

Highlights

Official Newsletter of the
Philippine Nurses Association of Gulfcoast Florida, Inc

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September 2018

PNAGF DELEGATES attend the 39th PNAA National Convention

By Aura Casabar, BSN, RN, CCM

On July 25-29, 2018, delegates from the Philippine Nurses Association of Gulfcoast Florida (PNAGF) led by PNAGF President Norma Quintong-Milnes attended the 39th PNAA National Convention in New Jersey. This year's theme is ***"Healthcare: Riding the Innovation Tide: What's New? What's Best? What's Next?"***

The event marked the inauguration of Madelyn Yu, MSN, RN as the 2018-2020 President of the Philippine Nurses Association of America.

President Yu invited every PNAA member to join her and her administration to ***"Make a Difference: Advocate"*** for patients, nursing colleagues, the nursing profession and the promotion of health in our communities. She encouraged members to continue to innovate and inspire every colleague and to advocate for the welfare of Filipino nurses.

The event also marked the signing of the PNAA Legacy book, ***"PNAA: A Tapestry."*** The purpose of which is to document and preserve the historical events of PNAA from the first PNAA President Clarita Miraflor up to the immediate Past President Dino Doliente III's administration. The project is spearheaded by Dr Nelson Tuazon of PNASA.

The convention attendees were welcomed by outgoing PNAA President Dino Doliente III during the Leadership Institute on the first day. One of the day's objectives included the discussion of the importance of developing our own emotional intelligence and its personal and professional impact.

(next page)



Philippine Nurses Association

PNAGF EXECUTIVE BOARD

2016-2018

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Alma Asuncion

Medina Madrinan

Orpha Ale Mineque

Beatriz Miranda

Tita Edralin Ravi

Esmeralda Santos

Merly Santos-Llanto

Cecile Santos-Medenilla

PNAGF MISSION

1. To promote a positive image of nursing in the community through public health service and participation in the healthcare programs, in collaboration with other local and national organizations.
2. To unify and strengthen friendships among all the Filipino nurses along the Florida Gulf coast region.
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 in the Filipino-American communities.
5. To promote and provide assistance to worthy causes as may be.



Madelyn D. Yu, MSN, RN
President, 2018-2020

PNAA President's Message

<http://www.mypnaa.org/>

PNAGF DELEGATES at the 39th PNAA National Convention

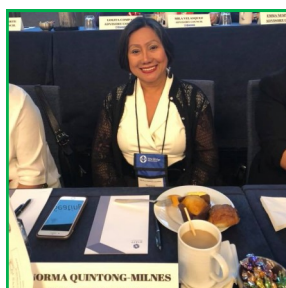
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During the Education day, the keynote speaker Pamela Cipriano, PhD, RN, NEA-BC, FAAN discussed Nurses Leading in a Changing World. Discussions on Advances in Clinical Care included topics on Asian obesity, innovations in Diabetes management, Ventricular Assist Device support and indications for use, as well as pursuit for higher learning as pathway to leadership in nursing.

The networking night saw some very interesting avant-garde attires. While the black-tie gala revealed the elegance and sophistication of the attendees. These gatherings further fostered the camaraderie, friendship building and reconnecting among PNAA members who are driven by a common dedication for the nursing profession. PNAGF's pride balladeer Don Bronto serenaded the audience, even singing with 5 former PNAA Presidents representing the Founding PNAA chapters.

The Annual PNAA/PNAAF 3K Wellness challenge was headed by PNAGF Past President Tita Ravi. The event raised funds to support PNAA programs like the Balik-Turo, Scholarship program, and community outreaches. SCR lead the Regional Donation total with \$9295 and Tita Ravi as one of the top individual donors.

It was another successful milestone for PNAA and we look forward to the next convention in Atlanta, GA next year!



PNAGF President Norma Quintong-Milnes
at the general assembly meeting.



PNAGF Past President Tita Ravi
headed the PNAA/PNAAF 2018
convention's 5K Run



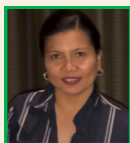
Don Bronto with PNAA past presidents
entertains PNAA audience.



NEW PNAGF Board Members Swore In

By Merly Santos-Llanto,
BSN, RN, CCRN

Romy DeVera, PNAA VP SCR inducted new members of the PNAGF Board of Directors on May 19, 2018. They filled the positions vacated by previous board members and would serve until the end of the current administration. The three Board Members work at the Morton Mease Countryside Hospital.



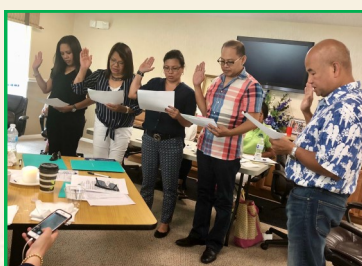
Ranette Pacaldo,
BSN, RN



Theresa Manapin
BSN RN CMSRN
CRRN



Emerito Mendoza,
BSN, RN



PNAGF Board Member Barbara Tolentino (2nd from Left) who filled her position a few months ago swore in with the other as well.

WELCOME ABOARD!!

REACH OUT and TOUCH

By Orpha Ale Mineque, RN, BSN, CCRN



On June 3-6, 2018, my children Kyle, Sarah, and I joined a medical mission in Barangay Kaputian, Samal Islands.

We connected with the founders of HISFootsteps Foundation, Drs. Luz and Ted Ray Llasos of Grand Valley Texas. Since 1991 the foundation conducts a medical mission once a year in the Philippines. The aim is to provide medical, pediatric consultation, minor surgeries, dental, optometry, pharmacy and health education services. The foundation has been reaching out to under privileged areas in the Philippines and Africa.

The team of about 100 volunteers came from different hospitals and clinics in the Philippines. The delegation from US came from Texas, Florida, Georgia and California. It was a great experience to work together for one common goal, to reach out to those who have less access to medical care and bring them health education through lectures and juicing demonstration.

The experience was a great opportunity for meeting new friends, colleagues and a way of extending our network. It's a great experience to make a difference in someone's life through our simple acts of kindness. Great lessons in life we could teach our children and make them appreciate better what they have.



Philippine medical mission volunteers enjoy a break from their busy day.

PNAGF MEMBERSHIP BENEFITS

1. Eligible for office of PNAGF and PNAA
2. Educational seminar discounts
3. Membership to PNAA
4. Reference to professional membership
5. Community services opportunities
6. Scholarship and Nursing Excellence awards
7. Delegates to PNAA International, national, and regional conventions

PNAA MEMBERSHIP BENEFITS

1. Privilege of representation
2. Professional networking
3. Educational opportunities
4. Leadership development
5. Scholarship and Leadership awards
6. Nursing excellence awards

*Be a
PROUD
PNAGF
MEMBER*

PNAGF Celebrates Strong Membership

By Janella Puyot, RN, BSN, CCRN



What makes us want to belong to a group? Why do we want to be a member of PNAGF? Some of us are known as a devoted member of PNAGF serving others. Some did hesitate to join our organization. On the other hand, most of us did ask ourselves a big question, why do we want to be a part of PNAGF. What does it have to offer?

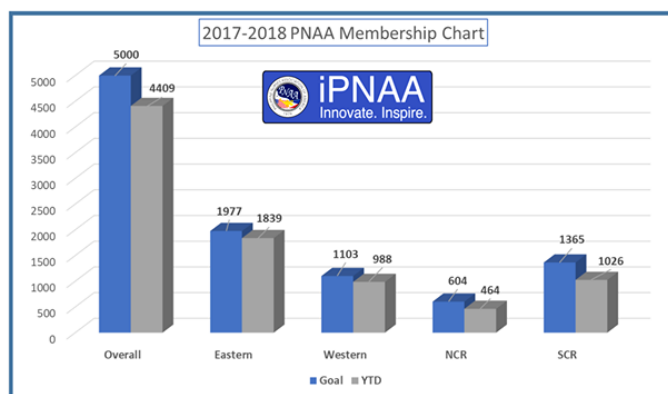
I became a PNAGF member in 2009 as I vaguely remember, a past officer of PNAGF, Tita Ravi RN met me in an elevator as I was pushing my patient in a wheelchair to another floor at Bay Pines Medical Center. She introduced herself and followed me around the hospital until she got to know me a little bit. Being friendly and a nice person was my first impression of her. That day was a life changing path for me as a professional Nurse. A few weeks later, I met her again at the same elevator. I could not hide from her. I said to myself here comes this lady again! This time she was very persuasive and adamant that I joined PNAGF. She was passionate about her cause. She invited me to attend a meeting and the rest is history. As a member, I also recruited my BFF Orpha Mineque RN to join PNAGF and lots of nurses to join me. Orpha became a great asset to the organization and later became a President.

After becoming an active member of PNAGF, I became an executive board member and held other leadership positions within this organization. I was at one time a recording secretary and presently the corresponding secretary of PNAGF for 2016-2018.

I am also the chairman of the membership committee. Our job as a committee, is to grow our membership and do everything possible to retain our members and help to collect membership dues. I have the honor to submit our members to PNAA this year which is quite a tedious job.

I'd like to report that our members have doubled during this term. Our highest recruiter goes to Elsie Barlow RN. I am very proud to announce that our PNAGF chapter belong to the PNAA 100%-membership Club which means that we are one of the 8 chapters that have met or exceeded the membership goal to date.

PNAGF received a special recognition for being in the Top 3 Chapter based on the volume and percentage of members at the National Convention.



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Short & Sweet Corner

By Merly Santos-Llanto,
BSC, RN, CCRN



PNAGF is one vehicle for members to get empowered to take a step and be certified with their specialties. It

is the motivator to remind them again and again to strive for excellence through continuing education from PNAGF and PNAA. A challenge for every Member to commit, be armed with knowledge and be competent delivered with great passion, an extra step to advance yourself as professional to provide better and higher quality patient care.

PNAGF seeks leaders who will serve as mentors to its membership who can go above and beyond this remarkable profession. Someone who is willing to challenge themselves to stand among the best of the best of PNAA. Making a difference to someone's life, is a true vision of our Nursing profession. You can be that person!

PNAGF's vitality as professional nursing organization comes from the leaders and membership teamwork and the generosity of its constituents. Shared vision and shared organizational goals can only be reached if they put this in reality. PNAGF Member, Be Proud and Be Proactive! You Lead, Inspire and Every Nurse will Follow! The ultimate success PNAGF lies on its membership's teamwork and effort, and the strength of its leadership.

Be CONNECTED



Be STRONG!

PNAGF Celebrates Strong Membership

(continuation)

We started with 32 members 2 years ago and to date we are soaring to a high of 75 active and non- active members.

MEMBERSHIP BY CHAPTER AS OF JULY 15, 2018									
Rank	Chapter	Goal	YTD	%	Rank	Chapter	Goal	YTD	%
1	PNA North Carolina	51	74	144%	26	PNA Wisconsin	53	40	76%
2	PNA Cameron County	48	60	126%	27	PNA South Texas RGV	51	39	76%
3	PNA Gulf Coast (Florida)	53	65	124%	28	PNA Tennessee	99	75	75%
4	PNA Northeast Fl (Jacksonville)	70	75	107%	29	PNA Colorado	48	33	69%
5	PNA Hawaii	70	75	107%	30	PNA Metro Houston	158	108	69%
6	PNA Illinois	83	88	107%	31	PNA Arizona	205	135	66%
7	PNA Virginia	94	97	103%	32	PNA Richmond	63	41	66%
8	PNA San Diego	118	119	101%	33	PNA Golden Triangle	166	109	66%
9	PNA Metro DC	88	87	99%	34	PNA Central California	219	142	65%
10	PNA New Jersey	1000	971	97%	35	PNA North Texas (Dallas)	69	43	63%
11	PNA Northwest Indiana	53	50	95%	36	PNA Ohio	80	50	63%
12	PNA Greater Kansas City	54	51	95%	37	PNA Georgia	138	84	61%
13	PNA San Antonio	51	48	94%	38	PNA Greater Sacramento Area	125	76	61%
14	PNA Maryland	125	117	94%	39	PNA Pennsylvania	54	31	58%
15	PNA South Carolina	49	45	92%	40	PNA Oregon/Washington	44	25	57%
16	PNA Miami & SEF	109	100	92%	41	PNA Central Texas	38	21	56%
17	PNA New York	300	268	89%	42	PNA Cin/Northern Kentucky	75	39	52%
18	PNA Indiana	46	40	86%	43	PNA North Houston	189	98	52%
19	PNA Greater St. Louis	38	32	85%	44	PNA Michigan	84	41	49%
20	PNA Southern California	139	117	84%	45	PNA Connecticut	41	15	36%
21	PNA New England	113	93	83%	46	PNA New Mexico	41	11	27%
22	PNA Central Ohio	40	33	83%	47	PNA California Orange County	N/A	51	N/A
23	PNA Tampa Bay	50	40	80%	48	PNA Napa Solano	N/A	53	N/A
24	PNA Northern California	95	76	80%	49	PNA South Riverside County	N/A	37	N/A
25	PNA Central Florida (Orlando)	79	61	77%	50	PNA Silicon Valley	N/A	38	N/A

We strongly encourage our members to keep inspiring other nurses to join our group. PNAGF has accomplished a lot of fun filled activities in the past and there are more to come. I had a lot of questions when I joined PNAGF.

Today, I'd like to thank Tita Ravi RN for being at the right place at the right time. Everything happens for a reason. Me being introduced to PNAGF has changed my future. I found myself quite busy with balancing my family life, my full time job as a staff nurse with the VA , with the rest of my other extra-curricular activities but being a member of PNAGF has taught me the value of community service and team work. I had the pleasure to travel and I've been to many places to broaden my educational horizon by attending seminars and in services sponsored by our PNAA and PNAGF educators. I have met so many friends and people that cared for one another. And last, but not the least, I am proud to be become a part of this non-profit organization, and I wish to help more nurses understand our goals and mission. That is to promote a positive image of nursing to the community , to unify and strengthen friendships among Filipino and American Nurses in the Gulf Coast area, to promote professional career advancement and leadership of Filipino Nurses through educational programs and promote our culture and traditions through socio-cultural participation in the community.

Shine PNAGF Shine!

TEACH BACK

By Orpha Ale Mineque, RN, BSN, CCRN

Back in 2016, I had the opportunity to join the PNAGF team to for the “Balik Turo “, a teach back program of the Philippine Nurses Association of America where we brought the topic on “Nursing Trends in the USA” from ER to Home Health Nursing to my Alma Mater, The Adventist University School of Nursing in Silang Cavite.

My family was visiting my niece who is the vice president of Human Resource Department at the Adventist Bacolod Medical Center in Taculing. I thought this would be another educational opportunity for me to talk about relevant topics to help enhance their knowledge. On June 8, 2018, I was given the opportunity to give three hour CEU to about thirty attendees from the hospital’s nursing staff , educators and administrators.

I was compelled to talk about alcoholism , a subject that feels close to my heart having family members affected by its ill effects. I really feel the need to give more education among our people where you see so many would engage in drinking alcohol and yet there are no written protocols on how to treat them when they come to the hospital with withdrawal symptoms. My goal is to provide information and screening tools to the attendees using the Audit -C and CIWA-AR assessment.

In 2017, I was also involved in a clinical project on how to increase the readiness of our nurses where I work on how to respond to Hyperthermia Crisis, a rare , yet fatal autosomal response to gaseous anesthetic. In response to the need identified by the OIG, a team of ICU nurses and Nurse Educators was formed to work on how we can bring teaching tools and strategies to educate specialty nurses in MICU, SICU, ER, GI lab, dialysis, PACU, OR and ASU. These were areas where patients may need care after being exposed to gaseous anesthetics. The team developed learning tools for our nurses including the use of VA pulse where the participants will have self- paced power point about Hyperthermia Crisis. The team also developed a high fidelity simulation where participants were assigned individual roles when responding to Hyperthermia Crisis. On the first year the project was rolled out, there was 100 % participation from nurses working on the specialty areas.

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TEACH BACK

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The project brought change in nursing practice in our hospital and increased the skills and competency of our nurses when the need arise to respond to Hyperthermia Crisis. The use of CO2 monitoring was identified as one of the assessment tools in detecting early signs/symptoms of Hyperthermia Crisis. This became a yearly competency skill required for our nurses working in specialty areas.

These two clinical topics were well received by the nursing staff, clinical educators and administrators of Adventist Bacolod Medical Center. The participants found these clinical topics as new knowledge for them that would help enhance their clinical practice and were hoping that they can create their own alcohol use assessment tool withdrawal protocol.

Our nurses in the Philippines could benefit from your clinical expertise, share what you have. It will surely help enhance their knowledge.

PNAGF PRESENTS LIVE and LEARN SEMINAR

By Lolita Pollack, BSN, RN

Nothing is certain in life but Death and Taxes as the saying goes. This may sound morbid to some people but it actually reminds us that we need to be aware and be prepared for the inevitable.

With the leadership of Norma Quintong Milnes, PNAGF took the initiative of presenting a seminar titled, “Live and Learn, Walking the Journey of Grief and Preparing for the End of Life” on May 19th 2018 at Cove Cay, Clearwater. Meden Madrinan was the moderator with Betty Miranda assisting.

We had two invited speakers, Atty. Ha Thu Dao, who specializes on the following : Advance Healthcare Directives, Asset Preservation, Estate Planning and Guardianship. They also prepare Living Wills, Healthcare Surrogate documents , Long Term Care Planning and Trust Administration. Paula Doyle, a Family Counselor from Dignity Memorial was also present. They both presented several scenarios that any of us could be facing any time in the future.

Things we learned from this seminar include the following. It is important to make sensible and informed decisions before the time of need. We need to know the different choices available to reflect our wishes and to have it recorded in writing. All these have to be shared with family members.

Experienced staff are available in their office that can assist us get all the necessary documents needed. Elder Law attorneys also offer counseling, education and advocating for clients.

By preparing for the inevitable, we can have peace of mind and will help the family that we leave behind.

General Membership Meeting followed after the seminar.



PNAGF COMMITTEES 2016-2018

BY-LAWS

Chair: Kathy Abelgas

BUDGET & FINANCE

Chair: Lisa Bailey

COMMUNITY SERVICE

Chair: Lolita Plandes

EDUCATIONAL

Chair: Medina 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

PNANEF INAUGURATION BALL

By Orpha Ale Mineque, RN, BSN, CCRN

PNANEF celebrated its 8th year inaugural ball last August 25, 2018 at the Jacksonville Garden Club for the newly elected officers under the leadership of Dr. Gemma Risos Rio. The event was attended by about two hundred guests from PNA Northeast Florida members, families and friends, representatives from local civic organizations and was highlighted by the presence of PNAA President, Madelyn Yu, Dr. Gloria Beriones, SCR Vice President, Past PNAA President, Mrs. Betty Miranda and colleagues from PNA Gulf Coast Florida, PNA Tampa Bay, PNA Central Florida, PNA South Florida, PNA Georgia and PNA Tennessee.

PNAA President addressed the crowd and gave emphasis on the many achievements of the organization and how it has helped many nurses across America who encountered difficulties in their jobs, immigration status and human rights issues to name a few. She also stressed the benefits of what the organization offers to its membership and pointed out that in her term as president she will continue its advocacy.

In her speech, Dr. Gemma Rios, PNA Northeast Florida incoming President, welcomed and acknowledged everyone for their support. She also laid out her mantra for the coming two years of her leadership:

AIM for Advocacy, Inspire and Mentor.

The celebration rekindled friendship and camaraderie from members of various PNAA chapters represented.



PNAGF Advisor Betty Miranda (seated left) with PNAA VP SCR Gloria Beriones 2018-2020 (seated 3rd from left) and PNAA VP SCR Romeo DeVera 2016-2018 (seated right) with PNANEF Inaugural Ball attendees..

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, BSN,
RN, CCRN

PNAGF Past Presidents Tita Ravi (left) and Orpha Ale Mineque (2nd from right) with other SCR members attended the PNANEF Induction Ball.



UPCOMING EVENTS – LOCAL, REGIONAL, NATIONAL

EMBASSY OUTREACH

On August 4, 2018, the Philippine Consular Office opened its doors for applicants interested in Dual Citizenships, held at Bayanihan Center (PCFI) Tampa, Florida.

PNA Tampa, PNA Gulfcoast, and PNA Central Florida Nurses supported and assisted the Consular Representatives that day.



**PNAGF
ELECTIONS**
VOTE!!! in VOTE!!!
NOVEMBER!!!
RUN for OFFICE!

SAVE THE DATE

PNA 17th SOUTH CENTRAL REGIONAL CONFERENCE

Hosted by
The Philippine Nurses Association of San Antonio, Inc

***The Power of Advocacy:
Be Seen. Be Heard. Be Counted.***

NOVEMBER 1-4, 2018

Menger Hotel
San Antonio, TX

Welcome Night
Nov 1, 2018

CONTACT:
Dr Jane Neri - ph# 979-676-1237
Email: neri.jane@gmail.com
Website: mynasatx.org

Booking Link: <https://reservations.mengerhotel.com/75799?groupID=22404199#/guestsandrooms>
Group: 110118PNASA Rate: \$139 plus (up to 4 people/room. Block room deadline October 10, 2018)
Go to www.mengerhotel.com Enter the Group Code and travel dates to check availability

ONLINE REGISTRATION: <https://mypnaa.wildapricot.org/event-2920623>

DECEMBER AFFAIR

*PNAGF 11th
Induction Ball
To Be Announced
Soon!*



PNA 40th National Convention

40th ANNUAL PNA NATIONAL CONVENTION

ATLANTA
JULY 24-28, 2019
Atlanta Marriott Marquis

PNA Georgia would like to invite you to our beautiful state of diverse culture & southern charm.
Contact: www.pnaga.wildapricot.org

PHILIPPINE NURSES ASSOCIATION OF GULFCOAST FLORIDA, INC 2016-2018

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