



# THE HERITAGE

PNASD  
C.A.R.E.S

Compassion,  
Authenticity,  
Respect,  
Equality,  
Service

OFFICIAL NEWSLETTER OF THE  
PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO

SPRING 2023

PNASD MAKING A DIFFERENCE



WE CARE



## President's Message



Dear PNASD Members, Friends and Supporters,

As we turn the corner to spring and the weather begins to warm up, I wanted to take a moment to reflect on the progress we've made towards the fulfillment of our mission, vision, and goals, almost one year from when I took my oath as PNASD President.

I'm proud to say that we've provided numerous professional and leadership development opportunities to our members. Four Mental Health Educational Series. Two Professional Development module, many of our members are attending virtual educational webinar and programs offered by PNAA and PNAAF. Dinner presentation, New Grad Orientation Program for our New RN. PNAA Resilience Program called Kabalikat Emotional Wellness Program as facilitator, and as wellness coach. Mentorship program, ILDP Leadership Development Program.

We continue our successful community outreach activities as Emergency and First Aid Providers and doing BP Screening in many community events. To support our Care for the Environment Initiative we did our first beach clean-up during the National Coastal Beach Clean Up Day, volunteered as watershed warriors doing community clean up, both in collaboration with I Love a Clean San Diego. Joined the San Diego Honor Flight Program at the San Diego International Airport honoring our veterans. Created the Balik -Tulong (Giving Back) where we shipped medical supplies donated to PNASD by hospitals, similar to the Balik -Aklatan, where Nursing books donated by students and members are sent to different nursing schools in the Philippines.

To increase our visibility, PNASD has collaborated with other professional, civic and religious organizations. The San Diego Black Nurses, Hispanic Nurses, Roaring Lions, Council of Filipino Americans Organizations. The Filipino Press, House of the Philippine. We have been well-received, and able to impact the community in different ways. Our Community Outreach Committee had been busy with different kinds of volunteerism, like food packing at San Diego Food Bank, Vaccination and Flue Immunization.

I'm thrilled to announce that PNASD received our first Philippine Nurses Association of America national award at the 29<sup>th</sup> Western Region Conference in Maui for "Best Community Outreach and Service Initiatives." Philippine Business Improvement and Development (PHILAMBID) awarded PNASD with "High Achieving Team " (HAT) in the presence Atty Gen Rob Bonta.

We are looking forward to a successful Mental Health Fair on May 20 at Sweet Water High School to raise awareness and support for mental health.

On the Finance side, I am happy to share that PNASD has been given opportunity to obtain several small grants and monetary incentive adding to the sustainability of our organization. We sponsored five Nurses during the Philippine Nurses Global Conference in Vigan Philippines. Sponsored a successful nurses week celebration and recognized few deserving members with a plaque and gift card.

As our work continues to expand, we're placing emphasis on Diversity, Equity, and Inclusivity. I'm excited about the impact we will continue to make. I encourage all of you to stay engaged with us and be part of this amazing yet challenging journey.

Thank you for your ongoing support and dedication to PNASD. Please know that PNASD C.A.R.E.S. (Compassionate Authentic, Respectful, Equality, Service)

Sincerely,

Perly Aguinaldo



## Message from Editor in Chief

Hello PNASD Members,

Thank you for reading the Spring 2023 Heritage Newsletter! My name is Christine Dozier, and I am one of the PNASD Student Leadership Council (SLC) members as well as the Editor-in-chief for this newsletter, *The Heritage*. I am proud to have been part of PNASD since 2021, an organization that strives to serve the community and make a positive impact in the ever-changing and growing San Diego. We have great articles showcasing PNASD's active involvement in community volunteer work and educational events. May is an exciting month as we celebrate Nurses Week 2023 together, ongoing nominations for the Nurse Excellence Award 2023, our upcoming Mental Health Awareness and Resource Fair, and submissions for our annual scholarship award for students is open until May 19, 2023!

With the help of my amazing and creative team, I am excited to continue producing *The Heritage* newsletter for you all and to continue making fond memories for our PNASD organization. Thank you all for your contribution to PNASD and let us continue spreading awareness and joy to the community!

Christine Dozier

## Editorial Staff



**Editor-In-Chief**  
Christine Dozier



**Co-Chair**  
Ariane Cagampan



**Graphic Designer**  
Dorothy M Brown



**Adviser**  
Maria Camilon



## Getting Tattooed by Apo Whang-Od, the World's Oldest Mambabatok Tattoo Artist

Merlyn Foronda, BSN, RN CCRN  
PNASD Recording Secretary

I had the opportunity to meet Apo Whang-Od last December 23, 2022, when we went on vacation to the Philippines. It was my son's idea, and he ensured it would be on our itinerary since he wanted a tattoo from her. Apo Whang-Od is famous among people who love tattooing, including my son. And now, Vogue magazine made her more famous worldwide by making her their oldest Vogue cover. She is an Indigenous woman from Buscalan, Kalinga, known for her legendary traditional tattooing technique, "batok."



Picture - Courtesy of Vogue Philippines

From Baguio City, where my husband is from, we drove to Buscalan. It was 10 hours of scenic, winding, scary, and dangerous drive. It was foggy and raining too. We arrived around 9 am and thought we were early enough. But there were quite a few vehicles that came before us. Upon arrival at Buscalan, villagers were waiting for visitors to be the guides. They also told us we needed a guide to go up the mountain where Apo Whang-Od lives is mandatory. These guides were also part of their tribe. We went down the mountain and went up another hill to the village of Apo Whang-Od. It was a moderate hike that took about 45 minutes. When we got there, there were a lot of visitors and tourists already, which we did not expect since it was the day before Christmas Eve. Our guide brought us to one of the houses in the village where some of Apo Whang-Od's grandnieces live. She trained them in her traditional tattooing technique. Initially, I did not plan to get a tattoo, but since we drove so far and hiked two mountains, I told myself I must do this. It is my only chance to meet the famous 106-year-old tattoo artist and the last mambabatok of her generation.



The tattoo designs we had to choose from were unique, mostly symbols from the traditional Kalinga tribe. I chose a modern design that means faith, hope, and love. My husband and two children decided on the more conventional water, sun, and family design. Everyone had to buy a tattooing instrument called "runo," made from bamboo sticks, and the needle was from the thorn of a pomelo tree. Yes, pomelo tree! Less infection and sharper, they said. It cost one hundred (one hundred) pesos. The price of the tattoo depends on the design; the more intricate, the pricier. But it starts at five hundred (five hundred) pesos. The ink that they used is from charcoal mixed with water. I asked the grandniece where they got the charcoal. She excitedly said that it was from the "uling" outside the pots they used to cook with firewood! I was initially scared, being a nurse who is obsessive and compulsive about sterile technique and fearful of pain because there is no topical anesthesia and because it is my first tattoo! But I always kept reminding myself, "No guts, no glory," so, I did it! It hurt initially, but I got used to it. And the grandniece's tapping or batok technique was exceptionally light too. It also helped me keep talking to her about their cultures and traditions to distract me from the pain.



Merlyn's Family with Apo-Whang OD



Merlyn's tattoo

Family's tattoos

After lunch, we headed to Apo Whang-Od to get her signature three dots' tattoos. The line was long. We were the sixth in the group. The first group had thirty-seven people. We met some tourists from other countries besides the US, and there were Canadians and Europeans, mostly from younger generations. I was the last one in our family to get the three dots. Apo Whang-Od was not even wearing eyeglasses. She first marked the spot where she would put her signature. Then when she started, I almost cried; it was very painful compared to her grandniece technique. The first dot was bleeding. I almost cried and backed out! But people watching were cheering, and my family gave me encouraging words until Apo Whang-Od finished. The dots cost fifty pesos each, so three dots were 150 pesos. We also gave her red lipstick and chocolates as gifts. I am honored and proud to meet the living legend and have her signature tattooed on my arm. Apo-Whang Od is passing the art of traditional "batok" tattooing to the younger generations by training her grandnieces. As the Vogue magazine quote, "Apo Whang-Od symbolizes the strength and beauty of the Filipino spirit."

## ***"The Legend Has Retired" .... Reggie Finishes his Twenty Years with the Military***

Lourdes DePerio, MSN RN  
Merlie Ramira, DNP, APRN, FNP-C

Commander Reginaldo Cagampan, known to many of us as Reggie, is a pediatric nurse practitioner in the Navy Corps. His historical nursing journey dates back 20 years ago from Guam to other locations around the globe, on land, aboard ships, and in war zones. He earned his Bachelor's Degree in Nursing at the University of Guam, then was commissioned in the United States Navy as a Nurse Corps officer in 2002 and deployed at the Naval Medical Center in San Diego (NMCS) in the Neonatal Intensive Care (NICU) and pediatric in-patient ward. In 2006 he was deployed to Iraq with the Marine Logistic Group as an En-route Care nurse, where they evacuated the injured to medical facilities for comprehensive care. As a military man, his assignment was never steady in one place.



Captain Molly Jenkins & CDR Reggie Cagampan



In 2007, he moved back to Guam as a NICU Nurse at the Naval Hospital of Guam. He worked as a clinical instructor in Maternal Child and Pediatric Nursing at the University of Guam School of Nursing and was involved with community services. He returned to NMCS in 2010 and served as a NICU division officer and clinical educator. As a certified Green Belt Lean Six Sigma, he was proud to spearhead the command initiative in decreasing central line-associated bloodstream infection. In 2013, he was selected for Duty Under Instruction (DUINS) for the Pediatric Nurse Practitioner Master's Degree program at the University of San Diego. After completing his degree, his next tour of duty landed him at the United States Naval Hospital Yokosuka, Japan, as a nurse practitioner department head in the Pediatric Primary Care Medical Home Port. As the department head of that unit, he took on multiple roles. In 2018, he returned to NMCS and continued to serve as ordered, including joining the USNS Mercy in response to the COVID-19 pandemic. As he was close to ending his navy career as a Department Head of the Navy Readiness and Training Unit in Eastlake Chula Vista, CA, he received multiple awards and recognitions.



The military retirement ceremony of Commander Reginaldo Cagampan (Reggie) held last January 20, 2023, at the USS Midway Museum was extraordinarily executed in front of his family, relatives, friends, staff, and shipmates.

This event is dubbed the "swallowing of the anchor," a metaphor that symbolizes the sailor's significant and honorable accomplishments. Captain Molly Jenkins and Captain Edmund Milder, distinguished officers he had served with, presented awards and the Shadow Box, a time capsule of his military journey. The ceremony's highlight was the Flag Folding and "13 Folds," an explanation of its significance and the passing of the flag and recital of the "Olde Glory," which genuinely hit home and made us proud as an American.



CDR Cagampan delivered a moving recollection of his military career, his gratitude to his wife Arlene and children, and his parents who endured the separation as well as he served his country. The ceremony concluded with his shipmates as "Side Boys" who "piped him" "over the side," a distinct naval courtesy and a final farewell to a military career. Following the retirement ceremony, the guests were treated to a reception dinner and dancing at the Coronado Community Center, where more celebration and photo sharing took place.



Cagampan Family -Wife Arlene, with daughter Ariane and son Arvin

Military life is never all about the serviceman serving alone. Together are the dedicated family members whose commitment and resolve to strengthen our nation. Reggie's wife, Arlene, daughter, Ariane, and son, Arvin, gave their unwavering support and resiliency to share his military vision. Moving from one destination to another is never easy, but it builds a stronghold of the family unit. Transitioning to the civilian lifestyle, CDR Cagampan's military career, vast experiences, and countless awards underscore the achievements and positive image and influence Reggie shared with his shipmates, staff, and friends, which undoubtedly will open many doors for him.





From your PNASD Family, congratulations and heartfelt thank you for your dedicated service. You served well and kept us all safe. We are forever proud.



## San Diego Park Clean-up: My Personal Experience as a New PNASD Member

Adam Brotman  
PNASD SLC Member

On February 4, 2023, the Philippine Nurses Association of San Diego (PNASD) participated with Watershed Warriors Program, I Love a Clean San Diego at Harbison Canyon Park. It was a sunny morning as I was driving the winding mountain roads to Old Ironside Park. Having left the city, I was starting to see fewer houses and more luscious countryside. I was on my way to help with park clean-up, and my first encounter with the Philippine Nurses Association of San Diego was a double new experience for me. As nursing students at Southwestern College, we are encouraged to join nursing associations to start networking early and open avenues to volunteer opportunities. I had the usual first-time butterflies as I pulled into the parking lot. What would they have me do? Will I be accepted (very much a white boy here)? Did I bring the right shoes?



I was the first to arrive and meet the park rangers. They were very appreciative and couldn't give us, as a community, enough praise. The ongoing saying was, "Wow, you all are saving us eight (8) months of work!" I checked in with the enthusiastic ladies from I Love a clean San Diego, the sponsors for this event, and found a spot to soak up the sun. With a few minutes to spare, the volunteers all poured in, including the members of PNASD. One after another, I was introduced, "Meet Adam, he's our new member!" and I couldn't have felt more welcomed.

On top of that, as soon as they heard I was a nursing student, the second sentence after "How wonderful" was "Did you apply for the scholarship?" I'm not sure about you, but in my experience, most organizations are not so forward with giving away money to strangers. I didn't for a moment feel that my skin color put me on the outside, and the generosity and warmth were as bountiful as the crisp mountain air.

After the rangers gave instructions on do's and don'ts, we got to work. Some used pickers and other rakes; for a minute, I was on machete duty. That story is for another time. We picked every spec of trash and moved the underbrush like nobody's business! When they say teamwork makes the dream work, they must have been watching the PNASD members for inspiration. We worked together like a well-oiled machine! By the end, the park had received a significant facelift, and the stream was gurgling with pleasure.



Reggie and Arlene Cagampan are cutting branches and picking up leaves to help make raking a bit easier for us all to collect. They are working together as a team to clean up San Diego with buckets and rakes! They are filling up several garbage bags FULL of dried and dead leaves, branches, thorns, and more! PNASD volunteers work together under the hot San Diego weather to help make the environment safer and cleaner for all!



Before we left, our president gave a heartfelt thank you, reminded us of the importance of giving to the community, and encouraged us to do more. I got another supportive recognition as the newest member and included to be in more pictures than usually happens on my birthday. They even asked me to write an article for the newsletter. They said, "You are not part of the family till someone asks you to do the dishes." Well, the dishes are done, and I cannot wait to continue changing the world at the next event with my new family.



**PNASD collaborates with BUKAS**  
 Vivian Sanderlin, PHN, BSN, RN  
 PNASD Board of Director

The Philippine Nurses Association of San Diego County, Inc. (PNASD) partnered with BUKAS (Buhay Uunlad Kalusugan Alalayan mga Seniors) Dance for a Healthy Heart at Escondido Women's Club on February 18, 2023, to coincide with the feast of St. Valentine. PNASD Board of Director and Marketing Chair Vivian Sanderlin coordinated the blood pressure and health education for seniors event with Mr. Ely Bananal, BUKAS President, and Lorna Delos Santos, BUKAS Advisor. President Perly Aguinaldo also was present during the event, and Elena Watkins volunteered as the assistant clerk who wrote down seniors' information and acquired consent.



PNASD served 35 clients for the 4-hour event, which included educating seniors on the importance of taking their medications, regular check-ups with their health providers, exercise, good sleeping habits, and a properly nutritious diet. Most of the health education and referrals were well received by the seniors, especially those with high blood pressure and a history of coronary artery diseases. PNASD volunteers also advised them on the importance of flu and Covid vaccination boosters. Two candidates with the lowest and healthy blood pressures, a male and a female, were recognized as Mr. and Mrs. Bukas Sweethearts with a presentation in the program of a bouquet and sash for the female and a sash for the male presented by PNASD nurses and everyone was encouraged to dance for a healthy heart.



Overall, the event was a success, and a great exposure of PNASD in helping the seniors promote the general welfare, encouraging them to maintain good health and well-being, and advising seniors to attend the PNASD Mental Health Advocacy Fair on May 20, 2023, the flyer placed on the Bukas souvenir advertisement brochure. We sincerely thank all the seniors who participated in Bukas Blood Pressure Drive and Health Education. PNASD is honored to be invited and to be of valuable service in promoting health to the community of our senior citizens.



**PNASD celebrates a SPARK Woman Story: Vivian Sanderlin**  
Perly Aguinaldo, BSN, RN  
PNASD President

To celebrate National Woman's month with a theme of "Celebrating Women who tell us Stories," PNASD leaders unanimously selected Vivian Sanderlin, PNASD Chair of Marketing, a Board of Directors, Past President, past Chairwoman of the BOD.

Vivian's journey with PNASD is a legacy for our organization. She joined PNASD in 2005, starting as a member of Marketing and Advertising and becoming the President in 2018. Her role as chair- Woman of the Board of Director made PNASD a more valuable and visible partner in the community. Her hard work as the PNASD Covid Task force Vaccination Coordinator made it possible for PNASD to vaccinate close to seven thousand recipients and for our organization to receive grant money.



During her presidency, PNASD had the first successful minority nursing conference and received the first PNA editorial award. She proposed that PNASD apply for LVN as Continuing Education Provider, and the City of San Diego Mayor's Office gave the Proclamation Award to PNASD. The creation of PNASD Facebook account occurred during her presidency. More importantly, her expert marketing skills and strategies are one of the reasons why PNASD is financially sustainable. Another success story happened during the Love month of February; Vivian coordinated the PNASD participation during the Love Your heart campaign, collaborating with Aetna/CVS Health doing Blood pressure screening. The four days, at six CVS sites, utilizing 39 volunteers who collectively worked 116 hours, serving 309 clients, prompted Aetna health to approve a 10k grant to implement PNASD's mission.



What is behind her success? Her passion for what she does, diligence and persistence, and a life filled with gratitude, humility, and generosity as her 30 years of nursing career as a Public health and Emergency Room Nurse made her a “people person” who is a kind, compassionate, very positive, and joyful person along with a very loving and supportive husband.



Vivian volunteerism goes far before her involvement with PNASD, and she loves volunteering in many community activities. She participated in numerous medical missions here and abroad, a true community advocate. Vivian wanted to be a journalist, but her love for writing is very apparent in articles she has written for PNASD Heritage, IPNAA, and The Filipino Press.



Among her many other talents is her love of dance, Philippine, modern, line dancing, ballroom dance, and she is a great dance instructor. She directed WR participation at the Networking Nights during the PNAAN National Convention, winning two awards. She has worn many “hats” as a seasoned PNASD leader, Grant writer, marketer, emcee, vaccinator, mentor, and community leader, and during Covid, she found time to sew masks for her friends and families. PNASD, an organization rich with history, will treasure Vivian’s SPARK on the Legacy Books of PNASD.

**PNASD joins Love Your Heart Campaign**  
Michelle Blas, SLC Student  
Vivian Sanderlin, PNASD Board of Director

The Philippine Nurses Association of San Diego County, Inc. (PNASD) partnered with Aetna/CVS for the Love Your Heart Campaign for four days, from February 13-16, 2023. PNASD created a station in CVS pharmacy and offered free blood pressure screenings and health education in several locations in San Diego, serving underserved communities in East County and Ramona. A total of 26 PNASD volunteers provided 120 hours of volunteer time and served 306 clients during the 4-day event.



Michelle Blas, a student at Southwestern College and one of the volunteers, wrote her experience as "while to some this may seem like a straightforward nursing skill, it's the commitment, devotion, and a sense of purpose that make every volunteer experience special." She further stated that President-elect Emeline Yabut, a faculty member at Southwestern College, inspired her to join the PNASD and informed her that the organization organizes many community-benefiting drives every year. The Love Your Heart campaign is one of those efforts. The goal of PNASD is to empower the neighborhood to take control of their health by making them aware of their BP numbers.

Michelle also added that not everyone knows the normal blood pressure range; systolic and diastolic measurements of less than 120 and 80, respectively, are considered average blood pressure values. Some people know that their number is high, but they are unaware of the ramifications for their general health. At this stage, Love Your Heart provides the person with information and health recommendations. A person with high blood pressure is more prone to suffer from medical conditions, including heart attack, kidney failure, and peripheral and coronary artery disease, and can be avoided by following a healthy diet, exercising regularly, limiting alcohol intake, quitting smoking, and ensuring they take their medications as prescribed. In addition to free BP checks, the clients who participated at each location received complimentary gift insulated bags, umbrellas, drink cups, hand wipes, and educational handouts. Michelle encourages others to join PNASD to volunteer, give back to the community, and collaborate to promote a healthy lifestyle.

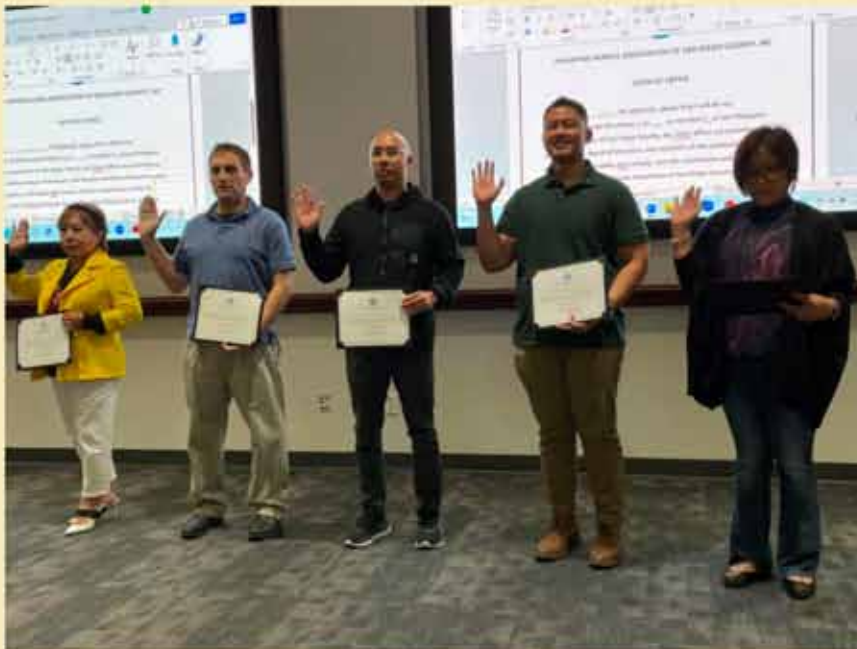
To summarize, PNASD's role in teaching at the Love Your Heart Campaign made an impact on the vast majority of clients in increasing their knowledge on improving/promoting their health and wellness, prevention of heart disease, and awareness of Health Equity or Access to Health care moving towards Global Health. PNASD appreciates Aetna/CVS for the opportunity and is thankful to all the PNASD volunteers who made it successful.



**PNASD Induction and Orientation Program for New Members**  
Maria Camilon MSN, RN PNASD Parliamentarian

As we celebrate Nurses Week, PNASD would like to share how we recognize our NEW members, not just during Nurses Week, but from the moment they join PNASD, their recognition begins. A program we call Induction and Orientation (I & O) during our Quarterly General membership meetings, PNASD introduces our new members.

The virtual meeting, called Zoom meetings, has become the steadfast norm for many companies and organizations. Most members prefer the reassuring and human connection a face-to-face or in-person meeting brings. It allows more fluid conversations that are more likely to build positive relationships; brainstorming is easier. As the pandemic has slowly stabilized, our President, Perly Aguinaldo, announced the in-person meeting at our usual place, Sharp Spectrum Auditorium. The first meeting was on Sunday, January 15, 2023, and the most recent was last April 16, 2023. We conduct our meetings quarterly. Our meetings begin with heartfelt reflections followed by my reminder of Roberts Rules of parliamentary practice. It was very well received, with everybody excited and happy to see each other personally again.





All new or seasoned members engaged more fluidly with one another. It encouraged more collaborative participation. The slide presentation of our President's report included many community activities and collaborations; PNASD has participated in our team-building activities, which our President is always mindful of, and to her, is self-care such as watching the Jokoy movie, Marcelino Pomoy, the Beatles concert together, Halo-Halo social after the beach and community clean-up, a morning walk to the beach, and fun dinner presentations, to name a few, then followed with committees' reports and updates.



PNASD New Members with Perly and Marie Candy

As we continuously recruit new members, PNASD recognizes them at our quarterly General Membership Meeting during the Induction and Orientation Program. Each member is sworn in, given a Certificate of membership, a gift, and allowed to go up to the podium, introduce themselves, and give a short message. What a wonderful way to start their professional development! It is an excellent opportunity for all of us to get to know them firsthand. Still, most importantly, we recognize the individuality of each new member, making them feel important, be more inspired, and stay engaged. Marie Candy David, the Chair of the I & O program and a new promising leader, presented a brief history of PNASD with an overview of the different committees during the short half-hour ceremony; and allowed our new members to learn about our organization and the various committees, and to remind members in attendance of PNASD's mission, vision, and goals. Socialization and networking are essential parts of our agenda; we all interact with one another, making these new members comfortable and giving them the feeling that they belong.



We end our meetings with picture taking and enjoying food from businesses sponsoring such meetings. For our recent meeting promoting our Filipino Heritage, we enjoyed one of our favorite breakfast foods Champorado and a pandesal-corned beef sandwich. In all that we do, we want everyone to know that PNASD C.A.R.E.S. (Compassionate, Authentic, Respectful, Equality Service-oriented.), especially our new members.

A Tribute to PNASD Founding President - Eulogy to Fem Ramirez  
Dr. Carmen B. Galang  
PNAAs and PNASD Past President

I am Carmen Galang, representing the Philippine Nurses Association of San Diego (PNASD) and the Philippine Nurses Association of America (PNAAs). Today, we are here to pay respect and tribute to Fem Ramirez, who meant a great deal to our professional organizations, and to express our deepest condolences to Dan's family, Dale and Evelyn, and relatives of Fem.



I have known Fem for over 30 years. I remember her as a kind-hearted, caring nurse who was always concerned for the welfare of others. With the growing numbers of Filipino nurses in San Diego County, she saw the need to uphold the professional nursing practice and the professional image of Filipino nurses. She formed the Filipino Nurses Association (FNA), now called PNASD. Fem invited a few nurses at Paradise Valley Hospital on June 1974 to assemble, organize and create the Officers and Board of Directors. Fem served as president for two terms, 1974-1976. Fem's leadership incorporated the organization as a non-profit, tax-exempt status. Fem was also an action-oriented person, an activist, you may say, who appeared to fight for or against political issues affecting nursing, either State or Federal regulations, and laws.



Ten years after the formation of PNASD, and through the invitation of the National Organization of Philippine Nurses in the United States (NOPNAUS), now called PNAAs, PNASD made its first representation in a national conference held in New Jersey in 1984. I was then the vice-president of FNA, and Laura Avendano was President. Fem, Sally Cabotaje, Elvie Magsarili, and other members and non-members attended. Fem's daughter Evelyn and

Fem, Sally Cabotaje, Elvie Magsarili, and other members and non-members attended. Fem's daughter Evelyn and my daughter Charlottes came to see New York. When talking with Evelyn last night during the viewing, she mentioned they had a good time touring New York, including a visit to Radio City. After the conference, we went to New York to do some shopping. Fem would not buy anything for herself but for her children, Dale and Evelyn. I think she should have bought something for Dan (sorry, Dan, you did not give her enough budget to spend). Fem was a very thoughtful and giving person. During the conference, we met the PNAA founding members and had excellent exchanges about the status of our respective associations.



When Fem saw the potential in me as an active member of the SD community, she encouraged me to run for PNASD president, and I was elected for two terms (1985-1987). Since then, I became involved with PNAA events and various offices before becoming PNAA president in 1994-1996. I highly credited Fem for motivating me to be my best. Fem was a good mentor.



Fem formed a Home Health Agency, the second agency in San Diego County. While working at Mercy Hospital, Fem came to see me and asked me to work for her since the licensing agency needed someone with a PHN certificate. I considered this option because of the growing trends of cutting hospital stays due to DRG regulations, a health care system cost-cutting measure. Home health nurses continue to care for patients discharged early from the hospital. Fem also hired the PNAA founding president Dr. Mirafior to work in her second Home Health Agency based in Los Angeles and another RN to direct her third agency in Ventura County. When Fem saw the need for

Home visits were flourishing and increasing, so Fem hired more Filipino nurses to work on a contractual basis to supplement their income from their regular jobs. Our patients came from all over SD County. I remember making home visits as far as Ramona and Escondido (about thirty miles away-one away from each location). Although the travel was exhausting, I enjoyed returning to the office in National City, where I wanted the family-type atmosphere. I could see Dale and Evelyn running around in the office after school and Don quietly working there. I quit after over three years because of my ambition to pursue graduate education. I graduated with my master's degree in 1991 and my Doctorate in 1995. Since then, I have been preoccupied with school-related activities, caring for my aging parents, and working at SDSU and CSULB as a faculty member. I would only see Fem and Dan at PNASD annual events.

I felt sad to hear the news when I learned she passed away through Dan's message to PNASD member Vickie Berbano. Fem, you have done so much in your life, and God did not want you to suffer any longer. We will never forget your legacy. I want to quote what you said in the PNASD history "Let us continue to maintain and promote our Professional Organization for the professional growth and development of our members, ourselves, and our profession."

From all of us, goodbye, Fem, and may you now rest in peace.



PNASD looks back on "Sponsor-a-Nurse" Scholars for 2016 PNA 10<sup>th</sup> International Conference  
Merlie Ramira, DNP, FNP-C  
PNASD Past President 2014-2016

Looking back on January 27-29, 2016, the 10th PNA 10<sup>th</sup> International Nursing Conference was held in Manila, Philippines, under the Presidency of Atty. Letty Hermosa. PNASD sponsored a Full Conference Scholarship for six Philippine-based nurses during this event. Chona Lutap, Merlie Ramira, and Marlon Saria spearheaded the "Sponsor-A-Nurse" project. The committee chose six scholars from thirty-one applicants who responded to SurveyMonkey questions, "Tell us why you became a nurse," and "Why should PNASD select you to receive the scholarship?" Several PNASD delegates attended the conference, Lina Mabanta, Chona Lutap, Lorna Herce, Vivian Sanderlin, Vickie Berbano, and Merlie Ramira.





Two scholars, Allen Cantos and Karl Joseph Dino Martin recently reached out to PNASD through LinkedIn, thanking the organization for their learning and networking opportunities in attending the 2016 PNAI International Nursing Conference.

Allen Cantos, a Pediatric Intensive Care nurse in the Philippines and now an Enhanced Care Staff Nurse at Beaumont Hospital in Ireland, and a member of Sigma Nursing, 555 Omega Epsilon At-Large Chapter, sent a letter of gratitude to PNASD.



Allen sent an e-mail thanking PNASD and informing us of his professional advancement.

"I am delighted to share with you what I have achieved these past years after being chosen as a scholar of PNASD at the 10th International Nursing Conference hosted by PNA, PNA, and ADPCN. I am very grateful for the beautiful opportunity and trust to be one of the scholars of PNA San Diego. The PNA 10th International Nursing Conference was one of the milestones I have achieved in my nursing career. From being a student researcher to becoming a registered nurse in my early years, the conference allowed me to meet society's nursing leaders. After the conference, I achieved the Level 4 Certification in Paediatric Nursing from the Department of Health. I pursued my Master of Arts in Nursing and graduated in 2018 from the Philippine College of Health and Sciences Inc. afterward. I desired to move out of my comfort zone and flew to Ireland in 2019; I became a member of Sigma Theta Tau International Honor Society of Nursing, Omega Epsilon At-Large Chapter. As an Anesthetic Nurse in Theatre Department, I work in the second biggest hospital in Ireland, Beaumont Hospital. I am enjoying the ups and downs of my career, remaining humble, and continuing to learn from the leaders of the nursing society.

It has been seven years since the PNA 10th International Nursing Conference, and it seems like yesterday. It has been a journey I will never forget, and I am proud to see my fellow scholars achieving their goals.

I will take this opportunity to thank Dr. Merlie Ramira, who has inspired many nurses worldwide, PNASD and PNA, and me."



Karl Joseph Dino Martin also sent a Thank you e-mail and updates on his professional career. He was a science research specialist in the Philippines and now works as a Post-Anesthesia Care nurse in London.



"One night, I randomly saw an ad on a social media platform about an opportunity to attend a nursing conference in Manila sponsored by a US-based nursing association run by Filipinos. At that time, I struggled to understand my nursing career. I am burnt out and overworked but poorly compensated. I was trying to immigrate to America, but the visa retrogression caused a long queue. It would be an excellent opportunity to help rekindle my spirit and renew my passion for my work; plus, who does not love free stuff, right? So, I wrote a simple essay on why PNASD will choose me as a scholar, and I received an e-mail that PNASD would sponsor me for the event. I felt fortunate, so much so, because a friend of mine lives close to the hotel where the event took place, and he agreed to lend me his condo during the event. It was an instant vacation - free accommodation and food (from the event).

It has been seven years and a pandemic since the event occurred, and I am in a completely different place and mind space now.

I moved here to London towards the end of 2016, also by random chance. I have been doing post-anesthesia care nursing since then, and I just recently started studying and training to become an anesthetic nurse. Although the practice differs significantly from what an anesthesia nurse is in the US, the idea of practicing intra-operative anesthesia nursing scares and interests me simultaneously. But as the saying goes, 'It is not growth if it does not scare you.' So, I am taking the leap of faith, ignoring all the fear, and trying my best to make it work.

My relationship with Nursing has been interesting, and I am not alone in this sentiment. It can be pretty hot and cold. It is like day and night sometimes. But the passion only goes away slowly.

Every day, I strive to become a Nursing leader like the people I met at the conference in 2016. I thank PNA San Diego for sponsoring me and allowing me to meet great people who inspire me, including Sir Marlon Saria. He might not know me personally, but in 2016, he was a part of PNA San Diego, and he was the one who informed me thru e-mail that I got the sponsorship. I started following him on Instagram, and year by year, I see his achievements and the heights that he is taken in his career, which is awe-inspiring.

It might take a while for me to achieve even a tiny bit of what he has reached, but I am always hopeful that my work matter and that I am making a difference, despite the good and the struggles that my profession has shown and taught me."

The stories of our two scholars demonstrate that PNASD, as a nursing organization, promotes professional development for nurses, in the US and internationally. It is gratifying to look back and discover the successes of our previous scholars from the Philippines. Knowing that our scholars are now excelling in their chosen nursing specialty and remain connected to the PNASD organization is terrific. More power to all our scholars and thank you to the sponsors!

## PNASD Delegates enjoy the Fun and Memorable Moments on their Journey to Maui

Storytelling compiled by: Merlie Ramira, DNP-FNP-C

During the networking night, competitors from western regions, Executive boards showed spectacular talents, but only two winners emerged, and our Senior Bagets group of Tik Tokers made it to second place. It was nerve-wracking when they announced who would be the winners. It was an excellent experience for me, knowing that we made our chapters proud of us. Thank you to the judges for choosing us to win that night.

PNASD/ PNASRC Tik Tokers

~ Emeline Yabut ~



I attend the PNAAC conference/conventions whenever I can. It is an opportunity to meet and talk to the organization's pillars, leaders, and friends. PNAAC went all the way in preparation for this successful event. It is our first visit to Maui, and the Road to Hana will surely be a great memory, especially the rainbow Eucalyptus trees, and waterfalls. The famous Banyan tree park is also a must-visit in Lahaina.

~ Tessie, Deacon Manny, and Marissa Porciuncula ~



Unforgettable moments from San Diego to Maui! Pacita was able to show her hidden talents in modeling. She was trying to compete with Kendall Jenner and Hailey Bieber. With so many poses, the modeling agent will have difficulty choosing the photos for the magazine cover.

~Pacita Baragan~



We were having a packing Souvenir programs party at San Diego International Airport. Dorothy arrived asking the delegates if we had more space on our suitcases and carry-on bags because she had a lot of souvenir programs journals, although she was also planning to pack more souvenir journals into two boxes that we would check in, so we packed and weighed, and tied those boxes. Of course, Emeline said her suitcase weighed 50 lbs., and she had yet to do her shopping at Maui. We successfully packed all the souvenir programs! All for the love of our Maui friends!

~Dorothy Brown~





I enjoyed our camaraderie, the fun and crazy moments, and networking with other groups. In each place we went, we developed unique connections. One of the sites that caught my attention is the Weather Station in Maui. Oh, I just remembered, I did not have a chance to eat coconut. I also overate pineapple and Hawaiian cookies during this trip, feeling a bit heavy and having difficulty getting up. Thank you to the delegates and PNASD for supporting our educational \$\$ trip to Maui.

~ Merlie Ramira ~



Some of PNASD delegates were having fun and very creative: Perly and Merlie the pole dancers, Emeline and Pacita metal bar huggers(positive outlook), Dorothy having picture taken on hammock, but cannot get up afterwards, Crisabel and Pacita dancing at Luau after several free drinks, Perly & Marissa enjoying Maui Gold pineapple drinks (quite expensive), Crisabel and Pacita dancing at Luau after several free drinks, Dorothy, Perly, Pacita and Emeline, our exercise enthusiasts waking up at 2:00 am Maui time to work out, Dorothy, the artist playing with fires after watching the Luau Fire Dance, she was a bit tipsy as well with free drinks from Luau, the group posing at the Boardwalk, Dorothy jumping up in the air, delegates taking time and eating the famous shave ice, Gelato ice cream, and dole whip, Emeline playing at Turtle Bay and got wet from head to toe with unexpected waves, group picture taken at sunflower fields with the driver assisting Vickie Berbano to cross the deep area, for the love of photo shoots with Sunflowers Chona posing and looking like a Gumamela 😊, lunch and siesta time to Hana Vickie holding a turtle, Cris and Perly modeling too, Emeline's silhouette at Black Beach, after hitting her head on a rock, Marlon and Mommy Marlyn joining us, and Merlyn going to Molokai, ~ Chona Lutap, and Vickie Berbano~











First-time Attendee as a PNASD President. Wow, what a wonderful experience meeting the PNA top leaders, shaking hands and rubbing elbows, taking pictures, and networking with great ideas. It was nice to receive an award for Community Outreach and Service initiative, which justifies our mantra that PNASD C.A.R.E.S. (Compassion, Authentic, Respectful, Service-oriented).

~ Perly Aguinaldo ~



Some PNASD delegates roamed and hopped the coastal areas, feeling the mountain and sea breeze, however, one day was not enough to explore the beauty of the Island of Maui. The Luau experiences made the short visit complete.

~ Crisabel Ramos ~



Attending the PNAA Western Regional Conference allowed me to meet and network with members from all over the country. One surprising and unforgettable moment was meeting Rowena "Nikki" Baysa from PNA Maui. She is the chair of Maui's education committee. I have not seen Nikki for 25 years. The same agency in the Philippines recruited us, and we came together here in the US, specifically in Jacksonville, FL. My husband was in the Navy, and we got stationed in different states, so we lost contact. It was an exciting moment to catch up and reconnect again. I have also met members who were PLM alumni like me. They were highly active in their chapters. One fun moment in Maui was snorkeling at the Molokini crater. On the way to Molokini aboard the Four Winds catamaran, one of the crew caught a huge mahi-mahi! What an exciting experience to see it in action. I even got to hold it and take a picture with it. At the Molokini, the water at the snorkeling site was so clear and warm. I have seen so many fishes, varied species with beautiful colors. It was indeed a memorable and fun conference.

Merlyn Foronda



**My Journey to Maui for PNA Western Region Conference  
First Time Attendee, Above and Beyond My Expectations**  
Pacita Barangan, RN  
PNASD Member

**Day 1 (April 19)** – The PNASD delegates departed from San Diego International Airport with our suitcases and the boxes of the Souvenir Programs. We arrived safely at Kahului Airport, Maui, Hawaii, to attend the Western Regional Conference on April 21-23, 2023. I was already fascinated at the airport with a sign saying, "Welcome to Amazing Babes." Wow! I told myself I was one of them and asked everyone to have our first picture taken. It was a warm welcome when I entered the Maui Beach Hotel. My first sight was our Western Region Vice-President, Retired Col. Bob Gahol, and other PNA leaders, Dr. Gloria Beriones, Dr. Marlon Garza Saria, Atty. Hermosa, and Dr. Dino Doliente. Tight hugs here and there and a big smile from "ear to ear." **ACTIONS SPEAK LOUDER than WORDS,** if you think about it. ALOHA! Most delegates went to "TANTES," an authentic Filipino cuisine in which beef liver was the number one favorite, with halo-halo as our dessert. PNA leaders and members introduced themselves and seemed fun to go along with, with a special mention to Dr. Claire Mirafior.



**Day 2 (April 20)** - Our group explored Maui, Road to Hana, with the Hawaiian Style Tour with a well-versed tour guide named Everette. I stopped by the Falls, the Black Beach, and saw the so-called "Rainbow Tree," in which the trunk is colored differently and looks like a rainbow. In the evening, Maria Sagun, Western Region COPRR, welcomed the delegates with dinner and drinks. I was lucky enough to join them in a friendly environment with lots of food and beverages and, as usual, more picture-taking with new friends. The Western Region delegates practiced the group dance, "Ain't Nothing Gonna Keep Me from You," led by Cathy Rubio.



**Day 3 (April 21)** - Leadership Day in the afternoon and the anticipated Hawaiian Luau Networking Night; now, the fun begins, wearing our best Hawaiian outfit. I had the opportunity to meet more delegates at the convention. The time has come to render PNASD and PNASRC TIKTOK dance, which the audience applauded and garnered second place. We also joined the Western Region group dance with so much fun!



Christine Dozier, RN, both recognized for doing an excellent job as Editor and Assistant Editor of our newsletter "The Heritage" and Rose Cruz for taking on the chairmanship of Nurse Excellence Committee and an active member of the Education Committee.



The celebration continued as Ms. Perly presented special recognition and awards for those members who have consistently gone beyond the call of duty and service throughout their tenure with the organization. Fe Delos Reyes, retired RN, for her eight years as the organization's Treasurer. He has updated and streamlined the financial accounting system. Tessie Porciuncula, RN, for her extraordinary ability to create beautiful décor for any PNASD event. Dorothy Brown, RN, for her expertise in graphic design. Dorothy has actively created the layouts for the Heritage Newsletter and event Souvenir programs. Emily Paug, SWC ADN Student Nurse, for her unwavering commitment and dedication to participating in community service events. In any PNASD event, rest assured that Emily will be there and actively engaged.



**Day 5 (April 23)** -The delegates attended the Sunday Mass at Christ the King Church and returned to the hotel with Bento's lunch. Another tour to Lahaina and stopped by the Banyan Tree Park and saw the 150 years old Banyan Tree. PNASD delegates shopped at quaint stores and the ABC store, one of Hawaii's most popular and cheapest stores. We also tasted their shaved ice with assorted flavors, gelato, and dole whip; then we went shopping for our Luau outfit and Maui gold pineapple, which everyone wanted to bring home. We also passed by Sunflower Field and took pictures.



**Day 6 (April 24)** - Our group went out again and hired a van to drive us to Turtle Bay, Kealia Coastal Boardwalk, the Portuguese Garden of the Blessed Mary, and the King Kamehameha Golf Club. We attended a Luau at Hyatt Hotel. It was a phenomenal show, with Fire dance, and with Hawaiian foods, dancing and singing. Great night for everyone! A big shout out to PNA Maui, Hawaii, for hosting a successful, above-and-beyond, well-organized event convention led by our Ret. Col. Bob Gahol and Maui President Angie Saiki and her team.





Black Beach

Pacita enjoying Maui

**Day 7 (April 25)** - Departed Maui and safely arrived in San Diego. As a first-time attendee, I had a blast; I met people with lots of humor and exceptional camaraderie. I enjoyed Hawaii's tropical beauty, the people's hospitality and humility, and generosity to top it all! So happy to bring home some chocolates, pineapple, and many giveaways to remember. And last but not least, I won a prize from one of the sponsors as a raffle winner. We were blessed and grateful for everyone's commitment to make this convention a success. I will see you again at our next conference. MAHALO!



Alaska Airlines- flying back to SD



Rainbow Tree



**The Banyan Trees of Lahaina**  
Victoria Berbano, MHA, BSN, RN  
PNASD Past President

The first time I read about the Banyan tree was from the poetry of Rod Mc Kuen. It was an unusual tree; I knew I would get acquainted with Rod's tree when I came to the US. My first experience as a nurse was in Philadelphia at Thomas Jefferson Medical Center, so I gave up on looking for what a Banyan tree would look like since the tall buildings of downtown Philly surrounded me. If I told you about the Redwood trees, you would guess I sought a new adventure to the West.



I had no idea I would soon fulfill my fascination to see a Banyan tree in Maui. After attending the PNA Western Regional Conference at the Maui Hotel, the delegates from San Diego decided to experience what goes beyond Kahului. Our Uber driver was not happy as four of us squeezed into his Toyota sedan. We just told him we wanted to go to Lahaina. When he mentioned the Banyan tree, I could not contain my excitement; I would finally get to see one.



For the benefit of those who have not seen a Banyan tree, photos pale the experience of being there to touch the trunk of this enormous tree. After several poses under the tree. I chose to separate from the group. I studied the tree and the roots that formed other trees that surrounded the mother tree. Then I thought of us nurses who came to the US fulfilling our dreams of administering to the sick at the bedside of hospitals, long-term care facilities, rehabilitation units, and others; the commitment of Filipino nurses to care and serve is phenomenal. Just look at the Banyans, and you will understand my analogy.



## PNASD Nurses Making a Difference Anytime, Anywhere, Always

Rose Cruz, MSN, RN Chair PNASD Nurse Excellence

Perly Aguinaldo, BSN RN, PNASD President

Nurses' Week is a yearly event where nurses from various disciplines are recognized and honored for their contributions to advancing and providing patient care. It was not until 1982 President Ronald Reagan signed a proclamation that "National Recognition Day for Nurses" would be May 6. In 1993, the American Nurses Association (ANA) designated May 6<sup>th</sup>-12<sup>th</sup> dates to observe and celebrate National Nurses Week.



Members of Planning Committee



PNASD Past Presidents, Perly Aguinaldo (current) President and Lourdes Nisperos (Past President PNACC and PNAI)

We take this time in our busy professional lives to stop and celebrate with each other. PNASD is no exception. Not that we need recognition, because many of us do what we do for our profession because it is our passion. It may not have been our first choice; however, along the way, we discovered that we could impact the lives of those we serve and work with that satisfied our souls in an extraordinary way. There is meaning in everything we do. PNASD celebrated our annual Nurses Week event on May 7, 2023, at the Kusina Restaurant with 100-plus attendees. The venue is a Filipino-owned restaurant called Kusina, which translates as "kitchen." We celebrated our Filipino heritage, our nurses who migrated from the Philippines, and those who followed in their footsteps. Tessie Poerciuncula decorated the tables with beautiful orchids and served as a fundraiser too. We also remembered that May is Asian/Pacific American Heritage Month.



Presidential Special Recognition Awards



Presidential Appreciation Awards

Our President, Perly Aguinaldo, believes strongly in recognition, self-care, and professional development. These are what keep us engaged, inspired, and motivated. Ms. Perly started with a warm welcome addressing the theme for this year's Nurses' Week celebration, "Nurses Makes a Difference," and added that the Defense Health Agency for their military nurses added "Anytime, Anywhere Always "We all concurred that we make a difference anytime, anywhere, and always. The presentation of the award followed. First, the "Presidential Appreciation Award" is for members who have demonstrated various contributions and involvement within the organization during their tenure as President. Recipients of these surprise awards, to mention a few, range from Adam Brotman, a new member, and SWC ADN Student Nurse. After his Induction as a new member into the organization at the Quarterly Membership Meeting in April, Induction and Orientation Program, he decided to take an active role in community outreach activities, mostly from set-up to tear down," Jay Larossa, RN Case Manager, for his excellent leadership in the upcoming Mental Health Fair on May 20<sup>th</sup>. Raben Talvo, active-duty Navy Officer for his involvement and "can do" attitude to take on projects as assigned.

Ms. Perly also recognized two of our LVN members. Arlene Cagampan, for her dedication and continuous volunteer involvement in community projects. Juven Ayudtud, for his knowledge and creation of social media platforms for PNASD. She challenged these two to be the chairs for PNASD's Adopt a Family Program this past Christmas. This outreach program was remarkably successful, and the schools involved eagerly look forward to our return. Others recognized were: Pat Madamba, RN, as chair of membership, untiringly submitting monthly reports to PNAA; Marie Candy David, RN, KEWP Facilitator, and Chair of Induction and Orientation Program; Ariane Cagampan, RN and

Christine Dozier, RN, both recognized for doing an excellent job as Editor and Assistant Editor of our newsletter "The Heritage" and Rose Cruz for taking on the chairmanship of Nurse Excellence Committee and an active member of the Education Committee.



The celebration continued as Ms. Perly presented special recognition and awards for those members who have consistently gone beyond the call of duty and service throughout their tenure with the organization. Fe Delos Reyes, retired RN, for her eight years as the organization's Treasurer. He has updated and streamlined the financial accounting system. Tessie Porciuncula, RN, for her extraordinary ability to create beautiful décor for any PNASD event. Dorothy Brown, RN, for her expertise in graphic design. Dorothy has actively created the layouts for the Heritage Newsletter and event Souvenir programs. Emily Paug, SWC ADN Student Nurse, for her unwavering commitment and dedication to participating in community service events. In any PNASD event, rest assured that Emily will be there and actively engaged.



Today, I observed networking and professional development occurring at its highest level. Novice nurses reach out to experienced nurses and ask about their nursing journey and how they arrived at where they were professional. Asking volunteers to share "Why did they become a nurse? What was the inspiration behind their decision to be a Nurse" was interesting. Allowing the Past Presidents to introduce themselves and share a few words gave me an awareness of the rich legacy and diversity within PNASD. With the variety of experiences and expertise, our networking among all members was amazingly effective. It made an impact.



Our Assistant treasurer Melanie Cuaresma did an excellent job as our Master of Ceremony. Perly Aguinaldo and Lipin Reyes made many announcements for the PNASD's upcoming events. The one that I clearly remember is PNASD's Mental Health Fair on May 20, 2023. I am going to avail myself of the many Self-Care activities they are planning to provide, such as ART Therapy, All day Zen massage, meditation, Zumba, and Yoga classes.

There are two words of advice I would like to leave you with. One, recognize those around you. A simple and sincere "Thank You" is appreciated and goes a long way. Two, balance your personal life and professional life. Sometimes, one will need to come before the other, and you need to be okay with that. Our Mental Health is just as important as the Mental Health of those we serve.



PNASD Members

On behalf of PNASD, we thank all the nurses who came before us and encouraged, taught, and mentored us to be the nurse professionals we are today. We look forward to the future nurses who will come behind us and flourish from those of us who encourage, teach, and mentor them.

Happy Nurses Week to all. Know PNASD CARES (Compassionate, Authentic, Respectful, Equality, Service).

**PNASD attends the County of San Diego Nurses' Week Celebration**  
Merlie Ramira, DNP, FNP-C - PNASD Past President  
Perly Aguinaldo, BSN, RN - PNASD President

The County of San Diego Health and Human Services invited the Philippine Nurses Association of San Diego to attend the Nurses' Week celebration on May 12, 2023, from 2:00 pm-4:00 pm at County Operational Center: Common Plaza, Overland Ave., San Diego CA. PNASD has been partnering with the County of San Diego through key leaders Dr. Jennifer Tuteur and Dr. Denise Foster since the start of the COVID-19 pandemic to provide vaccination and education to the community. Perly Aguinaldo, PNASD President, and Dr. Merlie Ramira, Past PNASD President and a Member of the County of San Diego COVID-19 Clinical Advisory Group, attended the event. Dr. Denise Foster gave a very inspiring accolade and admiration to PNASD for their community partnership, with special mention to Dr. Ramira.

**Nurses' Week Celebration**

The Health and Human Services Agency (HHSA) is pleased to invite you to this year's Nurses Week Appreciation event. This celebration welcomes all County of San Diego Nurses.


During Nurses Month, HHSA would like to extend a special thanks to our nurses, as they continue to provide the highest level of quality care to our community. They deserve a special recognition for their efforts to excel, lead and innovate every day!

**Where:** County Operational Center, Common Plaza on the upper level  
5520 Overland Ave San Diego, CA 92123

**When:** Friday, May 12th, 2023 from 2:00pm - 4:00pm

**For any questions, please contact:** [Darina Tryjo-Valdez@sdcounty.ca.gov](mailto:Darina_Tryjo-Valdez@sdcounty.ca.gov)

There will be light refreshments and coffee



YOU MAKE A DIFFERENCE



**Nurses' Week Celebration Employee Recognition**

05/12/2023  
2PM - 4PM  
Upper Level

SD Hispanic Nurses Association and the Black Nurses Association also attended. Perly spoke during the event, thanking the County of San Diego for the collaboration and for trusting PNASD with projects during the pandemic, such as administering vaccines and educating the community. Perly also thanked Dr. Tuteur and Dr. Fisher for being our speakers during our COVID-19 Webinars, including others who willingly supported our COVID-19 initiatives.







The collaboration with the County allowed PNASD to provide outreach education and vaccination to many in the community. Through the Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity, PNASD promoted Health Equity, Diversity, and Inclusivity (DEI). Perly said, "Look around us; we are such a diverse group." She further emphasized that joining a professional nursing organization is one way to promote DEI. She invited SD County nurses to join PNASD as an inclusive organization during her speech. Perly said, "Thank you, everyone, Happy Nurses' Week, and let us continue to Make a Difference Everywhere, Anywhere, always."



Several nurses from the County came to us and stated that they would join PNASD. There were comments from nurses; "Perly, I love your message, from Ava, a Vietnamese RN; Edgemoor Nursing Facility Director said, "I will rejoin; I have been a member before, and I received a Nurse Excellence award from PNASD." Rosemarie, Director of Nursing from County of San Diego, approached us and expressed interest in joining. Two other nurses came and inquired about membership.



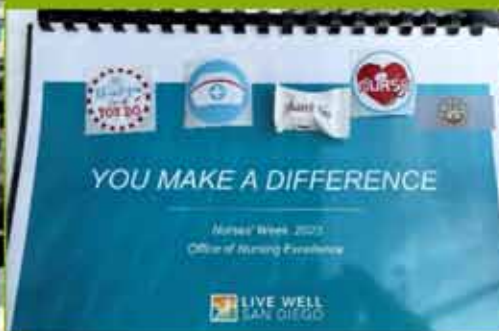


There is lots of networking with many nurses and promoting the PNASD Mental Health Fair, inviting them to attend and volunteer. Dr. Tuteur supported our Mental Health Fair and connected us to SD County Communications to advertise the Fair.

The County served snacks, cake, goodies, and drinks and provided the photoshoot with a beautiful background and various props to celebrate nurses. We met a lot of attendees enjoying each other and telling their stories.



Mr. Nick Macchione, FACHE, Agency Director and Deputy Chief Administrative Officer, HHS, congratulated and greeted all the nurses. Nora Vargas, a San Diego County Board of Supervisors member, and Dr. Wilma Wooten, a Public Health Officer for the County of San Diego, presented their video celebrating and congratulating the nurses. Happy Nurses' Week to All!



**PNASD makes History with a Successful Completion of the  
First Mental Health Awareness and Resource Fair**  
Jay Larrosa, MSN, PHN, RN-BC, ACM-RN, FACDONA  
PNASD Chair, Mental Health Advocacy Committee

The Philippine Nurses Association of San Diego County, Inc. (PNASD) made 2022 the year to address mental health matters formally and proactively. In February of that year, initial conversations took place that PNASD, as a professional nursing organization, would do more regarding the mental health of its members and their members' families, friends, peers, and the community. The same group comprised the PNASD's Mental Health Advocacy (MHA) Committee.



While it is evident that more needs to be done about mental health, it also became apparent to the committee the challenges they may face, especially when providing the needed mental health resources and services. They realized they would need to focus on what PNASD can accomplish concerning their capabilities and limitations due to several factors, such as the scope of practice, and not all members specialize or are practicing in the mental health space. To be an effective advocate, resource, and partner for mental health, the committee finalized its mission, vision, and overall goal.

The committee, together with the rest of PNASD, continues to be guided by the following:

**Mission:** PNASD advocates for mental health through education, resource access, and community partnership.

**Vision:** increased awareness of the importance of acknowledging mental health to the well-being of the individual, families, and community.

**Overall Goal:** Promote mental health wellness and raise awareness of mental and behavioral disorders by being an advocate and a resource to individuals, families, and the community on accessible, caring, and culturally competent services.



Since then, PNASD has accomplished the following:

- Four Part Educational Series: "Understanding Mental Health and Mental Illness," "Living a Mentally Healthy Life: Mental Health on a Personal Level," "Living a Mentally Healthy Life: Mental Health in the Workplace," and "Mental Health Awareness through Community Partnership."
- Dedicated Mental Health (MH) Section on PNASD Website that includes but is not limited to recorded presentations on MH educational series and corresponding PowerPoint presentations, MH Tools & Resources
- MHA Committee generated a brochure and gave it to attendees during community outreach
- MHA Committee Representation by providing expert speakers to events such as during the Philippine Consulate Retreat

This year 2023, PNASD added to their list of accomplishments a free community event, Mental Health Awareness and Resource Fair, held on May 20, 2023, at Sweetwater High School in National City, CA. During the opening program, Fr. Joselito Tiongson, a military chaplain at NAS North Island, officiated the reflection. After the reflection, PNASD President Perly Aguinaldo, National City Mayor Ron Morrison, San Diego County Health and Human Services Agency Behavioral Health Services Chief Medical Officer Dr. Michael Krelstein, and Philippine Medical Association of San Diego, Dr. Renato dela Rosa provided their messages. National City Mayor Ron Morrison spoke about the importance of mental health in the national city and the need for the support services available at the mental health fair. Perly shared a personal story about a family member affected by mental health. She reminded attendees that help was available and urged them to seek it whenever needed. Dr. Krelstein stated, "Perly mentioned to prioritize ourselves, and there is a need for Call in Action. Everyone's ultimate responsibility is to increase awareness on mental health and not just PNASD."



The Chair of the PNASD's Mental Health Advocacy Committee, Jay Larrosa, officially opened the event. He urged attendees to end the stigma on mental health and prioritize mental health as we do with physical health. During the closing program, Associate Director for Mental Health Family Health Centers of San Diego, Dr. Dixie Galapon, and PNASD Board of Directors, Vivian Sanderlin delivered more important messages. In closing remarks, Ms. Sanderlin emphasized the importance of self-care and being kind to herself/himself and each other's, as kindness promotes mental health. She also extended her gratitude to all guest speakers, sponsors, donors, and attendees and made a special mention to PNASD Members who enjoyed putting the event together. It was amazing to have most of the speakers from last year's four-part mental health education series offering come to the event and continue supporting PNASD on mental health efforts and speaking about the essential subject. The Co-Chair of the PNASD's Mental Health Advocacy Committee, Brandee Hassell hosted both opening and closing programs.

Attendees also joined any of the free wellness activities offered during the event, such as Yoga, Zumba, Art Therapy, massages, and Dance the Stress Out. In addition, attendees enjoyed free food and prize giveaways. Resources primarily on mental health were also available to attendees, such as those offered by San Diego County's Live Well on Wheels (WOW). Vaccination was also provided onsite by Champions for Health. Numerous governmental and private organizations exhibited at the event to share resources they can give the community.



PNASD is grateful to its officers, members and their family members, volunteers, guests, and everyone who made the event a success. Lourdes Deperio serves as MHA Committee's Advisor. In addition, the following subcommittees of the MHA Committee were very instrumental in making sure that PNASD delivered a high-quality event to the community: Budget and Finance, Programs and Activities (Prize Giveaway included), Marketing and Attendance, Hospitality and Registration, and Logistics. PNASD's Research Committee was also present during the event to conduct a survey and understand the real need of the community members. Of course, the Community Outreach Committee was also available to provide first aid to attendees if needed, and the Membership Committee shared with attendees what PNASD is about. Representatives from other PNA Chapters, such as PNA California Orange County and PNA South Riverside County, were also in attendance.





PNASD accomplished its Mission and Overall Goal regarding mental health and made history after the successful completion of the free community event. Mental Health Awareness and Resource Fair focused on raising awareness and sharing resources on mental health. During the closing program, Jay stated, "If we were able to make a difference in at least one person's life, then we have accomplished our goal!" This important mental health project is PNASD's first and will certainly not be the last! Overall, the First PNASD Mental Health Fair was a success, and we hope to have more future events like this to promote mental health.





# **Thank You!**

*Your Heritage Newsletter for PNASD*

## **SAVE THE DATE**

June 17, 2023  
PNASD 49th Anniversary, Scholarship and Nurse Excellence Awards  
Handlery Hotel  
950 Hotel Circle N, San Diego, CA 92108

July 16, 2023  
General Membership Meeting  
Sharp Spectrum  
8695 Spectrum Center Blvd, San Diego, CA 92123

## **Follow Us**

Facebook at <https://www.facebook.com/pnasd>



## **Visit our Website**

[pnasd.org](http://pnasd.org)

## **Contact Us**

[website@pnasd.org](mailto:website@pnasd.org)



*Please join us in celebrating*

*PNASD's 49th Anniversary,  
Scholarship and  
Nurse Excellence Awards*

*Saturday, June 17, 2023  
11:00 am - 4:00 pm*

*Handlery Hotel  
950 Hotel Circle North  
San Diego, CA 92108*

*Attire: Sunday's Best*

Pay \$50.00 per person online at [www.pnasd.org](http://www.pnasd.org)  
For inquiries: contact President - Elect Emeline Yabut  
at [yabutemeline@gmail.com](mailto:yabutemeline@gmail.com)  
or President Perly Aguinaldo at 858-231-5576

**SPACE IS LIMITED. NO PAYMENT AT THE DOOR.**  
Registration will close once we reach our capacity.





# END OF COVID-19 PUBLIC HEALTH EMERGENCY: WHAT DOES IT MEAN



Via Zoom

Saturday, June 24, 2023

9:00am-10:00am PST

12:00pm-1:00pm EST

**Jennifer Tuteur, MD, FAAFP**  
Deputy Chief Medical Officer, Medical Care Services  
County of San Diego Health & Human Services



Contact person:  
[perly.aguinaldo@gmail.com](mailto:perly.aguinaldo@gmail.com)

**PNASD  
C.A.R.E.S.**

*Compassion,  
Authenticity,  
Respect,  
Equality,  
Service*

**Registration link:**  
<https://pnasandiego.wildapricot.org/event-5301312>

**\*This webinar was made possible by cooperative agreement CDC-RFA-IP21-2106 from the Centers**



# 14<sup>th</sup>

## International Nursing CONFERENCE & Filipino Nurses' Global Summit



**25-26 JANUARY 2024**

Iloilo Convention Center

Accommodation: Marriott Courtyard Iloilo

WE CARE:

Filipino Nurses at the Forefront  
of Global Health

**SAVE THE  
DATES!**

REGISTRATION AND SPECIAL HOTEL RATES INFO COMING SOON