

# PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA NEWSLETTER



Volume XXIII, No. 2

January – June 2023

## Presidents' Messages



YOU MAKE A  
DIFFERENCE

HAPPY  
NURSES WEEK!

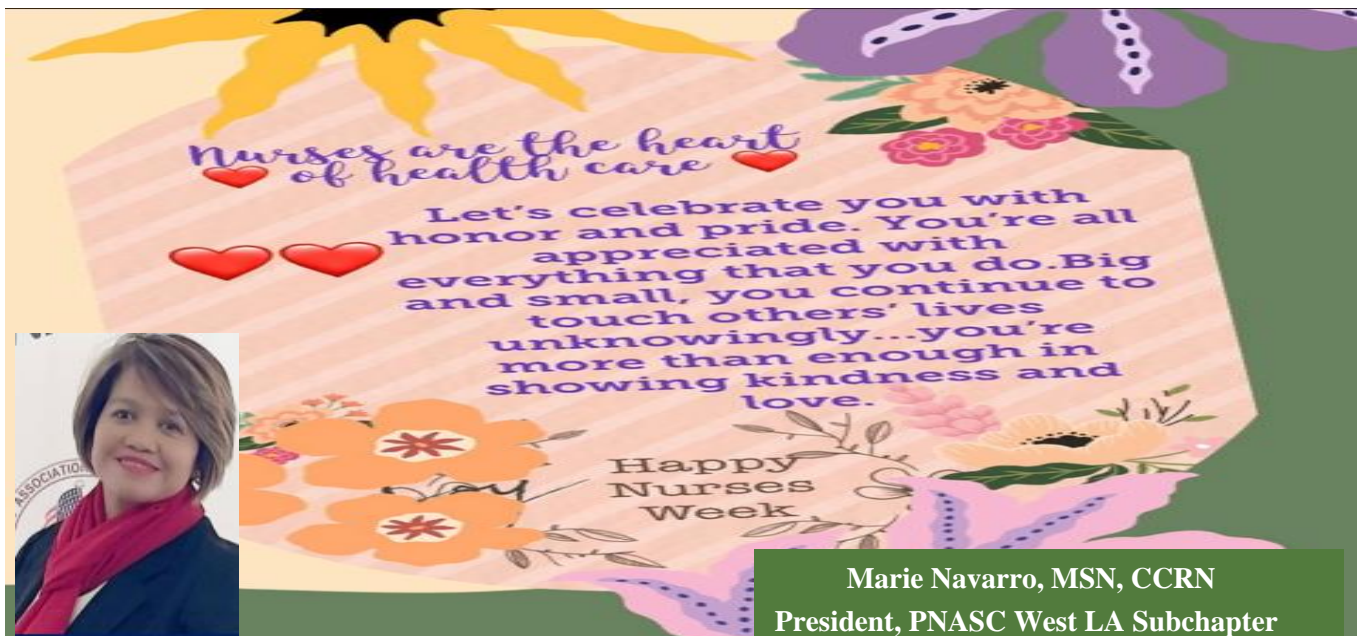
**Maria Theresa Sagun, MSN, NE-BC, RN**  
President, PNASC

Nurses make a difference...not just during Nurses' week but every time we interact with patients, their families and loved ones, the healthcare team, and those in our professional organization and communities we serve.

I am very humbled and proud to be part of this noble profession, the profession that is once again, for 22 years in a row has ranked number 1 by the Gallup Poll organization for highest ethics ratings.

I am taking this opportunity to remind nurses to take care of ourselves in the same manner as we take care of others. We need to fill our cup so we can continue to make a difference in peoples' lives.

*Taking care of yourself*  
is the most powerful way to begin  
to take care of others.  
- Bryant McGill



**Marie Navarro, MSN, CCRN**  
President, PNASC West LA Subchapter



# EDITORIAL

## YOU Make a Difference

**Antonette Nunez, MSN, AMB-BC, RN, CJCP**  
**Newsletter Editor, Recording Secretary, Research Co-Chair**

Welcome to the second Newsletter Edition of the current Executive Board Term 2022-2024! Our Newsletter Committee is excited to share the celebrations and many important events that the Philippine Nurses Association of Southern California (PNASC) Executive Board, AC's, and members participated in so far this year. From the annual Los Angeles Chinatown Firecracker Run in February to the 125<sup>th</sup> Philippine Independence celebration in June, PNASC nurses make their presence known. In March, the National Coalition of Ethnic Minority Nurse Associations (NCEMNA) conference was held in Los Angeles. There, PNASC members participated in discussions regarding topics affecting Asian minority nurses. In May, we celebrated Nurses' Week and Asian American Heritage month! PNASC successfully completed the Spring Education and Nurses' Celebration event. Also in May, PNASC members had a booth at City of Hope's Asian American Cancer Symposium. PNASC provided cancer related information in English and Tagalog languages to event participants. Information regarding All of Us was also provided during this event. In June we participated in the 125<sup>th</sup> Philippine Independence parade and gala night hosted by the Philippine Consulate of Los Angeles, California. PNASC celebrated PRIDE month with our LGBTQ+ nurses and healthcare workers.

In every event we participated, PNASC members received a lot of verbal appreciation from the community participants, thanking us for being nurses. Imagine being thanked for simply doing our job; however, as nurses, we know it is more than just a job. We pour our hearts and souls into our beloved chosen career. As such, it is important to celebrate us and to also be visible and showcase all the contributions we have made. **Nurses make a difference.**

It is also important to state that the nursing profession offers several levels of education. In these roles, nurses practice in different settings, performing a variety of roles within their scope.

- **Masters' degree (MSN)**
- **Advanced Practice Registered Nurse (APRN)**
  - Certified Registered Nurse Anesthetist (CRNA) - Certified Registered Nurse Anesthetists provide a full range of anesthesia and pain management services.
  - Nurse Practitioner (NP) - Nurse Practitioners provide primary, acute, and specialty health care across the lifespan through assessment, diagnosis, and treatment of illnesses and injuries.
  - Clinical Nurse Specialists (CNS) - Clinical Nurse Specialists provide diagnosis, treatment, and ongoing management of patients; provide expertise and support to nurses caring for patients; and ensure use of best practices and evidence-based care to achieve the best possible patient outcomes.
  - Certified Nurse Midwives (CNM) - Certified Nurse-Midwives provide primary, gynecological, and reproductive health care.
- **Nursing doctorate** - is the highest achievement in nursing education. Nurses with this degree are addressed as "doctor".
  - Doctor of Nursing Practice (DNP) – Practice-base, prepared nurses to improve health system performance and serve as executives, educators, researchers, or APRN with a large scope of practice.
  - Doctor of Philosophy (PhD) - Research-focused degree that prepared nurses to conduct research and lead the nursing profession.



## Ways to Celebrate all Year Long

The American Nurses Association (ANA) made recommendations on how to celebrate each week in May, 2023, being the month designated for Nurses. However, I invite you all to perform these all year round! Let us continue to make a difference all year long!

**January – March:** Nursing is a rewarding and challenging profession so it's critical you have access to authentic support systems and tools. Prioritize your self-care by engaging in healthy activities that target both your body and mind.

**April – June:** Raise visibility of the critical work nurses do and foster greater understanding of the diversity of the nursing profession by honoring exemplary nurses and engaging with your community.

**July – September:** As the largest group of health care professionals in the U.S., nurses provide care across all areas of the health care system and care settings. Focus on how you can excel in your nursing career and/or help other nurses in their professional journey.

**October – December:** Help promote nurses' invaluable contributions by engaging with your community and educating them on what nurses do. The vital role of nurses as leaders in their organizations, on boards of directors and as elected officials at the local, state, and federal levels is making a difference in improving the nation's health. Join nursing organizations, such as PNASC!



# PNASC Celebrates Nurses



**Dorianne Tillano, MSN, NP- C, PMHNP- BC, PNASC EB**

The PNASC nurses' week on May 20, 2023, in Almansor Court, Alhambra, CA, was attended by 83 participants. The program objectives are to identify leadership actions/ways to realign current nursing practices, to understand the role of different determinants of health, to create a genuine diversified, equitable, and inclusive nursing practice, understand actions by nurse leaders that can improve nurses' ability to care for and meet the needs of the vulnerable and marginalized patient population at their respective practices or work areas and to identify the importance of nurses' life-long learning and its contribution towards improving academia and practice sector collaboration to attributed to Future of Nursing 2020-2023: Realigning as a Nursing Organization to Promote Health Equity.

## About Us

**VISION**  
PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA (PNASC, INC) IS THE FILIPINO AMERICAN PROFESSIONAL NURSING ORGANIZATION OF CHOICE IN SOUTHERN CALIFORNIA.

**MISSION STATEMENT**  
AS THE OFFICIAL PROFESSIONAL ORGANIZATION OF FILIPINO AMERICAN NURSES IN SOUTHERN CALIFORNIA, PNASC WILL UPHOLD THE POSITIVE IMAGE AND WELFARE OF ITS CONSTITUENT MEMBERS, PROMOTE PROFESSIONAL EXCELLENCE AND CONTRIBUTE TO SIGNIFICANT OUTCOMES TO HEALTHCARE AND SOCIETY.

**GOALS**  
PROMOTE ACTIVITIES WHICH WILL UNIFY THE FILIPINO AMERICAN NURSES IN SOUTHERN CALIFORNIA, COLLABORATE WITH PROFESSIONAL ORGANIZATIONS AND AGENCIES IN DEVELOPING AND IMPLEMENTING PROGRAMS RELEVANT TO NURSING PRACTICE, EDUCATION AND RESEARCH. PARTICIPATE ACTIVELY IN COMMUNITY ACTIVITIES WHICH DIRECTLY AND INDIRECTLY IMPACT NURSING AND HEALTHCARE.

JOIN US ON ALL OUR PLATFORMS

@PNASC

## Get In Touch

Email  
mypnascpro@gmail.com

Web  
www.mypnasc.org

SCAN FOR MORE

**PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA**  
With the PNASC-WLA Subchapter

# 2023 NURSES WEEK CELEBRATION

DATE: MAY 20, 2023

VENUE: ALMANSOR COURT  
700 S ALMANSOR ST  
ALHAMBRA, CA 91801  
UNITED STATES

The event was an incredible success! Activities included the General Assembly, Research Presentation, Panel discussion, scholarships, awarding ceremony, and live entertainment. The event began with a breathtaking violin performance by Cameron Sagun, son of the PNASC President. Next, PNASC President Maria Sagun MSN, NE-BC, RN delivered an inspiring State of PNASC address, highlighting all the fantastic achievements in the fiscal year 2022-2023. Each committee chairperson presented their objectives, achievements, and goals to thunderous applause. The voting members of the





**EVENTS:**  
GENERAL ASSEMBLY  
EDUCATION OFFERING  
NURSES WEEK CELEBRATION  
NURSING EXCELLENCE/  
SCHOLARSHIP AWARDS

May 20, 2023  
830am-4pm  
Almanson Court  
700 S Almanson St  
Alhambra, CA 91801  
United States

**2023 NURSES WEEK CELEBRATION**

TIME	WHAT	
8:00 - 8:30 AM	Breakfast & Registration	
8:30 - 8:35	National Anthem: Cameron Sagun	
8:35 - 8:40	Invocation: Adolfo Farnas	
8:45 - 8:50	Welcome Speech: Marie Navarro	
8:50 - 9:00	State of PNASC Address: Maria Sagun	
9:00 - 10:00	General Assembly Video Record Report Ratification of P&P changes	Led by Emma Cuenca All Committee- Chairperson Cathy Rubio
10:00 - 10:15	Thrive Break	Cathy Rubio and Marie Navarro
10:15 - 11:45	Panel Discussion Theme: Future of Nursing: Road to Excellence CEU awarded 1.5 hours	Facilitators: Sasha Ranaing and Doranne Titano
11:45 - 12:45	Lunch Buffet	
12:45 - 1:30	Membership Awards Volunteer Awards Scholarship & Excellence Awards	
1:30 - 1:35	Closing Remarks	Cathy Rubio
1:35 - 4:00 PM	Music & Entertainment Recess	

**MASTERS OF CEREMONY:**  
ROLAND SANTOS & MINDY OFIANA

organization accepted all committee reports. During the break, selected executive board members danced in their attire to the “Coconut Song”.

The Education, Research Practice Committee also hosted an insightful panel discussion with six-panel speakers from the Nursing Administration, bedside, and academia who shared their expertise on the theme: The Future of Nursing 2020-2023: Realignment of Nursing Organizations to Promote Health Equity Through Nursing Education, Research and Practice.

The panel speakers were:

- Janette V. Moreno, DNP, NEA-BC, NPD-BC Director of Nursing Education, Geri and Richard Brawerman Nursing Institute Cedars-Sinai Medical
- Karen Retardo, MA, BSN, RN, ACC. She is an ICF certified coach, certified Gallup strengths coach, holistic healing practitioner, and clinician
- Peachy Hain, MSN, RN, NE- BC, FACHE. She is the executive director of nursing in the medical-surgical services at Cedars Sinai
- Joyce Leido, MSN, RN- NEA- BC, CPHIMS. She is the chief nurse executive at Kaiser Permanente, Los Angeles, CA
- Sharon D. Peralta, Ph.D., RN. She is the co-

chief of the mental health care group and a chief mental health nurse at the Tibor Rubin VA Medical Center in Long Beach, CA

- Dan Brothman, the Chief Executive Officer of Prime Healthcare.

The panel speakers acknowledged that to promote Health Equity Through Nursing Education, Research, and Practice; the nurse must learn to assess themselves, let go of harmful practices and instead foster a supportive, mentoring environment for each other despite our differences. When nurses work together, the patients and the healthcare industry prosper.

Dante Tolentino, Ph.D., RN-BC, FAMIA, is the Assistant Professor at the UCLA School of Nursing with a research interest in social justice informatics: examining and closing the health inequity gaps and technology disparities among minoritized groups, mainly Filipino Americans with Type II diabetes (T2D). He presented his qualitative study on the “Experiences of Filipino Americans with Type 2 Diabetes during COVID-19”. His research found that despite several complex challenges during the pandemic, Filipinos coped using their existing resources-support. Many of them also made some diabetes self-management changes.

Velma Yep, DNP, GNP-BC, updated the attendees on Legislative Update AB765. This bill would, except as prescribed, make it a misdemeanor for a person who does not have a valid, unrevoked, and unsuspended certificate as a physician and surgeon to use the title doctor. It was an insightful talk. Indeed, a relevant topic, especially for doctoral prepared nurses!





During the lunch break, the attendees enjoyed the sumptuous meal. In addition, there were raffle prizes and an opportunity to network with the sponsors and vendors. In the afternoon part of the event, the Program and Awards committee recognized the scholarship award winners and High School Essay Writing Contest.





The Membership and Community Outreach Committee recognized the top membership recruiters and volunteers. In the back side of the event room, poster presentation on the nursing profession and research were participated by Sasha A. Rarang, Ph.D., MSN-Ed, CCM, RN, PMHNP student, Carmen N. Urbayan, DNP, RN, CNS, CPN, PCNS-BC and Maricar Gail Jones, DNP, RN-BC, CPHIMS, PHN.

A live band performed as a tribute to nurses, and the attendees lively danced and sang. The event was undoubtedly meaningful, bringing together healthcare professionals, especially nurses. Apart from the event's fun aspect, there were vital learning points. Nurses got to interact and learn from each other's experiences. They also had the opportunity to learn about the challenges facing the healthcare industry, especially during the current global pandemic and these current times. Participants left the event recharged with renewed enthusiasm and energy.



Dr. Sasha Rarang, Peachy Hain, Karen Retardo, Dr. Janet Moreno, Joyce Leido, Sharon De Peralta, Dan Brothman, and Maria Sagun



Shiela Bernus Dowd, Dr. Melanie Bernus Tallakson, Pat Hoerth, Edgar Bernus, Mila Velasquez, and Josie De Jesus



Karen Retardo, Leilani Unite, Maria Sagun, Belinda Mendoza, Joyce Leido, Dr. Gail Jones, and Mindy Ofiana

# Congratulations to 2023 Nursing Scholarship Awardees



## **Advance Practice Nurse Scholar of the Year - Sasha Rarang, PhD, MSN, CCM, RN**

Dr. Sasha A. Rarang, was nominated by Ms. Antonette Nunez, PNASC Recording Secretary. Dr. Rarang is currently enrolled in Psychiatric/Mental-Health nurse practitioner (PMHNP) program at West Coast University. She was motivated to pursue the PMHNP certification program in mid-2022 due to her societal commitments and understanding of the lack of individuals who can congruently understand the flight of transgender individuals and their mental health needs.

Her advocacy includes: to serve those who needs assurance. To be able to represent the transgender people in nursing practice with their mental health needs whether to health them diagnose, treat, as well as care for their existing mental problem or in the process of their own transitioning is significant in promoting equity and inclusivity in healthcare.

Dr Rarang stated “I firmly believe that as a nurse, it is our duty and commitment to be the model of empathy and compassion. This is the essence of being a PNASC/PNAA nurse: to be able to advocate and be that instrument for a change and be that equity minded nurse. It is my dream and goal to be that nurse that can truly promote not only health among patients, but also be that nurse who can champion culturally congruent care among transgender individuals in treating and caring for their mental health issues.” She gives thanks to PNASC and the Philippine Nurses Association of America (PNAA) for this award.

## **Advance Practice Nurse Scholarship Honorable mentions:**



**Danilo Bernal, DNP, APRN, FNP-BC, NP-C**, is currently pursuing his postdoctoral credential as Psychiatric Mental Health Nurse Practitioner (PMHNP) at the University of Massachusetts Global.



**Belinda B. Mendoza, MSN, RN, PHN**, is currently attending the Doctor of Philosophy (Ph.D.) in Nursing Program at Azusa Pacific University (APU), Azusa, California.



**Emily T. Bernus Foundation Scholarship goes to Arielle Jonna P. Guinto for the –** Arielle is taking up Bachelor of Science in Nursing at California State University (CSULA). She was nominated by Catherine Rubio, PNASC President Elect. Arielle joined PNASC as a student member in 2021. She recently migrated from the Philippines to the United States with her parents. She is grateful to learn about PNASC and joined without hesitations. She was an active student volunteer at PNASC’s community events such as at the Philippine Consulate General of Los Angeles. She has demonstrated an immense

passion to community service and to pursue a career in nursing. She endured challenges in adjusting to being in the US, especially the education system. Her acceptance to the nursing program was due to her patience, handwork, and perseverance. Arielle has a GPA of 4.0 at CSULA. PNASC supports its members and will be a positive influence to student members like Arielle in achieving her goal as a Registered Nurse. Arielle is committed to academic excellence and is already a valuable PNASC member.

Arielle stated “My career goal is to be a good nurse and to be able to provide my parents with a comfortable life. This scholarship will not only help me attain my goal for my career but will also help me to be one step closer to my goal for my family. I am doing my best in everything I do, especially in academics, so that one day my dreams and goals will come true”.



# Honoring Women Leaders of PNASC

**Antonette Nunez, MSN, AMB-BC, CJCP, RN and Dr Gail Jones, DNP, RN-BC, CPHIMS, PHN**

**Giving thanks to those that fought for and won women's suffrage in the United States 175 years ago.**

Maria Sagun, MSN, RN, NE-BC, PNASC President 2022-2024 Maria Sagun hails from Manila, Philippines and the fourth of six children. Her parents planned her career as a nurse when she was a young child and she sure made them very proud with her many accomplishments! Maria graduated from the University of Santo Tomas, Philippines with degree of Bachelor's of Science in Nursing as Cum Laude. She was top 9 among thousands of examinees of Registered Nurse Licensure in the Philippines. She gained her Master's of Science in Nursing at California State University, Los Angeles.



Maria's career continued in the United States from the Philippines. She started her career at Kaiser Permanente's flagship medical center, Los Angeles Medical Center in 2002 as a staff nurse in the Cardiac Surgery Unit. Within five years, she was promoted in management positions, from supervisor to department manager. In 2011, she was promoted to Clinical Director, Nursing Administration and Operations. Currently, she is the Assistant Medical Center Administrator. In her spare time, Maria is also faculty at California State University.

Maria's professional achievements:

- ❖ Advance Management Program, USC Marshall School of Business
- ❖ Leadership Development/Succession Planning Program, University of Tennessee, Graduate and Executive Education
- ❖ Improvement Advisor candidate, IA training program
- ❖ Awards of Kaiser Permanente (KP) Star Award for Affordability, Service Award for Innovative commitment to improving the care experience of KP members, and Innovation Fund for Technology Award
- ❖ Member of the KP Bargaining Team for Management for Collective Bargaining Agreement with California Nurses Association

## **Melanie Tallakson, DNP, MPH, FNP-BC**

Dr. Tallakson followed in her late mother's footsteps as a nurse. She advocates for educating minority populations regarding research, especially the Filipino community. She shares that research may offer additional options for individuals in managing and treating their diseases.

- ❖ Board Certified Family Nurse Practitioner at University of California, Irvine (UCI).
- ❖ Clinical Research at UCI MIND, institute for Memory Impairment and Neurological Disorders Principal Investigator for the AHEAD Diversity Recruitment Project and sub-investigator for several NIH and pharmaceutical-sponsored clinical trial studies for new treatment of Alzheimer's Disease

- ❖ Received her PhD in Nursing Practice from California State University (CSU), Fullerton, MSN and MS PH from UCLA and SDSU
- ❖ PNASC Board Member 2022-2024, Education, Research, and Practice Committee member





### **Leilani Unite, MSN, RN**

- ❖ Leilani held various roles at Kaiser Permanente (KP). From staff nurse, to supervisor, manager, and then to director positions. She is currently the Regional Program Director Strategic Workforce at KP Southern California
- ❖ She obtained her Masters of Science in Nursing at the University of California, Los Angeles
- ❖ Leilani held several executive board positions at PNASC and she is currently the Treasurer, 2022-2023

### **Janette V. Moreno, DNP, NEA-BC, NPD-BC**

- ❖ Dr. Moreno is one of ten children. She completed her Doctorate in Nursing Practice, Executive Leadership from the University of San Francisco. She is currently the Director of Nursing Education at the Brawerman Nursing Institute at Cedars-Sinai.
- ❖ Mentorship Program Chair for Women in Healthcare, Los Angeles, faculty for the Association of California Nurse Leaders (ACNL) Foundations for Leadership Excellence and team lead appraiser for the American Nurses Credentialing Center (ANCC), and Caritas Coach.
- ❖ Board of Directors for ACNL 2023 and PNASC West LA Subchapter Board Member



### **How Can I Help?**

**I have a plan, I have no fear.**

**I am here to fulfill the need of everyone –**

**My peers, my leaders, all my loved ones.**

**I knew Caring Science is what everyone needs**

**To fill the missing gap in the care we give.**

**“To the stars, through all difficulties” –**

**Words from my father, echo in resilience.**

**As difficult as it maybe, I have to reach the stars and be free.**

**I can't fail him and my mother, I have to win, and winning it  
will be.**

**Original Poem by Dr Moreno**



# PNASC Members Share Their Inspirations in Becoming a Nurse

Collected and Arranged by Antonette Nunez, MSN, AMB-C, BSN, CJCP



**Sonia Sabado, MSN, RN, FNP-BC**

My inspiration to become a nurse is my mom, Eulalia Sabado, who was a nurse herself. She made me realize what a vital role nurses play in health care. She also emphasized the job security it would provide for me. While working in Mental Health, I realized that I could make an impact by continuing with higher education. I studied for a Masters in Nursing for a Family Nurse Practitioner degree with the intent to provide primary care for the mentally ill patients. I was fortunate to be able to have my aspiration come to fruition. With support from my Chief Nurse, I was able to create and develop a Primary Care Clinic in an Outpatient Mental Health setting. Fourteen years after I started the clinic, it now has 3 full time providers addressing the medical conditions that the mentally ill patients have, in an environment conducive to promote trust and compliance with their treatment!



**Mindy Ofiana, MSN, RN**

## Why Nursing?



I entered inside these huge gates as a naive high school graduate. I was made to understand that you were to be part of my life for many more years. It goes without saying that I am grateful to you for all the sweet and sour memories that I have had with you that played a crucial role in shaping my nursing career. I am grateful to you for the discipline and values that you have imparted that actually made you one of the best university in the nation.



As I am grateful to you, I am so much more grateful to my mother, Angelita B. Cubas, for introducing me to you - one of the best decisions she has taken for me.



**Dorianne Tillano, MSN, NP-C, PMHNP-BC**

Being a family member of a loved one admitted to the hospital inspired me to be a nurse. The nurses who cared for my loved ones were compassionate yet knowledgeable about their patients and the complexities of their health issues and needs. They were great humans to those who are in vulnerable condition. In my career, I am able to share kindness, compassion, relief, and difference to the lives of others. Being a nurse inspires me to always be a better version of myself every day.

**Marlon Garzo Saria, PhD, RN, AOCNS, NEA-BC, NPD-BC, FAAN**

I became a nurse not by design, but by happenstance. I choose to stay because of the opportunity to make an impact...an opportunity that does not come once but is renewed every day and with every interaction.

**Pacita Lovely Chu, RN, retired nurse, PNASC Lifetime member**

The fastest way to go to the USA was through being a nurse. That inspired me to take up Nursing because I wanted to help my family financially. I also wanted to be able to send my younger brother to the medical school he wanted, University of Santo Tomas (UST). I am very proud that he successfully graduated from UST.

**Mary Reyes-Gonzales, MSN, RN-C, BSN**

I am a nurse because it is a career that involves human caring and kindness. As a nurse in management, it is my goal to care for nurses so that they can care for their patients and family members by providing quality care and patient safety in mind. As a nurse leader, I am a nurse to mentor and support other nurses. The goal is always to be kind.

**Bella Manalang, BSN, RN**

Knowing that my personal touch no matter how big or small, saves lives...everyday, all day!





**Marigold Paredes, NP, RN**

I want to make a difference in a person's life.

**Marichu Gan, DNP, MAN, RN, CCRN**

My mother inspired me to become a nurse. When I was in grade school, during school breaks, I tagged along with her in the Rural Health Center and helped out by calling patients, weighing them, packing their medications in paper bags, etc. The doctor gave me one peso when I would help out 😊. My mom could deliver babies in her night gown when fetched at night, I came with her one time.

**Roland Santos, MSN, RN**

My motivation to be a nurse was a result of my father who when I was in high school, had several strokes in a matter of a few years. He eventually passed away but I was determined that I will make a commitment to provide care that is not only first class but with a goal of always helping patients who are acutely ill and suffering. The course changed of course because I switched to management for the rest of my career. So, my goal is to help nurses value their role in the patient's healing process and develop leaders that will do the same.

**Gail Jones, DNP, PHN, RN-BC**

As a child, I would accompany my mom to work at a hospital. I was inspired by the nurses I observed by how they provided care and were able to make a difference to improve the quality of life of their patients. This experience motivated me to contribute to society by helping with the well-being of those who cannot help themselves through supportive, comfort, and compassionate care. Also, nursing career has endless possibilities, such as Nursing Informatics, which is the work I do now.



**Vernita Goodlett, MHA, PHN, BSN, AMB-BC, NE-BC**

When I was 15 my great aunt was hospitalized after suffering several strokes. The nurse was so caring and attentive, not only to her needs, but she was also reassuring to our family.

**Janette Moreno, DNP, RN, NA-BC**

My mom, who never finished high school due to poverty, is my inspiration. She's always dreamt of being a nurse and I am inspired to fulfill her dreams each and every day. She will always be the best nurse, raising 10 children with compassionate and loving care.

**Velma Yep, DNP, GNP-BC, RN**

My mother, former Dean and professor of Far Eastern University Institute of Nursing, was my biggest inspiration in becoming a nurse. Her unwavering compassion, altruism, sense of volunteerism, wisdom, and candor.

**Melanie Tallakson, DNP, MPH, FNP-BC**

My inspiration for becoming a nurse came from my personal experience of being a cancer survivor. After my treatments, I undoubtedly knew that my calling was to support patients and their families as a nurse. Also, having a mother who was an amazing role model in critical care nurse sealed the deal on me becoming a nurse.

**Sasha Rarang, PhD, MSN, CCM, RN**

What inspired me to become a nurse is to make a difference in the lives of future nurses and to be able to represent underserved and underrepresented transgender individuals in the field of nursing. It is also an inspiration to see my legacy through my work as a Filipino American nurse helps in creating a more diverse, equitable, and inclusive nursing profession.



**Andrew San Diego, MSN, BSN, PHN, RN**

I was a kid who was always sick when I moved here to America from New Zealand. The doctors never believed me. And neither did the school officials. Whenever I was admitted to the hospitals, it was always the RNs who advocated for me. I wanted to be that person for patients who had the same experience as me and be their advocate.

**Leilani Unite, MSN, RN**

What inspired me is the idea of helping people. To help them manage their physical, emotional, mental wellbeing, and understand the available support they have.

**Cora Manapat, MSN, FNP**

My mother encouraged me to take up nursing. I am inspired by Florence Nightingale's oath and the people I care for. I experience a feeling of confidence and gratitude when I am able to make a difference in people's lives.

**Maria Sagun, MSN, NE-BC, RN**

As early as I can remember, I was "assigned" to be the nurse in the family. My eldest sister was to become a physician, the second a pharmacist, the third a dentist, and yours truly, the fourth, was to be a nurse. Fortunately for my parents, all four of us chose the professions set for us.



I wish I had a more moving and emotional story of why I chose to be a nurse so I can answer this question with passion and conviction. I, however, with passion and conviction, can tell you how I chose to remain in this noble profession. I chose to remain with nursing because serving others brings me joy and a sense of fulfillment. This profession has given me the opportunity to make a difference in people's lives every single day. In the space that I currently occupy, I have the opportunity to serve, to inspire, and influence not only individual nurses but the profession as a whole.

# PNASC's (Handsome) Men in Nursing

Maria Theresa Sagun, MSN, RN, NE-BC

We celebrate Men's Health Month nationally this June to raise awareness on men's health. The honor and recognition should be bestowed upon all those that contribute to this cause. Special recognition goes to PNASC's handsome men in nursing who embody the core values of the nursing profession. We are fortunate to have these talented and dedicated leaders in our organization. I would like to take this opportunity to celebrate and honor these men in nursing who have contributed greatly to achieving the mission and vision of PNASC. These three men are all part of PNASC Advisory Council. They inspire and continue to give so much of themselves to the nursing profession and to our nursing organization. Let's get to know them a little bit more....



**Regalado "Reggie" Valerio Jr., DNP, CRNA, CHSE**  
**PNASC President, 2018-2022**

Regalado 'Reggie' Valerio Jr. is a certified registered nurse anesthetist (CRNA) at Los Angeles General Medical Center (LAGMC) and the simulation director at the USC Program of Nurse Anesthesia, Keck School of Medicine. Most recently, Dr. Valerio is named as the Advance Practice Nurse of the year and the merit recipient among the CRNAs at LAGMC in 2023.

As the director of simulation at USC, Dr. Valerio facilitates laboratory simulations on anesthesia planning, management, and delivery in a safe and controlled learning environment for nurse anesthesia residents. He also provides interdisciplinary simulations at LAGMC for OB-GYN, neurology, ER, and perioperative nursing services.

Dr. Valerio is currently an item writer for the National Certification Examination (NCE) at the National Board of Certification and Recertification for Nurse Anesthetists' (NBCRNA). He serves as an item writer for the self-evaluation exam (SEE) at NBCRNA. The SEE helps prepare anesthesia students for their NCE before entry to practice.

Shortly after he graduated from Duke University School of Nursing, he took a leadership position and became the president of PNASC for the term 2018-2020. His mantra for his executive term—PNASC RISE, which stands for his goals: **R**ecruit & **R**etain, **I**nnovate & **I**nspire, **S**erve, **E**mpower & **E**ngage PNASC owners/members. Under his governance, the organization surpassed its membership goals, provided numerous scholarship grants, facilitated community outreach and volunteerism, partnered research ventures with different health organizations, and able to achieve the PNASC's long-time goal in becoming a bonafide charitable organization. Through Reggie's leadership, PNASC continues to collaborate with other professional organizations and agencies to develop and implement programs relevant to nursing practice, education, and research. The achievements of PNASC's executive board under President Reggie made a huge impact in nursing and health care in general in the Los Angeles area.

Dr. Valerio holds double bachelor's degrees in medical technology & Nursing from the Philippines where he graduated Magna Cum Laude and Cum Laude respectively. While practicing critical care nursing at Kaiser Permanente in Los Angeles & UCLA Ronald Reagan Medical Center, Dr. Valerio pursued Masters of Science in Nurse Anesthesia at USC where he graduated as the class valedictorian in 2013. For 10 years now, Dr. Valerio has been providing anesthesia in both academic institutions like LAGMC, and private organizations such as Kaiser Permanente in Woodland Hills. Reggie graduated from Duke University in 2017 proudly carrying the flag of the School of Nursing during the university's commencement exercise. Dr. Valerio is the recipient of Trailblazer Award in 2020 from the Duke University School of Nursing Alumni Association.



**Roland Santos, MSN, RN****PNASC President 2020-2022**

Roland is currently the Chief Nursing Officer at Sherman Oaks Hospital and Encino Hospital Medical Center. He held several management positions prior to becoming the CNO, his achievements and dedication to his profession has contributed greatly to his meteoric rise in ranks.

His passion has always been to help people succeed in their roles and professional advancement and to make a difference with every individual he has interactions with directly or indirectly. This passion has led him to another key position in his professional career- as assistant professor at the College of Nursing at California Career College.

Roland received his BSN from the University of Santo Tomas in Manila, Philippines, and his MSN in Nursing Administration from the University of Southern California.

He received numerous honors and awards recognizing his contributions to his organization, to the nursing profession, to his community, and to PNASC. He also held national and local positions with PNAA and PNASC where he has been an active member and leader since 2005.

Roland is known as the pandemic leader; it was during the COVID surge when he held his term as President for PNASC. The challenges faced by Roland and his Executive Members during his term were very unique. There were so many unknowns. Being a true leader and a maverick on his own, Roland didn't just succeed in still meeting the goals of PNASC but surpassed everyone's expectations. Roland introduced all of us to everything virtual- meetings, general assemblies, social gathering – remember Zoomalloween? He also knew what the members needed and offered virtual mindfulness trainings. His mantra for his term was ABOVE and BEYOND – because he was committed and dedicated to serve ABOVE and BEYOND our wildest dreams!

**Adolfo Famas, MSN, RN, CCRN-CMC****PNASC West LA Subchapter President 2016-2018**

Adolfo is currently a Clinical Nurse III in the Cardiac Intensive Care Unit at Cedars Sinai Hospital in Los Angeles. He is an expert in taking care of cardiac surgery patients and imparts his knowledge to others as a clinical preceptor for the hospital. Adolfo has a very impressive clinical portfolio, he is certified and trained to provide intensive care to the sickest of patients. He continues to support nursing education and research and has participated as speaker and poster presenter in numerous conferences. He held several leadership positions and was the Director of Staffing Development, Quality Improvement and Infection Control for Visalia Nursing and Rehabilitation Center.

Adolfo received his BSN from Velez College of Nursing in Cebu City and his MSN in Nursing Leadership and Management from Western Governors University. Adolfo is an ambassador for American Association of Critical Care Nurses since 2010.

He has been an active member of PNASC since 2004. He is the founding president of the PNASC West LA Subchapter where he served his term successfully from 2016-2018. PNASC's goal of providing service to the community has been achieved through West LA Subchapter's community outreach programs during his term, partnering with numerous community agencies that resulted in serving a wider range of community members.



## High School Essay Writing Contest: Why Become a Nurse and How PNASC Inspired You

**Dorianne Tillano, MSN, NP-C, PMHNP- BC**

The PNASC Program and Awards committees, along with the PNASC Education, Research, and Practice committee, are proud to have organized this year's high school essay writing contest. As a professional organization of Filipino American nurses in Southern California, we are committed to upholding our members' positive image and welfare, promoting professional excellence, and contributing to significant outcomes in healthcare and society.

**High School Essay Writing Contest**

**ELIGIBILITY**  
ALL HIGH SCHOOL STUDENTS

Submit an essay in a word document format of at least 250 words

**WRITE AN ESSAY ON**  
Why do you want to become a nurse?  
How does a nursing organization such as the Philippine Nurses Association of Southern California (PNASC) helped you realize your nursing dream?

**RUBRICS**

	4	3	2	1
<b>Ideas and content</b>	The paper clearly states an opinion and gives 7 clear, detailed reasons in support of it.	An opinion is given. One reason may be unclear or lack detail.	An opinion is given. The reasons given tend to be vague or incomplete. May get off topic.	The opinion and support list it is broad, confused and/or unclear.
<b>Organization</b>	The paper has a beginning with an interesting lead, a middle, and an ending. It is in an order that makes sense. Paragraphs are indicated and have topic and closing sentences and main ideas.	The paper has a beginning, middle and end. The order makes sense. Paragraphs are indicated, some have topic and closing sentences.	The paper has no strategy at a beginning or end. The order makes sense. Paragraphs are indicated, some have topic and closing sentences.	There is no real beginning or ending. The ideas seem loosely strung together. No paragraph formatting.
<b>Style &amp; tone</b>	The writing shows when the writer shares and feels. It sounds like the writer cares about the topic.	The writing seems when the writer shares and feels. It sounds like the writer cares about the topic.	The writing is bland and sounds like the writer doesn't like the topic. No feelings.	The writing is bland and sounds like the writer doesn't like the topic. No feelings.
<b>Word choice</b>	Descriptive words are used ('helpful' instead of 'good' or 'descriptive' instead of 'bad').	The words are mostly ordinary, with a few changes at descriptive words.	The words are mostly ordinary but generally correct.	The same words are used over and over. Some words are used incorrectly.
<b>Sentence fluency</b>	The sentences are complete, clear, and begin in different ways.	The sentences are mostly correct.	There are many incomplete sentences and run-ons.	The essay is hard to read because of incomplete and run-on sentences.
<b>Conventions</b>	Spelling, punctuation, capitalization, and grammar are correct. Only minor errors are noted.	Spelling, punctuation and capitalization are mostly correct. Some problems with grammar.	There are enough errors to make the writing hard to read and understand.	The writing is almost impossible to read because of errors.

**SUBMIT YOUR ENTRY BY:**  
**MAY 16, 2023**

Email entry to:  
Email to: [doriannepnasc@gmail.com](mailto:doriannepnasc@gmail.com)  
CC: [mariaatsagunpnasc2022@gmail.com](mailto:mariaatsagunpnasc2022@gmail.com)

**WINNERS WILL BE NOTIFIED BY EMAIL ON MAY 18, 2023**

Two winners will be chosen

Each winner will receive a \$500 award and a certificate.

Winners are encouraged to attend the awarding ceremony.

**AWARDING CEREMONY**

Time: 1PM- 2: 30 PM  
Location: Almansor Court  
700 Almansor St.  
Alhambra, CA 90810

More information available at:  
<https://mynpnasc.org/events?EventViewMode=1&EventListViewMode=1>

The competition's primary objective was to motivate aspiring nursing students to comprehend why they want to become a nurse and understand how the PNASC contributed to their nursing profession realization. The online invitation was posted on May 9, with a deadline of May 16; we received nine entries despite the short notice. Ms. Mizraim Oliva, the students' High School Teacher and Filipino Club Advisor at Gerh High School and Cerritos High School, played a crucial role in fostering the high school students' love for writing and encouraging them to participate in the contest. Each essay was a testament to the young writers' exceptional talent and intelligence, exhibiting unique styles and well-written content. The contest winners were recognized during the Nurses Week Celebration on May 20, 2023, at the Almansor Court in Alhambra, CA. In addition, the winners received \$500, a certificate, and a ribbon. The contest winners truly deserved the recognition they received for their hard work and dedication.



Congratulations to **Milan Matthew Allanigue** and **Catherine Estrella** for winning the high school essay writing competition! Their exceptional talent and hard work were recognized, fostering their love for writing and passion for nursing.

Milan Matthew Allanigue is a remarkable Gahr High School in Cerritos, CA student with a deep passion for nursing. Milan is inspired by the courage and dedication of his mother, a nurse, and the legacy of Filipino nurses who have made significant contributions to healthcare in America. He is grateful to the Philippine Nurses Association of Southern California for offering scholarships and mentoring programs to help students like him achieve their academic goals and pursue their dreams of becoming nurses. Milan is determined to work hard for service and reasonable outcomes in healthcare, and we are confident that he will succeed.

Catherine Estrella admires her father's sacrifices to achieve the American dream. Before becoming a nurse, he worked hard as a stay-in caregiver to support their family of three. Catherine's desire to become a nurse stem from her aspiration to change the world and help others overcome challenges, medical conditions, and harsh treatments. She is aware of the issues facing humanity and believes that nursing is a way to make a positive impact. Catherine is grateful to the Philippine Nurses Association of Southern California for helping her understand the meaning of being a nurse. Being part of a community where Filipino nurses unite and support each other, PNASC has enriched their culture and contributed significantly to their distinct ethnic identity. Despite their differences, PNASC has met each other's needs by coming together.

Along with the winners, the other participants, including Ashie Arabella Quiambao, Sean Nikolas Fontanilla, Rocco Leonico, Izaiah Montoya, Jarred Adrian Pizarro, Marion Augustine, and Jalen Santos, were also acknowledged for their efforts. In addition, each participant was awarded a \$25 gift card as a token of appreciation. Overall, the high school essay writing contest was a resounding success. The PNASC feels honored to host this contest, and we will continue supporting and empowering the Filipino American nursing community.



Dori Tillano, Diane Roque, Milan Matthew Allanigue (winner), Catherine Estrella (winner), Marie Navarro, and Belinda Mendoza

# UNSUNG HEROES: HOW NURSES ARE CHANGING LIVES EVERY DAY

Mindy C. Ofiana MSN, RN, PNASC AC



Nurses are a crucial part of the healthcare system, often referred to as “its backbone”. They tirelessly work to deliver high-quality patient care and frequently go above and beyond their call of. However, many people are unaware that they also play a significant role in community engagement.

Nurses are involved in community outreach programs, setting up health fairs, and volunteering at local clinics. They are making a real difference in people's lives beyond the confines of medical facilities. Here are some heartening stories of nurses having an impact on their communities.

## Meet Nurse Jane

Nurse Jane is a registered nurse who works at a local hospital. In her free time, she volunteers at a local health clinic that provides free medical care to underserved communities. She also organizes health fairs and educational programs to promote healthy living. Through her work at the clinic, Nurse Jane has seen firsthand the impact that lack of access to healthcare can have on individuals and families. She is passionate about providing care to those who need it the most. Her dedication to community engagement has earned her the respect and admiration of her colleagues and patients.

## Meet Nurse Mark

Nurse Mark is a pediatric nurse who works at a children’s hospital. He is also a member and a volunteer with a local nursing organization that supports families with children with chronic illnesses. Through his work with the organization, Nurse Mark has helped families navigate the complexities of the healthcare system and provided emotional support to parents and children alike. He has also helped organize events and activities that allow children with chronic illnesses to connect and have fun despite their health challenges.

These are just a few examples of how nurses make a difference in community engagement. You may notice some similarities between yourself or people in your social circle and the fictional characters of Jane and Mark. Through your compassion, dedication, and expertise, you are helping to improve the health and well-being of individuals and communities.

As we face ongoing challenges within the healthcare system, it's important to recognize nurses' crucial role in community engagement. Fictional Jane and Mark, your work is a shining example of the impact of compassion and care, and it inspires us all. **We thank you for being unsung heroes.**







## The Life of Ambulatory Care Nurses

Vernita Goodlett MHA PHN BSN AMB-BC NE-BC, PNASC Member

Contrary to what most healthcare personnel perceive, ambulatory care nursing is much busier than you may think. Registered Nurses (RNs) have important roles in patient care departments such as the Emergency Room, Gastroenterology, Outpatient Surgery, Hematology/Oncology, Infusion, Wound, and Urgent Care. Most recently, there is a rising need for RNs to head nurse-led clinics in Adult Primary Care and in telehealth. The skills learned in the acute care setting are vital to safe patient outcomes in the Ambulatory Clinics. There is also an opportunity for nursing programs to add ambulatory nursing to the curriculum as it is a growing field. Many board certifications are available such as the American Academy of Ambulatory Care Nursing (AAACN).

In an article “Perspectives of Nurses Toward Telehealth Efficacy and Quality of Health Care: Pilot Study” ([Perspectives of Nurses Toward Telehealth Efficacy and Quality of Health Care: Pilot Study - PMC \(nih.gov\)](#)), one of the evolving roles of nurses as they take on new responsibilities of providing nursing service in home settings, is the use of information technology (IT). Telehealth nursing focuses on patients’ long-term wellness, self-management, and health [1]. According to the American Telemedicine Association, this IT solution provides nursing care across a distance, empowering the care providers with the ability to monitor, educate, follow-up, collect data, and provide multidisciplinary care including remote interventions, pain management, and family support in an innovative fashion [7]. It has been reported that agencies using telehealth have an average patient-to-nurse ratio of 15:1, as compared with non-telehealth agencies having a ratio of 11:1 [7]. Therefore, telehealth nursing can make a tremendous difference in providing patient care, particularly in rural or underserved areas in states such as Nebraska, where there is generally a shortage of nurses and health care services, as well as resources can be limited [3].

It is an amazing experience for nurses to maximize their scope of practice by providing patient care in nurse led clinics. RNs can perform prenatal screenings, diabetic teaching and monofilament foot exams, administer medications per standing orders, and many others as covered by standardized procedures. Licensed Vocational Nurses (LVNs) are also highly utilized in nurse led clinics. Typical LVN duties are EKG, Blood Pressure checks, weight checks, vaccine administration, and recurring injections.

Telehealth offers nurses fully remote employment. RNs can triage patients over the phone and provide an appropriate disposition using a prescribed algorithm. LVNs can screen emails and phone messages sent to providers from patients, as well as stage messages for providers by pending medications and diagnostic tests or respond to the patient directly. The role of nursing in ambulatory care is rapidly growing and evolving. In a highly competitive market, having nurses provide hands on care allows patients to spend more time with their physicians to discuss their plan of care.



# Ambulatory Care Nursing

February 6-12, 2023 WEEK

#AMBCARENURSE2023

# National Coalition of Ethnic Minority Nurses Health Policy Summit 2023

**Velma Dumag Yep, DNP, MSN, GNP-BC**

It's a wrap! The National Coalition of Ethnic Minority Nurses (NCEMNA) Health Policy Summit "Leading the Way to Health Equity" was held at the California Endowment Center in Los Angeles on March 13-14, 2023. The keynote speaker was Dr. Richard Besser, MD CEO of the Robert Wood Johnson Foundation, who spoke on 'Building a Culture Rooted in Equity'.

NCEMNA is a unified force advocating for equity and justice in nursing and health care for ethnic minority populations. NCEMNA, Inc. comprises five national, ethnic nurse associations: Philippine Nurses Association of America (PNAA), National Black Nurses Association (NBNA), Asian American Pacific Islander Nurses Association (AAPINA), National Alaskan Native American Indian Nurses Association (NANAHIINA), and National American Hispanic Nurses Association (NAHN).



Dr. Sasha Rarang, Dr. Igor Morocco, Dr. Marlon Saria, Dr. Velma Yep, Cathy Rubio, Letty Hermosa, Dr. Gloria Beriones, Josie de Jesus, Vicky de Leon, Dr. Clarita Miraflor, Dr. Janette Moreno, Marie Navarro, Jay Larrosa, Maria Sagun, Mindy Ofiana. Back row: NCEMNA president Dr. Debra Toney, and Dr. Sherwin Imperio

The goal of this collaboration is to support ethnic nurses' diversity; advocate for culturally competent, accessible, and affordable health care; promotion of the professional and educational advancement of ethnic nurses; education of consumers, health care professionals, and policymakers on health issues of ethnic minority populations; development of



Antonette Nunez, Dr. Gail Jones, Mindy Ofiana, Dr. Emma Cuenca, Cathy Rubio, Maria, Sagun, Vicky de Leon, Leilani Unite, Marie Navarro, and Josie de Jesus.



ethnic minority nurse leaders in areas of health policy, practice, education, and research; endorsement of best practice models of nursing practice, education, and research for minority populations.

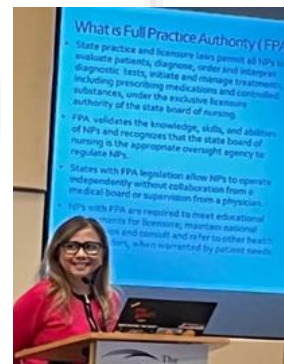
Presenters from PNAA were: Gloria Lamela Beriones, Ph.D., RN, NEA-BC, PNAA President Board Member, National Coalition of Ethnic Minority Nurse Associations, Leticia C. Hermosa, JD, Ph.D., RN, PNAA Past-President Vice President, National Coalition of Ethnic Minority Nurse Associations, Leo-Felix M. Jurado, Ph.D., RN, APN, NE-BC, CNE, FAAN, PNAA Past President Founding Dean & Professor, College of Health Professions Commonwealth University of Pennsylvania Nurse Associations, Velma Yep, DNP, MSN, GNP-BC, PNA Southern California Board Certified Nurse Practitioner-Gerontology Lead NP Urgent Care, International Medicine and Geriatric Medicine Department, Chaparral Medical, and Sasha Rarang, Ph.D., MSN, CCM, RN.

Dr. Beriones was one of the panelists in the "Presidents Panel," along with the presidents of the other associations. Dr. Jurado joined the "Deans' Perspectives on DEI, Health Disparities, and Nursing Workforce Issues" and deans from nursing universities: UCLA, Duke University, and the University of Alabama. Dr. Yep presented on "Advocating for Full Practice Authority for Nurse Practitioners" and Dr. Rarang's poster presentation was "Creating a Diversity Task for a Professional

Ethnic Minority Nursing Association." Dr. Hermosa was the emcee for the program. A well-attended event with a significant representation from the Philippine Nurses Association of Southern California. The other PNAA board members of NCEMNA are Marlon Saria, Ph.D. RN, FAAN, and Mary Joy Dia, DNP, RN, FAAN.



Dr. Felix Jurado, Cathy Rubio, Dr. Velma Yep, Dr. Gloria Beriones, Dr. Letty Hermosa, Mr. Beriones, Dr. Marlon Saria, Jay Larrosa



Dr. Velma Yep



PNAA leaders with PNASC leaders at NCEMNA



## Summer Quick and Fun Recipes

Belinda Mendoza, MSN-HAL, RN, PHN, PRO



### Halo-Halo

#### Ingredients:

1 tsp of:  
ube halaya  
sweetened mung beans  
macapuno (coconut sport)  
candied palm fruit  
jackfruit  
sweetened "saba" banana  
tapioca pearls  
gulaman (jellies)  
corn  
"pinipig"  
½ cup evaporated milk  
shaved ice  
ube ice cream

Add all the 1 tsp of ingredients into a tall glass.  
Fill the glass with shaved ice.  
Add the evaporated milk.  
Put the ube ice cream on top, sprinkle with pinipig.

### Turon

#### Ingredients:

6 saba or plantain bananas  
1 cup of sliced jackfruit  
1 cup brown sugar  
12 lumpia wrappers

Cut the bananas in half and roll each in a plate of sugar.  
Place the sugar-coated banana on the wrapper, add some jackfruits  
Fold and lock the banana and jackfruits, seal the wrap with water.  
In a pan, heat the oil and add sugar until the sugar floats  
Fry the wrapped bananas until golden brown.

### Leche Flan

#### Ingredients:

5 egg yolks  
1 can condensed milk  
½ can evaporated milk  
1 tsp vanilla extract  
1 cup sugar



Whisk the egg yolks in a large bowl.  
Add the condensed milk, evaporated milk, vanilla extract, then whisk well.  
Melt the sugar in a saucepan. Do not burn.  
Pour about 2 tbsp of melted sugar in the molds.  
Pour all the whisked ingredients in the same molds with the sugar.  
Steam until all nothing sticks to the toothpick when poked.

## How to Summer in Southern California

### Amusement Parks

Knott's Berry Farm  
Universal Studios  
Six Flags Magic Mountain  
Legoland  
Raging Waters



### Beaches

Santa Monica Beach  
Venice Beach  
El Matador Beach  
Zuma Beach  
Coronado Beach  
La Jolla Cove  
Newport Beach  
Huntington Beach  
Catalina Island  
Laguna Beach



### Hiking Trails

#### Hiking Trails

The Hollywood Sign  
Devils Punchbowl  
The Slot in Anza Borrego  
Runyon Canyon  
Solstice Canyon  
Joshua Tree National Park  
Bridge to Nowhere  
San Jacinto Peak  
Potato Chip Rock  
Echo Mountain Ruins



and so much more!!!





# PNASC Fundraising Events: LA Clippers and USC

## Filipino Heritage Nights



**Gail Jones, DNP, RN-BC, CPHIMS, PHN, PNASC Auditor**

**Marie Navarro, MSN, CCRN, RN, President PNASC West LA Subchapter**



**Clippers** - In 1984, when the Clippers organization relocated to Los Angeles (LA) from San Diego, the rivalry “Battle for LA” began with the LA Lakers. Given their historical success in the National Basketball Association (NBA), the LA Lakers hold a larger fan base and a good portion come from the Filipino community. Yet, it is the LA Clippers (LAC) that celebrate and pay tribute to the NBA’s robust Filipino fan base since 2009 when they started holding annual Filipino Heritage Night (FHN) events.

On November 21, 2022, the LAC hosted FHN and Jordan Clarkson, a Filipino-American basketball player from the Utah Jazz was able to celebrate the event as his team were in town to play the LAC. The Philippine Nurses Association of Southern California along with the West LA Subchapter were part of the sold-out crowd of over 19,000 in attendance at Crypto.com Arena. In addition to watching the game, a group of 50 PNASC members, family, and friends were entertained by an all-star roster of Filipino talent of Fil-Am artists, celebrities, and musicians, for the national anthem, halftime performances and appearances. Special guests were Ez Mil, Guapdad 4000, Manila Grey, Yeek, Alex Wassabi, Jules Aurora, Nico Blitz, Myron Marten, and Nelita V.



PNASC EB members, Leilanie Unite, Dr. Gail Jones, Roland Santos, Belinda Mendoza, Dorianne Tillano, and their families.



The large crowd at the Filipino Heritage night: Clippers vs Utah Jazz



Antonette and Alexander Nunez celebrating Clipper's win!

As part of the FHN ticket package, attendees received an exclusive commemorative LAC Filipino inspired t-shirt and a jersey with a colorway synonymous with the Philippine national flag. For an added bonus, PNASC held a raffle for other LAC gear. Although, the biggest surprise was when 25 PNASC members, family, and friends had the opportunity to line up at the entry tunnel into the court to see each LAC player up close and give them high fives upon returning back from halftime. It proved to be the highlight of the night!

The game was truly exciting with multiple lead changes but ultimately, the LAC came out on top with the win with the final score: Clippers 121 and Jazz 114. This was also a win for PNASC's fundraising event which managed to raise \$1,750. All proceeds to benefit PNASC's scholarship awards. Pinoy pride was in full effect and to have the Filipino culture celebrated and showcased on such a big stage was the biggest win of all!



PNASC EB and members with their families waiting to greet the Clippers players on their way back to the court for the 2<sup>nd</sup> half

Charity Fundraising Event - PNASC and it's West LA Subchapter's support to "KEPF"  
Kababayan Emergency Preparedness Funds.

**USC FILIPINO HERITAGE CELEBRATION**

COME JOIN THE USC MEN'S BASKETBALL TEAM AS WE CELEBRATE FILIPINO HERITAGE!  
EACH TICKET PURCHASED THROUGH A PROMOTIONAL LINK WILL INCLUDE A LIMITED-EDITION USC-FILIPINO HERITAGE CELEBRATION T-SHIRT!

SATURDAY, FEB. 18  
TIME TBD  
AT THE GALEN CENTER

SPECIAL HALF-TIME PERFORMANCE BY GUAPDAD 4500

TO PURCHASE YOUR GROUP TICKETS FOR FILIPINO HERITAGE CELEBRATION, PLEASE CONTACT DOREN WEL AT 323-410-8286 OR EMAIL DOREN@PUBLIC.EDU

A Community Outreach Initiative with  
Philippine Nurses Association of America

**University of Southern California** – On February 18, 2023 Filipino Heritage night was held at the University of Southern California (USC), Galen Center, Los Angeles, California. USC played against Stanford Basketball team for a charity fundraising event. PNASC and PNASC-West Los Angeles sub chapter EB and members attended the event. Proceeds from the ticket sales went to support Philippine Nurses' Association of America's (PNA) Kababayan Emergency Preparedness Fund Program (KEPF). KEPF assists our "kababayans" (countrymen) in times of typhoons and other calamities helping victims without delays.

In 2022, several notably strong tropical cyclones entered the Philippines: Agaton, Karding, Paeng, and Odette. These cyclones left huge damages in their wakes. These events prompted Dr. Briones to issue a letter requesting for support to help the victims. PNASC is committed in supporting PNA's efforts. The PNASC West Los Angeles Subchapter Executive Board organized the USC vs Stanford fundraising event with proceeds earmarked for KEPF.



Big Thank you to PNAA President Elect Dr. Marlon Garzo Saria, President Elect West LA Subchapter Diane Tupaz Roque, and past president, Vicky Perez de Leon, for your presence & support. PNASC West LA Board of Director Dr. Janette Villanueva Moreno and PNASC President Elect Catherine Rubio volunteered to sponsor nursing students from Los Angeles Valley College. I invite you to continue to support PNASC's fundraising events. Let us make a difference and touch others' lives specially when help is most needed. We all benefit in the end.



PNASC and PNASC West LA Sub Chapter EB and members with their families enjoying the USC basketball game





# PNASC Attends the West Coast Premiere of Nurse Unseen

**Gail Jones, DNP, RN-BC, CPHIMS, PHN**

The Philippine Nurses Association of Southern California attended the West Coast premiere of “Nurse Unseen,” a documentary that sheds light on the struggles and sacrifices of nurses, especially during the COVID-19 pandemic. The timing could not have been more perfect to line up with the start of National Nurses Week on Saturday, May 6<sup>th</sup> and Asian American and Pacific Islander Heritage Month.

The premiere was held at the Los Angeles Asian Pacific Film Festival at the Aratani Theatre in the Japanese American Community and Cultural Center and was well-attended by healthcare professionals, advocates, and members of the Filipino-American community. The film’s producer and director, Michele Josue, was in attendance along with featured subjects and they engaged in a meaningful discussion with the audience after the screening. Included on the panel was PNASC’s distinguished member and PNAA President-elect, Marlon Garcia Saria, PhD, RN, AOCNS, NEA-BC, NPD-BC, FAAN.

The documentary showcases the story of Filipino nurses in New York City and Los Angeles who have been on the front lines of the COVID-19 crisis since the pandemic began. It highlights the sacrifices they have made including leaving their families behind, working long hours, and risking their lives to care for others. Other topics touched upon were the history of Filipino nurses migrating to America, anti-Asian hate

crimes, and the higher death rate of Filipino nurses from COVID-19 relative to other nursing demographics. Featured subjects were members of the Philippine Nurses Association of America such as Leo Felix Jurado, PhD, RN, APN, NE-BC, CNE, FAAN and Mary Joy Garcia-Dia, DNP, RN, FAAN to name a few.

For PNASC, the film resonated because of similar challenges and hardships our members experienced during the pandemic. The film reminded us of the importance of our work, the sacrifices we make, and our resilience. Many of the subjects in the documentary were friends or familiar faces which further pulled at their heartstrings. The event was an opportunity to watch an impactful film and to connect and build relationships with other healthcare professionals and advocates. PNASC hopes to be able to raise awareness of the issues faced by healthcare workers, especially Filipino nurses. “Nurse Unseen” showcased the commitment Filipinos have for their profession. The film serves as a tribute to all healthcare workers who have risked their lives to care for others during this difficult time.

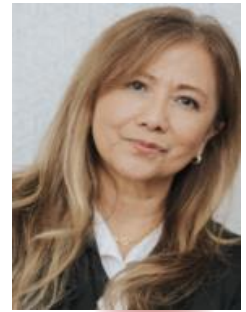


PNASC President Maria Sagun and PNAA President elect Dr. Marlon Saria





**Velma Dumag Yep, DNP, MSN,  
APRN, GNP-BC PNASC EB**



### **Nursing Workforce Programs**

For decades, ANA has actively advocated for increases in the Nursing Workforce Development Programs and the National Institute of Nursing Research (NINR). Title VIII Nursing Workforce Development Programs received \$300.472 million in this package. This is a \$20 million increase over Fiscal Year (F.Y.) 2022 enacted levels.

### **Opioids**

ANA Chief Nursing Officer, Debbie Hatmaker, is pleased to report that H.R. 7666, the Restoring Hope for Mental Health, and Well-Being Act of 2021, supports H.R. 1384, the Mainstreaming Addiction Treatment (MAT) Act. This legislation would eliminate the duplicative and burdensome requirement that providers, including APRNs, apply for a Drug Enforcement Administration waiver to dispense lifesaving buprenorphine to treat those suffering from opioid use disorder.

### **Prescribing Authority**

ANA successfully led the charge in 2018 for nurse practitioners' permanent prescribing authority of medication-assisted treatment. A compromise was reached to give five years of prescribing authority to Certified Nurse-Midwives, Clinical Nurse Specialists, and Nurse Anesthetists who take additional continuing education in the SUPPORT for Patients and Communities Act of 2018.

### **Telehealth**

The omnibus continues Medicare's expanded access to telehealth by extending COVID-19 telehealth flexibilities for an additional two years through Dec. 31, 2024.

### **Pandemic Preparedness**

The Strategic National Stockpile to ensure critical pandemic supplies are ready to deploy, which includes the replenishing sale/transfer mechanism that will provide helpful predictability for domestic manufacturing of personal protective equipment. The bill also supports the public health workforce by encouraging investments in the next generation of healthcare workers through grants and public health loan forgiveness.

Source: American Nurses Association. <https://www.nursingworld.org/practice-policy/workforce/>

### **Governor Inslee Signs Washington My Health, My Data Act into Law**

In Olympia, WA, Governor Jay Inslee and Attorney General Bob Ferguson focused on reproductive and healthcare protections. One of the bills, House Bill 1155, the W.A. My Health, My Data Act, is a historic and first-in-the-nation solution aimed at protecting the personal health data of all Washingtonians. Introduced by Rep. Vandana Slatter, D-Bellevue, it also protects the health data of individuals who visit Washington seeking health care, such as reproductive and gender-affirming services.

At its core, House Bill 1155 will modernize Washington's consumer protection framework to regulate better private health data collection, sharing, and sale. Currently, websites, apps, and health-tracking devices lack basic data privacy protections, much less the protections we expect for sensitive personal health data. Most consumers are completely unaware of it and have no way to consent to the collection and sharing of their private information. In the aftermath of regressive policies passed by neighboring states and a significant reversal of the Roe decision by the U.S. Supreme Court, this bill is an urgent and critical step to protect the privacy of personal health care decisions.

Source: <https://www.medpagetoday.com>

**Nurse Practitioners (NPs):** According to the U.S. Bureau of Labor Statistics nurse practitioners are at the forefront of diagnosis, research, and treatment to ensure patients have access to quality health care. America's 355,000 licensed NPs conduct more than 1 billion patient visits annually.

### Five Trends to Watch

1. **Demand for NPs Is Growing Along with the NP Role** — With an aging U.S. population, the rising incidence of chronic disease, and increasing infectious disease rates, NPs are in high demand and NPs are trusted by their patients. NPs top the list projected to grow the fastest over the next decade, with projected growth of nearly [46%](#) by 2031 according to the U.S. Bureau of Labor Statistics.
2. **Nearly 100 Million People Now Live in Primary Care Shortage Areas** — and the Numbers Are Rising — According to the U.S. Department of Health and Human Services (HHS), [99 million](#) Americans lack adequate access to primary care — a nearly 20% jump from one year ago — and shortages are more severe in rural areas. A recent survey by American Association of Nurse Practitioners (AANP) found that nearly 50% of patients waited longer than one month — and 25% reported waiting more than two months — for a healthcare appointment in the last 12 months. NPs are poised to address this challenge, with almost 90% of NPs trained to deliver primary care. NPs represent 1 in 4 primary care providers in rural practices, with an even more significant percentage in the states that allow them to practice to the full extent of their education and clinical training.
3. **NPs Are Taking on Leadership Roles in Research and the Diagnosis and Treatment of Illnesses** — NPs served on the front lines throughout the COVID-19 pandemic, which continues as communities face a tri demic of COVID-19, influenza, and respiratory syncytial virus (RSV). NPs are leading the effort to diagnose and treat illnesses of all types and participating in research to develop new treatments and combat emerging diseases.
4. **More States Are Giving Patients Full and Direct Access to NPs.** This allows NPs to practice at the top of their education and clinical training and allows patients to benefit more fully from the care NPs provide. New York and Kansas took action; 26 states, the District of Columbia, and two U.S. territories have Full Practice Authority (FPA) laws in place. States that have adopted FPA are ranked among those achieving the best health system performance, access to care, and patient health outcomes in the nation. In most states, outdated licensure laws reduce or restrict patient access to NPs. In January 2023, California joined these States with FPA.
5. **Mental Health NPs Are Increasing Access to Mental Health Services.** A [study](#) published in 2022 found that the number of NPs treating Medicare beneficiaries for psychiatric and mental health conditions grew 162% between 2011 and 2019, compared with a 6% decrease in the number of psychiatrists treating Medicare patients. Results from this study also indicated, "... in 2019, these NPs provided 34% and 51% of mental health office visits for [Medicare beneficiaries] in urban and rural areas with the full scope of practice regulations." The study concludes, "PMHNPs are a rapidly growing workforce that may be instrumental in improving mental health care access."

Sources: American Association of Nurse Practitioners (AANP)

[aanp.org](https://www.aanp.org) <https://www.aanp.org>

### The NPs of PNASC and WLA Subchapter

Danilo Bernal, DNP, APRN, PHN, CEN, CCRN, CHP,  
NP-C, FNP-BC, RN

Marlon Carpio, MSN, FNP-C, RN

Cora Manapat, MSN, FNP, RN

Diane Roque, MSN, APRN, FNP-BC, RN

Sonia Sabado, MSN, FNP-BC, RN

Dorianne Tillano, MSN, FNP-C, PMHNP-BC, RN

Melvin Valenzuela, MSN, FNP-C, RN





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[www.angelescollege.edu](http://www.angelescollege.edu)

3440 Wilshire Blvd. Suite 310 Los Angeles, CA 90010

Chino Hills Lead – <b>Dr Velma Yep</b>
Almansor Court, Alhambra Lead – <b>Antonette Nunez</b>
Capitol Grill, Costa Mesa Lead – <b>Dorianne Tillano</b>
Virtual Lead – <b>Marlon Carpio</b>
Philippine Consulate, Los Angeles Lead – <b>Dr Velma Yep</b>
Bamboo Bistro, Panorama City Lead – <b>Dr Gail Jones</b>
Pomona <b>Dr Gail Jones</b>



Dr. Melanie Tallakson, LA Consulate  
Gen Edwin Badajos, and Dr. Velma Yep

## PNASC and University of California, Irvine (UCI) Collaboration

- ✓ Successfully completed!!! Project started September 2022 and completed in March 2023.
  - AIM 1 – Twenty (20) one on one interviews of nurses with Principal Investigator, Dr. Melanie Tallakson, DNP, MPH, FNP-BC
  - AIM 2 – Seven (7) Community Education Presentations with Dr. Melanie Tallakson and a PNASC lead facilitator. Administrative support provided by Dr. Sasha Rarang and Antonette Nunez
  - 232 attended the community presentations in Los Angeles, Orange, and San Bernardino counties of Southern CA. Presentations were held in community halls, restaurants, Philippine Consulate, and in homes.
  - Approximately 10 participants expressed interest in joining as research subjects
- ✓ Because of this tremendous success, UCI is extending the collaboration with PNASC for another year!



**Marlon Carpio, MSN, FNP-C,**  
Asst Treasurer, Membership Chair

## MEMBERSHIP REPORT

Category	PNASC	PNASC - WLA
<b>Lifetime</b>	333 (**8)	0
<b>RN/APN</b>	68	35
<b>Associate</b>	9	4
<b>Student</b>	12	5
<b>Total</b>	<b>422</b>	<b>45</b>

**April 2023 Active Members: 141**

**Lifetime Members: 333** (\*\*8 are active PNAA Members)

Membership 2022-2024



**Trending UP!**

## BUDGET and FINANCE

Checking Acct	\$57,796.10
Savings Acct	\$47,051.40
<b>Total</b>	<b>\$104,847.50</b>

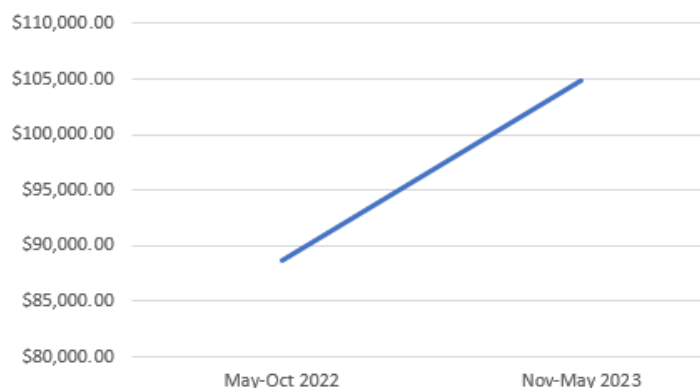
**Leilani Unite, MSN, RN**  
Treasurer



### Sources of Income

- ✓ Memberships
- ✓ Fundraising
- ✓ Research Grants
- ✓ Donations
- ✓ Advertising/Sponsorship

Bank Acct Totals 2022-2024







## Diversity in Nursing Profession: PNASC Member's Personal Journey

**Marion Yates, DNP, MSN, RN, CCRN, NEA-BC, PNASC New Member**

Many years ago, when I first came out as Lesbian, my father warned me to be careful. He told me many were not open to “alternate lifestyles” and I may experience difficulties in the community and in my career, especially if I was “out”. I was determined to prove him wrong. I identify as Lesbian and masculine or butch. Regardless of what I say or do, it is obvious to most that I am gay.

Growing up in the Southeastern United States was not always easy; I was often called names and even had things thrown at my car. When I entered nursing school, I was initially very careful about who knew I was gay, especially because I attended school in Georgia. However, as time went on, I became more and more comfortable sharing this part of my life. The world was changing. Upon graduation, I moved to Southern California to be with my long-term girlfriend of three years. When starting my career in the ICU, old habits from living in the Southeastern United States forced me to use discretion when speaking of my personal life. However, California was much different than anything I had ever experienced. It was a much more welcoming environment for a gay person. I quickly became much more comfortable and very openly “out”. After spending several years in the ICU, I was promoted to Nursing Director. I worked for a Director of Nursing who did not understand why I wore suits and ties to work. She told me my manner of dress was inappropriate and offensive to patients and staff—a blatant violation of my right to gender expression, a protected class in the State of California. I was truly surprised at this incident, especially coming from a colleague and fellow Registered Nurse. After all, as nurses, we see everything and take care of everyone. I discussed this with the Chief Nursing Officer, who fully supported me. This incident would never happen again.

The world has continued to change and become a safer, more welcoming place for the LGBTQIA2S+ community. I have been completely “out” to everyone for more than two decades and I have seen such magnificent changes. After our community received the freedom to marry, I married my girlfriend in 2015. We have now been together for nearly 17 years. However, there is still so much work to be done to be able to provide a safe, welcoming community for the LGBTQIA2S+ population. The biggest thing I have learned is there is a significant knowledge deficit surrounding certain facets of the gay community. We must start by educating, as education leads to understanding.



Dr. Marion Yates and his wife of 8 years

# PNASC Annual Firecracker Run Collaboration: A New Member's Perspective

**Francis Ybanez, RN, BSN, PNASC Member,  
University of Sto Tomas, College of Nursing Alumni 2010**

The Los Angeles Chinatown Firecracker Run celebrated its 45<sup>th</sup> anniversary this year – their first in-person run since the COVID-19 pandemic. The event on February 18-19, 2023, included a 5K and 10K run, a 20-mile and 40-mile bike race, a kiddie run, and a dog walk which collectively gathered close to 30,000 people (and approx. 160 dogs) over the course of two days.



In the spirit of giving back to the community, Philippine Nurses Association of Southern California (PNASC) collaborated with the organizers to take the blood pressure of eventgoers and locals, providing them with teachings and guidance on how to lead a healthy lifestyle.

As a new attendee of the event and a new member of PNASC, I found it inspiring to see fellow nurses volunteering their time to the community despite their hectic schedule. It was even more wonderful to know that PNASC has been collaborating with Firecracker Run for 10 years

## 2023 Annual Los Angeles Firecracker Run, Year of the Rabbit

now. During the event, I got to meet PNASC members from different backgrounds who shared their experiences not only with regards to the organization but also their own careers within the nursing world. Maria Theresa Sagun, PNASC president, was there with her son who assisted in setting up the booth. They had just recently returned from a medical mission in Siquijor, Philippines where they collaborated with The University of Santo Tomas Nurses Association International, Inc. (USTNAI) in providing medical, dental, and surgical care and community outreach to underprivileged communities in Siquijor. Based on their anecdotes it was apparent that charity was at the heart of PNASC, and I stood there even more proud to be a part of it.



Dorianne Tillano, and Maria Sagun taking blood pressure





Antonette Nunez's 13 years as Firecracker Run participant

as far as cheering us on as they dropped by. While some were eager to have their blood pressure taken, there were also those who were hesitant and preferred not knowing whether their blood pressure fell within normal limits or not. This was despite our encouragement. We also happened to have a fellow Filipina nurse who had participated in the 20-mile bike race drop by the booth and sign up with the organization. It was altogether a successful event, and I was thrilled to be a part of it. I am looking forward to attending more PNASC events in the future.

In addition to collaborating and volunteering for the event, some PNASC members also participated in the run including Antonette Nunez, Recording Secretary, Research co-chair and Newsletter Chair who completed a 10K run. She completed 12 years, collecting her 13<sup>th</sup> medal this year.

The PNASC booth was situated at the end of the race, so we encountered a lot of excited, albeit tired participants. The reception of the individuals who stopped by the booth was positive – they were grateful for the work and dedication that nurses put in especially throughout the pandemic. Some went



Maria Sagun, Antonette Nunez, Dr. Velma Yep, Leilani Unite, and Francis Ybanez

## Firecracker Run is on February 24 – 25, 2024 Year of the Dragon

firecracker 爆竹

#45Years #FirecrackerLA

2023 Race Result

Events Get Involved About Store

PED XING

AYS 12 HOURS 37 MINUTES UNTIL RACE DAY

24 - 25 FEB 2024

CHINATOWN LA

230 D

<b>RUN/WALK</b> 5/10K	<b>BIKE</b> 20/40MI	<b>KIDDIE</b> RUN	<b>PAW'ER DOG</b> WALK
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**MISSION:** “TO PROMOTE HEALTH AND FITNESS, EDUCATION, CULTURAL AWARENESS AND COMMUNITY INVOLVEMENT.”

All proceeds are reinvested into the community, in support of elementary schools and non-profit organizations, providing services and programs that benefit local neighborhoods

[L.A. Chinatown Firecracker | Run for health and fitness. \(firecracker10k.org\)](https://firecracker10k.org)

# ANNUAL EASTER CELEBRATION AT LOS ANGELES MISSION

Marichu Gan, DNP, MAN, RN, CRRN, PNASC Board Member



Los Angeles (LA) Mission is one of the nation's largest providers of support for homeless individuals. It was established in 1936. The services and programs offered include emergency services, food baskets, a rehabilitation program for men, a center for women, free legal clinics, and transition support, which includes housing programs.

The Easter Celebration on April 9, 2023, started with a church service, free hot meals, giveaways, grooming services, and service markets. The PNASC and WLA subchapter volunteered their free services represented by Catherine Rubio (President-Elect PNASC), Marie Navarro (President – PNASC-WLA Subchapter), Vicky DeLeon (Past President), and Dr. Marichu Gan (PNASC – Board Member).

The day went by quickly. We were assigned to the service market, assisting attendees by giving them bags or carts to put supplies such as clothes, skincare, over-the-counter medicines such as pain patches, cold relief symptoms, vitamins, and supplements. It was hot, but the organizers and volunteers were happy to share their love on this blessed day. Some were singing praises; some managed to swing some moves while Christian music played in the background. This day reminded me of an adage that we make a living by what we get, but we make a life by what we give.





# PNASC Supports PNA Maui Hawaii: 2023 Western Region Conference

**MAUI-Magnificent & Majestic, Attractive, Unblemished, Immense**  
**Marie Navarro MSN, RN, CCRN**

PNA Maui Hawaii successfully hosted the PNAA Western Region Conference 2023 and PNASC was well represented. MAUI has **Magnificent and Majestic** views of the Kaanapali & Pacific Ocean. The setting was very relaxing and **Attractive!** What a view of God's creation. Maui has **Unblemished** landscapes and relaxing views that you can **Immense** yourself to relax and enjoy the serenity of the place.

PNASC delegates were warmly welcomed by PNASC President Maria Sagun's sister and brother-in-law, Mr. Tavy and Dr. Karen Barretto. The Western Region Conference topics were so relevant and the speakers demonstrated their vast experiences and expertise. The fellowship night brought so much fun and laughter. The Gala night was exceptional. The awarding ceremony highlighting PNA members' hard work and dedication was a memorable event. Especially because PNASC received seven (7) awards! Dr. Marlon Saria, Dr. Dino Doliente, Maria Sagun, Catherine Rubio, Marie Navarro, Leilani Unite, Dr. Sasha Rarang, Mindy Ofiana, Victoria P. De Leon, Mila Velasquez, and Dr. Claire Miraflor were there to accept the awards. Two of the awards were Excellence in Advocacy: Best DEI and Health Equity and Initiatives and first place in talent show as "the coconuts" dance routine.



PNASC delegates surely enjoyed the healing environment, embraced the exceptional camaraderie and hospitality, and many more takeaways. Maui Mayor shared in his speech, PNA Maui Western Region conference should be back every five years to this beautiful island. So, we are looking forward to 2028! Special mention to our Western Vice President Ret. Col Bob Gahol, Maui President Angie Saiki and Jenny Onnagan, Bea Ramos-Razon from Oahu. Again, profound thank you to PNA Maui and congratulations!

**Mabuhay kayong lahat!**





# BISITA, BE MY GUEST, PHILIPPINES

**Diane Roque, MSN, APRN, FNP-BC**

**President Elect - PNASC West LA Subchapter 2022-2024**



Christina Frasco and Diane Roque

The Philippine Department of Tourism and The Department of Migrant Workers in partnership with The Tourism Promotions Board Philippines hosted the first ever Philippine Travel Fair, Bisita Be my Guest Philippines. The event promotes tourism in the Philippines featuring various travel agencies, airline partners, and specialty Filipino vendors ranging from food, novelty items, and fashion products. This was an all-day event that started with a free admission travel fair in Burbank in the morning through the early afternoon. Some of the highlights of the day's event included the Wish Bus that showcased various up and coming local artists who entertained guests.

In the evening, a VIP dinner was hosted for Filipino celebrities, community leaders, and socialites. A few of the most notable in attendance were Dr. Tess Mauricio (America's favorite dermatologist), Priscilla Hunt (philanthropist), David Tupaz (renowned Filipino designer), Janet and Ruben Nepales (journalists - Golden Globe, Rappler, GMA Network, etc.),

Louie Reyes (singer), and Cher Calvin (news anchor for KTLA 5). The highlights of the dinner included performances from international and local artists who entertained guests with song and dance performances.

The honorable Secretary of the Department of Tourism Philippines, Christina Frasco, took the stage to encourage those in attendance to be ambassadors for promoting Philippine tourism. With the full support of President Ferdinand Marcos, Jr and his administration, she explained the various initiatives aimed to improve infrastructure, access, and connectivity which will help attract tourists. Finally, to end the night, raffle drawing winners were announced which included PNASC WLA president elect, yours truly, Diane Roque.





## COMMUNITY OUTREACH

## PNASC at Siquijor, Philippines Dental Mission

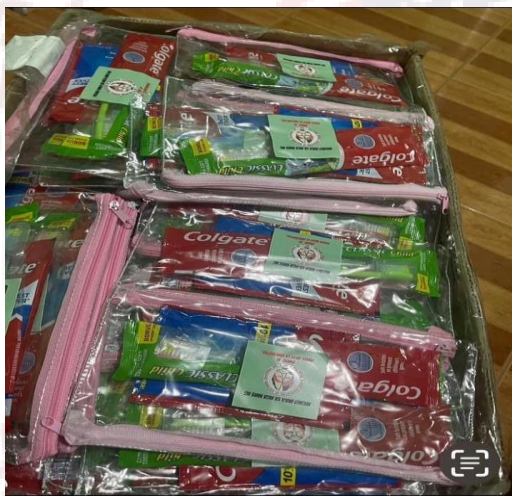




## REGALO MULA SA MGA NARS NG



## PNASC AT PNASC WEST LA SUBCHAPTER



Collaboration  
Pillipine Workers Center  
Jollibee North America  
PNASC/West Los Angeles  
BP/ Health Screening  
@ Jollibee plant  
April 14, 2023 10a-2pm  
16125 Valley Blvd, La Puente,  
CA 91744



### Community Outreach



Save the DATE  
RSVP

Marie Navarro 951 660 4506

**All of US**  
THE FUTURE OF HEALTH BEGINS WITH YOU







## Philippine Nurses Association of Southern California NURSE VOLUNTEERS



### Kapayapaan Wellness Fair

#### REGISTRATION

#### Health Checks & Screening

Philippine Nurses  
Association of  
Southern  
California  
(PNASC) with  
PNASC West LA  
Subchapter

All Day



NURSE CORA  
PNASC West LA Subchapter  
SECRETARY  
(2022-2024)



NURSE CATHY  
Philippine Nurses Association of  
Southern California  
President Elect  
(2022-2024)



NURSE DIANE  
PNASC West LA Subchapter  
President Elect  
(2022-2024)



NURSE MELVIN  
PNASC West LA Subchapter  
Public Relations Officer  
(2022-2024)



NURSE DAN  
Philippine Nurses Association of  
Southern California  
Executive Board  
(2022-2024)



NURSE MARLON  
Philippine Nurses Association of  
Southern California  
ASSISTANT TREASURER  
(2022-2024)

## PNASC Kapayapaan Wellness Fair health checks and screening



## PNASC at Cal State, Long Beach as “fans in the stands” cheering Special Olympics athletes on!





# 2023 ASIAN AMERICAN

Cancer Health Symposium

SATURDAY, MAY 27, 2023  
Noon to 4:30 p.m. PDT

City of Hope  
Cooper Auditorium  
1500 E. Duarte Road  
Duarte, CA 91010



Lauren D'Souza, educator City of Hope, Cora Manapat, Antonette Nunez, Dr. Sasha Rarang, and Dr. Emma Cuenca



Antonette and Dr. Sasha Rarang, won adorable raffle prizes at City of Hope event

Thank you, Mr. Jason Francisco Visit, join, and like his Facebook group!.7.5K members  
**Daddy Travels Miles & Points**



American Cancer Society  
California Chinese Unit  
<http://main.acsevents.org/goto/APsymposium>



Global Federation of  
Chinese Businesswomen  
Greater Los Angeles Chapter

Registration



<https://tinyurl.com/2023-Asian-Am-Cancer-Symposium>

YOUTH  
CANCER HEALTH  
PERSPECTIVES



diversity  
equity  
inclusion



Herald Christian Health Center  
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RESILIENCE SKILLS

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Attend virtual training for:  
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Length of commitment: 9 months  
Chapter Deliverables:  
1-2 Facilitators+Support Group Members = 6-10 total members per chapter.  
Attend and complete the KEWP sessions until September 2023

**FOR MORE INFORMATION:**  
Riza V. Mauricio  
[riza.mauricio@gmail.com](mailto:riza.mauricio@gmail.com)  
THIS STUDY IS CONDUCTED BY THE UNIVERSITY OF TEXAS CEEK SCHOOL OF NURSING, PNAA, AND PNAAF

**BENEFITS:**

- Help you improve your ability to handle stress and burnout; CE certificate after completion of Facilitator's training and Coached Wellness Sessions; An incentive to participating chapter;
- Clinical Ladder - Letter from PNAA; SELF Care;
- Build Resilience skills; Improve leadership skills.

OUR UNITED VOICES



**Daddy Travels Miles & Points**



## PNASC Celebrated the 125<sup>th</sup> Philippine Independence – Hosted by The Philippine Consulate, Los Angeles California



**Historic Filipino Town**



## Awards and Accolades





PNASC President Elect, Cathy  
Rubio as one of the PNAAF  
Honorees, 2023



**Philippine Nurses Association of America (PNAF)  
PRIDE Award 2<sup>nd</sup> Placer - PNASC Newsletter**

**PNAF Pride Best Featured Article: “Leadership During a Crisis: Doing It Right”, author Dr. Marlon Garzo-Saria**

**PNAF Pride Outstanding Articles 3<sup>rd</sup> Placer Advance Practice Corner, Dr. Velma Yep; 4<sup>th</sup> Placer PNASC Fall Education Event, Dorianne Tillano**

## PART II

A Four-Part Series on **Diversity**, **Equality**, and **Inclusion**



# Going Back to School to Become a Future PMHNP: A Path to Promoting Diversity, Equity, and Inclusion by Advocating the Underrepresented and Vulnerable Transgender Population in the Future

**Sasha A. Rarang, PhD, MSN-Ed, CCM, RN, Research, Education, and Practice Chair  
PNAA and PNASC Board Member, 2022-2024 PMHNP student**

Becoming an equity minded nurse means not only having the desire to help and advocate for those who needs help but be that nurse who can help and advocate because you have the right knowledge and skills and ability to represent those whom you serve. One of the essences of becoming an equity minded nurse is to ensure that as a nurse, one can promote gender-affirming environment in his or her own nursing practices. Approximately 25 million people around the world identify as transgender individuals, the numbers are growing because of the changing mindset of the society about the concept of transgenderism. While the visibility of transgender communities has increased, significant healthcare disparities remain. Transgender individuals report being less inclined to share their sex assigned at birth due to fear of stigmatization and mistrust of the medical and health care community in general. The mistrust and inequity experienced by transgender individuals are not limited to clinical care and may extend to research as well as well as in education.

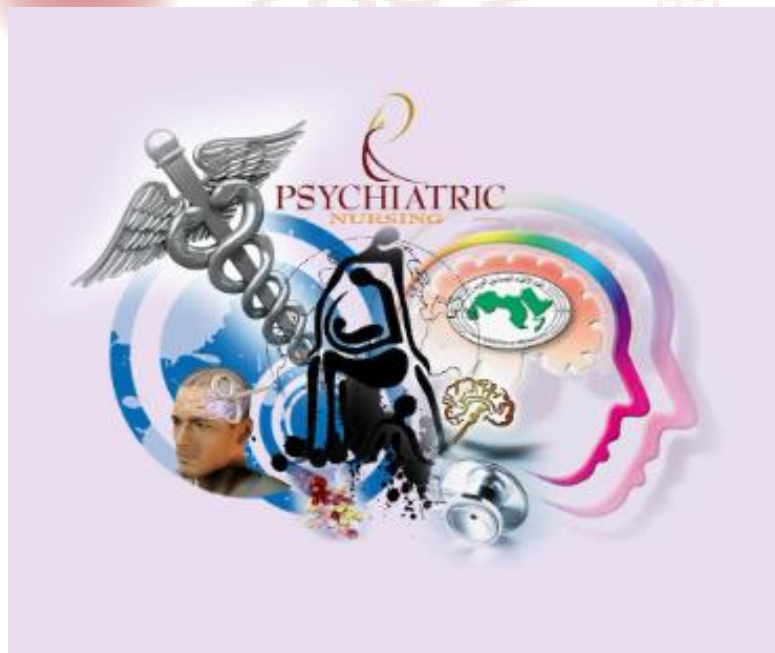
Deciding to go back to school and become anxious once again about learning new things, attending classes and clinical trainings, and especially getting all of the requirements for admission be submitted on time and become part of the thriving number of nurses entering the world of Psychiatric/Mental-Health Nursing Nurse Practitioner occurred to me in mid-2022. Many of my friends and colleagues asked me “why are you doing this?” Well, the answer to that is simply, I am determined to be the best nurse I can be and to be that person of knowledge and skills who will be able to advocate for those who needs assistance the most, the transgender individuals who may suffer from their trauma and difficulties as individuals. To advocate for them, it requires not only an assurance, but an individual who is experience with their situation and can empathize when nobody cannot. It is one of the immense deeds I may be able to do as a nurse, to serve the transgender communities as a professional healthcare provider equipped with not only the desire to help but with appropriate knowledge and skills.

To be able to provide representation for the transgender people in nursing practice and as future advance practice nurse is another way of advocating by becoming a role model. Having a transgender person like them, who is available to help and equipped with the right knowledge and skills in assisting them with their mental health care needs whether to help them with their diagnosis, treat them, as well as caring for their existing mental problems or assist them in the process of their own transitioning is significant in promoting gender-affirming healthcare environment, a way to promote health equity for all. The ability to not only represent, but to be there and truly work with transgender individuals with their mental health needs is a societal commitment. The lack of individuals who can congruently understand the flight of transgender



individuals and their mental health needs drove me to go back to school and enter the world of clinical nursing once again. At this time not as nurse leaders only, but as an advance practice nursing student who in the future can completely advocate for the vulnerable and underrepresented transgender individuals in our society as their primary care provider.

To study Psychiatric/Mental-Health Nursing and be license or certified as future PMHNP, I have to enroll in an accredited program recognized by the California Board of Registered Nursing as well as accredited by the Commission of Collegiate Nursing Education program (CCNE). The Post-MSN Psychiatric Mental-Health Nursing program of one outstanding university is a combination on an online (didactic) learning and 500 hours actual clinical experience under the preceptorship of qualified and willing Licensed PMHNP, Psychiatrist, or Clinical Psychologist. Finding a willing and nurturing preceptor who is inclined at helping others to become part of this practice is not easy. Hours of writing letters and



sending information to multiple mental health practitioners can be daunting and seem endless. However, if one's yearning is true and positive towards helping others, the Almighty father is always there to guide and put you to a proper direction. I am thankful to one of my colleagues at the Philippine Nurses Association of Southern California (PNASC), Inc. for directing me to one of her friends to accept me for my clinical. My PNASC family supports me emotionally and supportive of my advocacies. With their cheers and support, I am positive that I can do this journey, no matter how much it would take me (time, effort, and money) to complete this endeavor to ensure that another nurse, another health warrior for diversity, equity, and inclusion can be made and be that instrument for change for others.

I firmly believe that as a nurse, it is our duty and commitment to be the model of empathy and compassion. This is what makes the best nurse and can make the most dramatic difference in our patients' lives especially when they are at their most vulnerable situation. I would like to end my narrative by thanking PNASC and our mother organization, the Philippine Nurses Association of America for this opportunity that an individual who needs support to further his/her causes in order to help others can become a reality through the grant that these two organizations provide. **Kudos to PNASC and Mabuhay PNAA.**





**All of Us**  
RESEARCH PROGRAM

"Be loud & be proud this #Pride2023! We all deserve to be represented in health research. However, clinical trials often fail to address the specific needs & experiences of the #LGBTQ+ community. #JoinAllofUs at the @AllofUsResearch Program to combat this and help provide researchers with diverse data! Get started at [joinallofus.org/](https://joinallofus.org/)"



HEALTH CONDITIONS AFFECT US ALL DIFFERENTLY, WHICH IS WHY ALL OF US NEED TO BE REPRESENTED IN MEDICAL RESEARCH. THIS **#WORLDHEALTHDAY**, YOU CAN MAKE SURE YOUR COMMUNITY IS REPRESENTED IN RESEARCH BY BECOMING AN @ALLOFUSRESEARCH PROGRAM PARTICIPANT. **#JOINALLOFUS** TO INCREASE REPRESENTATION IN RESEARCH BY HELPING CREATE THE LARGEST, MOST DIVERSE HEALTH DATABASE. **#ALLOFUSARC**



**All of Us**  
RESEARCH PROGRAM





## UPCOMING EVENTS

The 2024 45<sup>th</sup> PNAA  
National Convention  
is  
Coming to  
Los Angeles,  
California!!



The 45th National Convention of  
Philippine Nurses Association of America (PNAA)  
will be here in SoCal!  
JULY 18-21, 2024

*Save The Date !*

Join all Fil-Am nurses across the nation attend

- Leadership Day
- Education Day
- Networking night
- Gala Night
- 5K Family walk/run

Chapter Host: PNA Southern California  
with PNASC West Los Angeles Subchapter.  
Inquiries : [mypnascpro@gmail.com](mailto:mypnascpro@gmail.com)

*Join US !*



*Memories will be made to last a lifetime at the*  
21ST PNAA  
EASTERN REGIONAL CONFERENCE  
*Gala Night*

JOIN US FOR A NIGHT OF EXQUISITE ELEGANCE  
AS WE CELEBRATE THE BEAUTY OF NORTH CAROLINA

*"A Blue Tie Affair"*

TO PAY HOMAGE TO THE  
BREATHTAKING LANDSCAPES OF OUR STATE,  
WE'LL DINE AND DANCE THE NIGHT AWAY  
IN A CELEBRATION OF ALL THAT MAKES  
NORTH CAROLINA SPECIAL.

NOVEMBER 4, 2023 (SATURDAY)  
6 PM - 11 PM

Crowne Plaza Hotels & Resorts  
1 RESORT DRIVE  
ASHEVILLE, NC 28806

**ATTIRE:**

COME IN ANY SHADE OF BLUE  
BECAUSE BLUE IS NOT A SINGLE COLOR IN NORTH CAROLINA.

GENTLEMEN, DUST OFF YOUR SUITS.  
ADD A BOW TIE OR NECKTIE, AND A POCKET SQUARE.

LADIES, ADORN YOURSELVES IN STUNNING EVENING ATTIRE, ACCENTS, AND ALL.

LOS ANGELES DODGERS PRESENTS

**FILIPINO  
HERITAGE  
NIGHT**



WED, AUGUST 2, 2023 AT 7:10 PM  
DODGER STADIUM

\$85 with FREE JERSEY



JOIN THE PHILIPPINE NURSES ASSOCIATION OF  
SOUTHERN CALIFORNIA FOR A FUNDRAISER AND  
SOME FUN AS WE CELEBRATE OUR HERITAGE

RESERVE TICKETS AT [MYPNASC.ORG](http://MYPNASC.ORG)

TEXT FOR MORE INFORMATION: 323.821.8616





# It's Your Moment

**44th PNAAC National Convention & Cruise**  
July 18-23, 2023

For more information, scan the QR Code,  
visit [www.continuingeducation.net/PNAACruise](http://www.continuingeducation.net/PNAACruise) or  
Call 727-526-1571 & 800-422-0711  
M-F 8:30 am – 6 pm EST and Saturday 10:00 am – 2:00 pm EST

Book Now

Meet Cruise Themes, Traveling Reunions, Exclusive Parties, Photo-Booths, Meet

## 44TH PNAAC NATIONAL CONVENTION & CRUISE

**Aboard Royal Caribbean's Wonder of the Seas**

To make a Reservation and Get More Information, scan the QR Code or visit: [www.continuingeducation.net/PNAACruise](http://www.continuingeducation.net/PNAACruise)

Continuing Education, Inc. (CEI) may assist you with all of your travel arrangements including flights to and from Port Canaveral, hotel accommodations, transportation, or tours before and after the convention.

All reservations for the convention participants and their guests must be made thru CEI.

Participants are required to be completed no later than 75 days before sailing. Any reservations made after such date will be accommodated based on space availability and prevailing rates.

For more information, call Continuing Education, Inc. (CEI) at 727-526-1571 or 800-422-0711  
M - F 8:30 am - 6 pm EST and Saturday 10:00 am - 2:00 pm EST

hosted by the Philippine Nurses Association of Central Florida





**Philippine Nurses Association of America, Inc.**  
**Philippine Nurses Association, Inc.**  
**Association of Deans of Philippine Colleges of Nursing**  
**Commission on Filipino Overseas**

**Filipino Nurses' Global Summit V**  
**and 14<sup>th</sup> International Nursing Conference**

**WE CARE: Filipino Nurses at the Forefront of Global Health**

**25-26 JANUARY 2024**  
 Iloilo Convention Center  
 Accommodation: Marnett Courtyard Iloilo

**Contact:**  
 Dina Dolente III at [infynynaa@gmail.com](mailto:infynynaa@gmail.com)  
 w: +1 213 944 8768 (US) | +63 955 307 5488 (PH)

**ONLINE REGISTRATION**  
**STARTING JULY 1**



# KABALIKAT EMOTIONAL WELLNESS PROGRAM





**BUILDING YOUR  
RESILIENCE SKILLS**

**What is required of participants?**

**Attend virtual training for:**

*Coached Emotional Wellness sessions and Peer-to-peer Support Group meetings – 9 sessions for 2hrs each (Jan. 14, 2023 at 2 PM, EST then q 2nd Saturday of each month until Sept. 2023)*

**Length of commitment: 9 months**

**Chapter Deliverables:**

**1-2 Facilitators+Support Group Members = 6-10 total members per chapter.**

**Attend and complete the KEWP sessions until September 2023**

**BENEFITS:**

- Help you improve your ability to handle stress and burnout; CE certificate after completion of Facilitator's training and Coached Wellness Sessions; An incentive to participating chapter;
- Clinical Ladder - Letter from PNAIA; SELF Care;
- Build Resilience skills; Improve leadership skills.

**FOR MORE INFORMATION:**




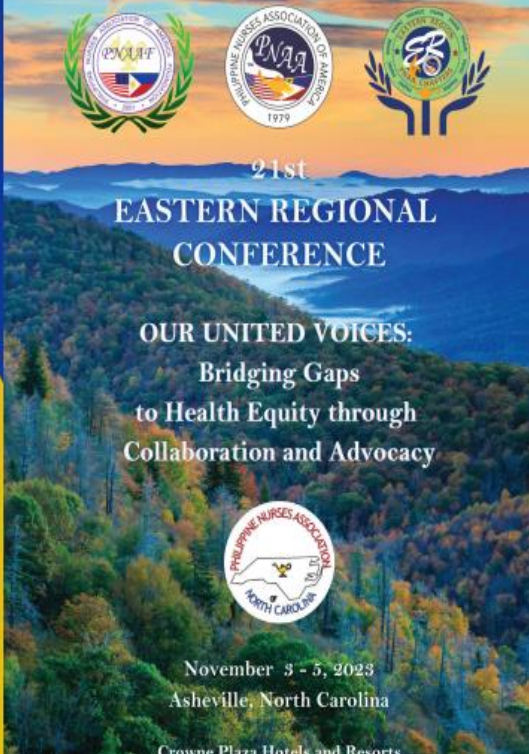
**Riza V. Mauricio**

[riza.mauricio@gmail.com](mailto:riza.mauricio@gmail.com)

**THIS STUDY IS CONDUCTED BY THE UNIVERSITY OF TEXAS  
CZIK SCHOOL OF NURSING, PNAIA, AND PNAAF**




**ALPHA UNITED NURSES**



21st

# EASTERN REGIONAL CONFERENCE

OUR UNITED VOICES:  
Bridging Gaps  
to Health Equity through  
Collaboration and Advocacy



November 3 - 5, 2023  
Asheville, North Carolina

Crowne Plaza Hotels and Resorts  
1 Resort Drive, Asheville, NC 28806



**Save the Dates !**



**CAMP ARUGA**  
**LEADERSHIP BOOTCAMP**



PHILIPPINE NURSES ASSOCIATION OF AMERICA  
**Camp Aruga**

North Central Region	Eastern Region	Western Region
June 16-18, 2023 Angola, Indiana	August 25-27, 2023 Luray, Virginia	October 20-22, 2023 Sausalito, California

**Project Director:** Manny Romo  
**Project Manager:** Ryan Aragon  
**Members:** Bob Gallo, Marcella Dayton, Dr. Wally Remegio, Dr. Mary Grace Benito, Anita Pang  
**Advisors:** Dr. Gloria Benito, Dr. Marlene Sato, Dr. Lili-Paula Jorale

Contact your RVPs for Registration

**ALZHEIMER'S ASSOCIATION**

**OUR UNITED VOICES**

**WEBINAR SERIES**

**Webinar # 1 (Western Region)**  
March 16 at 9 - 10 pm EST  
Col (Ret) Bob Gallo, MBA, MRA, MMAS, MSS, BSN, RN  
Western Region Vice President  
Understanding Alzheimer's and Dementia

**Webinar # 2 (South Central Region)**  
June 22 at 9 - 10:30 pm EST  
Manny Ramos, MSN, RN - South Central Region Vice President  
Approaching Alzheimer's: First Responder Training  
Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

**Webinar # 3 (North Central Region)**  
October 6 at 8:30 - 10 pm EST  
Marcella Dayton, BSN, RN - North Central Region Vice President  
Cognitive Screening and Testing in a Biomarker Era  
Healthy living for your brain and body: Tips from the latest research

**Webinar # 4 (Eastern Region)**  
November 30 at 9 - 10 pm EST  
Wally Remegio, DNP, RN, NEA-BC, NPO-BC, FNYAM  
Eastern Region Vice President  
Understanding and Responding to Dementia-Related Behaviors

**REGISTER**  
<https://qrco.de/bdkUwH>



Scan to register

[mypnas.org](https://mypnas.org) [Twitter](#) [Facebook](#) [Instagram](#) [LinkedIn](#) [Pinterest](#) [YouTube](#)

## PNASC West Los Angeles Sub Chapter Hosts Education Event



PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA (PNASC), INC.  
WITH THE WEST LOS ANGELES SUB-CHAPTER

**The Annual Education Event**

**RECHARGING HEALTHCARE SUPER POWER**

**Sustaining and Maintaining Wellness and Resilience Post Pandemic**

**Date: August 12, 2023**  
**Time: 08:00 am to 4:30 pm**

**Location: Cedars-Sinai Medical Center**  
Harvey Morse Auditorium  
8700 Beverly Blvd., North Tower,  
Plaza Level, Los Angeles, Ca 90048

### Editorial Board

Antonette Nunez, MSN, AMB-BC, CJCP, RN – Editor in Chief

Belinda Mendoza, MSN-HAL, PHN, RN

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Advisor: Sonia Sabado, MSN, RN, FNP-BC

**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.**

Please submit materials for publication to:

PNASC Newsletter

E-Mail: antonette\_nunez7@yahoo.com

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



### Advisory Council/Past Presidents

Vicky De Leon, Roland Santos, Dr. Reggie Valerio, Sonia Sabado, Mindy Ofiana, Dr. Emma Cuenca (2022-2024 Parliamentarian), Josie De Jesus, Cathy Rubio, and Adolfo Famas



## PNASC and PNASC WLA Sub Chapter EXECUTIVE BOARD 2022-2024

**Philippine Nurses Association of Southern California**  
Execuve Board 2022-2024



 <b>President</b> MARIA SAGUN, MSN, RN-BC, PHN	 <b>President Elect</b> CATHERINE RUBIO, MSN, PHN, RN	 <b>Vice President</b> DR. VELMA YAP, DNP, RN-BC	
 <b>Recording Secretary</b> ANTONETTE MANIZ, MSN, RN-BC, CDEP	 <b>Corresponding Secretary</b> JOMELY S. SALINAS, MSN, CHRN, RNC-NEC	 <b>Treasurer</b> LOLANI LIM, MSN, RN	 <b>Assistant Treasurer</b> MARLOW CASPIO, MSN, FNP-C
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**Philippine Nurses Association of Southern California**  
Board Members 2022-2024



 <b>Board Member</b> DR. DANILO SERRANO, DNP, APRN, CCRN, CEN, CDEP, NP-C, FNP-BC	 <b>Board Member</b> DR. SADIA RAMLANG, PhD, MSN, CDEP, RN	 <b>Board Member</b> DR. SAMOCHI GAM, DNP, MAEd, RN, CDEP	 <b>Board Member</b> DOREANNE TILLANO, MSN, NP-C, FNP-BC
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**West Los Angeles (WLA) Execuve Board 2022-2024**



 <b>President</b> NARE NAVARRO, MSN, CDEP	 <b>President Elect</b> EMME ROQUE, MSN, APRN, FNP-BC	 <b>Secretary</b> CORA MANAPAT, MSN, FNP	 <b>PIO</b> MELVIN VALENZUELA, MSN, FNP-C
 <b>Executive Board</b> DR. JANELLE MORENO, DNP, RN, NE-BC	 <b>Executive Board</b> DR. ELANCE ARENZA, PhD, MSN, RN	 <b>Executive Board</b> MARNEL MEDINA, MBA, BSN, BSMT, RN	

**Philippine Nurses Association of Southern California**  
Advisory Council 2022-2024



 <b>Emma Cuenca, DNP, RN, CDEP-NE, CHS</b> 2009-2010	 <b>Sonia Sabido, MSN, RN, FNP-BC</b> 2016-2018	 <b>Reggie Valerio, Jr., DNP, CHNA, CHSE</b> 2018-2020
 <b>Josie De Jesus, MA, RN</b> 2009-2006	 <b>Roland Santos, MSN, RN</b> 2020-2022	 <b>Mindy Cane, MSN, RN</b> 2022-2024

**West Los Angeles (WLA) Advisory Council 2022-2024**

 <b>Adolfo Famas, MSN, CCRN, CMC, RN</b> 2015-2018	 <b>Catherine Rubio, MSN, PhD, RN</b> 2020-2022	 <b>Vicky De Leon, BSN, CCRN, RN</b> 2018-2020
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**Have a Safe and Enjoyable Summer!!!**

**TEAM RELEVANCE**