



PNASC Newsletter

CHAPTER MEMBER
OF PNAA

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VISIBILITY * VIABILITY * VITALITY

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President's Farewell Address

Dear PNASC family,

Two years passed quickly and on May 26, 2018, I turned over the leadership of PNASC to Reggie Valerio, President 2018-2020.

It was a bittersweet day for me because this is was the last day of my term but I was also happy and excited to take on my new role as Past President.

I knew that being President was not going to be an easy role. Little did I know that it was an understatement! Two years ago, I took the oath of office for President which includes upholding the Constitution and bylaws of PNA Southern California. The theme I chose to lead PNASC is to ACT MORE- Activate, Collaborate, Through Mentorship, Outreach, Research and Engagement. It was easier said than done! It has been a challenging but excellent learning experience.

I could not have survived this past two years without my Team - the Executive Board members of 2016-2018 and the ever present Advisory Council! We all had competing priorities especially family obligations, some more than others, and I truly appreciate the time and effort that all the team members provided. For the incoming board, I urge you to be mindful and consider your priorities and be flexible when needed because YOU are PNASC and your participation is vital to the success of your team!

ACT MORE

"Activate, Collaborate Through Mentorship, Outreach, Research and Engagement!"

President's Farewell Address (continued)

2016-2018 EB accomplishments are defined in the following:

We have activated 91 new members and revamped our website. Collaborative work occurred with PHII supporting their Youth Congress as well as with PNAA in implementing our first electronic voting this year. We also collaborated with PNAA in supporting 2 Filipino Nursing students to attend the Global Summit in Manila this past January. Through our collaboration with PNASC-WLA Subchapter, we held our inaugural Family Day in April 2017, a fun day of food, games, mingling with family and friends.

Mentorship was very evident in how the transition of new EB board members to their role to allow them to function effectively. However, this is an area where PNASC can expand and work towards in establishing a mentor program with the youths as we guide them to consider the path of Nursing!

Our outreach continues to be active in the community supporting the City of Carson Larry Itliong parade, Firecracker run in Los Angeles providing blood pressure screening and patient education. We also had fun through our annual bowling fundraising where blood pressure screening and patient education also occurred. We reached out to ULCA students and over 200 high school students to whom we promoted the role of Nursing. Our involvement with the community also included our recognition of our own members in the PHII Tribute for Outstanding Filipino American Nurses as well as supporting the Youth Congress in August 2017 at Rosemead.

Though we did not initiate any research work this term, we remain supportive of research in the community as we partnered with Beauty from Within Community Project studying heart disease in women. We supported University of Indiana research study looking at the experience of foreign graduates in their initial RN role and the letter of intent by City of Hope in writing a grant to study the disparities of health care among the Asian Community. Most important, we continue to promote engagement as evidenced by the articles written by members in our newsletter and the inclusion of very knowledgeable Speakers/Presenters from the community for our Educational Programs.

As President, I challenged the EB and AC to cause ripples to create and transform PNASC and I learned the following:

1. Motivation comes from within. As a leader, I can motivate, encourage but each of you have your own motivation and the question is "What is my role in PNASC? How important is PNASC to me as a Filipino-American Nurse?"
2. Leading an organization is not easy. You are divided in your attention and you face challenges that will be difficult and may question your choices and leadership style. However, I believe things happen for a reason and whatever challenges we face and manage, makes us stronger.
3. Team work is essential to any organization. We all have our personal beliefs and goals for being here but as a team, we have one goal, for PNASC to remain visible, viable and vital to the Filipino American Nurses.

So as I say thank you to my team, the AC and all the members as well as partners in the community, despite the trials and tribulations as well the memorable and delightful events this past 2 years, I am grateful for the opportunity to have served as PNA Southern CA President for 2016-2018!

Mabuhay PNASC!

With gratitude,

Sonia R Sabado

PNASC President 2016-2018



EDITORIAL

Glenda Totten, Editor

Welcome to another edition of your PNASC Newsletter. Transformational leadership within and between tenures comes with ebbs and flows. We are now transitioning from President Sonia Sabado's ACT More to newly minted President Regalado Valerio's PNASC RISE.

Reflecting back on President Sabado's term and her EB, there were many **firsts** to be proud of. Her term initiated the first electronic voting in alliance with PNAA and introduced the first family day in April 2018. PNASC established new partnerships with the Los Angeles Police Department Olympic Division and UCLA's Filipinos for Health.

On parallel tracts, the EB continues to strengthen relationships with partner organizations such as City of Carson Larry Itliong Celebration, Forest Lanes Bowling (the site for many fundraisers), Ghar and Cerritos High School, Kalayaan, Inc, Philippine Heritage Institute International and Los Angeles Chinatown Firecracker Run.

I hope you can feel the energy of our organization fueled by building membership, expanding partnerships, sustaining the enthusiasm and amplifying our voice as the premier Filipino nursing organization of Southern California.

So here we go, our new President Valerio invites PNASC to RISE RECRUIT & RETAIN; INSPIRE and INNOVATE; SERVICE: EMPOWER and ENGAGE. Want to know more? Curious as to how you can get involved? All you have to do is read on AND sign up for membership and share OWNERSHIP in PNASC.

President Welcome Address



Dear PNASC owners:

PEACE!

Every Filipino Nurse in Southern California who is the main recipient of this letter is intentionally named as-- **OWNERS**. Yes! The Philippine Nurses Association of Southern California (PNASC) belongs to you! This entails valuable duties for all of us. Now more than ever, we need to collaborate and uphold the vision and mission of PNASC, our 57-year-old professional organization.

As the new president, I can only facilitate this collaboration of great and talented nurses towards common goals. Needless to say that I cannot make this happen alone. I need YOU, my co-OWNERS of PNASC!

My presidential strategy is to implement transformational leadership. I can achieve this by inspiring a shared vision to all by collaborating closely with all PNASC leaders and owners. I will constantly appeal the importance of each owner's contribution towards our shared goal as an organization. I will enable every PNASC owner to act based on their chosen committee in the organization which allows them to be more accountable to the success of their respective committee projects. Most importantly, I will recognize every owner's contributions, showing appreciation for excellence, and celebrate every victory, big or small. Because of this kind of leadership strategy, PNASC will fluidly achieve its goal to unify the Filipino American nurses in Southern California and can easily function to collaborate with other professional agencies in developing and implementing programs relevant to nursing practice, education, and research.

Fellow PNASC owners, join me! Our PNASC is just set to get better.

Regalado Valerio, Jr
PNASC President 2018-2020



CORNER

NEW AND RETURNING MEMBERS

JANUARY

Sarla Duller
Josephine Villanueva
Ligaya Ginsburg
MaryAnna Lee Famas
Adolfo Famas

FEBRUARY

Emma Cuenca
Sasha Rarang
Reynold Zoleta
Rachel Nava
Charito Bernal

MARCH

Milagros Sogamoso
Danilo Bernal
Sharon Fabellar-Sia
Leni Bigornia

APRIL

Aristotle Marasigan
Roselyn Grace Naguit
Dorianne Tillano
Glaizil Guzman
Gina Delos Reyes
Brenda Cohen
Rene Laceste
John Verula
Marian Josephine Sanchez
Teresa Miyoshi
Lisa Kittisinchaikul
Christine Javier
Daryl Itturalde

TREASURER REPORT

as of April 30, 2018



by **Roland Santos**



ACCOUNT	AMOUNT
7 MONTH CD	\$29,337.75
9 MONTH PROMO CD	\$ 10,467.38
9 MONTH PROMO CD	\$ 5,927.99
FIXED TERM CD	\$ 1,231.46
BUSINESS CHECKING	\$ 16,594.32
TOTAL 2018	\$63,558.90
TOTAL 2016	\$55,278.21

Revenue Sources:

- Membership
- Investment Income
- Donations
- Fundraising Events

Expenditures:

- Program Expenditures
- Scholarship
- Maintenance/ Supplies
- Business related expenses

PNASC Fundraising Events

- Bowling Fundraiser 2018 - \$795.00
- Fall Conference 2017 - \$2,315.00
- Bowling Fundraiser 2017 - \$535.00
- Holiday Party 50/50 raffle \$110.00
- 55th Anniversary 2016 -\$3,547.00

MAY

Ashley Nicole Dollentas
King Phillip Casalla
Lorna Andal
Shirley Rose Sabarre
Peter Bohlig
Christian Paredes
Antonette Nunez
Gail Jones
Mel Carrillo
Marichu Gan
Hazel Ellen Dignos

OTHER INCOME

- PNAA Membership Rebate
July 2017 \$ 1090 =
20% incentive for 109 members

Recommendation for savings:

Renew membership through
www.mypnaa.org

PNASC will not incur PayPal fees

JUNE

Dianne Roxborough
Chriselda Manalo
Aaron Visico
Nancy Jaboni
Carmel Alas
Zyra Mae Cristobal
Marivic Ramin
Justin Santa Ana
Mark Alvarado
Sonia Sabado
Rex Itchon

2018 COMMITTEE REPORTS

Membership and Recruitment

Members: Roland Santos, Adolfo Famas,
Gina Delos Reyes

Advisor: Josie de Jesus



Submitted by:

Chair - *Amy Pilarca Lentz*

& Recruitment Status

	PNASC	PNASC-WLA
LIFETIME	338	0
ANNUAL	81	26
ASSOCIATES	6	4
STUDENTS	0	2
TOTAL	87	32

OPPORTUNITIES

- Online application via PNASC or PNAA
- Recruitment and Retention bonus
- PNAA Membership incentive bonus

THREATS

- Lack of member engagement
- Lack of EB engagement and promotion of recruitment

Recommendation for Next Chair:

- Increase member engagement
- Activate Meet and Greet sessions
- Continue Recruitment and Retention Program

Community Outreach



Submitted by: *Lilibeth Cruz*

CHAIRS:

Lilibeth Cruz & Gina Delos Reyes

MEMBERS: Sheryll Corpus,
Dorianne Tillano, Antonettes Nunez

ADVISOR: Linda Ascio

STRENGTHS

Collaborated with other organizations such as

- The Philippine Heritage Institute, Inc (PHII)
- Kalayaan, Inc
- Los Angeles Chinatown Firecracker Run
- City of Carson Larry Itliong celebration
- Gahr and Cerritos High School, Forest Lanes
- UCLA Filipinos for Health
- Los Angeles Police Department Olympic Division.

Total volunteers: 65 members/non-members

Total volunteer hours: 256 hours

WEAKNESS

We would love to do more community outreach but we are constrained from our daily busy schedule and competing priorities.

THREATS

- Lack of volunteers
- Receipt of late notice of events

OPPORTUNITIES:

Through this collaborative effort and the dedication of our members in volunteering their time, we were able to do

- BP screening (300+)
- Health education and provided handouts in relation to healthy living, nutrition and cholesterol.
- Outreached to over 300 high school students and 40 College students promoting Nursing and PNASC
- We donated shoes to underprivileged school age children. These were events worth participating and not to forget being visible to the community and most of all, feeling good that we positively impacted others.

RECOMMENDATION FOR NEXT CHAIR:

Need recommendations from members for future community outreach opportunities

Education Committee

Submitted by:



Chair: Dorianne Tillano

MEMBERS: Jessie Jurado, Leilani Unite, Roland Santos

ADVISOR: Emma Cuenca

OPPORTUNITIES

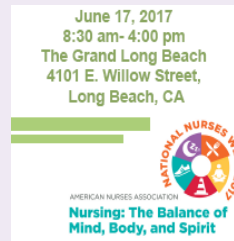
- Bi-annual conferences
- Collaborated with Outreach in conducting a Career Talk with 300+ High School students
- Available community partners for educating high school students about Nursing
- Availability of speakers

THREATS

- Availability of affordable venues
- Inspiring event attendance

Recommendation for next Chair:

Plan out biannual events one year ahead and secure speakers and venue timely



Program and Award Committee

Submitted by: Chair - Jessie Jurado

Co-Chair: Maria Sagun

MEMBERS: Leilani Unite, Roland Santos, Reggise Valerio, Lilibeth Cruz

ADVISOR: Josie Villanueva



STRENGTHS:

- Experience and dedication

WEAKNESS:

- Work and family duties
- Member involvement, lack of response and participation

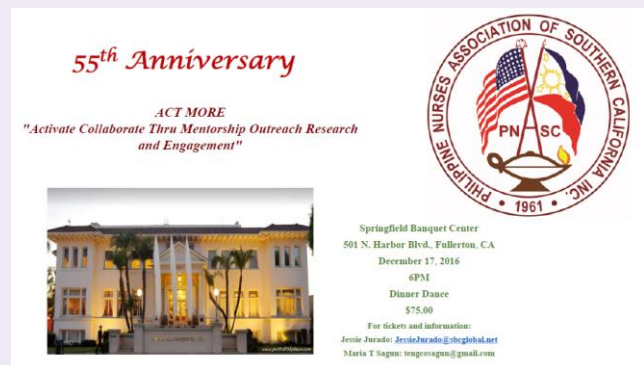


OPPORTUNITIES:

- 55th Anniversary Dec 17, 2016
- 3-in-1 Event June 17, 2017
- Fall Conference Sept 30, 2017
- Holiday Party Dec 2, 2017
- 5-in-1 Event May 26, 2018

THREATS:

- Difference of opinions leading to delays in decision making
- Competing priorities



Legislative Committee

Submitted by: Chair - Velma Dumag-Yep

Members :

Adolfo Famas, Isidro Sarmiento, Dorian Tillano

ADVISOR: Mindy Ofiana



WEAKNESS: little involvement and interest in Legislative issues from the PNASC members

OPPORTUNITIES: SEE STRENGTHS

THREATS: No threats. Just need to motivate members to be involved

Recommendation for next Chair: Continue to empower PNASC to be involved and be engaged in Legislative issues affecting healthcare. Encourage to open our minds to think outside the box of Nursing

Public Relations/ Website Committee

Submitted by:

CHAIR: Gail Jones

Co-Chair: Antonette Nunez

Member: Glaizil Guzman

Advisor: Josie de Jesus



STRENGTHS

Customer centric designed website
Useful and relevant content in website
Responsive design of website with full mobile support

WEAKNESS:

Ineffective or concealed calls to action on website
Confusing structure and navigating website
Slow response to customer inquiries
Lack of social media engagement

OPPORTUNITIES

New technologies to improve user experience
New design trends to better convey messages
More effective marketing tactics
Collaborate with other Committees to better utilize website
New ways to encourage repeat visits
Website sponsorship to promote activity and provide financial support for PNASC

THREATS

Changing customer needs
Inactivity

Committee Mission Statement:

To establish an organized mechanism for keeping the general membership informed of current legislation and proposals for changes that will directly /indirectly affect nursing.

STRENGTHS

- 1) Stayed active, engaged and current with legislative issues affecting advanced practice nurses, healthcare providers and healthcare issue which impact patient care.
- 2) Attended Lobby day in Sacramento every year since 2015
- 3) Met with Local and State legislators : Assemblyman Phillip Chen 55th Assembly District in Walnut , CA on February 2018 , State Senator Connie Leyva in 2 of her Community Health Fairs October 2017
- 4) Continues to update the members via email or website healthcare bills which support advocating for our patients.
- 5) Provided opportunity via a “contest” to the general membership to get involved, be engaged and experience meeting with local and State Legislators and representatives.



PRACTICE COMMITTEE

Submitted by:

CHAIR: Regalado Valerio Jr.

MEMBERS: EB Chairs

ADVISOR: Mila Velasquez

STRENGTHS The practice committee started with an already made up Policy and Procedure (P&P). The committee advisor is always available.

WEAKNESS Complacency among the committee

OPPORTUNITIES Reviewed the P&P. Consulted all the chair of each committee. Made recommendation for change/modification.

****The Newsletter section has been successfully revised led by the editor-in-chief, Ms. Glenda Totten.*

THREATS n/a

Recommendation for next Chair:

Make available “EDITABLE POLICY AND PROCEDURE”

Research Committee

Members:

Reggie Valerio

Sonia Sabado

Velma Yep

Advisor: Sarla Duller

The Research Committee's goals are to:

1. Survey members as to their interests, needs and concerns.
2. Provide resources and guidance to members and prospective members on issues of research.
3. Increase membership of the Research Committee

STRENGTH:

- PhD prepared EB and AC to provide leadership and guidance
- Known to community partners

WEAKNESS:

- Lack of leadership follow through
- Loss of Chair

OPPORTUNITIES

- Partnered with Heart Truth and Cedars Sinai Barbara Streisand Women's Heart Center – "Beauty from Within"
- Supported Univ of Indiana Research study
- Supported City of Hope LOI for grant application to study cancer care disparities in Asian Communities
- Collaborate with PNAA- current leadership study co-authored by new PNASC President Reggie Valerio

THREATS

- Lack of committee and member engagement
- Lack of follow-up
- Lack of Chair leadership

**RAFFLE
TICKET**



WAYS and MEANS

Submitted by:

CHAIR: *Maria Sagun*

Members: Dorianne Tillano, Jessie Jurado, Lilibeth Cruz

Advisor: Pat Hoerth

STRENGTHS: Dedicated team members, supportive EB and advisor

Fundraising Events

- November Holiday Party 50/50 raffle \$110
- December 2016 55th Anniversary raffle and souvenir ads \$ 3547
- Bowling Fundraiser Tournament
March 2017 \$535
March 2018 \$795
- Fall Conference 2017 \$2315

WEAKNESS: Time



OPPORTUNITIES: Able to raise \$7302 during 2016-2018

THREATS: Time

Recommendation for next Chair:

- Have a year long plan and have that shared and approved by the EB.
- Incorporate fund raising activities in every event and every opportunity.
- Consider getting sponsorship from academic institutions thru the web site

PNASC- WLA Subchapter Report

Submitted by:



Adolfo Famas
President 2016-2018



Vicky DeLeon
President- Elect 2016-2018



Josie de Jesus
Advisor

EVENTS

June 2016 – partnered with Heart Truth Program and Cedars Sinai Barbara Streisand Women’s Heart Center – “Beauty from Within”

April 2017 – Collaborated and Hosted with PNASC Inaugural Family Day in Glendale attended by over 100 family, friends and members of PNASC

August 2017 – Collaborated with PHII in hosting Youth Congress

September 2017 – 2 members Mimi Afable and Adolfo Famas as speaker at PNASC Fall Conference

Oct 2017 Represented PNASC at Larry Itliong Parade & Celebration in the city of Carson

May 2018 Member Annalee Famas recipient of Nursing Award from Cedars Sinai

OTHER PROJECTS:

2016 – Feeding the Hungry, Long Beach, CA

Membership As of May 2018

RN	26
Associates	4
Students	2

PENDING PLANS:

Upcoming Project September 2018-affiliates with DAUSA medical and educational mission in Cebu City, Philippines, including the sponsorship of indigent students for technical and vocational programs.

Reflection is defined as a fixing of the thoughts on something; careful consideration. Each of PNASC meetings are preceded by a reflection given by one of the board members to acknowledge the task at hand and inspire us to manage our responsibilities with integrity and strength.

The following Reflection was shared before our March 2018 meeting in hopes to acknowledge and inspire the PNASC team.

Reflection by PNASC-WLA Subchapter President

Adolfo Famas, BSN, RN, CCRN

We, the members of the Philippine Nurses Association of Southern California (PNASC) are the reflection of our professional nurses organization and the values for which it stands in our respective families, workplaces, communities and the society as a whole.

Here are the reasons why:

We ACT MORE than ever before to pursue the best that we can be as individuals and as an organization in our quest to become relevant, inclusive, steady, strong, innovative, adaptable, and laser-focused on our vision and mission in the midst of the changing and competing priorities in a fast paced digital world.

ACT MORE serves as our compass wherever we are in our specialty and whatever trajectory we take for so long as we practice nursing. Indeed, it keeps us grounded to the core!

A-ACTIVATE

-Reignites our inner drive, passion and sacral purpose of why we are nurses!

C-COLLABORATE

-Works within and outside of our interprofessional team to advance our ideals as an organization

T-through

M-MENTORSHIP

-Nurtures the dreams of nursing students and aspiring students who are the future of Nursing. By paving their way, this solidifies the legacy for them to build on.

O-OUTREACH

-Advocates for the restoration, maintenance, and promotion of optimal health and prevention of illness in our communities.

R-RESEARCH

-Supports and explores the best evidence possible for practice change in consideration with our client's goals, values and preference.

E-ENGAGEMENT

-Speaks to the relentless activism to focus on the social, economic, environmental inequities that the underserved and unserved have long endured.

And yes, we are making progress with ourselves, our colleagues and friends, our patients and their families, and anyone whose life we've connected as we embark on this journey of excellence in human caring.

Mabuhay PNASC!

What's Up in PNAA

By Sonia R Sabado, MSN, RN, FNP-BC

PNAA members and nursing colleagues were welcomed by PNAA at the Hilton San Francisco Financial District Hotel on April 27-29, 2018 for the 19th Western Region Conference. The conference was hosted by PNA Northern California led by Lydee Hershey, PNA Northern California, President.

The conference led off with the Leadership Institute with the focus to provide innovative, diverse and pragmatic information along with strategies to assist with members' engagement. It also addressed topics which included conducting an effective and productive management meeting as well as cultivating and building leadership grit. The first day ended with a presentation on the use of emotional intelligence to assist in transformational leadership.

The afternoon provided an opportunity for the candidates for PNAA President-Elect 2018-2020 to share their profile and share their stance on a question that they chose. The candidates came from Western Region including Araceli Antonio from PNANC, Mindy Ofiana, PNASC and two from Eastern Region - Mary Joy Dia and Jeannette Livelo. All proved to be very highly qualified and motivated to lead PNAA.

The second day of the conference was Education Day with keynote speaker, Dr. Mary Foley, Professor from UCSF School of Nursing leading off the presentations. She provided an inspirational talk on the future of nursing and the agenda on transforming the Nursing field to prepare nurses not only to lead but to lead change and advance healthcare for all Americans! Among the speakers for Education Day included Ms. Erin McCalley, Clinical Nurse Specialist at Stanford Hospital and Clinics. She shared implementing the Acuity Adaptable Unit (AAU) in an academic medical center; Dr Ruth Rosenblum, Assistant Professor and Director of Doctorate in Nursing Practice (DNP) Program at San Jose University who presented on Innovations on the Horizon focusing on trends in healthcare technology. Dr Melinda Bender, Assistant Professor at the UCSF School of Nursing and Family Health Care Nursing Department and a PNANC member presented and shared her study in the Filipino healthcare disparities in the care for hypertension, diabetes and obesity. She encouraged nurses to impact Nursing by getting involved in research.

The afternoon session which included a panel discussion, was led by Dr Katherine Abriam-Yago who presented on the academic nurse educator role and making a difference with emphasis on the core competencies for leaders in nursing education and Ms. Hazel De Leon, Senior Quality Program Manager from Alameda Health Systems who spoke on healthcare quality emphasizing STEEP process- safety, timely, effective, efficient, equitable and patient-centered. The panel also included participation from two nurse educators from the audience- Dr Leli Pedro from PNA Colorado and Ms. Nancy Hoff from PNANC.

Any PNAA conference would not be complete without a Gala Night which on this occasion was hosted by Past PNAA President Pete Calixto and Fe De Jesus. PNANC President Lydee Hershey led with a welcome message followed by PNAA President Dino Doliente. The audience also received an update from Deputy Consul General Solano on the current projects and initiatives that benefit Filipinos both in the Philippines and in the US. Western Region (WR) Vice President, Dr Merlie Ramira recognized and presented the ten WR Chapter Presidents for their exemplary contributions to the success of the WR Region 2016-2018. Each President was recognized with plaque shaped to represent to their respective State. Recognition was also given by PNAA President Dino Doliente to the host, PNANC and to Dr Merlie Ramira for her tremendous leadership as the WR Region Vice President! The night continued with entertainment including PNANC members' rendition of "My Way" demonstrating their appreciation to all who supported the conference. And of course, a ceremony to relegate the next WR Region conference occurred between PNANC and PNAOW which included PNAOW President-Elect Krista Juarez presenting on what to expect in Oregon/Washington as the next chapter to host the Western Region Conference.

19th PNAA Western Regional Conference

April 27-28, 2018

San Francisco, CA



Top: PNASC delegates L-R Arlene Pilarca, Amy Lentz, Sonia Sabado, Dino Doliente, Mindy Ofiana, Mila Velasquez

Bottom Left: Sonia Sabado, Lydee Hershey, Leticia Hermosa
Bottom Right: PNAA colleagues with PNASC members

19th PNAA Western Regional Conference
April 27-28, 2018
San Francisco, CA



PNASC delegates L-R Mindy Ofiana, Sonia Sabado with PNAA President Dino Doliente, Amy Lentz, Arlene Pilarca and PNANC and Past PNAA President Pete Calixto posing after Leadership Day!



PNA Northern C delegates with WR VP during the relegation of the next WR conference to PNA Oregon/Washington delegates!

The destination is set for PNA Southern California

by Regalado A. Valerio Jr, DNP, CRNA

After the inauguration last May 26th, 2018 as the new Philippine Nurses Association of Southern California (PNASC) president, the weight of my organizational responsibilities was suddenly felt. Yet, instead of being stressed out, an overflowing optimism just flowed into my veins and dosed me with a huge drive to work. As I launched my term's mantra- PNASC RISE, the road towards its achievement opened. Honestly, the road is uncertain. No one knows if it will be wide, narrow, smooth or bumpy. However, I always claim that I am a visionary. And I envisioned no less than success. So, no matter how uncertain the road may become, I concentrate myself only to the vision or destination of the organization.

The vision of PNASC states- PNASC is the Filipino American professional nursing organization of choice in Southern California. This is the destination that I am pertaining to. But to reach the destination is another ballgame. So, I encourage all the members of the executive board to be visionaries like myself, Abd together steer the organization in reaching its vision by taking necessary actions until we achieve the PNASC goals. Otherwise, the vision remains as an ordinary dream.

Another aspect of the road to PNASC RISE is our priority goals. I summarized these goals as: RECRUIT & RETAIN; INSPIRE and INNOVATE; SERVICE: EMPOWER and ENGAGE. I see these goals as stops that drivers take before they reach their destinations. As take the road to achieve our mantra, we need fuel (so we don't get an empty tank), we need food (for nourishment), we need to have bathroom and coffee breaks (to keep us comfortable and awake respectively), etc. These stops are musts, otherwise the journey will fail, and the passengers will be bored resulting in fall outs. Our organizational projects shall focus on these set goals or necessary stops. I'm sure it will be exciting for PNASC!

Now that the destination is set...Our guiding principle or mantra is established...And our goals are clear, achievable, and fun....PNASC is all set to take its journey and hit the road...Come and ride with me!

R	Recruit and Retain
I	Innovate and Inspire
S	Serve the PNASC, its members/owners, and the community
E	Empower and Engage

PNASC Election Update***Meet 2018-2020 Executive Board***

The 2016-2018 PNASC EB reign ended on May 26, 2018 with outgoing President, Sonia Sabado receiving the PNASC Presidential Medallion from Past President and Parliamentarian, Brenda Cohen. The new Executive Board was installed by Past President Mindy Ofiana and Araceli D. Antonio represented PNAA in installation of the PNASC-WLA Executive Board at Almansor Court. Colleagues, family and friends were at hand to witness the transition and celebrated the ongoing work of PNASC!

Please welcome the new PNASC 2018-2020 Executive Board

Team PNASC RISE!

President	Regalado Valerio, DNP, CRNA
President-Elect	Roland Santos, MSN, RN
Vice-President	Maria Theresa Sagun, MSN, RN
Recording Secretary	Leilani Unite, MSN, RN
Corresponding Secretary	Lilibeth Cruz, BSN, RN
Treasurer	Antonette Nunez, MSN, RN
Assistant Treasurer	Amy Pilarca Lentz, BSN, MBA, RN
Auditor	Glenda Totten, MSN, RN
Public Relation Officer	Gale Jones, MSN, RN

Parliamentarian	Emma Cuenca, DNP, RN
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Board Members

Gina Delos Reyes, MSN, RN

Jessie Jurado, BSN, RN

Rochelle Lacuesta, MSN, RN, FNP-BC

Bernadette Ramos, MSN, RN

Dorianne Tillano, MSN, RN, FNP-BC

Aaron Visico, MSN, RN

Velma Dumag-Yep, MSN, NP, RN

Vicky De Leon, BSN, RN	President, PNASC-WLA
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What's up in PNASC

Membership Recruitment & Retention Drive

GOAL: To increase membership by providing incentive for recruitment and retention

DEFINITION:

Recruit – new member to PNASC or non-renewal of >2 years
2 renewals = 1 recruit

Renewal – current members that are continuing membership

TIMEFRAME:

Recruitment: July 2017 – July 2018

Retention: Within 1 month of renewal date

PROCESS:

RECRUITMENT

1. Any current/active PNASC/PNAA member may recruit
2. With every 4 recruit (or 2 renewal = 1 recruit) a free PNASC/PNAA membership for the next year will be given.
3. Lifetime members will receive free PNAA membership for 1 year and non-lifetime PNASC member will receive free membership to PNASC/PNAA for the upcoming year
4. For 2-year memberships, the second year will count as a renewal for the next year for the recruiter. (The recruiter will only have to recruit 3 new members and another renewal to get another free year membership)
5. There is a one-year limit of free membership annually per member.
6. A member can choose to transfer credit of their recruitments to only one member for credit for the year.

RETENTION

- Current members who renew within 30 days of their renewal date will receive a \$5 rebate on their membership fee.
- Manual renewal via US mail must be postmarked within 30 days of renewal date and online renewal must be completed within 30 days of renewal date

INCENTIVE:

FREE membership dues for one year with recruitment of 4 NEW members
\$5 rebate on renewals completed within 30 days of due date

Be part of a team.

Make a difference.

Join PNASC and also become a member of PNAA!

Check us out on

www.mypnasc.org

www.mypnaa.org

EVENTS and PHOTOS

February 16-17, 2018 Los Angeles Firecracker Run

PNASC supported the Firecracker Run in Los Angeles and provided 100+ blood pressure reading and patient education to participants!



March 2018 Annual Bowling Fundraising and Blood Pressure Screening

The event was held at Forest Lanes in Lake Forest hosting 40+ bowlers and providing BP screening and education!



May 26, 2018 5-in-1 Event celebrating the transition of the 2016-2018 EB and induction of the PNASC 2018-2020 Executive Board, Educational offering, General Assembly, Gala Networking and Nurses Week Celebration!







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PNA of America**

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Philippine Nurses Association of Southern California, Inc.

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CALENDAR OF EVENTS 2018

June 4-24

PNAA General Election E-Voting

July TBD

PNASC 2018-2020 EB Strategic Meeting

July 25-29

*** 39th Annual PNAA National Convention

Hyatt Regency at the Hudson, New Jersey

Sep TBD

PNASC Outreach Journal Club

Sep 29

PNASC Outreach with PHII Youth Congress

Nov TBD

PNASC Casino Fundraising Turn Around

Nov 1-4

*** PNAA 17th South Central Regional Conference

San Antonio Texas

Dec TBD

PNASC Movie Night

*** For details log on to 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.

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"Activate, Collaborate Through Mentorship, Outreach, Research and Engagement!"