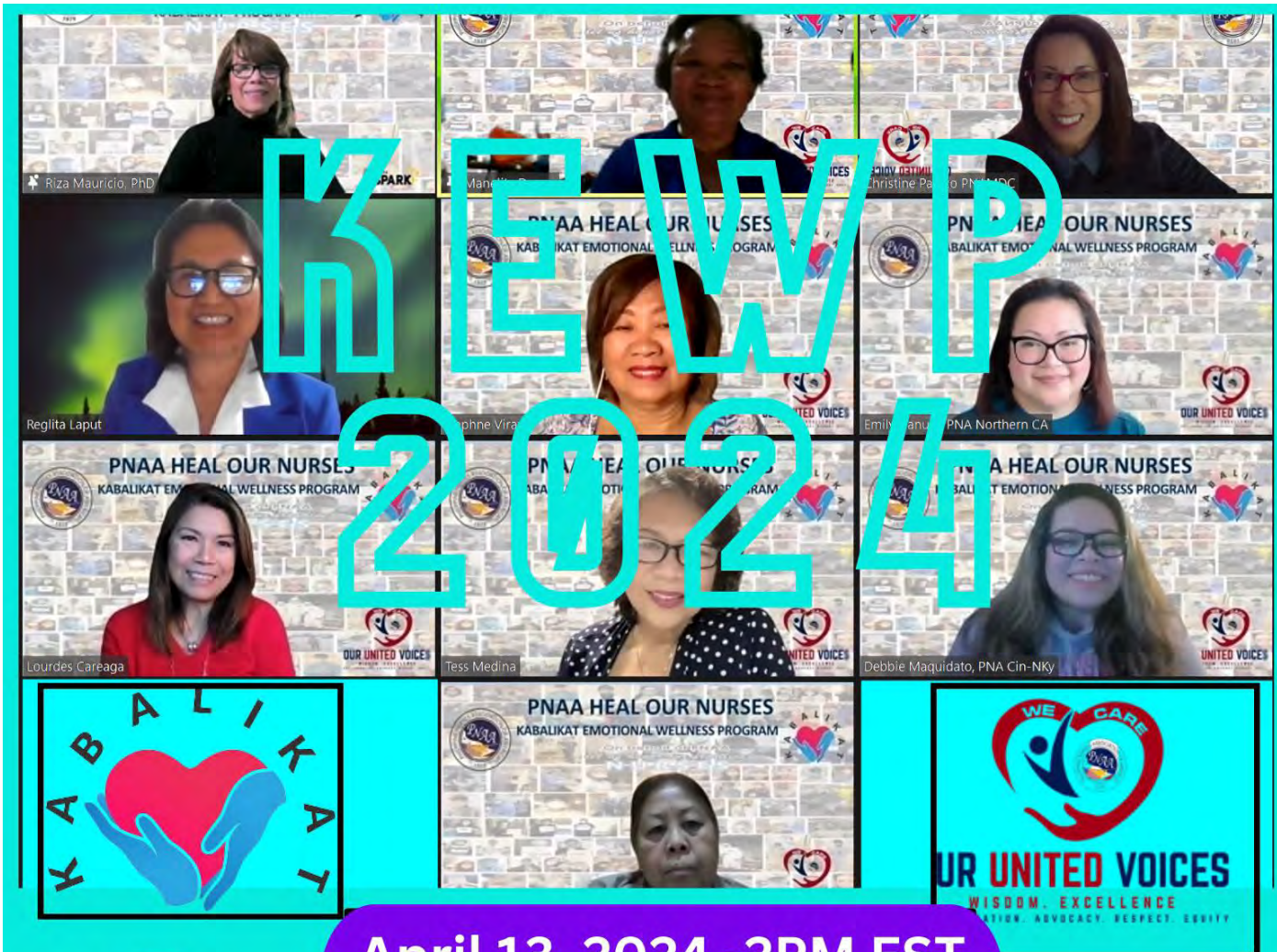
HOSTED BY
PNA Indiana

Indy Awaits You
on April 25-28, 2024

Venue: JW Marriott Indianapolis
Hotel: Spring Hill Suites



Contact: **Mattie Upano** | Telephone #: (317)319-7448 | Email address: matilde.upano@gmail.com
<https://www.pnaindiana.wixsite.com/home>



April 13, 2024 - 2PM EST
 every 2nd Saturday of the month



DR. EILEEN O'GRADY
 COACH




DR. RIZA V. MAURICIO
 KEWP DIRECTOR

Topic:
Empowered Communication

Learn how to protect your peace and respond when somebody is being rude, or undermining you, or invalidates you, or asks inappropriate questions. Use the tools of empowered communication to avoid traps and to protect your peace during all interactions. Join us for this lively, supportive and engaging conversation on handling difficult others.



 KEWP Sessions

Register for KEWP sessions use QR code or link

Registration link: <https://qrco.de/bendL3>

PHILIPPINE NURSES ASSOCIATION OF AMERICA, Inc.

iLDP

Be an iLDP Fellow

Immerse yourself in the leadership culture of PNAA and grow alongside your peers and the iLDP faculty. The iLDP is an 8-week online leadership development program from April 22 to June 16, 2024.

The Pinning Ceremony will be held at the 45th PNAA National Convention in Long Beach, California, on July 17-21, 2024 where three iLDP Fellows will be selected to present their project at the Leadership Institute.

Click on this link <https://forms.gle/rbMWXhZgPCWcBfrk6> to apply for the iLDP Fellowship 2024.

Please note that you must be an active member of PNAA to be eligible for this program.

Be the Best Leader you can be. See you at the iLDP!

For more information, Contact:

Manny Ramos, Program Director mramos.pnaa@gmail.com

Mindy Ofiana, Director of Operations
mindy.ofiana@icloud.com

Pete Calixto, Adviser
pnaa2000@yahoo.com



Apply for iLDP Fellowship 2024



Aloha!

YOU ARE INVITED TO A VIBRANT
HAWAIIAN-ARIZONA NIGHT!

*Nurses Week Celebration
and
Induction of Newly Elected
Officers and Members*

SATURDAY, MAY 18, 2024



5-10:30 PM

O'CARROLL HALL

ST. PAUL'S ROMAN CATHOLIC CHURCH

330 WEST CORAL GABLES DRIVE

PHOENIX, AZ 85023



Attire: Hawaiian or Filipiniana

**PHILIPPINE NURSES ASSOCIATION
OF SAN DIEGO COUNTY, INC.**



Celebrating

50

1974

2024

Years

Marriott Marquis San Diego Marina
333 W Harbor Drive,
San Diego, CA 92101

Saturday, June 22, 2024





45th



PHILIPPINE NURSES ASSOCIATION OF AMERICA NATIONAL CONVENTION

HOSTED BY

PNA Southern California

WE CARE:

A Spotlight on Our Collaborative Journey to Excellence



OUR UNITED VOICES
WISDOM. EXCELLENCE.
COLLABORATION. PROGRESS. RESPECT.



www.mypnaa.org infomypnaa@gmail.com

17-21 JULY 2024

THE WESTIN LONG BEACH HOTEL
333 E. Ocean Blvd., Long Beach, CA 90802



Convention Schedule at a Glance			
July 17, 2024 Wednesday	8:00	13:00	PNAA Executive Board Meeting
	13:00	18:00	PNAAF Executive Board Meeting
	13:00	15:00	Regional Meetings
	15:00	17:00	Chapter Presidents Meeting
	17:30	18:30	iLDP Leadership Development Program Reception
	18:30	21:30	Welcome Night
July 18, 2024 Thursday	6:00	8:00	PNAAF 5k Walk
	9:00	10:00	P3 Program Reception
	10:00	12:00	Clinical Updates Forum
	10:00	12:00	Poster Presentation
	13:00	17:00	Leadership Institute
	18:30	23:30	Networking Night
July 19, 2024 Friday	8:00	15:00	Education Day
	15:00	16:00	First Time Attendees
July 20, 2024 Saturday	7:30	8:30	DAISY Breakfast Health Equity
	8:30	15:00	General Assembly
	18:30	23:30	Gala Night
July 19, 2024 Sunday	10:00	11:00	Mass
	11:00	13:00	Picnic



**PHILIPPINE NURSES ASSOCIATION OF AMERICA
NATIONAL CONVENTION**

WE CARE: A Spotlight on Our Collaborative Journey to Excellence

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

CALL FOR ABSTRACTS

The Philippine Nurses Association of America and the host chapter, Philippine Nurse Association of Southern California, invite you to submit your scholarly work in education, research, practice, or service for poster presentation at PNAA's 45th Annual National Convention on July 18-20, 2024, in Long Beach, California.

**The abstract submission portal will close on
March 29, 2024 at 11:59 PM (Pacific Time).**



Submission portal:
<https://forms.office.com/r/j0GKCbyXUP>

ABSTRACT CATEGORIES

- **Administration/Leadership Development/Professional Practice/Community Service:** showcase a successful project or program that your unit, institution, or organization has conducted in the past year
- **Clinical/Evidence-Based Practice:** issues, application of products, programs, trends in patient care, nursing-sensitive patient outcomes, and/or use of research findings and/or best evidence with nursing clinical practice or research implications
- **Education:** educational programs and issues (may be based in service or academia and patient or nurse-focused)
- **Research:** in progress or completed nursing research studies



REQUIRED HEADINGS

**Administration / Leadership Development / Professional Practice / Community Service
Clinical Practice / Evidence-Based Practice / Education**

- Background and Significance
- Objective(s)
- Intervention(s)
- Evaluation
- Discussion

Research

- Background and Significance
- Objective(s)
- Conceptual or Clinical Model/Philosophic or Theoretical Framework
- Methods
- Analysis/Findings
- Discussion and Implication

Abstracts will be scored using the following criteria:

Education / Practice / Service

- **Overall:** Relevance to conference theme
- **Background and Significance:** clear, concise statement of gap/problem
- **Objective(s):** clear, concise statement of the work
- **Intervention:** clear description of precisely what was done; sufficient detail to provide evidence of consistency between the stated objectives and the approach
- **Evaluation:** clear statement of evidence for findings or outcomes; logical relationship to problem or gap, objectives, and methods; sound interpretation of results
- **Discussion:** strong statement of contribution to education, research, practice, or service
- **Quality of abstract:** clearly written with no spelling or grammar issues.

Research

- **Overall:** Relevance to conference theme
- **Background and Significance:** clear, concise statement of gap/problem
- **Objective(s):** clear, concise statement of the work
- **Conceptual Model/Framework:** high quality and clearly explained
- **Methods:** clear description of precisely what was done; sufficient detail to provide evidence of consistency between the stated objectives and the approach
- **Analysis/Findings:** clear statement of evidence for findings or outcomes; logical relationship to problem or gap, objectives, and methods; sound interpretation of results
- **Discussion/Implication:** strong statement of contribution to education, research, practice, or service
- **Quality of abstract:** clearly written with no spelling or grammar issues.



**PHILIPPINE NURSES ASSOCIATION OF AMERICA
NATIONAL CONVENTION**

WE CARE: A Spotlight on Our Collaborative Journey to Excellence

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

**2024 PNAA SCHOLARSHIP AWARDS
FOR BSN & GRADUATE PROGRAMS**

**FOUR (4) BSN AND FOUR (4) GRADUATE
SCHOLARSHIPS WILL BE AWARDED**

Application deadline: Friday, April 26, 2024

BSN PROGRAM

Eligibility:

<https://qrco.de/beu4UX>

Online application:

<https://qrco.de/beu4bl>

GRADUATE PROGRAMS

Eligibility:

<https://qrco.de/beu4Q3>

Online application:

<https://qrco.de/beu4TP>

For questions, please email:
IRA L. MARTIN, DNP, RN, CPHQ, LSSGB
(Chair, PNAA Scholarship Committee)
iramartin23@gmail.com

Philippine Nurses Association of America Foundation, Inc.

A 501C3 ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>



WALK - RACE

45th PNA
National Convention
2024 **JULY 18**

PNA
SOUTHERN
CALIFORNIA

Host Chapter





Philippine Nurses Association of America Foundation, Inc.

A 501C3 ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

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Rev. Amedo Valera, Esq.

December 1, 2023

Dear Friends and Supporters:

The Philippine Nurses Association of America Foundation, Inc. (PNAAF), cordially invites you, your company, and/or organization to be part of our slate of sponsors to support the Annual PNAAF/PNAA 5K Walk/Run Wellness Challenge that will be held during the 45th Philippine Nurses Association of America, Inc. (PNAA) National Convention in Long Beach, CA on July 18-21, 2024. This will be a great opportunity to showcase your company, products, and services to over 5,000 PNAA members all over the country through our website, newsletter, and other social media platforms.

PNAAF and PNAA promote nursing excellence in education, clinical practice, research, leadership development, and community service. The PNAAF/PNAA 5K Walk/Run Wellness Challenge is our effort to raise funds to financially support the mission of both organizations. We are counting on your participation in this event that will support our mission for Nursing, society and healthcare.

Enclosed are the levels of sponsorship and promotional opportunities that you can select from. PNAA Foundation is a 501(c)(3) tax-exempt non-profit organization. Your donation is tax-deductible.

We are looking forward to your generous support. Please mail the completed form by June 15, 2024.

Sincerely,

Rosario P. Estrada
 Rose Estrada, DNP, RN
 President, PNAAF, Inc.

Vilma Ortiz
 Vilma Ortiz, MSN, RN
 Chairperson, PNAAF 5K Committee



Philippine Nurses Association of America Foundation, Inc.

A 501(c)(3) ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

Advocate Through Philanthropic Giving, Caring, and Collaborating



5K RUN/WALK PNA/PNAAF WELLNESS CHALLENGE

LEVELS OF SPONSORSHIP AND PROMOTIONAL OPPORTUNITIES

LEVEL OF SPONSORSHIP CATEGORIES PROMOTIONAL OPPORTUNITIES	DIAMOND \$5,000.00	PLATINUM \$3,000.00	GOLD \$2,000.00	SILVER \$1,000.00	Name on T-shirt \$300.00
Name /Company Logo on 5K Brochure and posting on PNAAF website and social media	Yes (+ additional 1-year post event)	Yes (+additional 6 months post event)	Yes (+additional 3 months post event)	Yes (+additional 1-month post event)	No
Name/Company Logo in Video Presentation during the convention	Yes	Yes	Yes	Yes	No
Full Page Sponsor AD in convention souvenir program	Yes	Yes	Yes	Yes	No
Company or Name printed on back of official 5K shirt (by PNA Region)	Yes	Yes	Yes	Yes	Yes
5K Walk/Run official T-shirt	5 T-Shirts	4 T-Shirts	3 T-Shirts	2 T-Shirts	1 T-Shirt



Philippine Nurses Association of America Foundation, Inc.

A 501(c)(3) ORGANIZATION

1346 How Lane, North Brunswick, New Jersey 08902 <http://mypnaafoundation.org>

Advocate Through Philanthropic Giving, Caring, and Collaborating

SPONSOR LETTER OF ACCEPTANCE

Dear PNAAF,

We accept your invitation to be a sponsor in the 5K Walk/Run Wellness Challenge in Long Beach, CA, scheduled on July 22, 2024, during the 45th PNAA National Convention.

Indicated below is our selected level of sponsorship. Enclosed is a check or Zelle payment to PNAAF.

- | | |
|-----------------------------------|---|
| _____ Diamond Sponsor \$5,000.00 | _____ 1K Sponsor \$500.00 with signage on 1K mark |
| _____ Platinum Sponsor \$3,000.00 | _____ 2K Sponsor \$500.00 with signage on 2K mark |
| _____ Gold Sponsor \$2,000.00 | _____ 3K Sponsor \$500.00 with signage on 3K mark |
| _____ Silver Sponsor \$1,000.00 | _____ 4K Sponsor \$500.00 with signage on 4K mark |
| _____ T-shirt Sponsor \$300.00 | _____ 5K Sponsor \$500.00 with signage on 5K mark |

Signature _____ Date: _____

Please print all entries:

Name: _____

Company's Name: _____

Address: _____

Tel no: _____ Fax no. _____

E-mail _____

Please send the application and check payable to PNAAF before **June 15, 2024**, to:

Vilma Ortiz, MSN, RN
PNAAF Treasurer
9500 SW 128 Street
Miami, Florida 33176

or

Alicia Tullo, MSN, RN, CPC
PNAAF Assistant Treasurer
1640 Cherry Ridge Drive
Heathrow, Florida 32746

PNAAF Zelle : mypnaafoundation@gmail.com

AHC ARC PARTNER 2024 JOURNEY CALL



"Join the Latest All of Us Journey and Be a Part of Revolutionary Medical Research Today!"



JOURNEY BUS OVERVIEW

This latest All of Us Journey is designed both to raise awareness about the All of Us Research Program and to enable interested people to join the program right onboard, including answering surveys and giving their physical measurements and biosamples.

Tour managers and brand ambassadors have held more than 70,000 quality conversations with community members, nearly 70% of whom are Black, Hispanic/Latino, Asian American, Native Hawaiian, Pacific Islander, or Arab American, and historically underrepresented in medical research.



Journey Van and Bus Stops in 2024- Specific Cities

2024 Dates	West Region	Central Region	East Region
4/15-4/21	San Francisco, CA	Houston, TX	Wilberforce, OH
4/22-4/28	San Jose, CA	Houston, TX	Columbus, OH
4/29-5/5	Stockton, CA	Houston, TX	Cleveland, OH
5/6-5/12	Stockton, CA	Houston, TX	Rochester, NY
5/13-5/19	Stockton, CA	Houston, TX	Rochester, NY
5/20-5/26	Fresno/Bakersfield, CA	Houston, TX	Syracuse, NY
5/27-6/2	Fresno/Bakersfield, CA	Kerrville, TX	Albany, NY
6/3-6/9	Riverside, CA	Kerrville, TX	Burlington, VT
6/10-6/16	Los Angeles, CA	Kerrville, TX	Hanover, NH
6/17-6/23	Oxnard, CA	El Paso, TX	Manchester/Nashua, NH
6/24-6/30	Las Vegas, NV	El Paso, TX	Portland ME
7/1-7/7	Las Vegas, NV	Albuquerque, NM	Portland, ME
7/8-7/14	Las Vegas, NV	Albuquerque/Las Cruces/Roswell, NM	Providence, RI
7/15-7/21	Las Vegas, NV	Pueblo, CO	Providence, RI
7/22-7/28	Mesquite, NV	Colorado Springs, CO	Springfield, MA
7/29-8/4	Salt Lake City, UT	Denver, CO	Springfield, MA
8/5-8/11	Salt Lake City, UT	Denver, CO	Hartford, CT
8/12-8/18	Boise, ID	Fort Collins, CO	Hartford, CT
8/19-8/25	Boise, ID	Cheyenne, WY	New Haven, CT
8/26-9/1	Seattle, WA	Cheyenne, WY	DMV
9/2-9/8	Pullman, WA	Kearney, NE	DMV
9/9-9/15	Spokane, WA	Kearney, NE	DMV
9/16-9/22	Bozeman, MT	Kearney, NE	DMV
9/23-9/29	Billings, MT	St Louis, MO	Durham, NC/Virginia Beach, VA
9/30-10/6	Bismarck, ND	St Louis, MO	Orlando, FL
10/7-10/13	Sioux Falls, SD	Indianapolis, IN	Orlando, FL
10/14-10/20	Sioux Falls, SD	Indianapolis, IN	Tampa, FL

Journey Van and Bus Stops in 2024

All of Us Journey 2024 Schedule

The All of Us Journey West Region will offer participants access to program information, account creation, consent, and salivary kit orders.

The All of Us Journey Central Region will offer participants access to program information, account creation, consent, physical measurements and biosamples collection.

The All of Us Journey East Region will offer participants access to program information, account creation, consent, physical measurements and biosamples collection.

PNA A Foundation

SCHOLARSHIP PROGRAM 2024

OPEN TO ALL PNA A MEMBERS PURSUING MASTERS OR DOCTORAL DEGREES

FELLOWSHIP PROGRAM 2024

OPEN TO ALL PNA A MEMBERS PURSUING HEALTH/NURSING RESEARCH PROJECTS

**APPLICATION DEADLINE:
JUNE 15, 2024**

FOR MORE
INFO



www.mypnaafoundation.org





The PNA's National Excellence Achievement Awards

will be presented during the 45th PNA National Convention
July 20, 2024 at The Westin, Long Beach ,California
in the following categories:

CLINICAL STAFF NURSE

NURSE ADMINISTRATOR/DIRECTOR/MANAGER

NURSE RESEARCHER/SCIENTIST

NURSE EDUCATOR

COMMUNITY & POPULATION HEALTH NURSE

NURSE ENTREPRENEUR

ADVANCE PRACTICE REGISTERED NURSE

NURSE INFORMATICIST

**THE DAISY AWARD FOR ADVANCING HEALTH
EQUITY (TEAM AWARD)**

OPEN

APPLICATIONS

CLOSE

**FEB
01**



**APR
11**

For further inquiries, please email: pnaa.awardscommittee@gmail.com



PNAA AWARDS COMMITTEE

National Excellence Achievement Awards

APPLICATION ONLINE COACHING SESSIONS

February 12

February 19

February 26

March 4

March 11

March 18

March 25

April 1

April 8

8PM-9PM EST via Zoom

Please register using the link below

[PNAA Awards Committee Coaching Session](#)



OUR UNITED VOICES

WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY

For further inquiries, please email: pnaa.awardscommittee@gmail.com