

PNASC Newsletter

CHAPTER MEMBER
OF PNAA

Official Publication of the Philippine Nurses Association of Southern California
VISIBILITY * VIABILITY * VITALITY

January- June 2017

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Newsletter



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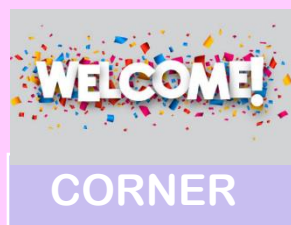
PRESIDENT REPORT Mid Term Update PNASC EB 2016-2018

This month marked a milestone for PNASC EB 2016-2017. We have completed our mid-term service and what a year it has been!

On June 17, 2017, we held our annual General Assembly, celebrated YOU our members for your excellence in the Nursing role and promoted “The Balance of Mind, Body and Spirit”, this year’s theme for Nurses’ Week. Continuing education was also provided with the key note speaker Wendy Hill, NP (who presented on PAH) and two of our own PNASC members, Liza Ros, NP (who presented on TBI) and Sasha Rarang, PhD (who presented on Mindfulness).

I know that the role of PNASC President is challenging and requires sacrifices, but I feel confident in the position because I have the dedication and support of Reggie Valerio (President-Elect) and Brenda Cohen (Past-President and current Parliamentarian). Brenda Cohen has been instrumental in our success, guiding us with her experience and knowledge of PNASC’s Constitution and By-laws. I would be remiss if I do not acknowledge the very competent Executive Board. Their continued commitment into my term has made the transition easier. Although most of the Board of Directors are new, they have surpassed my expectations with their involvement and how they embraced our ACT MORE mantra. I also would like to acknowledge the Advisory Council. Their guidance, wisdom and encouragement are never-ending. You remain a staunch supporter of PNASC!

Our accomplishments this year are due to the work of this team, led by their Chairs and Co-Chairs respectively, along with the committee members. The following summary highlights the PNASC EB 2016-2018 achievements and how they correlate with our mantra of **ACT MORE!**



NEW and RETURNING MEMBERS

Jan 2017

*Gisette Boro
 *Joanne Castillo
 *Lilibeth Clark
 *Edna Creus-Wong
 *Helen Crowe
 *Rowena Dimaunahan
 *Lala Felipe
 *Ronna Hernandez
 *Nida Martinez
 *Rhia Miranda
 *Flordeliza Perez
 *Delbert Plaza
 *Dory Polo
 *Maria Carlota Sandoval
 *Madelyn Tan
 *Bernadette Vysosias
 *Jennifer Yu
 *Karen Zambrano
 *Sarla Duller
 *Noime Valmonte
 *Marlon Saria
 *Marie Navarro
 *Giancarlo Lyle-Edrosolo
 *Francia Apor
 *Maria Theresa Sagun
 *Glenda Totten

ACTIVATE

The role of Assistant Treasurer was filled last month, with new member Amy Pilarca Lentz. Prior to that, Antonette Nunez along with her role as Auditor, was the acting Assistant Treasurer and Chair of Membership (Recruitment and Retention) Committee.

- Antonette Nunez was tasked with maintaining the correct membership roster as well as recruiting and retaining membership.
 - a) The committee promoted a membership drive (for new and renewing members) where recruiters were awarded free memberships.
 - b) The committee obtained a PNAA grant to support the renewal membership drive.
- As of June 17, 2017:
Membership increased by 36% and Renewal Rate is at 52%

COLLABORATE

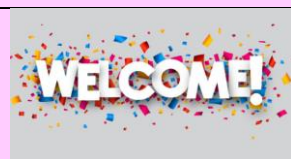
The Program and Awards Committee is led by Jessie Jurado and Maria Theresa Sagun.

- The committee coordinated and held two important events
 - a) PNASC's 55th Anniversary Celebration (Dec. 17, 2016).
 - b) General Assembly 3-in-1 Event (June 17, 2017).
 Both events were a success and reflected the collaborative efforts of the committee members and sponsors (and the engagement of our members, family and friends).
- The committee awarded a scholarship to Sarla Duller (Past-President), to assist with her research study in her quest for her PhD.
- The committee garnered sponsors whom PNASC collaborated with to obtain financial support to defray the cost with registration fee and support student attendance.

Through MENTORSHIP

- This year, mentorship and support of subchapter yielded various activities from PNASC-WLA. PNASC-WLA is led by Adolfo Famas (President) and Vicky DeLeon (President-Elect) with guidance from Josie DeJesus (Advisor). PNASC-WLA subchapter promoted PNASC in the community through their activities with
 - a) "Slipper Drive, Barefoot No More", which successfully raised \$800 to buy slippers for distribution to the less fortunate in Basista, Pangasinan, Philippines.
 - b) Monthly distribution of food to feed the poor in the Little Brown Church in Long Beach (which started in Oct 2016).
 - c) BP screening and health education in Feb. 2017 during the LA Firecracker Run in Chinatown.
 - d) The inaugural Family Fun Day event in April 2017 which was attended by over 100 members, family and friends.

The Education Committee chaired by Reggie Valerio (as he mentors Dorianne Tillano in the role), provided three educational opportunities (with a total of 7 contact hours). These educational offerings were held in May and December 2016 and June 2017. The December Education Conference was held by PNASC-OC subchapter. This committee's work was a result of collaborative effort with the speakers in providing appropriate topics for continuing education that supported the event theme. PNASC also



MEMBERS! FEBRUARY

*Adolfo Famas
*Emma Cuenca
*Marie Bernie Kuran
*Rachel Naval
*Leilani Unite
*Maria Gonazalez
*Ligaya Ginsburg
*Victoria DeLeon
*Velma Dumag-Yep

APRIL

*Glaizil Guzman
*Dorianne Tillano
*Jenita Gutierrez
*Gina Delos Reyes
*Brenda Cohen
*Sheryl Corpus

MAY

*Sid Sarmiento
*Liza Ros



JUNE

*Aaron Visico
*Larry Sumait
*Nancy Jaboni
*Gail Green
*Marjorie Wright
*Karol Ronnie Brunao
*Jessie Jurado
*Giselle Zaragoza
*Myla Godoy
*Sonia Sabado

collaborated with PNASC-OC in providing the continuing education credits for their December events.

OUTREACH

- The Community Outreach is led by Lilibeth Cruz and Gina Delos Reyes. The total hours spent supporting and promoting nursing is 144.5 hours during the following activities:
 - a) Cardiovascular screening and patient education with Healthy Heart Research in association with Cedars Sinai Medical Center.
 - b) Participation in the Larry Itliong parade in Carson, celebrating the Filipino-American leader who helped established one of renowned union in the USA, The United Farm Workers of America.
 - c) Participation in the annual UCLA Filipinos for Health Panel, sharing nursing experiences and nursing roles.
 - d) Cerritos and Gahr high schools Outreach, where 120 students participated and learned about Nurses' role in health care.
 - e) LA Firecracker Run in Chinatown, providing BP screening and health education.
 - f) BP screening and health education during the Annual Bowling Tournament fundraiser.
- The Ways and Means Committee chaired by Maria Theresa Sagun, is key in providing financial support for the organization and thus far have raised at least \$2000 to support the scholarship award for deserving members. It successfully supported the Program Committee with their raffle fund raising as well as the 50/50 raffle tickets and the Annual Bowling Tournament.

RESEARCH

The Research Committee chaired by Deovina Jordan, partnered with two research studies this past year,

- University of Indiana – an on-going study in looking at improving orientation and integration experiences among nurses of Filipino descent that are currently working in the United States.
- Healthy Heart with Cedars Sinai Medical Center – performing cardiovascular screening and health education.

ENGAGEMENT

Maintaining interest and attention of the members are key in any organization. The following committees promoted engagement as follows:

- Legislative and Human Rights Committee led by Velma Yep, have kept us abreast of recent healthcare bills that impact nursing. She requests your help in contacting your congressman and senators in supporting such bills – most importantly the California Senate Bill 554 (NP Independent Practice) which endorses the practice of NPs independently, promoting access to care.
- Our Newsletter Committee continues to be diligent in publishing biannual newsletter to keep members abreast of events by highlighting articles written by members. Members have been engaged in writing articles of PNASC events and activities which have been published in the PNAA and PNASC newsletters. Our editor, Deovina

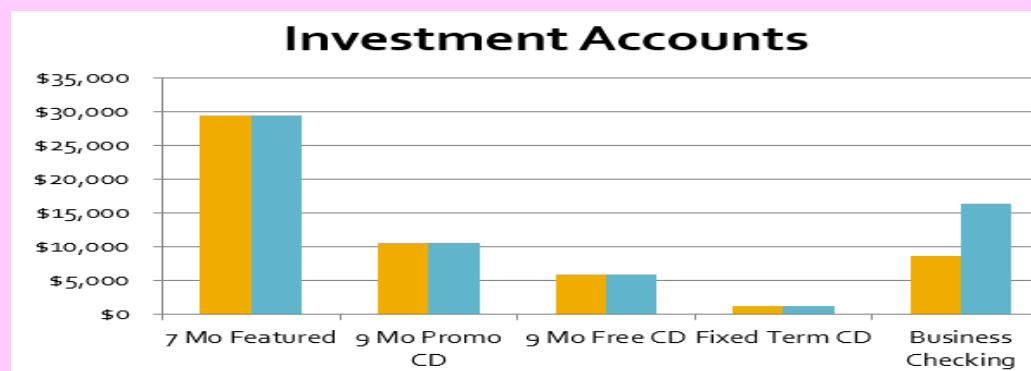


Jordan entered PNASC for the 2018 PNAA Pride Award of which PNASC has been the recipient of the best newsletter publication in PNAA the past 5 years!

- Website Committee chaired by Gail Jones, worked diligently to purchase and secure a new uniform resource locator (URL)/web address: www.mypnasc.org. The committee successfully developed, redesigned and deployed the website using the hosting provider platform, Wild Apricot (aligned with PNAA). Some of the functions available on the website:
 - a) Membership application and payment.
 - b) Automated email generation to welcome new members.
 - c) Automated email generation to remind of membership dues.
 - d) Schedule of events and activities.
 - e) Event registration and payment.
 - f) Automated email generation of upcoming events.

The member engagement was crucial in ensuring that the new website was active and ready for PNASC to promote our events and activities.

Lastly, as in any organization, we need to be fiscally responsible. Our Treasurer, Roland Santos provides us with our monthly report to apprise us of our financial status. The following graph represents and compares 2016 and 2017 financial status:



The most notable difference for 2017 is the increase in the business checking. This is a result of various fundraising activities as well as membership funds. We look forward to maintaining and increasing this trend for 2018!

Success is defined as the accomplishment of one's goals. Most definitely, our team met goals that were set for 2017. Despite the challenge that could have affected PNASC's future, as a team, we plowed through and supported decisions guided by our constitution and bylaws. This challenge validated our mission to be the professional organization of choice for Filipino-American Nurses in Southern California.

I am looking forward to the second half and refer back to Mother Teresa who said "I alone cannot change the world, but I can cast a stone across the water to create many ripples".

Let us cause some ripples and continue to ACT MORE!!!

Meanwhile, live healthy and live happy!

Best Regards,

Sonia R Sabado

PNASC President

2016-2018

**PNASC 3-in-1 Event
General Assembly, Educational Offering and Nurses Week Celebration
My Thoughts and Experience**



Aaron Visico, MSN, RN

As one of the newest members of PNASC, I had looked forward to participating and involving myself in the PNASC 3-IN-1 Event hosted on June 17, 2017 at The Grand Long Beach. Here, I had hoped to meet new people, and re-visit familiar faces in a setting that would help contribute to my learning and development as a new nurse. This particular event allowed me to fulfill these expectations, and meanwhile, help me to understand the organization and its function throughout the nursing and patient community.



Throughout the day, I was introduced to both new people, as well as new topics, in which would afford myself to get a better understanding of the nursing practice. I enjoyed and learned much regarding the topics, such as: Traumatic Brain Injury, Pulmonary Arterial Hypertension, and Mindfulness to Nursing Students: A strategy in promoting self-care. These were helpful in allowing me to learn and understand some of the challenges posed in these areas of nursing, along with gaining assessment strategies, and providing me knowledge on the research behind the practice, while also giving me a means of applying relaxation to help care for myself. As informative as all the presenters were, they kept both myself and the audience engaged.

Also, at this event, I was introduced to fundamental parts of how the organization operates: finances, assembly, reports, etc. Here, I learned the impact of teamwork, communication, along with organization,

and its relationship to maintaining function. Reviewing past events, outcomes, and future goals were just as important as it provided feedback from the year's successes and even things that could be improved.

Ultimately, the organization is complimentary to both board-committee and member, in the sense each is able to work in unison to create something that will help lead to local community or state-wide impacting change, in regards to healthcare. Community outreach (healthy heart), Legislative human rights (bill proposals), are just a few to mention, in ways that the organization has influenced the local and state wide levels of healthcare.



At my first meeting, as a new official member, I was pleased, excited, and thankful, to have involved myself. I look forward to future meetings and events, as well as opportunities to help my career develop and more importantly, help the organization grow to meet its future goals.



2017 Family Fun Day
Adolfo Famas, BSN, RN, CCRN
PNASC-WLA Subchapter-President



The PNASC-WLA Subchapter, in collaboration with PNASC, sponsored a Family Fun Day at Maple Park Gymnasium on April 29, 2017 in Glendale, California. The social event came into fruition in response to the membership campaign initiative, both at the local and national level of the Philippine Nurses Association of Southern California (PNASC)

and Philippine Nurses Association of America (PNAA), respectively. The prime movers of this professional organization have always strongly believed that increasing and sustaining its membership is vital to the viability in the competitive world of social and professional organizations. Robust membership is required for an organization to stay relevant, effective, and successful in achieving its goals and objectives moving into the future.



The social event exceeded our expectations! With the presence of our esteemed PNASC Past Presidents Mila Velasquez, Pat Hoerth, Josie de Jesus, Brenda Cohen, Emma Cuenca and Mindy Ofiana; current officers and members as well as as our current PNAA President Dino Doliente, we touted our rich history as a founding chapter of the PNAA, celebrating our 55th year in 2016 and having Dr Clarita Miraflor, our first PNAA President as a lifetime PNASC member! Our mission, vision, and contributions through our different committees in the community and our respective workplaces in the healthcare industry, and the ACT MORE (**A**ctivate-**C**ollaborate-**T**hrough-**M**entorship-**O**utreach-**R**esearch and **E**ducation) leadership mantra from our current chapter president Sonia Sabado, were laid out before its members and extended

to our families in an informal, light and relaxed atmosphere outside of our quarterly assembly. This, for me, by any means, is the best way **to get the word out there** of who we are as a professional organization!

The event fostered camaraderie and promoted a comfortable environment where our roots and tradition, be they in the form of music, dances, games peppered the celebration. More importantly, the variety of delicious Filipino cuisines served up in a meticulously designed-fit for the occasion, satisfied every attendee of epicurean tastes. For an inaugural event, it was a good turnout with 104 attendees!

Knowing and immersing ourselves to be in the moment as a professional organization was truly an eye opener. Yes, it is possible to be one with a strong voice as Filipino-American Nurses across multiple disciplines and specialties to celebrate the many contributions in the profession of Nursing that we have always been known for; and in the country that we can practice our best and journey on to our highest potential. It is now our challenge to make an impact with that strong voice in advancing the organization's ideals to secure our relevance in the future while solidifying the present and preserving the past. We owe this to our founding leaders and the future generations to come!

On behalf of the PNASC-WLA Subchapter and the PNASC, I look forward to seeing you in our next Family Fun Day event!



TREASURER REPORT as of May 31, 2017 :



by: Roland Santos

- 7 Mo. Featured CD = \$29,340.20
- 9 Mo. Promo CD = \$10,468.08
- 9 Mo. Free CD = \$5928.59
- Fixed Term CD = \$1,231.62
- Business Checking = \$16,417.78
- Paypal Account = \$1,194.62

TOTAL = (\$64,580.89)

(\$55,278.21- 2016 - Total)



by: Amy Pilarca Lentz



**& Recruitment Status
as of May 31, 2017**

Lifetime members - 341

PNASC regular members (membership to PNASC+PNAA) = 117

	PNASC	PNASC-OC	PNASC-WLA	TOTAL
NEW	49	9	9	67
RENEW	36	1	13	50
TOTAL	85	10	22	117

PNASC Community Outreach Events: Mar 11, 2017

Bowling and Fundraising Tournament

Fundraising activities provide essential financial support to any organization. For PNASC, the activities are planned and managed by the Ways and Means Committee. For 2016-2018, Maria Sagun leads this committee and with the committee members, she promotes and engages the Executive Board in sponsoring the recommended activities.

The most recent fund raising event was the Annual Bowling Tournament. This is the third year PNASC hosted the event held at Forest Lanes in Lake Forest. There were 16 bowlers, 3 from the EB and a guest. The rest of the participants are league bowlers dubbed as Bowling Friend of PNASC! There are also other Friends of PNASC who donated. Through the generosity of the Friends of PNASC donations and bowlers, this activity resulted in the fundraising of \$535.00. These funds will support the coffer for educational and award grants to our members.

Our Champions for the mystery double are league bowlers Tony Wynn and Dan Hensley for a total score of 933. The Best Effort Award went to EB member Leilani Unite and league bowler Jas Triffet. We also raffled a \$60 brunch certificate at the Long Beach Marriot to Tina Marie Parker! It was a fun afternoon bowling and raising funds for PNASC!

**SAVE THE DATE : 2018 PNASC Annual Bowling Tournament on MARCH 17, 2018
@ Forest Lanes, Lake Forest!**



PNASC Community Outreach Events: Feb 11-12, 2017

39th Annual LA Chinatown Firecracker Run, Los Angeles, CA

Antonette Nuñez, RN, MSN, CACP, PNASC Auditor.

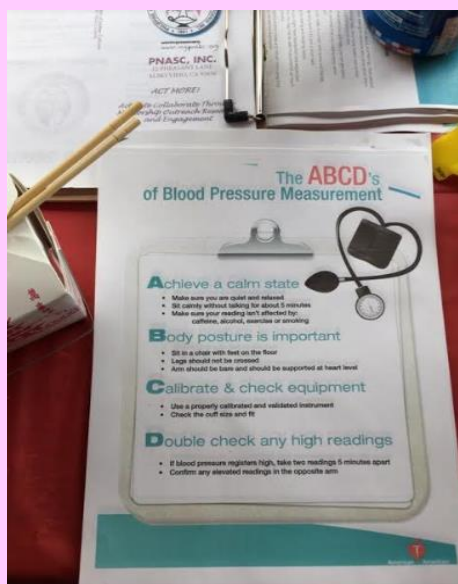
LA Chinatown Firecracker Run 2017 Planning Committee Member (firecracker10K.org)



I am privileged to share about this exciting PNASC Community Outreach event :

The PNASC Executive Board, PNASC-WLA Sub chapter Board and members had an awesome time participating at the annual LA Chinatown Firecracker Run event on February 11 and 12, 2017. Saturday was rainy and cold, but the positive energy was felt from the over 1,000 bike riders ready to conquer the 20 or the 30 mile race courses. On Sunday, the weather was more typical of Southern California: sunny and warm. Over 6,000 runners/walkers came out to enjoy the races. Hundreds of firecrackers were lit right after the amazing dragon dance welcoming the Chinese Lunar year or the Year of the Rooster.

For the 2-day event, PNASC was among one of the many participants of over 60 booths. Down the alley was the statue of Bruce Lee while around the corner was the main Entertainment stage busy showcasing various local and national talents. The PNASC booth offered blood pressure checks and provided education materials to everyone who stopped by. There were 13 EB and members who manned the PNASC booth for a total of 75.5 volunteer hours! We met a variety of people from the Chinese community as well as from all over Southern California that participated in the bike rides and the 5K/10K run/walks. Our team checked blood pressures and provided nutrition and health information. Flyers about exercise/yoga were also given out. The many people we met expressed that they appreciated the service we provided. Moments like this make all that we do as PNASC EB and member so meaningful. All volunteers had positive experiences and cannot wait to be part of this amazing event next year!





Sincere thanks to the following volunteers:

Maria Sagun, Board Member & PNAA Asst Secretary, Gail Jones, PRO & PNAA Board member, Leilani Unite, Recording Secretary, Lilibeth Cruz, Corresponding Secretary, Glenda Totten, Board member, Velma Yep, Board Member, Antonette Nunez., Asst Treasurer & Auditor, PNASC-WLA subchapter President Adolfo Famas, President Elect Vicky De Leon, and members Marietta Salcedo, Joey Causin and Shirley Sabarre. Also PNASC Past President and PNAA Regional Vice-President Mindy Ofiana.



About the LA Chinatown Firecracker Run:

"To promote health and fitness, education, cultural awareness and community involvement by organizing athletic and community programs and events."

The Los Angeles Firecracker Run Committee, Inc. (LACFRC, Inc.) is a community-based, 501(c)(3) non-profit organization with a non-salaried group of volunteers who donate their time and energies to organize and stage an annual run/walk and bike rides event and to promote activities beneficial to the Los Angeles Chinatown community.

Event Beneficiaries

Since its inception, the L.A. Chinatown Firecracker Run Committee, Inc. (LACFRC) has contributed over \$500,000 to local elementary schools and non-profit community organizations providing service and programs to benefit the community. The beneficiaries include: Firecracker's Need2Read, Run/Don't Walk, Firecracker Fund and non-profit community organizations, elementary schools including the Alpine Recreation Center, Alpine Striders, Asian American Tutorial Project, Central City Action Committee, Chinese Historical Society of So. California, Chinatown Senior Citizens Service Center, Chinese Confucius Language School, Friends of the Chinatown Library, Chinatown Teen Post and Chinatown Service Center, Castelar, Solano, Ann St., Logan St., Schools.



Kudos Corner!



Post Graduate degree: Doctor in Nursing Practice

Angelica Adriano

Sherwin Imperio

Giancarlo Lyle-Edrosolo- also an AONE member

Gina Rawson

Regalado Valerio, Jr - also accepted to the PNAA Leadership Fellowship Program 2017

Graduate degree : Masters in Nursing

Gail Jones – also promoted to Clinical Informatics Specialist (CIS) II

Promotion /New Role:

Jerome Dayao - Chief Nursing Officer, Arrowhead Regional Medical Center

Mindy Ofiana - Chief Nursing Officer, Memorial Hospital of Gardena

Sasha Rarang - Director of Nursing, CNI College

Jun Caluya, Eva Artades and Ed Marianos – received clinical certification for Simulation in Nursing education

Joy Floro – Treasurer for OC Long Beach Consortium

Antonette Nunez – Certified as Legal Nurse Consultant

Congratulations to our members!

You make us PROUD!

Disclaimer: This list is not inclusive of all membership but includes only those reported to the editorial board. For future inclusion on Kudos Corner, please email your information to dtarmycpt@aol.com or srasabado427@gmail.com

EVENT PHOTOS

JUNE 17, 2017 3-IN-1 EVENT @ THE GRAND, LONG BEACH, CA



Jessie Jurado and Maria Sagun manning the check-in table



Sonia Sabado, Liza Ros(Speaker) and Dorianne Tillano



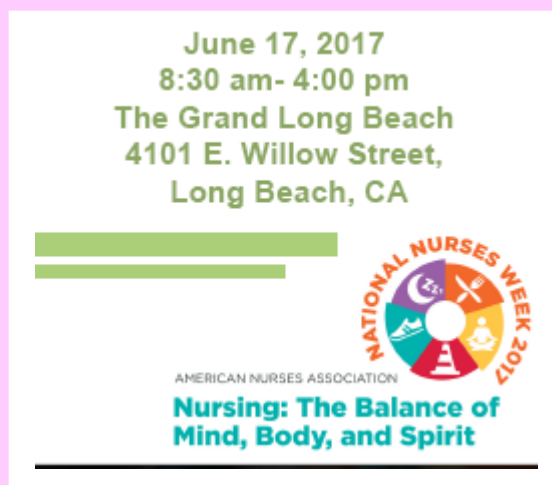
Sonia with main sponsor Rep Nga Jeffries & Antonette Nunez



Sonia with Wendy Hill (Speaker) & Reggie Valerio



Dorianne with Sasha Rarang(Speaker) and Sonia





Sumptuous lunch buffet enjoyed by all!



A little break to “MOVE” led by Amy Lentz immediately after lunch to re-energize the group.

As you can see, everyone enjoyed the exercise!





PNASC EB and AC 2016-2018 Attendees at the 2017 General Assembly

L-R back row: Antonette Nunez, Roland Santos, Maria Sagun, Amy Lentz, Deovina Jordan, Gail Jones, Glenda Totten, Leilani Unite, Sheryl Corpus, Jessie Jurado, Lilibeth Cruz, Dorianne Tillano & Adolfo Famas

Front row: Emma Cuenca, Josie de Jesus, Reggie Valerio, Sonia Sabado, Brenda Cohen, Mila Velasquez, Path Hoerth & Giselle Abellera



CORNER

Mila Velasquez reading acceptance letter from Sarla Duller, PNASC Scholarship Recipient for 2017.

Congratulations Sarla!



**Chapter Member
PNA of America**

EXECUTIVE BOARD 2016-2018

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President, PNASC-WLA

Immediate Past President

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Philippine Nurses Association of Southern California, Inc.

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CALENDAR OF EVENTS 2017-2018

July 23-30, 2017	38 th Annual PNAA National Convention
August 12, 2017	PHII Annual 11 th Youth Congress
September 30, 2017	Fall Conference * Old Ranch Country Club
October 14, 2017	Welcoming Hon. Dr Glenda Arquiza
October 28, 2017	PHII 2017 Tributes * Pasadena Hi
December 2, 2017	Holiday Celebration * Old Ranch Country Club
Jan 25-26, 2018	** 2018 Global Summit & International Nursing Conference * Manila, Philippines
March 17, 2018	Quarterly Meeting/Bowling Tournament/Blood Pressure Screening * Forest Lanes, Lake Forest
April 27-29, 2018	Western Region Annual Conference * San Francisco
May 2018	2018-2020 PNASC EB Induction and General Assembly * Venue and Date TBD
July 25-29, 2018	** 39 th Annual PNAA National Convention * Jersey City, New Jersey.

** Details available @ www.mypnaa.org

The Philippine Nurses Association of Southern California (PNASC) Executive Board and Advisory Council would like to thank the members and readers who provided articles for this newsletter. We encourage your continued contribution! Photos are welcomed.

EDITORIAL BOARD

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Giselle Zaragoza, MSN(c), RN

Regalado Valerio, MS, CRNA

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Please submit materials for publication to:

PNASC Newsletter

E-Mail: dtarmyapt@aol.com or srsabado427@gmail.com

All materials for publication will be edited and becomes property of PNASC, INC

ACT MORE

"Ativate, Colaborate Through Mentorship ,Outreach, Research and Engagement! "