



MANTRA: PNASC RISE! *(FLYING WITH A PURPOSE)*

PNASC Newsletter

CHAPTER MEMBER
OF PNAA

Official Publication of the Philippine Nurses Association of Southern California

VISIBILITY * VIABILITY * VITALITY

July – December 2018

VOL XXIII No.2

**R RECRUIT
& Retain**

**I Innovate
& Inspire**

S Serve

**E Empower
& Engage**



**Regalado Valerio, Jr., DNP, CRNA
President 2018-2020**

The President's Message



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

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

Another aspect of the road to PNASC RISE is our priority goals. I summarized these goals as: Recruit & Retain; Inspire and Innovate; SERVICE; Empower and Engage. I see these goals as STOPS that drivers take before they reach their destinations. As we take the road to achieve our mantra, we need fuel (so we don't get an empty tank), we need food (for nourishment), we need to have bathroom and coffee breaks (to keep us comfortable and awake respectively), etc. These stops are MUSTs, otherwise the journey will fail, and the passengers will be bored resulting in fall outs.

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(President's Message Continued)

Our organizational projects shall focus on these set goals or necessary stops. I'm sure it will be exciting for PNASC!

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

WHAT HAPPENED since MAY 2018?

- Fund raising to Morongo and Education on Wheels on November 17th

More than \$3000 raised!! To benefit the PNASC scholarship and outreach programs

- Introduction of Nursing Profession and Advancements to high school students in ABC School District November 30th
- December 11th PNASC Movie Night for a CAUSE
- BOOSTING CONNECTION and VISIBILITY through emails and Social Media: MEMBERSHIP CARDS now available to PNASC members all year round (mynpasc.org)
- Successful PNASC and Kaiser Los Angeles Collaboration – Advancement in Nursing
- Symposium led by PNASC leaders, mentees, members from Kaiser (September 12, 2018)
- New BUDGET for Each Committee Submitted and Reviewed by the EB
- SCHOLARSHIP AWARDS opened
- PNASC Outreach Committee was present at the Philippine Heritage Institute (PHI) Youth Congress (September 2018)
- PNASC donated to Typhoon Victims in the Philippines through PNAA
- NEW research endeavor with Cedars Sinai on the works!!! Data Collection to happen in 2019
- PNASC West LA held a successful strategic meeting last October 9, 2018
 - PNASC EB Jessie Jurado and member Julie Villalon awarded at the PHI (October 2018)
- *WE became a partner of the Philippine Consulate in Los Angeles; Future Collaboration EXPECTED!!! (November 13th)*

The Editorial team surveyed
UCLA Nursing students
who attended the Inaugural
Event last May 26, 2018
through the help of
Dr. Emma Cuenca,
UCLA Professor &
PNASC past-president.



UCLA NURSING STUDENTS

PNASC and BEYOND:

As perceived by YOUNG UCLA NURSING STUDENTS

"PNASC is an opportunity to bring the community together and empower one another through health education and advocacy."

-Joshua Macadangdang, UCLA MECN'19 Student

"The PNASC conference was an enlightening experience that allowed me to connect my cultural values with my ongoing nursing career. I was able to meet amazing individuals of community who continue to prove their success as a minority within the nursing profession."

-Matthew Do, UCLA MECN'19 Student

"I felt that I have gained a sense of belonging in the Filipino American community during the PNASC event because of the hospitality and warmth that the PNASC members and officers given us. I also felt very inspired, seeing all the Filipino nurses and their accomplishments, which also makes me proud as a Filipino and hopeful for my future journey as a nurse."

-Jazmine Bernabe, UCLA MECN'19 Student

"Thank you so much to the PNASC Executive Board and to Dr. Emma Cuenca for inviting and sponsoring us to have the opportunity to attend the five-in-one event! As a newly graduating student entering the nursing profession, I feel grateful that there is an organization like this where I can have opportunities to get involved with mentorship, networking, and most importantly a sense of community. After the event, I definitely felt inspired to inspire, to innovate, and to influence!"

-Mary Catherine Onglatco, UCLA MECN '18

"Attending the PNASC 5-in-1 event was an eye-opening experience for me as a student. Because of the event, I learned about a nursing organization which celebrates both the nursing profession and the culture I love. I look forward to the joining PNASC as a future RN."

-Marvin Sy, UCLA MECN'18 Student

"Although I was a bit nervous attending my first nursing event with such a well established organization, I was absolutely blown away by the hospitality and empowerment of PNASC! I was inspired by the compassion that each nurses expressed for their professions and motivated by the successes and impacts of their roles in nursing—specifically in the Asian American and Filipino communities."

-Duyen Nguyen, UCLA MECN '19 student

EDITORIAL

Glenda Totten, Editor



Season's Greetings PNASC! May this season fill you and your loved ones with joy and excitement. We're sure full of anticipation for what the new EB and Advisory Council has in store for its members. Six months into President Regalado Valerio's term and he is translating his mantra RISE into ACTION. Read about the exciting accomplishments thus far in this EB/AC's first 6 months!

RECRUIT & Retain

We're off to a good start in the membership department with a total of 470 members including our West LA Chapter.

Innovate & Inspire

The inaugural Strategic Meeting for this board was full of energy, excitement, and anticipation for the vision and execution of our strategic planning. The launching point was a comprehensive calendar of events to actualize our mission and vision.

Serve

PNASC is committed to giving back to the community specially to benefit people in transition. PNASC raised \$900 through donations and hygiene kits from Movie Night for a Cause! A raucous fundraiser in November was our Morongo Fundraising which attracted a whopping 100 people, members, family and friends. Proceeds will benefit our scholarship and outreach programs.

Empower & Engage

We are empowering and engaging nursing professionals and high school students who aspire to be nurses. Read about our successful seminar held in collaboration with Kaiser Permanente called A Nurses Road to Career Advancement on page 5. Our president and executive Board Members were panelists for this professional development event. Read about our seminar on Nursing Profession and Advancement for 130 Cerritos and Gahr High School Students. Board Members Dory Tillano & Gina delos Reyes engaged the HS students by sponsoring an essay contest on why they want to pursue nursing as a profession. Come and meet the winners of the essay contest at our Nurse's Week 5-in-1 event next May 2019.



JULY

Cecile Balabad
Mariam Binissa
Maria Divina Bustos
Maria Corazon Catalan
Kimberly DeLeon
Amber Escudero
Jason Fandino
Warlie Galzote
Roque Garvida Jr
Glorioso Guzman
Nicole Jovellana
Agnes Jovellana
Pacita Lovely
Clarita Miralflor
Clariza Miranda
Ervin Miranda
Lourdes Araga Morales
Maria Rosario Ocampo
Arlene Pilarca
Carmelita Rafols
Gima Ramirez
Letty Ramos
Ana Lisa Talavera
Vanessa Valerio
Mila Velasquez
Julie Villalon

August

Maria Victoria Baniqued
Dino Doliente III
Marichu Gan
Hanalyn Ganotisi
Joseph Albert Melocoton
Cherie Pefanco
Mariles Rosario
Ruby Tamoro
Priscilla Valbuena

CORNER

NEW AND RETURNING MEMBERS

September

Sheryllove Cabral
Jerome Dayao
Joseph Marc Devera
Julius Garcia
Patricia Hain
Rochelle Lacuesta
Merlene Lee
Amy Pilarca Lentz
Rey Paolo Roca
Catherine Rubio
Edwin M Sinson
Jose Tribana
Ismael Yambot

October

Julie Puraty
Ursulita Rigor
Hagel Sitorius
Romina Zamudio

November

Jane Bawayan
Regina Bi
Jennifer Birung
Josie DeJesus
Marie Navarro
Rodrigo Ramirez
Maria Theresa Sagun
Roland Santos
Marlon Saria
William Sia
May Tabarrejo
Henry Terania
Rosalinda Remy Terania
Jocelyn Torre Franca
Leilani Villanueva

December

Cynthia Doma
Glenda Totten

PNASC GALLERY



PNASC & KAISER PERMANENTE LOS ANGELES NURSING ADVANCEMENT COLLABORATION



9.12.18

PNASC MENTEES—PAT & JEFF with KP CNS LORINA



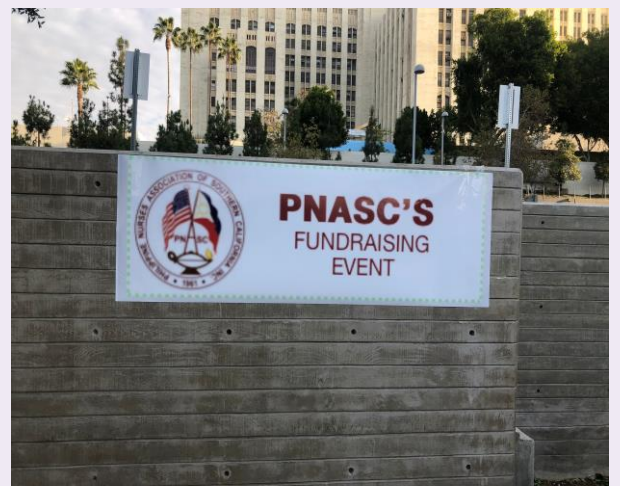
PNASC AND PHILIPPINE CONSULATE GENERAL LOS ANGELES PARTNERSHIP

Philippine Consulate

On Tuesday, November 13, 2018, PNA Southern CA led by President Dr. Reggie Valerio and PNASC West LA Subchapter President Victoria de Leon, fulfilled its civic responsibility with a Meet and Greet of the Philippine Consulate General, Los Angeles Office. Adelio Angelito S. Cruz, Consul General and Ma. Dolores C. Sales, Cultural Officer and Consular Assistant graciously met with PNASC representatives.



PNASC EDUCATION ON WHEELS: MORONGO & CABAZON





11.30.18 - Nursing Profession and Advancement Awareness



12.02.18 - KALAYAAN INC. Christmas Party 2018



12.11.18 - Movie for a Cause

PNASC Presents

Movie Night for a Cause

FEATURING

Three Words to Forever
A Film by Cathy Garcia-Molina

AMC Burbank 16
125 E. Palm Ave
Burbank, CA 91502

Join us in support of our homeless brothers & sisters this holiday season

Tuesday, December 11th

For Donations, please bring travel size hygiene products and/or make check payable to: PNASC (memo-homeless)

\$20

Includes
ticket, popcorn,
& drink
Movie @ 7:00pm
pay at door



NEW PNASC EXECUTIVE BOARD 2018-2020 HOLDS 1st STRATEGIC PLANNING



WHAT: 1ST STRATEGIC MEETING

WHEN: JULY 14, 2018 SAT 0830

WHERE: SHERMAN OAKS HOSPITAL

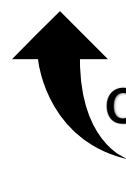
4929 VAN NUYS BLVD.

SHERMAN OAKS, CA 91403

The Strategic planning is the first activity for the newly inducted executive board. Led by President Reggie Valerio and attended by his Executive Board (EB) members, the meeting resulted in the planning of the calendar of events for the term 2018-2020. This activity also provided an opportunity for the new and seasoned EB members to get to know each other and have a conversation on setting goals and vision for the organization.



VISION TO REALITY CONTRACT:



**VISION TO ACTION
CONTRACT SIGNING:**

**EVERY EB member's
VOW**

What's up in PNAA?

39th PNAA National Convention,

New Jersey by the Hudson July 2018

Congratulations PNASC!!!

PNAA PRIDE Award for Outstanding Editorial Award!



5K Walk/Run in New Jersey

Gail Jones, MSN, RN-BC, PHN

It was early in the morning of July 28th and still dark outside. Three school buses lined up across the street from the hotel waiting for its passengers. In the crisp cool air, the herd of people with various colored matching shirts and race bibs made their way to the buses and loaded on in an orderly fashion. Some were somnolent, rubbing the sleep from their eyes while others were eager to reach our destination.

Twenty minutes later, we arrived at Lincoln Park in Jersey City, New Jersey. It was hard to see as the sun hadn't made its appearance yet. We unloaded the buses and congregated in groups primarily with those in like colored shirts. Each color represented a different region: blue stood for Western Region (WR), green stood for South Central Region (SCR), orange stood for Eastern Region (ER), and yellow stood for North Central Region (NCR). Pictures galore were taken of each group as they paraded across the starting line. The ceremonial lighting of the (bamboo) torch followed, signifying the start of the event.

We were all gathered for the Philippine Nurses Association of America (PNAA) / Philippine Nurses Association of America Foundation (PNAAF) Wellness Challenge 5K Walk/Run event. This annual fundraiser was sponsored by Philippine Nurses Association of New Jersey - New Jersey Hudson Sub-Chapter.

The sound of the horn officially started the race. All the participants made their way on the 5K route through Lincoln Park, maneuvering through the crowd to get to the front of the pack to cross the finish line first. The categories were broken down into 1st, 2nd, and 3rd places for female walker, male walker, female runner, and male runner for a total of twelve medal winners.

Cont...



The winners were as follows:

Female Walkers:

1. Sally Dela Merced - Eastern Region, NJ
2. Vivian Sanderlin - Western Region, SD
3. Erlinda Gonzalez- Eastern, OH

Male Walkers:

1. Ariel Zabala, South Central Region, FI
2. Romy Devera, South Central Region, FI
3. Leo Jurado, Eastern Region, NJ

Female Runners:

1. Aleza Espinosa - South Central Region, Metro Houston
2. Betty Jane Garcia - Eastern Region, NJ - Hudson SC
3. Maricon Estebar - Western Region, CC

Male Runners:

1. Frank Bernard Bobadilla - Eastern Region, NJ
2. Aljeareu Manabat - Western Region, AZ
3. John Lucero - Eastern Region, NJ - Essex SC

Trophies were also handed out for fundraising categories. The

ER won top honors for most money raised regionally. PNANJ won for most money raised by a chapter and Erlinda Gonzalez of PNA-OH won as top individual who brought in the most money. The funds collected will go towards supporting PNAA/PNAAF community outreach events such as Balik-Turo and maintenance of the new PNAA/PNAAF Legacy building in North Brunswick, NJ.

The weather and location could not have been more ideal for the race. The participants were elated. Overall, the event was exhilarating and a smashing success. Kudos to the PNANJ - NJ Hudson SC for putting together an event we can all be proud of.



iLDP - An Online Leadership Development Program

By Mindy Ofiana, MSN, RN & Manny Ramos, MSN, RN



On March 17, 2018, the Philippine Nurses Association of America (PNA) launched the 12-week iLDP Program, an online leadership development program based on four elements: Inspiration,

Infrastructure, Education and Evidence, a concept by Jayne Felgen, who authored the book, *Leading Lasting Change*. This program was led by Mindy Ofiana - Lead; Manny Ramos - Co-Lead; Amelia Guzman - Education Chair and Pete Calixto - Adviser.

The goal was to provide an organized and systematic process of acculturating incoming chapter leaders to PNA by providing information regarding its history, structure and procedures and bi-directional role expectations for ease of integration to our organization and seamless role transition. The online program invited initial cohorts of 46 Presidents-Elect of 2016-2018 who are going to be the Chapter President for 2018-2020. It brought together 27 interested Presidents-Elect.

Seventy-eight percent, (21 out of 27) successfully completed the program, fifteen percent withdrew (4 out of 27), and seven percent dropped the course after the first week of the program (2 out of 27).

The successful candidates were: Mary Lou Soriano Arocena, PNA Pennsylvania; Roque Angelo Bosque II, PNA Tennessee; Julius D. Brigoli, PNA Maryland Chapter; Lourdes Carreaga, PNA Metropolitan DC; Luz Conde, PNA Greater Kansas City; Manelita P. Dayon, PNA Northwest Indiana; Erlinda Tacata Ferrer, PNA Hawaii; Mary Jean Gernale, PNA Texas Golden Triangle; Sol Hafalia, PNA Northern California; Maria Teresa B. Hipolito, PNA of Greater St. Louis; Aileen Laczi, PNA North Carolina; Aljereau D. Manabat, PNA Arizona East Valley; Ira Martin, PNA North Houston; Erlinda Mascardo, PNA San Diego; Luz Parangalan Newell, PNA Central California; Leli Pedro, PNA Colorado; Victoria Pike, PNA New England; Noemi Reyes, PNA Central Florida; Rosemarie D. Rosales, PNA New Jersey; Nieves Soriano, PNA Wisconsin; and Sinfrosa Talisayon, PNA Miami & Southeast Florida.



A pinning and certificate awards ceremony were held on July 26, 2018, at the 39th PNA National Convention, during the Leadership Institute. This moment was valuable to recognize the cohorts who juggled their personal and professional time to accomplish the program. Our heartfelt thank you to the immediate past President, Dino Doliente III, who shared the vision.

The program is just the beginning of a commitment by our current leadership under the auspices of Madelyn Yu, PNA President 2018-2020, to become a partner in delivering and documenting meaningful leadership growth and development of PNA's emerging leaders. Due to the overwhelmingly positive feedback from the successful candidates, iLDP will provide an additional opportunity to interested parties.

Congratulations to the 2018 iLDP team on this tremendous accomplishment!

REPORTS....



Treasurer Report by Roland Santos



as of Dec, 31, 2018

Membership Report by Amy Lentz



ACCOUNT	AMOUNT
Checking	\$13476.18
CDs	\$46,995.60
Paypal	\$1649.33
Total	\$62,391.11

(May 2017 Total \$ 64,580.89)

AS OF NOV 29, 2018

	PNASC	PNASC-WLA	PNAAC ACTIVE
LIFETIME	339	N/A	18
ANNUAL	89	25	93
ASSOCIATES	9	3	N/A
STUDENT	2	3	N/A
TOTAL	439	31	111



join

2018 Outstanding Filipino American Nurses

By Esther Misa Chavez

October 20, 2018

Long Beach, California – The Philippine Heritage Institute International, a private foundation, presented last Saturday to a full house, its “Tribute 2018” which acknowledged awardees under two distinct categories, The White House Millennium Council Initiative: 20th Annual “Award to Outstanding Filipino American Nurses,” and the 12th Annual President’s Award: “Profiles in Service, Pillars of Community.” The Long Beach Marriott was teeming with nurses, doctors and their families dressed to the hilt to honor their own. If one had a medical emergency during the event, it was the best place to have one.

PHII was established in 1989 focused on the advancement of Filipino Americans through youth development programs, volunteerism, and the promotion of Filipino Culture. Ten years later after a historic and poignant meeting between its founder, Naomi Palma Armada, and President Bill Clinton and wife, Hillary, when they came to Los Angeles to promote their initiative the “White House Millennium Council,” Armada was inspired to create the “Millennium Recognition Awards after the theme “Honor the Past, Imagine the Future.”

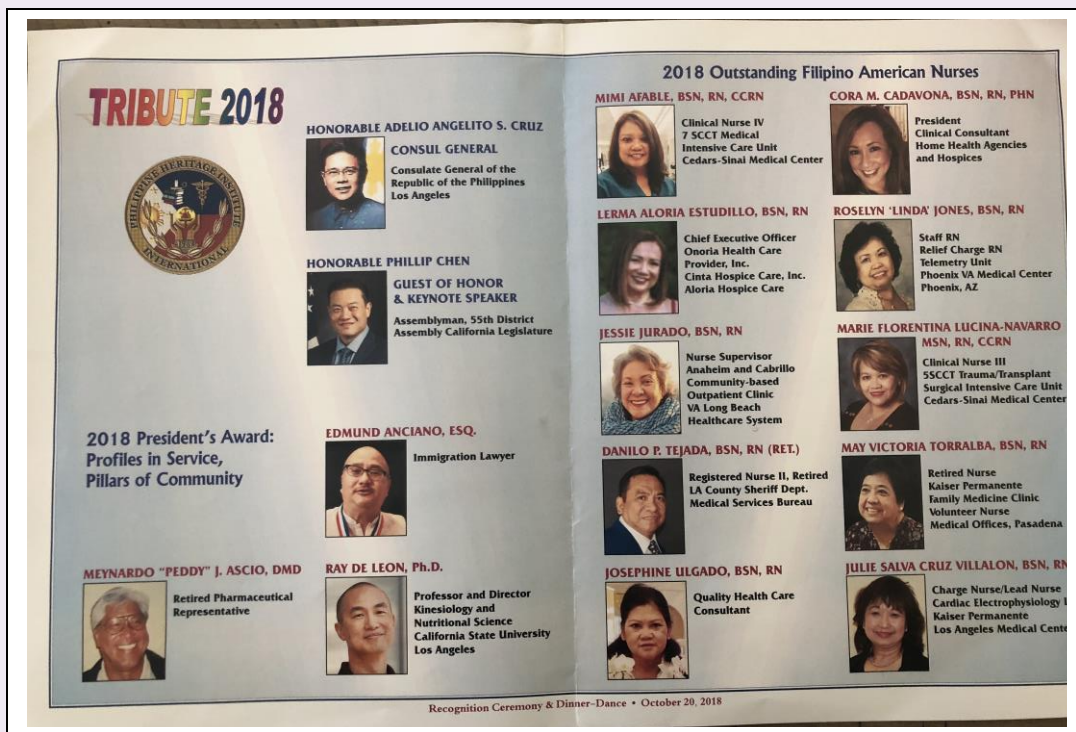
Mrs. Armada’s narrative stated that she chose the award’s name “to pay tribute to outstanding individuals whose contributions have enhanced the quality of life in the community. I also chose our nurses for their hands-on above and beyond compassionate service, volunteerism and their sheer numbers in the Healthcare workplace. People stranger to me were positive in their response to my choice. Each one has a nice thing or two to say about Filipino nurses who have touched their lives and their loved ones at vulnerable moments.”

Filipino Medical practitioners, particularly, nurses, have been a visible presence in many hospitals across the nation. Many swear by their professionalism and exceptional caring and compassion, yet, they are taken for granted and is even “invisible” to Hollywood. Although that has changed somewhat when **Saturday Night Live** star Michael Che made mention on national TV during the recently concluded **Emmy Awards** when he said, “TV has always had a diversity problem. I mean, can you believe they did 15 seasons of ER without one Filipino nurse? Have you been to a hospital?”



Outstanding Filipino American Nurses

To the 2018 awardees, the acknowledgement from their own colleagues is deeply appreciated. Here are the ten Outstanding Filipino American Nurses: Mimi Afable, BSN, RN, CCRN- Clinical Nurse IV 7 SSCT Medical intensive Care Unit, Cedars-Sinai Medical Center, Los Angeles; Cora M. Cadavona, BSN, RN, PHN- President, Clinical Consultant at Home Health Agencies and Hospices; Lerma Aloria Estudillo, BSN, RN- Chief Executive Officer, Onoria Health Care Provider, Inc., Aloria Hospice Care; Roselyn "Linda" Jones, BSN, RN- Staff RN, Relief Charge RN in a Telemetry Unit, Phoenix VA Medical Center, Phoenix, AZ; Jessie Misa Jurado, BSN, RN- Nurse Supervisor, Anaheim and Cabrillo, Community-based Outpatient Clinic VA Long Beach Healthcare System; Marie Florentina Lucina-Navarro, MSN, RN, CCRN- Clinical Nurse III, 5SSCT Trauma/Transplant Surgical Intensive Care Unit Cedars-Sinai Medical Center, Los Angeles; Danilo P. Tejada, BSN, RN (Ret.) Registered Nurse II, LA County Sheriff Dept., Medical Services Bureau; May Victoria Torralba, BSN, RN- Retired Nurse, Kaiser Permanente Family Medicine Clinic, Volunteer Nurse, Medical Offices, Pasadena; Josephine Ulgado, BSN, RN- Quality Health Care Consultant, Pasadena, and Julie Salva Cruz Villalon, BSN, RN- Charge Nurse/Lead Nurse, Cardiac Electrophysiology Lab, Kaiser Permanente Los Angeles Medical Center.



2018 President's Award: Profiles in Service, Pillars of Community

Needless to say, the following individuals had a great impact on the community with their volunteerism "over and beyond" the usual. They are: Edmund Anciano, Esq., Immigration Lawyer formerly with Asian Pacific American Law Center in Los Angeles, CA, a public interest law firm dedicated to immigrant rights and civil rights. He is also a

board member of Kalayaan Inc. which plans and organizes the annual Philippine Independence Day celebration in Southern California in collaboration with the Philippine Consulate General of Los Angeles.

Meynardo J. Ascio, DMD, Retired Pharmaceutical representative and multi-awarded community organizer that reached out to a long list of multi-cultural and professional groups doing social, civic and religious engagements.

Ray De Leon, PhD, Professor and Director Kinesiology and Nutritional Science California State University, Los Angeles.

Keynote speaker was Assemblyman Phillip Chen, a legislator and Republican member of the California State Assembly which encompasses portions of Los Angeles, Orange and San Bernardino counties. He had a Filipino connection growing up in the Philippines. Prior to his election to the California Assembly, Chen worked as a health deputy to former L.A. County Supervisor Michael Antonovich. He was also appointed to serve as a Board Member for CA Physical Therapy Board. He is a former LA County Reserve Sheriff's Deputy.



Panel Experts L-R Lorina Punsalang, Sonia Sabado, Sasha Rarang, Roland Santos & Reggie Valerio

A Nurses Road to Career Advancement

Sunset Kaiser * September 12, 2018

PANEL EXPERTS:

CNS/Manager:

Lorina Punsalang, MSN, APRN, AGCNS-BC, SCRNP, RN-BC, PHN

NP:

Sonia Sabado, MSN, FNP-BC, RN

Doctorate/PhD/Education:

Sasha Rarang, PhD, MSN, RN, CCM

CNO/ Nurse Leader:

Roland Santos, MSN, RN

Doctorate/DNP/Anesthesia:

Regalado Valerio, Jr., DNP, CRNA

On September 12, 2018, A Nurses Road to Career Advancement, a professional development event, took place in collaboration with Kaiser Permanente. Led by PNASC member and past Executive Board Officer, Sharon Fabellar-Sia, Sunset Kaiser was the back drop for four of our PNASC leaders who participated as panel experts providing insight to their role as advance practice nurses and doctoral degree nurses.

Per Ms Fabellar-Sia: **"KP** Los Angeles Medical Center is on Magnet Journey. I also value Professional Growth of our front-line staff/clinical nurses. I developed Mentoring Program, known as "Table Talk with Sharon." The intent is to connect my front-line staff with mentors who voluntarily signed up to be part of the program.

Our PNASC President Dr. Reggie Valerio is one of our mentors and he is mentoring our 2 Clinical nurses: Patricia Siapno and Jeffrey Saguin who will be facilitating this event;together with Dr. Reggie .

I also value the collaboration between Acute care setting and Professional Organization. My first goal in mind is PNASC..then I will connect next time with Black Nurses Association or Hispanic Nurses Association. ..also STTI and others. We also value inclusiveness and we really embrace diversified staff members.

I support Professional Growth of our Clinical Nurses...hence this Professional Event. My initial plan was to do this in the unit level. However, this is too great not to share this best practice among staff members in our Medical Center."

The event was attended by more than 40 Kaiser nurses and KP leaders. The panel experts took turns in answering preset questions of:

1. What made you decide to pursue your chosen field of advance practice?
2. What challenges did you encounter on your path to becoming an expert in your profession?
3. Name 2 pros and 2 cons you experience working in your profession.
4. What are some important skills and characteristics someone should have to succeed in your profession?
5. What advice can you give to nurses who want to pursue a career in your profession?
6. How did PNASC help you achieve your goals?

After the presentation, the audience had an opportunity to speak with the panel members and share their plans as well as elicit recommendations to achieve success in completing their advance nursing degree.

The event continued with resume writing and portfolio workshop promoting a prepared RN in pursuing higher degree!



Regalado A. Valerio Jr., DNP, CRNA

- PNASC President
- Faculty Nurse Anesthetist II (LAC + USC)
- Clinical Liaison (Program of Nurse Anesthesia, Keck School of Medicine)
- Exam Writer (NBCRNA)
- Doctorate in Nursing Practice, 2017 (Duke University, Durham NC)
- Double Bachelor Degrees in Medical Technology and Nursing (Magna Cum Laude & Cum Laude, respectively)

Roland Santos, MSN RN



- PNASC President-elect
- Chief Nursing Officer/ Administrator (Prime Healthcare Services - Sherman Oaks Hospital)
- Master of Science in Nursing, Major in Nursing Administration 2000 (University of Southern California, Los Angeles, California)
- Bachelor of Science in Nursing 1983 (University of Santo Tomas, Manila, Philippines)



Sonia Sabado, MSN, FNP-BC

- PNASC Immediate Past President 2016-2018
- Retired Nurse Practitioner at Long Beach VA
- Nurse Practitioner, Primary Care Clinic, Shaw Hamilton MD, Inc Irvine, CA
- Assistant Nursing Instructor, CNI College Orange, CA

PNASC PANEL REPS.

Dorianne Tillano MSN, NP

- PNASC Education Committee Chair
- Nurse Practitioner in the Acute Inpatient Geropsychiatric Unit (M3), VA Healthcare System Long Beach VSN 22
- Master of Science in Nursing, Family Nurse Practitioner, (Charles Drew University of Health and Science), 2012
- Bachelor of Science in Nursing, Velez College, 2003



Sasha A. Rarang, PhD, MSN, CCM, RN

- PNASC Research Committee Chair
- Director of Nursing (Vocational Nursing Program, Associate Degree in Nursing Program, and RN-to-BSN completion program) - CNI College, Orange, CA
- Doctor of Philosophy in Education (PhD), Major in Nursing Education, Capella University, Minneapolis, MN. (Graduated with Honor)
- Master of Science in Nursing (MSN), Mount St. Mary's College, Los Angeles, CA.
- Bachelor of Science in Nursing (BSN), Lyceum Northwestern University, Dagupan City, Philippines, (Graduated With Academic Honor)



A Nurses Road to Career Advancement Event Photos



PNASC EB and Philippine Consulate

Meet and Greet November 13, 2018



On November 13, 2018, PNASC's Executive Board participated in a Meet-and-Greet with Adelio Angelito S. Cruz, Consult General of the Philippines and his staff and Maria Dolores C. Sales, Cultural Officer, and Consular Assistant. The PNASC delegation was led by President Dr. Reggie Valerio and PNASC West LA Subchapter President Victoria de Leon. It was a very productive meeting. This collaborative effort focused on participation in community outreach and collaborative partnerships. The mission of the Consulate General of the Philippines in Los Angeles is to "implement Philippine foreign policy within its jurisdiction and foster closer relations with the ever-growing Filipino-American community.¹" This partnership is key for our organization as the Philippine Consulate serves the needs of the largest Filipino community in the United States."



Casino Day at Morongo

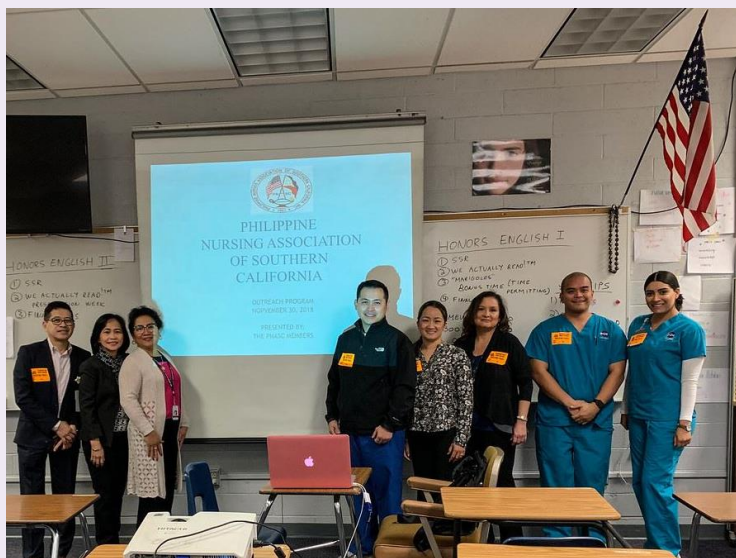
November 17, 2018

Our Morongo Fundraising has concluded and with more than 100 attendees, it was phenomenally successful! Thank you to all members of the PNASC Executive Board and Advisory Council who worked hard to make this event possible (from waking up early, prepping sandwiches, EDUCATION on WHEELS provision, etc.) and headed by our Rockstar project leader, Maria Sagun! Importantly, THANK YOU to our supportive families, friends, colleagues, and generous DONORS!!! While we make Morongo today an inch richer, this project was truly for a GREAT CAUSE. Proceeds will benefit our scholarship and outreach programs.



Seminar on Nursing Profession and Advancement for High School Students a Success!

November 30, 2018



One of the goals of PNASC is to participate actively in community activities which impacts nursing and healthcare. PNASC operationalized this goal by introducing the nursing profession to eager Filipino high school students at Gahr and Cerritos High Schools. PNASC's seminar was a success!!! Approximately 130 Filipino high school students were enticed to explore the benefits of the nursing profession. Board Members Dory Tillano & Gina delos Reyes collaborated with Mizriam Oliva, a Filipino teacher from the ABC School District to offer this exciting seminar for future nursing students. PNASC EB officers Dr. Reggie Valerio and Roland Santos shared the merits of professional nursing and the opportunities it affords. Other notable presenters were Ms. Patricia Mercure, Assistant Director of Nursing, CNI College, Ms. Darlene Ruiz and Victor Elazar, students at CNI College.



What's up in PNASC

Membership Recruitment & Retention Drive

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

DEFINITION:

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

Renewal – current members that are continuing membership

TIMEFRAME:

Recruitment: July 2017 – July 2018

Retention: Within 1 month of renewal date

PROCESS:

RECRUITMENT

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

RETENTION

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

INCENTIVE:

FREE membership dues for one year with recruitment of 4 NEW members

\$5 rebate on renewals completed within 30 days of due date



 **RECRUIT**
AND RETAIN!!!



Movie Night for a Cause

December 11, 2018

During the holiday season of 2018, PNASC presented the first movie night entitled Movie Night for a Cause. The unique event served as both a holiday party as well as a benefit, with proceeds collected for a toiletry drive for the homeless hosted by PNASC West Los Angeles Sub-Chapter. Family, friends, and colleagues were invited to watch the feature film by Cathy Garcia-Molina *Three Words to Forever* at AMC Burbank 16. With a donation of \$20, each guest was given entrance to the movie theater and greeted with popcorn, a small snack, and a beverage. PNASC also ensured that the film had English subtitles for our American guests to enjoy. Despite being held on a Tuesday night in Los Angeles, 55 guests attended and almost \$900 was raised for Movie Night for a Cause! Instead of the conventional holiday party with a gift exchange held in a hotel or banquet hall, PNASC celebrated the holidays in a movie theater and gave back to our community through donations and hygiene kits. By presenting Movie Night for a Cause, PNASC truly made this past December 2018 the season of giving by successfully collaborating and contributing to our homeless brothers and sisters.



MEMBER NEWS



Marcelino Q. Pilarca

September 8, 1925-August 21, 2018

Our thoughts and prayers are with our dear colleague and EB member Amy Pilarca Lentz and her family as she celebrates her father's life.

Amy shares, "My dad is in heaven with God. He died peacefully in my brother's arms after we finished reciting prayers this afternoon @ 4:40 PM after a long illness. Family & relatives surrounded his bedside in my home."

Mr Pilarca was a Korean veteran, a member of Knights of Columbus and our Lady of Good Counsel Church. He is survived by his wife Carmelita, son Mark Anthony, daughters Amy, Armie, Annette and Arlene; brother Isidro, sister Isabel and 12 grandchildren.

Please join us in prayers for Amy and her whole family...May the good Lord shower them with more grace to strengthen them in this most difficult time.

Terry Rodulfa Galzote

(September 4, 1935 – September 16, 2018)

Sharing this sad news shared by Ate Mellie (Carmelita Rafols) about Warlie Galzote's husband who passed away on Sunday, September 16, 2018. "It is with great sadness that Warlie's better half, Terry join the Lord today @ 11:30 am @ Kaiser Permanente BP.

Terry was a staunch supporter of PNASC as a past PNASC Auxiliary President.

Let us all join in prayers for his repose & strength for Warlie & family to bear this great loss!



Terry & Warlie Galzote



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PNA of America**

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CALENDAR OF EVENTS FOR 2019

Feb 16-17	Chinese Firecracker Run Los Angeles, CA
Mar 17	Annual Bowling Fundraising and BP Screening Forest Lanes, Lake Forest
Mar 25	NCEMNA 2019 Summit on Public Leadership Los Angeles, CA
April 25-28	PNAA North Central Region Conference Columbus, Ohio *
May 18	PNASC 5-in-1 Event Almansor Court, CA
Jun 1	Kalayaan, Inc Grand Gala Los Angeles, CA
July 24-28	PNAA 40 th Annual Convention Atlanta, Georgia *
August TBD	Family Day

The Philippine Nurses Association of Southern California (PNASC) Executive Board and Advisory Council would like to thank the members and readers who provided articles for this newsletter. We encourage your continued contribution! Photos are welcomed.

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“PNASC RISE! Recruit & Retain, Innovate and Inspire, Serve, Empower & Engage”