



Philippine-American Nurse

Official Newsletter of the Philippine Nurses Association of America (PNA)A

VISIBILITY ♦ VIABILITY ♦ VITALITY

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Spring-Summer 2005

FIRST PNAA REGIONAL LIAISON OFFICERS SUMMIT

By: *Pete Reuben Calixto, RN, BSN, CNN*

Another historic event for Philippine Nurses Association of America (PNA)A!

The very first PNA)A Regional Liaison Officers (RLO) Summit was held in conjunction with the Western Regional Conference last March 3-4, 2005 at the Flamingo Hotel in Las Vegas, Nevada. Representing the four regions were: James Puspos from South Central; Ernie Rosas proxy for Rizvend Pecana from North Central; Sally Ani from Eastern Region and Pete Calixto from the Western Region.

The Summit sat the tone for the two-day Western Regional Conference. RLO Pete Calixto, welcomed the attendees and emphasized the fact that they were a part of another page in PNA)A history.

In addition to the RLOs, the Summit was also attended by Western Region chapter officers, PNA)A President Mila Velasquez, Board Member Kathy Abriam Yago, former Western RLO Linda Ascio, PNA)A's first president Dr. Clarita Miraflor.



PNA)A Regional Liaison Officers Summit in Las Vegas, Nevada. L-R: (seated) Dr. Clarita Miraflor, PNA)A President Mila Velasquez, Sally Ani. (Standing) James Puspos, Ernie Rosas and Pete Calixto.

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Grant Awarded to Ethnic Minority Nurses

The National Coalition of Ethnic Minority Nurse Associations (NCEMNA) was awarded a significant grant from the National Institute of Health (NIH). The \$2.4 million grant is for a five-year program to increase the number of nurse scientists reflecting the nation's diversity. The unique project, funded by the National Institute of General Medical Sciences (NIGMS), is titled "NCEMNA: Nurse Stimulation Program". It is focused upon meeting the great need to engage and support the next generation of nurse scientists from ethnic/racial minority populations.

NCEMNA members are five national ethnic minority nurse associations: the Asian American/Pacific Islander Nurses Association, Inc. (AAPINA), the National Alaska Native American Indian Nurses Association, Inc. (NANAINA), the National Association of Hispanic Nurses, Inc. (NAHN), the National Black Nurses Association, Inc., (NBNA), and the Philippine Nurses Association of America, Inc., (PNA)A).

NCEMNA held its first national conference titled, "Creating Research Career: The Beginning" held in Washington D.C., March 10-13, 2005. Each member organization

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From the Editor

Sarla F. Duller, RN, MN, CCRN, APRN, (BC)

Hey! Have You Heard?



PNAA is blazing new trails! Check these out!

The Regional Liaison Officers (RLOs) had a historic first Summit Meeting in Las Vegas, Nevada, March 3-5, 2005. This group of movers and shakers proposed to change the way they do business. Represented by Sally Ani for the Eastern Region; James Puspos for South Central; Ernie Rosas proxy for Rizvend Pecana representing North Central and Pete Calixto, representing the host region - Western Region, the group proposed to elevate the RLO position to the Vice President level and as such will be an elected position. More discussion to follow at the national convention in Kansas City. Stay tuned...

PNAA scholars are among the members of the National Coalition of Ethnic Minority Nurse Association research, part of the \$2.4 million grant for a five- year program to increase the number of nurse scientists reflecting the nation's diversity.

PNAA members are in the front line of Tobacco Free Nurses, a \$1.8 million grant, "the first national initiative to help nurses stop smoking and to empower them to engage in tobacco use prevention and cessation".

PNAA is actively involved in the Manila NCLEX site initiative.

Three of PNAA past presidents were among the recipients of prestigious Banaag Award, given by the President of the Republic of the Philippines "to Filipino individuals or organizations overseas, for their contributions which have significantly benefited a sector or community in the Philippines, or advanced the cause of the overseas Filipino communities".

Some of our members were selected to sit at various committees of the Commission on Graduates of Foreign Nursing Schools (CGFNS).

"Our young", the nursing students are attending PNAA conventions and sharing their perspective and assertively challenging us to be good role models...

From the "Council of Wisdom", one of our Advisor's shares her happy thoughts about retirement.

But, are we there yet? Not quite. Until every one in PNAA can demonstrate that we are achieving our goals as spelled out in our President's strategic plan for 2005- 2006, then and only then, can we say "we're there!"

As Robert Frost wrote: "The woods are lovely, dark and deep. But I have promises to keep. And miles to go before I sleep. And miles to go before I sleep."

Correction:

Mila Velasquez is the 13th PNAA President NOT the 25th as erroneously printed in the Fall/Winter 2004 issue.

Previous Publication was Vol. 18 No. 2 not Vol. 17 No. 1 as printed in the Fall/Winter issue.

From the President

Mila C. Velasquez, MN, RN, CS, APRN, (BC)



CREATING PARTNERSHIP for a PREFERRED FUTURE: SHARING VISION, VALUES and LEADERSHIP

Each incoming PNAA President identifies a theme during his/her term. As such, I have chosen the above theme to reflect the vision, core values, mission, and goals of leadership to guide us in our successful journey towards shaping PNAA's preferred future. A preferred future is an evolving vision of a desirable state for PNAA. Collectively, as a professional organization, we can create our own preferred future. This alternative future is only limited by our vision of how we desire PNAA to be. Our ability to create our "preferred future" for PNAA will be determined by people, partnership, transformation and performance.

Creating Partnership for a Preferred Future

The mission of leadership is to bring together a network of committed people united by a shared vision and professional core values. Partnership is perceived as a sustained mutual and collaborative relationship driven by trust, respect for individual differences and a balance of power within a caring environment. The goal of creating professional organizational partnership is to generate new ideas and skills to realize the shared vision; and to lead positive changes to achieve the envisioned preferred future for the organization.

Transformation is the process of moving beyond change through strategic visioning and innovative thinking. Transformation is the outcome of high performance demonstrated by powerful team of leaders working together in synergy to make a difference in creating a better future for the organization. Responsible leaders create partnerships to energize PNAA to move forward to achieving its goals and to transform successfully to its preferred future.

Leadership Goals and Strategic Blueprint for 2005 – 2006

The PNAA leadership team focuses on the following goals for the next two years:

1. **Unify Filipino American Nurses in the US** through sharing of vision and core values and by increasing recruitment and retention of Chapter members. To date, we have approved two new Chapters (North Texas and South Texas) increasing our national membership to over two thousand with most of the Chapters renewed.
2. **Strengthen leadership** through implementation of Leadership Development and Mentorship Programs

at the national and regional levels. The first Regional Liaison Officers (RLO) Summit was recently concluded in conjunction with the Western Regional Conference this March in Las Vegas Nevada. The RLOs have proposed to bring the Leadership Development Programs not only at the national but also at the regional level to increase accessibility of the program to support new leaders.

3. **Improve communication** by taking into the grassroots level a new leadership structure and model that will enhance clear communication, connectivity and interrelatedness as a unified system. I am presenting the new leadership model and strategic blueprint to Chapter leaders at all regional conferences scheduled. The regional conferences will also serve as the venue to individualize communications with Chapter Presidents; to address issues at the Chapter/regional level and to share best practices in meeting their leadership challenges. Our website and Newsletter will continue to be sources of updates.
4. **Enhance innovation and excellence** through development and support of research and other innovative projects. The first PNAA research study on Smoking Cessation involving PNAA members was launched at the Western Regional Conference this March. The study led by Dr Luz Porter, Chairperson, PNAA Research Committee, with the assistance of Dr. Leda Danao, Project Director, Tobacco Free Nurses Program at UCLA, will provide a data base in developing a PNAA leadership training program to support this initiative and to meet the educational needs/ develop competencies of our members in this area.
5. **Promote recognition and reward for achievements and scholarships for professional development of qualified members.** Criteria for awards are being refined for objectivity. PNAA and NCEMNA/AETNA scholarships funds are made available to members meeting the criteria.

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A Few Minutes With . . .

Ampy de la Paz, MSN, RN PNAA Executive Director



Bachelor of Nursing (Cum Laude)
University of Santo Tomas (UST),
Manila, Philippines. Master of
Nursing, Texas Women's University.

Numerous and prestigious awards
include: Mother of the Year;
Humanitarian; Nursing Excellence;
Nursing Administration Excellence

(PNAA and UST). She was President of North Channel
Fil-Am Association for three terms, President, PNA
Metro Houston for two terms; President, PNAA; Presi-
dent USTNAA; PNAA Executive Director for two terms.

PNAA: You are truly an asset to PNAA, please share with us your defining moment that got you into nursing.

ADP: Fresh from high school, I was a Pre-med student at University of Santo Tomas (UST). The sudden death of my father changed all that. Without my knowledge, my brother enrolled me in Nursing at UST. Initially, I was very resentful, but soon realized that he was looking after my welfare. After all, not all brothers would care enough to send their younger siblings to college. I promised myself to be the best nursing student there was to show him and our family that I appreciated their hard work and the opportunity they have given me.

PNAA: Through the years, in the Philippines and here in US, you have various challenging opportunities in your professional journey as Nurse manager, Clinical instructor, Director of Nursing, Guest Lecturer among others. How did you get into PNAA?

ADP: My involvement with PNAA started when I served as Chapter President PNA Metro Houston for two terms in 1990 – 1994. In 1991, I received a call from PNAA President Remy Solarte of Michigan inviting me to be a speaker on "Empowerment: Nurse Administrator's Perspectives" at the 12th PNAA Convention in Michigan, July 1991. In February 1992, PNA Metro Houston hosted the 13th PNAA Convention with me as Convention Planning Committee Overall Chairperson. It was then the biggest PNAA convention ever with 275 attendees at the educational conference and close to 500 attendees at the Gala Night. This record has just been recently topped by the 25th PNAA Convention in Oahu, Hawaii! From there I became a PNAA Board member in 1994-1996, PNAA President in 1996 – 1998, and PNAA Executive Director 2000 – present.

PNAA: Your significant and sustained contributions to PNAA are indeed inspiring. You chaired the PNAA convention in Texas twice; served as Board Member, President-Elect, and PNAA President; currently you are PNAA & PNAAF Executive Director. You also developed the first PNAA Policy Manual (1994-1996) as President-Elect during Dr. Carmen Galang's term. As PNAA President, you authored the PNAA Affirmation Pledge; created and implemented PNAA Four Regional Divisions; appointed the first set of Regional Liaison Officers (RLOs), and started the Regional Leadership Conferences. Authored two chapters in the *PNAA Legacy Book*; (PNAA, the first 20 years) and authorized the PNAA Treasurer to open the first PNAA CD Account.

What kind of challenges you think PNAA has to improve on?

ADP: Having served in various roles in PNAA through these many years, I think **PNAA** has to put behind "**Ningas Cogon**" mentality because decisions and actions are stymied by this undesirable trait. Another challenge is the "**Just-in-Time**" mentality. I have a firm belief in doing everything well ahead of time. For instance: submitting reports before they are due, responding to email or any type of communication exchange promptly, arriving at meetings on time etc. Getting people to respond timely to all the communication exchanges for timely decision-making within the organization has been and continues to be a major challenge for every PNAA President.

PNAA: Your fortitude has touched and inspired many. Can you share with us some of your personal challenges and philosophy in life which have lent support to your strength of character?

ADP: The diagnosis of early breast cancer in 2002 was completely a life-changing event for me and my whole family. I journeyed through surgery and chemotherapy guided by my complete trust and strong faith in God's divine mercy. I felt confident that God was with me every step of the way! Through it all, I was completely calm and at peace, very much aware of God's presence during my healing and recovery period. Today, I am as healthy as I have ever been! Indeed, God in His ever-loving ways carried me through it all!

I believe in living life to the fullest and doing my very best in everything I do in order to make a difference and to touch other people's lives! I firmly believe and would like to follow Steven Covey's principles, "Live, Love, and Leave a Legacy".

PNAA: If there's one thing you'd like to know, what would that be?

ADP: I have always wished that I could draw or paint. My brother, nephews and even two of my children are gifted artists! I wish I had their talent so I can paint beautiful sceneries and/or put on canvas things I can only dream of.

PNAA: What is your vision for PNAA?

ADP: I have articulated this so many times in the past for PNAA to continue its growth in membership so that a chapter will be created in all major US cities. Another vision I have is for one of our very own Filipino nursing leaders to be elected ANA President!



Emma B. Nemivant, Recipient of Banaag Presidential Award

Emma Balquiedra Nemivant, former PNA President, (1986-1988) received the Banaag Presidential Award from Gloria Macapagal Arroyo, President of the Republic of the Philippines,

on December 15, 2004 at Malacanang Palace, Manila.

Banaag Award is one of the four categories* of Presidential Awards, given to Filipino individuals or organizations overseas, for their contributions which have significantly benefited a sector or community in the Philippines, or advanced the cause of the overseas Filipino communities. It considers past and current achievements for eligibility. To be considered, the nomination has to be endorsed by the Philippine Consulate of the country where the nominee resides.

The four categories of Presidential Awards are:

1. Lingkod sa Kapwa Pilipino Award
2. Kaanib ng Bayan Award
3. Banaag Award
4. Pamana ng Pilipino Award

Past PNA presidents who were recipients of this prestigious award: Phoebe Cabotaje Andes and Lolita B. Compas.



Ernie Rosas Accepts Appointment to CGFNS

Ernie Rosas, RN, BSN, (PNA Greater Kansas City), President and CEO of Reliable Healthcare Services, Inc. of Kansas City, Missouri has been appointed to sit in the Appeals Committee of the Commission on Graduates of Foreign Nursing Schools (CGFNS) – a nonprofit, internationally recognized leader in education, registration and licensure of healthcare professionals worldwide.

"I am greatly honored by this appointment and I am proud to serve on the Commission," Rosas said. "Internationally trained nurses always have a lot of questions on how to be licensed and practice here in the United States and I can answer those questions for them. As member of the committee I will be able to participate in hearing and ruling on any exiting appeals within the Commission."

Congratulations!

Leo-Felix Jurado, Institute of Nursing "DON" Awardee



One of the Institute of Nursing's initiatives was to promote nursing. It was a unique tribute to New Jersey nurses who make an extraordinary impact not only on the profession but on the community as well. Annually, this preeminent event honors the Nursing "Divas" and "Dons". This year, Leo-Felix Jurado, Philippine Nurses Association of America Vice President was chosen to be the only Don honored for his outstanding achievements and contributions to the advancement of healthcare.

Leo, a recipient of numerous distinguished awards is an educator, administrator, advanced practice nurse, community leader and advocate for nursing. His dynamism is infectious. Just be around him long enough and you will start wondering where his energy is coming from! He believes that if "there's a will, there's a way".

Currently, a Professor and the Assistant Chairperson of the Department of Nursing and Allied Health at County College of Morris he also works as a Nursing Supervisor at St. Peter's University Hospital in his "spare time". He holds an academic appointment at Rutgers University, Center for Professional Development and a Mentor at Thomas Edison State College, and has been a member of the NJ Board of Nursing since 2000.

He graduated Magna Cum Laude twice (BSN and BA English) from St Paul University Tuguegarao City. He also has completed the academic requirements of MA in Educational Management, and holds a Master of Arts in Nursing degree from New York University. He is currently pursuing his Ph.D. in Urban Systems.

Linda Adama, PNA Indiana (PNAI) for passing the CAPA recertification and 2004 Nursing Scholarship recipient from PNAI.

Tess Laoruangroch – PNA Greater Kansas City garnered the Friest Humanitarian Award given by Research Medical Center to the national category.

Ernie Rosas

CGFNS is a federally approved provider of certification of healthcare professionals that seek temporary or permanent occupational visas to the United States. The organization protects the public in relation to evolving healthcare policies and standards of professional practice for migrating healthcare professionals.

FIRST PNAA RLO SUMMIT

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While all current RLOs have a good grip of their roles and responsibilities, as well as solid understanding of what they do, they all echoed the fact that none of them received a formal orientation to the role. "You run for the Board and you end up doing something different so you just have to learn as you go along," remarked North Central RLO proxy Ernie Rosas and was concurred by Sally Ani. Sally also cited that, "at times I was not consulted nor informed on issues within my jurisdiction. That puts me out of the loop where one think I should have been an informed officer."

The consensus was to recommend an amendment to the constitution elevating the RLO to that of a Regional Vice President (VP) position which is an elected position. This way, our chapters recognize the position as their regional authority. Moreover, as the Regional VP, since the role is clearly defined, the newly elected VP would exactly know what to do on day one. "And when you run for the office, you can make plans as you are campaigning to run for the office, remarked James Puspos.

Subsequently, some of the positive outcomes of this trail blazing initiative include but not limited to: improved communication system; more defined RLO roles in PNAA's standing committees and structure; effective RLO chapter assistance and mentorship, chapter formation, membership renewal and leadership in planning regional conferences.

In summary, the RLO recommends the following:

- Submit a constitutional amendment during the Kansas Convention to change the RLO position to Regional Vice President as an elected position.
- Publication of an orientation manual for all future chapter and national officers.
- Disseminate the potential organizational change to win support for its approval.

The proposed RLO to Regional VP structure supports the mission and vision of the current administration in strengthening the RLO role as a pivotal position of the PNAA towards advancing its goals. If the amendment is approved during the national convention in Kansas City, candidates can start running for this office during the national elections in 2006.

Grant Awarded to Ethnic Minority Nurses

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was funded for five mentors and ten mentees. PNAA mentors are: Dr. Luz Porter, Project Director of Mentor/Mentee Trajectory (PNA South Florida); Kathy Abriam-Yago, (PNA Northern California) and PNAA Board Member; Christina Esperat (PNA El Paso). PNAA mentees are: Jenice Guzman (PNA Southern California); Susan Beaman (PNA Southern California); Joy David (PN A Southern California); Lea Velasquez (PNA Northern California); Leo Jurado (PNANJ); Jovita Solomon Duarte (PNANJ); Dina Krenzischek (PNA Maryland); Liwliwa Villagomez (PNA Tampa). PNAA President Mila Velasquez, a member of grant Advisory Board and Pete Calixto, Board Member.

NCEMNA proposes to increase the number of ethnic minority nurse researchers by addressing three specific aims: 1) to create a network of ethnic minority nurse researchers; 2) to develop mechanisms to support ethnic minority researchers at all career levels; 3) to engage ethnic minority students to consider nursing research as a career trajectory.

These goals will be achieved through several vehicles. A database of ethnic minority nurse researchers and students will be created which will be used to promote communication, exchange of ideas, and support for programs of research among NCEMNA researchers and potential researchers. Aspiring students will take part in mentoring development sessions, attend scientific symposia by leading scientists, interact with leading nurse scientists from all over the United States and participate in the NCEMNA National Conferences. Funding will enable student support for these and other career development activities.

Incorporated in 1988, NCEMNA is a tax-exempt, 501 (c) (3) non-profit professional organization that advocates for the equity and justice in nursing and health care for minorities. The Coalition gives voice to over three hundred thousand ethnic minority nurses and to the actual health experiences of a constituent population that is marginalized from the mainstream health delivery system.

For more information, go to www.ncemna.org

or call 310-258-9515.

Tobacco Free Nurses

“our secret weapon against smoking? each other”

This \$1.8 million grant from the Robert Wood Johnson Foundation, is the first of its kind in the nation to focus on the nurses, the largest group of healthcare professionals, providing support to the nurses who smoke and establishing a framework for engaging them in tobacco use, prevention and cessation.

Mission Statement

To ensure that the nursing profession is prepared to actively promote health by reducing nurses' barriers to involvement in tobacco control, including lack of education, smoking among professionals, and lack of nursing leadership. Nurses must be equipped to assist with smoking cessation, prevent tobacco use, and promote strategies to decrease exposure to second hand smoke.

The Tobacco Free Nurses (TFN) initiative will accomplish its mission through:

- 1) Supporting and assisting smoking cessation efforts of nurses and nursing students
- 2) Providing tobacco control resources for use in patient care
- 3) Enhancing the culture of nurses as leaders and advocates of a smoke-free society.

To help accomplish its mission, the following partner organizations are: [American Association of Colleges of Nursing](#), [American Nurses Foundation/American Nurses Association](#), and the [National Coalition of Ethnic Minority Nurses Associations](#) in which the PNAA is an active member.

PNAA president Mila Velasquez attended the first-ever summit of nursing organizations focusing on tobacco last March 25-26, 2004 at the Agency for Health Care Policy and Research in Gaithersburg, Maryland.

This historic event convened 21 leading nursing organizations that comprise the national nursing leadership task force on tobacco control to

- provide information and resources on tobacco control issues and how they intersect with nursing,
- develop shared goals for nurses' efforts in tobacco control, and

- prepare individual organizational action plans that each task force member will initiate on behalf of his/her organization in one of the following three areas: (1) increasing the proportion of nurses who assist patients to quit; (2) decreasing the prevalence of tobacco use among nurses, and (3) increasing nursing organizations' involvement in tobacco control policy efforts

PNAA's action plan was to survey Filipino nurses' knowledge, attitude and experiences with smoking and tobacco control. The survey was implemented during the Western Regional Conference in Las Vegas March 4-05, 2005. The survey will be extended to all Regional Conferences to establish a data base for leadership training program in TFN. The result of the survey will be presented during the National Convention in Kansas City in July.

The PNAA survey is spearheaded by Luz Porter, PhD, Chair of PNAA Research Committee with co-investigators Fely de la Cruz-Millman, PhD; Leda Layo Danao, PhD; and illicit drugs.



PNAA President Mila Velasquez with other delegates to the The first-ever summit of nursing organizations focusing on tobacco control occurred on March 25-26, 2004 at the Agency for Health Care Policy and Research in Gaithersburg, Maryland.

For more information: visit website
www.tobaccofreenurses.org
 toll free 877-203-4144

Mentoring Needs of Undergraduate Student Nurses

By: Katherine Abriam Yago, Ed.D., R.N.



Professional development of student nurses is a process. As such, it requires practice and nurturing. Leadership is a role. Its development is linked with motivation and influencing others. Involvement in student organizations, mentoring relationships are some variables that could promote development of student nurses' professional and leadership skills needed in this rapidly changing health care environment.

In a student nurse focus group conducted at San Jose State University School of Nursing in Spring 2004, the author investigated the students' perspective on how they defined a mentor, a mentor relationship, and identified the types of mentor relationships they were participating in. The focus group consisted of seven multicultural student nurse leaders. The Institutional Research Bureau at the university approved the study. Protocol was followed with each participant in the focus group.

From numerous themes during student discussions, the following were defined:

- Mentor - someone who is a role model, one who sets high standards, has expertise in an area, is an inspiration to others, a motivator, a leader, and has a positive outlook on life. Also a mentor is a trustworthy, non-judgmental, honest and formerly was a mentee.
- Mentor Relationship – relationship that is open, honest, shared opinions. Opinions could be negative or positive. The “give and take” relationship could “bring out the best or worst” for both the mentor and mentee. Many of the students felt there was a “relationship boundary defined as formal or informal” and with these boundaries existed a mutual level of respect.
- Peer Mentor Relationship - the most informal of all the mentor relationships. There are similarities in age and background. The mentor and mentee share their experiences in the nursing program and their relationship compliments each other. In this relationship there are times when there “is no distinction between the mentor and mentee”.

The participants share their support for each other and motivate each other to continue in the nursing program. Some interaction requires reflection on the following questions such as “What would you do? Or what should I do?” Several students comment that this relationship is similar to a friendship.

- Faculty Mentor Relationship – relationship that focuses on educational goals and career path for the mentee. The mentor shares ideas with the mentee, provides networking opportunities, and the “mentee represents the mentor” in professional events. The “faculty mentor has a strong hand in the relationship”. The relationship “can continue after the mentee graduates from the nursing program and it evolves into another type of relationship”.
- Professional Nurse Mentor Relationship - relationship that can occur with a co-worker or nurse from a professional organization. The mentors in this relationship provide more information to the mentees about their expertise and life experiences in the clinical setting. This type of relationship is long term and it can develop into a peer-to-peer liaison.
- Retired Professional Nurse Mentor Relationship – relationship where these nurses provided the students with a certain perspective on the nursing profession, encouraged reflection on what is nursing, shared “wise wisdom” and their network of professionals. These mentors were held in high esteem by the students and were amazed at the level of commitment these mentors had for the students and their commitment in the nursing profession.

Mentoring is a strategy to assist student nurses in their professional development. Are you ready to mentor a student nurse? Are you willing to share your advice and expertise? Then it is time for the chapters to develop their student mentor program. This is an investment in the nursing profession and in the membership of PNAA.

The Western Regional Conference - From a Nursing Student's Perspective

By *Lea Lyn Velasquez and Eileen Yenko*
San Jose State University, School of Nursing
San Jose, California



RETIREMENT: HAPPY MOMENTS

By *Maria Redona Couper, BSN, MEd. PhD*
PNAA Advisor

In the Garden:

Spring is here! Our garden is a sea of blooming flowers gradually waking up from their freezing winter nap - bougainvilleas, hibiscus, Mexican sunflower, Philippine violets, sampaguita, dama de noche, day-blooming jasmine, different varieties of daisies, and datura or angel trumpet, red kalanchoe, honeysuckle, spiderwort, dianthus or carnation. There are butterfly nectar plants of lantana, porterweed, bougainvillea, hibiscus (gumamela), Mexican daisy, honeysuckle, plumbago, butterfly and coffee plant. Not to forget the butterfly larvae plants (on which butterflies lay their eggs, and which their caterpillars eat) are the milkweed, plumbago, native passion, Dutch pipeline, cassia, grasses and various weeds.

It is the perfect season to grow plants from cuttings and sow seeds from existing plants to boost the number of nectar producing plants. Could not seem to have enough, I continue to buy more, making our yard a mess-mash of plants and colors.

Butterflies:

In our "aquarium butterfly nursery" are the remnants of pupa shells from the many butterflies that were born these past four months. Because of the hurricanes last year, the monarch butterflies did not appear until late October; our milkweed plants did not grow many healthy leaves and flowers, so egg-laying was also delayed, and our nursery did not get filled with caterpillars until late October. But once they got started, it seemed that the caterpillars hurried to eat, formed pupae, and turned into butterflies in no time! Before I knew it, I was quickly releasing butterflies!

Subsequently, Al and I found ourselves busy taking our nursery "on the road" for show and tell to garden clubs, nature festival, and meetings such as Peace River Butterfly Society and Master Gardener meetings. I even enhanced my wardrobe, and received gifts as well, with clothes and jewelry that have butterfly motifs!

Our day-blooming jasmine was "patronized" by monarchs, gulf fritillary, and oleander moth that were trying to get the juiciest nectars from its blooms. As I watched them, I could not help but notice the small gulf fritillary became aggressive when a monarch landed nearby. It chased the monarch up and down the yard! A second then a third monarch joined the chase and soon it was not clear which butterfly was chasing which, or who was chasing who?! They, too, have a sense of territoriality!

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We had a rare opportunity to observe the proceedings of the Philippine Nurses Association of America (PNAA) Western Regional Conference from a different perspective – that of a student, last March 4-5, 2005 in Las Vegas, Nevada. As student delegates we were introduced to many influential persons not only in the field of nursing, but also from the Filipino community.

The first day was especially beneficial to student leaders like us because the emphasis was on the development of leadership skills. We were awed by the dedication, passion, perseverance, organization and tenacity of PNAA leaders as well as of representatives from various chapters. Furthermore, the hierarchical organization of PNAA showed that it recognized the significance of opinions and concerns of each chapter and its members. Therefore, concerns and issues must be resolved or acknowledged requiring a highly organized system of communication.

One of our take home messages was the importance of the Association's visibility in the community. We learned about the importance of partnership and support with community organizations in collaboration with PNAA chapter members, legislators, and other professional organizations that affect the future of Filipino nurses and create positive outcomes. We believe that the challenge of reaching out to the community must first start with each individual. Through interactive activities with speakers, we learned about the importance of self-exploration. With this in mind, one can identify his/her strength and be able to offer these strengths back to the community. Self-reflection also provided perspectives regarding individual weaknesses that could potentially offer insights to conquer the barriers we had built around ourselves.

Effective communication is the vital key. Advancing our nursing organization requires the education of its leaders and its followers. A leader must recognize the limited power of one. Leadership means investing on an individual's potential, inspiring others and educating the future. One of my colleagues challenged the audience to advance in their profession through higher education and be an inspiration for future nurses.

We believe that encouraging and helping develop student leaders is an action plan for building a preferred future.

REGIONAL LIAISON OFFICERS REPORTS



Western Region
Pete-Reuben Calixto,
RN BSN CNN

VISIBILITY

- Attended welcome meeting with NaFFA President Loida Nicolas Lewis
- Initiated the Western Region electronic newsletter, *The Pacific Breeze* distributed to all chapter presidents in the Western Region
- Attended PNA San Diego's 30th Anniversary Dinner and Scholarship Ball at the San Diego Hilton Mission Valley
- Received Congressional Recognition for outstanding and invaluable service to the community from San Diego US Representative Bob Filner
- Attended the PNA Southern CA induction ceremonies at the Midtown Radisson Hotel in Los Angeles, CA
- Coordinated among chapters in the Western Region the submission of articles to the Philippine American Nurse
- Coordinated the Western Regional Conference in Las Vegas, Nevada
- Coordinated with the Philippine Student Nurses Association of America the 6th Annual PSNAA National Conference
- Presented at the Western Regional Conference in Las Vegas, NV

VITALITY

- Developed a Chapter of the Year Award policy and criteria to be awarded to the Chapter in the Western Region that accumulates the most points
- Assisted the PNA Nevada Chapter in planning and scheduling the 2005 Western Regional Conference
- Initiated contact with leadership of the future PNA of Alaska.

continued on page 20

North Central Region
Rizvend Pecana



South Central Region

James M. Puspos

- Participated in the historic RLO Summit, 1st in PNA
- Inducted PNA South Texas-Rio Grande Valley officers. President: Aster Vargas
- PNA North Texas was also organized through the leadership of Ms. Greta Pardue. President: Mr. Halbert Te. Formal Induction of Officers still in the planning.
- Coordinating/facilitating membership of PNA Northeast Florida hopefully by September they will be ready to join us.
- Upcoming event: South Central Regional Conference will be on May 20-22, 2005 in Houston Texas to be hosted by Metropolitan Houston. Continuing education activity theme "NURSES MANY ROLES ONE PROFESSION: CREATING PARTNERSHIP FOR A PREFERRED FUTURE" (7.2 CONTACT HOURS.)

Eastern Region

Sally Ani



Highlights

- Welcome New Presidents
 - New York – Pio Paunon
 - New England – Chit Abriam
 - Virginia – Alma de Guzman
 - South Carolina – Lucy Bellon
- South Carolina – celebrated its 25th Foundation Anniversary last September (2004). The event speaker was Alice Wyatt, President of South Carolina Nurses Association.
- North Carolina - Induction of new officers March 12, 2005 at the Croasdaile Country Club, Durham, North Carolina
- New Jersey – busy preparing for the 8th Eastern Regional Conference October 21 and 22, 2005 in Atlantic City. More to follow



Southern California (PNASC)
Josie Estaris de Jesus, RN, MA
President, 2005-2006

The theme of this Administration is "Focus on Filipino-American Young People: The HOPE and STRENGTH of PNASC's Future". PNASC strives to promote youth initiatives in collaboration with other organizations, focus on creative strategies for recruitment and retention of PNASC members, promote the professional image of the Filipino-American Nurse and continue the spirit of volunteerism to enhance the health and wellbeing of the community.

HIGHLIGHTS

In two months, this administration has accomplished the following:

- PNASC Executive Council Strategic Planning Retreat with 99% attendance rate
- Medical Mission to Zambales, Philippines, sponsored by Healthcare Services International and Philippine Medical Association.
- President Josie Estaris de Jesus, RN, MA nominated by Loriel Productions, Los Angeles for the "Philippine Image Community Leadership Award (to be awarded in April 2, 2005 at the Hyatt Regency, Los Angeles, CA.)
- Volunteered in the "Sister to Sister" Community Outreach Program, to celebrate the National Women's Heart Health Fair in collaboration with Cedars-Sinai Medical Center, Hollywood Palladium Los Angeles, CA.
- Membership Drive with free CEU and lunch hosted by Mr. Joseph Chang, CEO of East Valley Hospital Medical Center, Glendora, CA
- Participated in the Planning of Philippine Independence Day by the Philippine General Consulate Office in Los Angeles
- Participated in the planning of the "Twenty Outstanding Nurses for 2005" sponsored by the Philippine Heritage Institute.

With these go my deepest appreciation for the blessings to serve, work, laugh and meditate with our compassionate nurse leaders!

CHAPTER REPORTS



Central California (PNACC)
Josephine T. Santiago, RNC, BSMT
President www.pnacc.org

To uphold the mission and core values of the Philippine Nurses Association of America, the PNACC has made great strides in unifying the Pilipino nurses, promoted health awareness, and endorsed educational and networking events in Central California:

Education

- Collaborated with local Filipino American organizations to host a blood pressure screening and promote other health related issues to the community.
- Attended the annual national convention in Hawaii.
- Continuing Education workshop: Wound Care Management and Leadership in the nursing profession.

Networking

- Summer Party to debrief the PNACC community on the national convention
- Annual Nursing Student Scholarship Award Dinner & Dance, held at the Piccadilly Inn University. Keynote speaker Janette Torrico-Woo of Michigan. Recognition of Dr. Nani Rabago's contribution to the organization.
- Winter Party at the Baruela residence to evaluate past years' activities and plan events for the upcoming year.

Upcoming Events

- PNACC representation at Regional Conference
- Review classes for nurses preparing for board exams.
- Hosting community health screening
- PNACC general meeting and potluck.
- PNACC representation at National Conference
- Annual Scholarship Award dinner.
- Evaluation and planning party.

PNACC OFFICERS 2005 - 2007

<i>President</i>	Jo Santiago
<i>Vice President</i>	Lilia Berroya
<i>Secretary</i>	Janette Mariano
<i>Treasurer</i>	Annabelle Duka
<i>Auditor</i>	Cathy Ayala

Board Members: Lilia De Leon	Violet Valdez
Elnora Bugay	Fermina Rivera
Jane Sali	Ceri Biltz

For more information about the PNACC, please visit our website



Northern California (PNANC)
Pete-Reuben Calixto,
RN, BSN, CNN
President

CHAPTER REPORTS

www.pnasd.org

San Diego (PNASD)
Merly Ferrer, RN
President, 2003-2006



VISIBILITY

- Attended welcome meeting with NaFFA President Loida Nicolas Lewis
- Initiated the Western Region electronic newsletter, **The Pacific Breeze** distributed to all chapter presidents in the Western Region
- Attended PNA San Diego's 30th Anniversary Dinner and Scholarship Ball at the San Diego Hilton Mission Valley
- Received Congressional Recognition for outstanding and invaluable service to the community from San Diego US Representative Bob Filner
- Attended the PNA Southern CA induction ceremonies at the Midtown Radisson Hotel in Los Angeles, CA
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- Coordinated the Western Regional Conference in Las Vegas, Nevada
- Coordinated with the Philippine Student Nurses Association of America the 6th Annual PSNAA National Conference
- Presented at the Western Regional Conference in Las Vegas, NV

VITALITY

- Developed a Chapter of the Year Award policy and criteria to be awarded to the Chapter in the Western Region that accumulates the most points
- Assisted the PNA Nevada Chapter in planning and scheduling the 2005 Western Regional Conference
- Initiated contact with leadership of the future PNA of Alaska.
- Plan an extensive Regional Executive Board Meeting at the 2005 Regional Conference
- Collaborated with the PNA Education Committee the planning of a core content to be presented at all PNA Regional Conferences

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We thank our dedicated leadership and all of our members for their commitment to the spirit of VOLUNTEERISM and say that PNASD is truly blessed

I. VITALITY

- Provided mentorship opportunities to newly arrived Filipino colleagues via the "Welcome Back Program"
- Wrote official PNASD "Letter of Support" from requests by various community healthcare facilities to move their vital projects through the funding/grant process.
- Served as a resource for NURSEWEEK/SPECTRUM Magazine about the Philippines, its culture/people/language and as it relates to the Filipino Nurse in particular.
- Active participation and in conjunction with the PNA, in moving some of its national agenda and initiatives, to name a few:
 - a. Supported Legislative Committees initiative relating to "H.R. 139- "Health Improvement and Professional Act of 2005
 - b. Supported "NCLEX Task Force" headed by P.I. Lowery – "Approval by the National Council of State Boards of Nursing (NCSBN) to approve the Philippines as one of the test site for the National Council Licensure Examination for Registered Nurses (NCLEX-RN)
- Visited and dialogued with community Leaders about PNASD & PNA and developing a professional relationship with our local Filipino newspaper reporters and the like.
- Attended professional lectures and monthly in-service programs offered by our local universities

II. VISIBILITY

- Regular participation in community health fairs and outreach education programs
- Provided "connectivity" with PNASD by the use of a 24/7 voice mail (and making sure that it's regularly monitored for messages & timely with follow up), PNASD website (www.pnasd.org) with links to PNA & some key regulatory government agencies that are information resources on Legislative /Regulatory/Research and the like.
- PNASD is in the Phone Directory "White pages".
- Collaboration with other ethnic professional organizations, such as the Black Nurses Association and the Hispanic Nurses Association, working on joint projects. There is also reciprocity and a symbiotic relationship between said chapters.

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CHAPTER REPORTS



San Diego (PNASD) *cont. from page 12*

- Established the Filipino American South Bay Healthcare Collaborative composed of socio-civic organizations.
- Active involvement with the activities of COPAO (Council of Pilipino American Organizations) which PNASD is a member. It serves as the "umbrella" organization of some forty (40) plus Filipino organizations in San Diego County. For PNASD, it provides us the opportunity to know our target population up close & personal.
- Designated "site" membership co-chairperson at the bigger hospitals to provide easy access to a PNASD resource person

III. VIABILITY

- Enhancing skills in grant writing
- Implementing a realistic budget program.
- Increased revenue through vendor/sponsor participation during educational offerings.
- Annual Scholarship Ball
- Collaboration with our community partners such as UCSD, Kaiser Permanente, Scripps Mercy, Sharp Healthcare and Paradise Valley in the use of their facilities for educational offerings

Northern California (PNANC) *cont. from page 12*

- Coordinated the First PNAA Regional Liaison Officer Summit in Las Vegas, NV
- Presided over the first Regional Liaison Officers Summit Meeting in conjunction with the Western Regional Conference
- Presided over the Western Region Executive Board Meeting

VIABILITY

- Challenged Western Chapters to increase membership through a healthy competition for the Chapter of the Year Award to be awarded during the Western Regional Conference in Las Vegas, Nevada in 2005
- Continuing to follow up on the development of future PNAA chapters in the Western Region
- Streamlining the membership renewal process in the Western Region
- Coordinated chapter membership renewal process for the Western Region

www.pnagkc.org

Greater Kansas City (PNAGKC)

Irma F. Labre, RN
President, 2004-2006

VISIBILITY:

Community involvement thru participation in various community services, education, and medical missions:

- Volunteered at the First Aid Station during the Chung Do 2004 Regional Championship.
- Joined medical missions to the Philippines: to Bohol, sponsored by Medical Missions Foundation; Sinait, Ilocos Sur with the Philippine Medical Society
- Volunteered with American Red Cross to give flu shots in the community
- Donated to the typhoon/flood victims in Quezon Province, Philippines; and to the Tsunami Relief Fund through American Red Cross.
- Participated in a panel on Transcultural Nursing at the Graceland University, Kansas City, MO.
- sponsoring a Nursing scholar in the Philippines, Madelyn Bonifacio – from UERM.
- Facilitating adjustment to US of Daisy Guela, a Filipino grad school student as a nursing scholar at the University of Kansas Med Center graduate school last January, 2005
- Maintain the publication of *Tanglaw*, as a means of disseminating information to members.
- Tess Laoruangroch was awarded the Friest Humanitarian Award by Research Medical Center, HCA Midwest Division, last February, 2005. She is nominated for the National Award category.

VIABILITY

- New brochures as strategies for membership drive to help disseminate information on the mission of the association.
- Fund raising drive. We have adopted bowling annual fundraiser event.
- Maintaining 501(C)(3) status.

VITALITY

- Continuing the "Buddy System" – to encourage members to actively participate in PNAGKC activities.
- Recreated "Hospital Liaisons" – to improve communication among members.

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Indiana (PNAI)
Josie Jimenez, RN
President

Goals were accomplished through involvement with various community outreach programs and collaboration with different community organizations.

- Indiana Philippine Medical Association Dinner Dance and Inauguration Ball.
- flu vaccinations at the Cottage Corner Community Health Center
- Asian American Alliance "Race for All Races"
- Fall educational conference held at Riley Hospital Conference Center topics included were Heart disease in women and surviving and thriving in a stress filled world. CEH 2.4
- Participated in the Parade of Nations and Fashion Show during the International Festival.
- Annual Christmas Party.
- Barangay Club of Indiana Christmas Party
- Membership drive that resulted in a 25% increase in members for the year 2005
- Medical mission with the North West Philippine Medical Association to San Fernando and Agoo, La Union
- Genasserrett Free Clinic serving the underserved women and children of abused families.
- Regularly scheduled Executive Board and General Assembly meetings

Awards:

Congratulations to Linda Adame for her CAPA recertification, she was also granted \$250 as our 2004 recipient from our nursing scholarship fund.

Greater Kansas City (PNAGKC) cont.

- Promoted use of pnagkyahoogroup – the official e-mail system of PNAGKC – to enhance and facilitate communication among members.

CHAPTER REPORTS



Metro Houston (PNAMH)
Gloria Beriones, MSN, RN
President, 2004-2006

PNAMH Highlights of Events, Fall 2004 and Winter 2005 that support Visibility, Viability, and Vitality

Visibility:

- PNAMH members Gloria Beriones and Meggie Khan were recognized among the 20 TNA Outstanding Nurses at the Texas Nurses Association District 9 Nursing Celebration.
- Provided CPR Training to parishioners of St. Andrew Catholic Church at Sheldon, Channelview, Texas.
- Gloria Beriones was spotlighted in the January 17th issue of Advance for Nurses, the journal serving RNs in Metro areas of Texas and Louisiana. She talked about the PNAMH as a professional organization with strategic priorities
- In collaboration with Nursing Alumni Associations such as USTNAAMH and Wesleyan University as well as AACN, Christmas gifts were given to the children at the Star of Hope.

Viability:

- Christmas caroling with USTNAAMH raised over \$4,000.00 for charitable contributions.
- Raised \$1,000.00 from raffle tickets to be donated towards houses for the poor through ANG COP.
- Other charitable contributions to Quezon Province flood victims and Tsunami victims of South East Asia.

Vitality:

- Educational Cruise to Cozumel was a success (4.8 CEU)... A total of 31 people joined the cruise. Nurses and their family members had a blast... The speakers were all members of the PNAMH Executive Board. Nora Peralta – Breaking through the Glass Ceiling, Cleo Robinett- Cruising through Ambulatory Surgery, Nena Bonuel- Therapeutic use of Humor, and Gloria Beriones-Valuing Cultural Diversity in the Workplace.
- The January and February General Assembly Meetings and Continuing Education have been well attended by over 100 members.

CHAPTER REPORTS

San Antonio (PNASA)
Marietta de la Cruz, RN
President

PNASA Events that support Visibility, Viability and Viatality:

- Attended PNAA convention in Hawaii
- Sept 18, 2004 - Fund raising dinner dance
- Sept 26, 2004 - First Aid Sto. Nino Catholic Church Festival.
- December 11, 2004 - PNASA family Christmas
- January 29, 2005 - PNASA Awarded Ms. Grace Tan, RN, PNASA Scholarship recipient for this semester. Ms. Tan is pursuing her Nurse Practitioner Program. She works at the Audie Murphy VA Hospital, San Antonio, TX.
- February 26, 2005 - PNASA annual seminar. The topic was Myocardial Infarction: Dynamics of Care held at Hilton Hotel San Antonio.
- Upcoming events - March 26, 2005 election of new officers 2005 -2007. Induction ball will be on May 15, 2005

Georgia (PNAG) cont.

Vitality

- Mentorship Program will provide classes and seminars with CE hours to enhance self-confidence of the new and experienced in the
- Publication of the newsletter twice a year.
- Sponsoring the Annual Scientific Conference
- Networking with other professional organizations.
- Monthly officer meetings.

Georgia (PNAG)
Lorna I. Buntichai, RN
President, 2004-2006



HIGHLIGHTS 2004-2005

- Our 17th Anniversary and 6th Induction Ball, 2004-2006 Officers
- Delegates attended the 25th Silver Jubilee Conference in Hawaii
- The 32nd Philippine American Medical Association of Georgia Scientific Conference
- Sponsored the 10th Scientific Conference: "Keeping Up With New Trends"
- Formation of the PNG Choir: Christmas Fundraising, "Caroling". Funds were donated to charity.
- Joined PAMAG Medical and Surgical Mission in Cebu City, January 2005
- Sent donation to flood victims (Quezon Province) and to the Tsunami victims
- Lorna I. Buntichai (incumbent President) and Aileen Ankrom (active member), with their colleagues at the Emory Healthcare System, were presented a first place award by the Georgia Partnership for Health and Accountability for their "Skinsational Skin Care Program for Wound Prevention".

GOALS

Visibility

- Appoint nursing liaisons to different hospitals to recruit new members.
- Participation in the PNAA Regional / National Conferences, and the annual Philippine-American Medical Association in Georgia Scientific Conferences.
- On-going participation in the free clinic sponsored by Asian Lions Club.
- Support other organization in professional, civic, and community programs.

Viability

- *On going campaign to increase the active membership. This year, we have 68 paid members, an increase of 21.43% from past years.*
- *Vast membership campaigns twice a year.*
- *Annual membership dues of \$20, includes PNAA membership.*
- *Annual Continuing Education fee*
- *\$ 1000 yearly, monetary incentives for the active paid members to attend educational Conferences.*
- *Christmas Caroling- Charitable Fundraising.*

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CHAPTER REPORTS

Gulf Coast Florida (PNAGC)
Alma Bacalan-Asuncion, RN
President

Greetings from Gulfcoast Florida!

We join in the global grief brought on by the Tsunami disaster and the calamity that besieged Infanta, Quezon, Philippines. We continue to pray for the family members and friends of the victims.

- The First formal Scholarship Drive. 2004 scholarship awarded to Belencita Vallarta, an international student from University of Tampa.
- "Christmas-in-July" project to help needy school children in the Philippines.
- Carolers sang their hearts out to cheer homebound local ALF residents.
- Annual "Mash Bash" fundraising for Pasco Good Samaritan Free Clinic.
- Awarded the "Most Unique" Christmas tree during our local "Pasko" celebration at the famous Bayanihan Center.
- Membership/educational drive at the VA Hospital at Baypines. Provided free CEU's and free lunch.

Look to this Day

*"Look to this day for it is life — the very life of life
 In its brief course lie all the realities and truths of existence
 the joy of growth the glory of action the splendor of beauty.
 For yesterday is already a memory and tomorrow is only a
 vision but today well lived makes every yesterday a memory
 of happiness and every tomorrow a vision of hope.*

Look well, therefore, to this day. "

Ancient Sanskrit Poem



New York (PNANY)
Pio Paunon, RN
President

Highlights of the new executive board programs 2004 -2005:

- 7th PNA Eastern Regional meeting and Induction Ball September 25, 2004 at the New York Hilton & Towers. The PNA-NY also celebrated its 75th Anniversary as the new set of officers was inducted to office.
- Organized a support group and provided donation for the Carl and Clarence twins
- PNA-NY President received Award of Recognition for Community Service by Jose Ramos, President of La Comunidad Zamboanga and state chair of the New York National Federation of Filipino American Association (NAFFA-NY).
- Successful strategic planning meeting held at Bellevue Hospital
- Sponsored BCLS, ACLS certification, recertification program held at Cabrini Medical Center.
- Health Fair in collaboration with the "Damayan Project" and administered health screening, cholesterol check, diabetes screening and other health services and referrals to more than 50 Filipino migrant workers in New York.
- Educational session on Financial Planning for Nurses and sponsored a Christmas Party held at the Veterans Administration Medical Center in New York City.
- Co-sponsored with other Filipino organizations a "Simbang Gabi/mass" Celebration at the Philippine Consulate office in New York City.
- Successful membership drives resulting in the joining of 80 new members.
- Educational offering on Catscan/Angio diagnostic equipment: "Cardiac Imaging: State of the Art."

The PNA-NY is growing and delivering quality services to its constituents and the community. We have committed PNA-NY officers who will lead this organization to a very productive future while maintaining and aligning its objectives with that of the PNA.

CHAPTER REPORTS

New England (PNANE) ***Chit Abriam, BSN, RN*** ***President, 2005-2007***

VIABILITY:

- Induction of new officers for 2005-2007.
- Active recruitment/retention of membership with a campaign in the renewal and revival of previous members.
- Liaisons assigned to different hospitals and healthcare systems to increase recruitment efforts.
- Initiated Leadership forum series – a monthly leadership/discussion led by Rollie Perea. Will integrate/develop the mentoring program.
- Workshop on increasing membership – led by Rollie Perea

VITALITY:

- Continuing education: "Let's Go Chronic". Issues in Long Term Care.
- Buddy System, an acculturation program of newly arrived Filipino nurses by mentoring and role modeling.
- Leadership lectures to groom PNANE members to leadership roles

VISIBILITY:

- Presentation of dance numbers by PNANE and PDCO members to a Filipino/American group.
- Continuous networking with the HR of Healthcare facilities regarding newly arrived Filipino nurses.
- Participation with "Bagong Kultura Pinay" in packaging of used children's books to be sent to the Philippines as a starter library to needy communities.
- Participation in the "Walk for Hunger" by providing first aids station.
- Improve communications to officers/ members thru personal letter from the President, continuous update of events to members thru e-mail, phone calls and sending of monthly minutes.

South Carolina (PNA South Carolina) ***Luzminda Bellon, RN*** ***President***

The year 2005 marks a new beginning in the 26th year history of the Association. As the members continue to embark on this exciting journey, allow me to share with you what the PNASC means to me.

- P - Participation and Performance of
- N - Nurses to Nurture and put into
- A- Action, Activities for
- S - Success through
- C - Creative thinking, Collaboration, Connectivity for a Great Association

Highlights

- Educational Workshops: Topics were "The Art of Thinking Outside the Box: Critical Thinking." by PNAA Vice President Leo - Felix Jurado, MA, RN, CAN, APN, C and "Cultural Diversity in Healthcare" and speaker was Michelle Fennessey, RN, MSN, CCRN, CPRN, BC, Department Director - CICU/ CPOU Chest Pain Coordinator, Roper St. Francis Charleston, South Carolina
- Leo Felix Jurado, inducted the incoming officers, held at the Convention Center Ballroom. The event was enormously supported by representatives from the various local hospitals and Filipino organizations.

GOALS:

- To increase membership through aggressive recruitment and retention initiatives.
- To explore new fund raising avenues.
- To increase visibility by collaborating with various community organizations
- To participate in Nursing Conferences
- To increase awareness within the Filipino community in nursing as a career.

The members of PNASC, with the guidance of our previous leaders and founders of this organization, are working hard to make this year a good year!

CHAPTER REPORTS

South Carolina (PNA South Carolina)
Luzminda Bellon, RN
President

The year 2005 marks a new beginning in the 26th year history of the Association. As the members continue to embark on this exciting journey, allow me to share with you what the PNASC means to me.

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Maryland (PNAMD)
Victoria Navarro, RN
President



The highlights

General Assembly 2004 was the presentation by Alfreda Hanna and Doris West-Walkin, Human Resource consultants from The Johns Hopkins Hospital, titled The Peacock in the Land of Penguins... the glow of the colorful peacock who stands out amongst the drab, severe black and white straight penguins. The session started with a modified version of the Myers Briggs Type Indicator tests. Chapter members identified whether they are introverts versus extroverts, intuitive versus sensing, thinking versus feeling, judgmental versus perceiving. Each shared our personality traits and validated each others way of thinking and doing things. Then we chose a bird that we can identify ourselves with: from the eagle, who likes to lead, to the hummingbird, who likes to pacify things. The differences among the nurses who have been in the states for years versus the new arrivals were so extremely interesting and almost 50 % of the members converged with one kind of bird! We decided that our chapter and our HR colleagues need to do a research on the differences between nurses who have been here for years versus the new arrivals, and maybe even the region where the person comes could give us some insights.

The New York City shopping was a lot of fun and made much more memorable with two semi-mishaps: The 2nd pick-up on the way to New York was by a bridge. The nurses were taking pictures, of course, and by the time they knew it they were stopped by a police cruiser! Passers-by reported picture taking near a bridge-a terrorist connection indeed! Seeing that the nurses really looked harmless, apologies were in order. On the way home their bus sideswiped a car, so there was again the police encounter.

Aleli Frias coordinated the Chapter presence during the Nurses Night in Annapolis with the Maryland Legislators sponsored by the Maryland Nurses Association. Hermi Nudo introduced us to many of the legislators she has mentored.

Our first Christmas Party was the most successful event of our year. Lil Salada, along with Maria Janet and Julius Brigoli, Dino Doliente and Fely Tanseco went all the way from printed invitations, a mass, and a sumptuous array of Filipino foods, a DJ and the real thing... Santa Claus from Germany, Kurt Krenzischek!

We are looking forward to a bright and sunny 2005 with efforts focused on membership renewal and recruitment.



CHAPTER REPORTS

www.pnamichigan.org

Michigan (PNAMI)
Erlyn Young Diao, BSN, RN
President, 2004-2005

Highlights of participated/attended events and accomplishments 2004-2005

- Monthly Executive Board Meetings, every 2nd Tuesdays.
- COMON quarterly meetings at the MNA Office
- Book Project II monthly meetings.
- Monthly Educational lectures by invited speakers.
- PNA America Mentoring Program Survey.
- Chinese American Health Fair.
- FILAMCCO Kalayaan Picnic.
- PNAA Silver Jubilee in Hawaii.
- First Aid/BP screening at the Concert of Colors, Detroit.
- Volunteered at the Ethnic Tent, Troy Daze Festival.
- PACCM Anniversary Celebration.
- NaFFAA Michigan's Philippine American Friendship Banquet.
- CROP Walk to fight hunger globally.
- Cultural Diversity Lunch celebration at St. John Macomb Hospital.
- FAPAM (Filipino American Political Association of Michigan) Induction of Officers by Hon. Judge Katherine George, JD., RN. Several FAPAM officers are PNAM members.
- Heart Failure lecture with contact hours by Billie Papisifakis.
- Chief Nurse Executive meeting, Lansing: Setting the Nursing Agenda for Michigan.
- Participation to the Filipino Community Thanksgiving Mass.
- Christmas Party and Concert "Christmas Around the World" by Soprano Rae Maribao and pianist Cora Zafra, a fundraising event.
- Rizal Day participation
- Nurse Licensure Compact, Michigan Chapter meeting in Lansing.
- Election of new officers for 2005-2006 term and ratification of bylaws.

Upcoming Events:

- April 14, 2005 – "Transformations in Healthcare: Promoting Nursing Excellence", approved for 7.8 contact hours by the Michigan Nurses Association. Divina Grossman, Keynote Speaker.
- May 7, 2005 – 33rd Anniversary and Inaugural Ball of incoming officers.

From the President

cont. from page 3

6. **Build coalition and alliances with other professional organizations** to expand our network of influence in the global community. PNAA has been actively involved with many professional organizations here and abroad. This year, I was invited by NAFFAA at the 3rd Filipino Global Networking Conference in Cebu, Philippines as a panel speaker at the healthcare forum addressing the Challenges of Nursing Shortage. We presented resolutions to improve the quality of nursing education and recruitment that were all approved at the Convention.

At the first National Coalition of Ethnic Minority Associations (NCEMNA) Nurse Scientist Stimulation Research Conference, many of our leaders and members were funded for their contributions as Board of Directors, program director and consultants, mentors and scholars. (Please read separate article on this issue.)

Some of our members were also selected to serve at various committees of the Commission on Graduates of Foreign Nursing Schools (CGFNS).

The opportunities are wide open for us. I challenge all of you to join as my active partner in this professional journey to look beyond the horizon and expand our vision of PNAA's preferred future. I look forward to seeing you at the July National Convention in Kansas City, Missouri!

A Few Minutes With . . . *cont. from page 4*

PNAA: Parting shot for our readers?

ADP: I hope that my contributions to PNAA will truly make a difference and will be long remembered in the years to come. That in my own little ways I have helped in charting the course of PNAA as it continues to find its niche on the national scene. For it is then and only then that I can truly say that I have lived, I have loved (PNAA) and I have left a legacy!

RLO Western Region *continued from page 10*

- Plan an extensive Regional Executive Board Meeting at the 2005 Regional Conference
- Collaborated with the PNAA Education Committee the planning of a core content to be presented at all PNAA Regional Conferences
- Coordinated the First PNAA Regional Liaison Officer Summit in Las Vegas, NV
- Presided over the first Regional Liaison Officers Summit Meeting in conjunction with the Western Regional Conference
- Presided over the Western Region Executive Board Meeting

VIABILITY

- Challenged Western Chapters to increase membership through a healthy competition for the Chapter of the Year Award to be awarded during the Western Regional Conference in Las Vegas, Nevada in 2005
- Continuing to follow up on the development of future PNAA chapters in the Western Region
- Streamlining the membership renewal process in the Western Region
- Coordinated chapter membership renewal process for the Western Region

After a while

*After a while you learn the subtle difference
between holding a hand and chaining a soul
And you learn that love doesn't mean leaning
and company doesn't always mean security.
And you begin to learn that kisses aren't contracts
and presents aren't promises
And you begin to accept your defeats
with your head up and your eyes ahead
with the grace of a woman, not the grief of a child
And you learn to build all your roads on today
because tomorrow's ground is too uncertain for plans
and futures have a way of falling down in mid-flight.
After a while you learn that even sunshine burns
if you get too much.
So you plant your own garden and decorate your own soul
instead of waiting for someone to bring you flowers.
And you learn that you really can endure
that you really are strong
and that you really do have worth
And you learn and you learn
with every goodbye you learn...*

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PNAA Pride Award

This award is given to a local chapter that publishes quality newsletters to its members on a regular basis. To be considered for the award, the newsletter will be judged on the following criteria:

P – Professional

R – Relevant

I – Inspiring

D – Diverse

E – Educational

Procedure:

- The local chapters must submit 10 copies of at least 2 issues of their newsletters published in 2004.
- The newsletters must be mailed to:
Sally Ani (Chairperson)
111 Salina Lane
Goose Creek, SC 29445
- Deadline for submission is May 31, 2005. All entries must be postmarked on that date.
- The newsletters will be evaluated by 5 members using an established scoring grid on a Likert scale of 1 through 5.
- The Chairperson of the PRIDE Award will tally the results and will confer with the panelists to determine final votes.
- The decision of the panel is final and irrevocable.
- A plaque will be presented during the Annual PNAA National Convention in Greater Kansas City.

For more information, please contact:

Sally Ani sallyani@msn.com

Tel.: 843-572-8488

SCORING TOOL

PNAA Pride Award

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

RETIREMENT: HAPPY MOMENTS

continued from page 9

Never a dull moment. Another time, I noticed one of the butterflies that was about two hours old, was motionless on the floor of the nursery. I thought it was dead, but it moved when I touched it. I noticed that only one of its proboscis filaments was uncurling (you see, there are two filaments right after birth which would merge to form one tube to form the proboscis that suck the nectar from flowers.). The other filament was caught in a drying piece of its pupa shell. With one hand I tried to pull the dried curling pupa skin carefully not to pull the whole piece off! With AI holding the butterfly, I clamped the shell piece using a mosquito forceps as I cut through it with a pair of scissors. Whew! But then I noticed its body was too slim in one section. Another piece of dried shell was wrapped around it. So I had to pry that loose too. Thank heavens! I finally put it on the day-blooming jasmine to rest and eat. I hoped that it could fly away from predators and find a mate!

Bird feeder:

A while back, I bought a hummingbird feeder. I was reluctant to install it then because I was afraid all kinds of nuisance birds might come. Finally, not too long ago, I decided to hang it on a tree outside our lanai. Now we could watch the birds getting their fill while we sat in either in our living room or breakfast nook.

How delightful it was to watch the antics of redheaded woodpeckers, brilliant red cardinals and their mates, the small titmouse, doves, blue jays, mocking birds, and even a squirrel or two. It was fun to observe how and who would get at the feeder first and stayed there. The woodpecker intimidated the cardinal, the cardinal bullied the doves, the blue jay the mockingbird, but the tiny titmice by sheer numbers and noise intimidated them all! So, "pecking order" did not necessarily mean the biggest as the meanest. Of course, the squirrel was the biggest intimidator of all. So far, no hummingbird had come to feed.

Did you know that the robin red breast came in droves to feed on the Brazilian peppers that inundated our streams and woods? Did you also know that they lay eggs on the mud flats by the water? Last time I heard they were laying eggs on the mud flats further south in Tampa.

We have been enjoying as much as we could the melodious songs of robins and cardinals, for soon they will be migrating north. We will surely miss them and the monarchs too. But we also know that they will be back in the fall and spring to delight us with their song all over again!

2005 - 2006 CALENDAR OF EVENTS

April 22 -23, 2005

6th North Central Regional Conference

Venue: TBA

Host: Greater St. Louis

Contact Person: Ramona Tabeta

Tel: 636-405-2479

May 20 -21, 2005

5th South Central Regional Conference

Venue: TBA

Host: Metro Houston

Contact Person: Gloria Beriones

Tel: 281-955-2630

July 14 -16, 2005

26th Annual Convention

Venue: Hyatt Regency Crown Center

Host: Greater Kansas City

Contact Person: Irma Labre

Tel: 816-452-3435

October 21-22, 2005

8th Eastern Regional Conference

Venue: TBA

Host: PNA New Jersey.

Contact Person: Darlene Borromeo

Tel: 937-827-1555

January 25-27, 2006

4th International Conference

Venue: TBA

Host: PNA Hawaii

Contact Person: Tina Salvador

Tel: 808-839-7527



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Attached is the photo-ready ad that I/We would like to appear.

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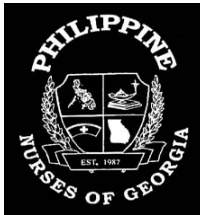
E-Mail: sduller@juno.com

All materials for publication will be edited and will become property of PNA.

Deadline of Submission:

Spring Summer Edition: MARCH 1

Fall Winter Edition: SEPTEMBER 1



Philippine Nurses of Georgia

<http://pnga.home.mindspring.com>

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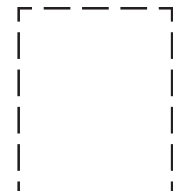
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PHILIPPINE NURSES ASSOCIATION OF AMERICA

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INSERT

The Philippine Nurses Association of America Foundation, Inc. Report

(From July 2004 – March 2005)

By Phoebe Cabotaje Andes, MA,RN President

The mission of the Philippine Nurses Association of America Foundation (PNAAF), Incorporated is to support the professional advancement of members of the Philippine Nurses Association of America (PNAA) through education, scholarship and research.

WHERE WE WERE:

The continuing education for the Board of Trustees (BOT) in Hawaii presented by its members, "Doing Better as a Board Member" was very successful. The ensuing business meeting outlined the short and long term goals for the next term and all members agreed to extend their services for another two years!

WHERE WE ARE:

a. Discussions, revisions and ratifications of by-laws and policy approvals were accomplished through teleconferencing. We are still refining our policies on the use of the 501(c)3 and the PNAAF as CEU provider for our chapter members.

b. **We are looking for the FIRST PNAAF FELLOW in addition to the existing scholarship programs** to be awarded in Kansas City! We have budgeted \$1000.00 for the Fellowship Program; \$5000.00 for scholarship program (\$2,000 for doctoral; \$2,000 for masteral, \$1,000 for undergraduate), and \$2000.00 for CE Programs. Go to PNAA website (www.pnaa03.org) for details. Application must be received not later than

May 30, 2005.

c. Treasury Report - We have \$11,325.00, way below our approved budget. We generated more than \$1000.00 from book sales with about \$3,000 + collectibles.

FUTURE DIRECTIONS: Hopes and Dreams

a." Fundraising Strategies" will be presented by Dr. Annie Vista to the BOT during the Annual Convention in Kansas City in July.

b. Tax deductible fundraising ways to include: tributes to memorialize name of loved ones, or donations on behalf of a birthday or anniversary celebrant.

SPECIAL THANKS:

We are very grateful to Dr. Catherine Ceniza Choy for her presence, and the special discounts for the book sales. Monies are earmarked for our Fellowship project. We also thank PNA Indiana for donating \$507.00 for continuing education. Thank you to Cecile and Josephine Estrella for the \$100.00 gift.
