

Highlights

Official Newsletter of the
Philippine Nurses Association of Gulfcoast Florida

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PNAGF PRESIDENT NORMA QUINTONG-MILNES 2018 MESSAGE



Warm greetings to all! Another year is over and a New Year to face new challenges and amazing opportunities.

**THE PAST CANNOT BE CHANGED.
THE FUTURE IS YET IN YOUR POWER!**

I agree, we cannot change the past, but we can learn from it if we let it guide us to the positive and productive path.

Here is a list of PNAGF activities in 2017

January: Alzheimer seminar: Phase II

February: Post Valentine Celebration (fundraising event)

April: First aid Booth at the PHILFEST

September: Send Donation to the victims of calamities in the USA and Philippines.

October: Alzheimer Walk

November: Financial Seminar

December: Nursing Excellence and Scholarship Award

PNAGF faced some challenges throughout the year but the core executive board members relentlessly charged forward and successfully accomplished the goals it set forth.

With tenacity and extreme cooperation, PNAGF awarded scholarship grants to three of its members. The celebration was held on December 8, 2017 at the Bayanihan Center in Tampa, Florida.

PNAGF has the POWER to capture the future! And we are ready! As a starter, the Scholarship committee is busy coordinating/collaborating with Baliwag University in the Philippines to grant scholarship to two deserving students. PNAGF is excited to see this project in its complete fruition.

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PNAGF EXECUTIVE BOARD 2016 - 2018

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Norma Quintong-Milnes

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Elsie Barlow

Recording Secretary
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Corresponding Secretary
Janella Puyot

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Medina Madrinan

Orpha Ale Mineque

Beatriz Miranda

Tita Edralin Ravi

Esmeralda Santos

Merly Santos-Llanto

Cecile Santos-Medenilla

**2017
PNAGF SCHOLARSHIP
AWARDEES**



Thaddea Joy Joaquin Morris

“ I am a child of God. In myself, I see my beautiful and diverse family. I am proud of my mother’s Filipino heritage and equally proud of my African-American roots from my father.

I can say that I am a happy and hopeful friend and daughter and also a hard-working, dedicated, and aspiring nurse.”

- Thaddea, LPN



Edwin B. Latras, RN

“ I met wonderful nurses who inspired me to pursue my nursing career. I will remain an advocate of the PNAGF’s mission and vision.

I consider myself to be a productive and valuable asset to the Emergency Department in the future.”

- Edwin, RN

**PNAGF PRESIDENT NORMA QUINTONG-MILNES
2018 MESSAGE**

(continuation)

PNAGF has three delegates to the Philippine Nurses Global Summit held in the Philippines, January 25 and 26. Thank you for representing PNAGF, Tita Ravi, Barbara Tolentino, Dulce Garcia. Of note: delegates to the global, national, and regional conferences are reimbursed some money to cover expenses per Education Committee guidelines.

The PNAA National conference will be held in Jersey City, NJ from July 25-29, 2018. If you are in San Francisco on April 27-28 consider attending the Western Regional conference. I invite you to come and join PNAGF. All PNAGF meetings are open to all interested. Experience the delight in the opportunity to make a difference in one’s life! Most importantly grow personally and professionally.

I want to thank the officers and members for all the time, effort and money dedicated to PNAGF. You are a wonderful group to work with.

Let us all continue to SERVE!

The feeling is priceless to be a SERVANT LEADER.

THANK YOU FROM THE BOTTOM OF MY HEART.

Norma Quintong-Milnes, a Servant Leader

**FUN AND LEARNING ABOARD THE ROYAL CARIBBEAN
OASIS OF THE SEAS**

By: Orpha Ale Mineque, RN, BSN, CCRN



About three hundred members of the Philippine Nurses Association of America (PNAA) and their families travelled from diverse States to Cape Canaveral, Florida last July 23, 2017 where they would set sail to Saint Marteen, San Juan, Puerto Rico, and Labadie, Haiti aboard the Royal Caribbean

Oasis of the Seas. Excited attendees were looking forward to a weeklong of fun, networking and learning. This marks the 38th PNAA Annual Convention and would be the first time hosted aboard a cruise ship. The innovators were the PNAA President, Dino Dolente III whose mantra is iPNAA for Inspire and Innovate and the Philippine Nurses Association of Central Florida in collaboration with Continuing Education Inc. (CEI)

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2017
PNAGF SCHOLARSHIP
AWARDEES



Pamela G. Galang, RN, BSN

“As a child, I had small dreams. While things have changed, that little child who once had a simple dream has not changed. That same child still dreams, only this time, she has bigger dreams.

I intend to share... I intend to love. That's the same child in me.

- Pamela, RN, BSN

Congrats!
to all the
awardees!

Nurses
are
Angels
sent to
make our
'ouchies' go
AWAY!!!

FUN AND LEARNING ABOARD THE ROYAL CARRIBEAN OASIS OF THE SEAS

(continuation)

The first three days at sea afforded the attendees with the Welcome and Networking Night where nurses from various regions, the Philippine Nurses Association of America (PNAA) Executive Board Members and the PNAA Foundation leadership showcased their talents and entertained the audience with their singing and dramatic acts through various Broadway presentation. It was great to have a night of laughter with friends and colleagues to ease the stresses in life. The performers were amazingly talented and confirmed that nurses are not only great caregivers but also entertainers.

During the Leadership Institute Speakers brought up topics that can enhance operational processes for chapter organizations such as importance of having a budget, membership re-engagement and how to run effective meetings.

The keynote speaker, Janice C. Palaganas, PhD, RN, NP, CF-L1, FSSH, ANEF, Director for Educational Innovation and Development Center for Medical Simulation, Assistant Professor of Anesthesia Massachusetts General Hospital, Harvard Medical School, spoke about Feedback entitled, “I should have said it...why I didn't?” She emphasized the importance of feedback and how it brings enhancement in performance and systems improvement. She added that feedback is the cornerstone for individual and organizational change and a pathway for improvement. Other presenters talked about the importance of research and evidence based practices. They described how healthcare providers learn to adapt and advance Evidence Based Practice in clinical nursing practice for quality and safe care.

One topic that truly struck me was about the Emerging Trends in Healthcare and Nursing and the changes that is happening ahead of us. Ready or not ready these changes will come. As nurses, how prepared are we to meet the demanding changes in nursing and healthcare as a whole?



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2017
PNAGF Nursing
Excellence AWARDEE



Beatriz Miranda, MSN, RN, FAAN

Betty Foronda Miranda is known to many as "Ate Betty". She continues to be actively involved in the nursing profession beyond her retirement years.

She has the passion for human caring and she believes that she was born to be a caregiver.

A loving wife, good mother, and nurturing grandmother to her grand children and great grandchildren.

She takes her life's journey with great humility and compassion. Her love for nursing is truly inspiring and commendable.



FUN AND LEARNING ABOARD THE ROYAL CARRIBEAN OASIS OF THE SEAS

(continuation)

The following are ways on how to handle the future in healthcare and nursing shared by Lorraine Michelletti, RN, MA, MSN, CCRN from New Jersey.

- Demonstrate capacity to learn and translate knowledge
- Adapt to change
- Exhibit effective communication skills
- Show conflict resolution skills
- Delegate successfully
- Prioritize and manage time productively
- Demonstrate flexibility
- Practice self-renewal

The Philippine Nurses Association of America Inc. (PNAA) continues to inspire and engage its membership through innovation, leadership trainings, education, community service and scholarship grants. If interested to become a member please visit mynpnaa.org.

PNAGF ATTENDS STO. NINO FESTIVAL

By: Janella Puyot, RN, CCRN



" Teamwork is a dreamwork." PNAGF once again spent the entire day making a difference in the community by taking part during the first night of the novena and first Friday mass celebration of the

Sto Nino on Jan 12. 2018 . Members volunteered leading the rosary prayer and participated in the mass held at St. Paul's Catholic Church in Tampa Florida. Our Creativity flourished in one of our spiritual activities as members cooked all day for a hefty feast to feed a few hundred church goers at the reception hall after the mass. It was a little bit stressful for some as the traffic was overwhelming along the way. Some had no help to cook and some had to come from work yet. But everyone came for a a nice get together as our spiritual enrichment to serve the community was our mission.

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PNAGF COMMITTEES 2017-2018

BY-LAWS

Chair: Kathy Abelgas

BUDGET & FINANCE

Chair: Lisa Bailey

COMMUNITY SERVICE

Chair: Lolita Plandes

EDUCATIONAL

Chair: Meden Madrinan

ELECTIONS & NOMINATIONS

Chair: Tita Ravi

GRIEVANCE

Chair: Betty Miranda

MEMBERSHIP

Chair: Janella Puyot

POLICIES & PROCEDURES

Chair: Betty Miranda

PUBLICITY

Chair: Merly Santos-Llanto

SCHOLARSHIP

Chair: Tita Ravi

WAYS & MEANS

Chair: Elda Renegar

AUXILIARY

Chair: Cherry Raber

PNAGF ATTENDS STO NINO FESTIVAL

(continuation)

Hand in hand with the organizers of the Filipino-American Social Clubs of Hernando, Pasco and Pinellas Counties , PNAGF was able to put together a glorious day in the presence of our Lord. This event was spearheaded by our past President Alma Asuncion RN who tirelessly solicited for donors. The important final moment of a good day shows not only how we begin and how we continue the day but it is also important how we end the day. This can be true no matter how many problems and difficulties pile up in our lives everyday. As a team it was the special fellowship and commitment that PNAGF shared with one another and it turned out to be a successful night. We are proud to say that the people "Thanked us for a good day and we are offering it to our Sto Nino-Pit Senior."



REMINDER!

*Renew your
PNAGF
Membership
to get full benefits
of
PNAGF & PNAA
memberships!*

Go to PNAGF website to
download Membership
form or contact :

Membership Committee
Chair Janella Puyot, RN,
CCRN

SHOWING SUPPORT AT THE ALZHEIMER WALK



In cooperation with the Alzheimer's Association, PNAGF joined the Walk to End Alzheimer last October 28, 2017 at Spectrum Field in Clearwater, Florida.

A total of \$450.00 was donated to the Association to help fund Alzheimer Research and help support education and care.

Participants were Norma Quintong-Miles, Cora Timoteo, Meden Madrinan, and Lolita P. Pollack.

It was a day of full of fun and physical fitness coupled with the feeling of satisfaction knowing that we contributed something to benefit the community as a whole.

PNAGF

PNAGF is a non-profit, professional nursing organization established in 1999 by Filipino-American Nurses from Pasco, Pinellas, and Hernando counties in Florida.

OBJECTIVES

1. To promote a positive image of nursing to the community through participation in health care programs in collaboration with other local and national organizations.
2. To unify and strengthen friendships among Filipino and American nurses in the Gulf Coast area of Florida.
3. To promote professional career advancement and leadership of Filipino nurses through educational and training programs.
4. To promote the Filipino's unique culture and traditions through participation in socio-cultural activities of the Filipino-American community and other neighboring communities.
5. To support and provide assistance to worthy causes determined by the Executive Board.

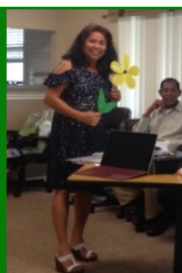


SAVE the DATE

FINANCIAL SEMINAR HELD LAST FALL

PNAGF held a seminar on Retirement Planning on Oct 28, 2017 at Cove Cay Clubhouse in Clearwater FL; Mr Scott Chapman, a Financial Representative discussed multiple strategies for conservative investment options identifying advantages of fixed annuities over variable annuities; This was attended by 12 members of the chapter and a few residents of the local community; Everyone enjoyed a sumptuous Chinese lunch, courtesy of our speaker;

Following the above, Orpha Minique RN gave a presentation on Sleep & Rest; the attendees had a lively & upbeat response to the stimulating topics eg : Sex & Massage; Submitted by Meden Madrinan RN MaN



PNAA NOMELEC ANNOUNCED TIMELINE FOR 2018 PNAA ELECTION

South Central Region leaders and members are encouraged to review the timeline for the 2018 PNAA Election especially those who are interested in running for an office for the term of President-elect Madelyn Yu.

The term starts on July 2018 and ends on July 2010, it is a two-year commitment. Open positions are: President-elect, Regional Vice-President, Secretary, Treasurer, Auditor, and 5 Board of Directors. The forms for candidacy will be posted at the PNA America website as an announcement prior to filing date of candidacy.

The successful candidates will be inducted at the 39th PNAA National Convention in New Jersey on July 28, 2018.

For more information go to : <https://drive.google.com/file/d/1yvUlioTslomPD1BZJzlG3PopFBJYPwu/preview>

"You make a living by what you get. You make a life by what you give."
~Winston Churchill

2017 PNAGF CHRISTMAS GALA IN PICTURES



The Christmas Gala opened with the PNAGF Executive Board marching in to the center of the room with candles in



A beautiful evening!
PNAGF thanks everyone
who attended and
supported the event.

2017 PNAGF NURSING EXCELLENCE AND SCHOLARSHIP AWARDS NIGHT

By: Lolita Plandes, RN, BSN

The Annual PNAGF Nursing Scholarship and Achievement Awards Night was held at Bayanihan Arts and Events Center in Tampa on December 8th 2017. It was a night of Christmas celebration and the chance to recognize and congratulate our most deserving scholars.

The program started with the singing of the Philippine Lupang Hinirang followed by the Star Spangled Banner sang by the rising star Marydin Llanto. Entertainment was provided by our famous singer and member Don Bronto and the ever ready Philippine Creative dancers headed by Elda Renegar.

Based on the scoring grid established by the Scholarship and Awards Committee, these are the lucky recipients of our Scholarship Awards for 2017. .

Edwin Latras is presently employed by Media Center of Trinity. He will pursue his nursing education at Rasmussen College.

Thaddea Joy Joaquin, presently an LPN at Stratford Court Skilled Nursing Facility will be going for her Nursing Degree at Santa Fe College.



Pamela Galang working at the CW Bill Young VA Medical Center in St. Pete and will be pursuing her Masters Degree at University of Tampa.

Each one got a thousand dollars towards their education and awarded to the school where they are enrolled.

A special recognition for all her work and dedication to the nursing profession, PNAGF handed Betty Foronda Miranda the NURSING ACHIEVEMENT AWARD for 2017. She had been the past president of PNA of New Jersey and the past president of PNAA and the current PNAGF Advisor.

With the able leadership of Norma Quintong Milnes, the program went smoothly and was a big success. Thanks to our Master of ceremonies Orpha Ale Mineque and Alma Asuncion, both did an excellent job making sure everyone had a great time. Our deep appreciation also goes to all our donors and supporters to this event. Without your help this would not have been possible.



MEMBERSHIP COMMITTEE MESSAGE

**IF you are interested in
running for PNAA Positions
for 2018— 2020,**

1– Complete the
Candidate Nomination
Form (CNF2018).
2– Submit electronically
in PDF format, signed
application to NOMELEC
no later than midnight
(your time zone), March
6, 2018, Leticia Hermosa,
NOMELEC Chairperson,
at [LCHERMO-
SA@MSN.COM](mailto:LCHERMO-SA@MSN.COM).

3- For a complete and
detailed description of
Candidates and Qualifica-
tions, go to the PNAA
website www.mypnaa.org
Policy and Procedure Sec-
tion 3.2.

REMINDER!!

**SCR 5K Run/Walk
Fundraising for the 39th
PNAA National
Convention in NJ.
Continue saving your
quarters (0.25 cents) for
this effort!**

UPCOMING EVENTS - LOCAL, REGIONAL, NATIONAL

SAVE THE DATE

MAY 19, 2018 PNAGF General Membership (tentative)
Details to follow



PHILFEST 2018

April 6 - 8, 2018

For registration, click this link: [http://
www.pcfitampana.org/about-philfest-2018/](http://www.pcfitampana.org/about-philfest-2018/)

2018 Western Regional Conference

April 27 - 29, 2018

For registration, click this link:
[http://www.pnanorthcal.org/
conference_registration.html](http://www.pnanorthcal.org/conference_registration.html)



39th PNAA Annual National Convention

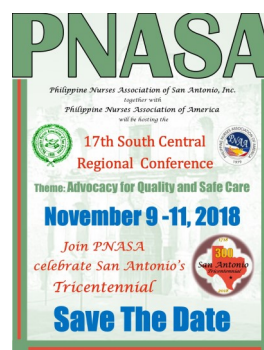
July 25 - 29, 2018

For registration, click this link [http://
www.mypnaa.org/event-2464444](http://www.mypnaa.org/event-2464444)

17th PNAA South Central Regional Conference

November 9 - 11, 2018

For further info, click this link:
<http://www.mypnasatx.org/>



PNAGF NURSES ASSOCIATION OF GULF COAST FLORIDA 2017-2018

Facebook: Philippine Nurses Association of Gulf Coast Florida
Website: mypnagf.org Email: PNAGFPubCom@gmail.com

Publicity Committee

Chair: Merly Santos-Llanto

Members: Aura Casabar, Lolita Pollack, Elsie Barlow, Heidi Stein

Contributing Writers: Orpha Ale Mineque, Janella Puyot, Norma Quintong-Milnes