



The better, BOLDER, BIGGER, and Brighter EDITION!

PNASC Newsletter

CHAPTER MEMBER
OF PNAA
Jan – June 2019

Official Publication of the Philippine Nurses Association of Southern California
*VISIBILITY * VIABILITY * VITALITY*

VOL XXV No.1

R **RECRUIT
& Retain**

I **Innovate
& Inspire**

S **Serve**

E **Empower
& Engage**



Message from The President

While I'm busy steering the PNASC RISE community with a thick sweat dripping on my face, I didn't even realize that it is already halfway through my presidency... ONE year has passed! And the remaining year could only get **better, BOLDER, BIGGER, and Brighter!** But, how?

To all PNASC owners, listen please!

- 1) Better recruitment and retainment plans, on the works! We join the Philippine Nurses Association of America to achieve 15% increase in membership at the end of 2019. **ONE recruit per ONE executive board member per YEAR...** This will surpass the goal easily. However, can you imagine what will happen if-- **ONE recruit per ONE PNASC member per YEAR?** This will exponentially increase our membership, no one could ever imagine!
- 2) Bolder innovative and inspiring projects lined up! Let's talk about our ROAD to becoming a legitimate charitable organization, 501 (c) (3) status!!! AND we are instituting 2 PNASC FIRST's-- a formation of Ethics Committee & our OWN IRB!!!
- 3) Bigger community service, on-going! While we keep our participation to our yearly outreach programs, PNASC is set to venture on different avenues of serving the community through various research endeavors. Example is the PNASC + City of Hope partnership in a project to increase community engagement in patient centered outcomes research to improve representation of diverse communities in research benefitting the understudied and medically vulnerable population.
- 4) Empowering and engagement of all PNASC owners are the key to a much Brighter PNASC...! I'm optimistic that it will happen in my term as president, if not... I hope that I have engineered the building blocks for PNASC RISE!

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

PNASC RISE!!!



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CORNER

NEW AND RETURNING MEMBERS

January Ruth Avelino Jeremiah Azuela Maria Badiola Hosanna Chavez Emma Cuenca Victoria DeLeon Evelyn Feliciano Emerzon Feniquito Grace Florentin Richie Gallegos Ligaya Ginsburg Corazon Manapat Leilani Unite	April Maricar Afurong Eric Barreto Jazmine Bernabe Gina Delos Reyes Glaizil Guzman Paz Payumo-Dy Chiarina Piazza Dorianne Tillano
February Charito Bernal Jesus Cabillo Faith Amor Calica Catherine Cainglet Angel Canonigo Medi Cereno Carina Chhorn Velma Dumag-Yep Carly Estes Sharon Fabellar-Sia Vernita Goodlett Grace Perea Sasha Rarang Jamielyn Saprid Alita Sanchis Venus Velasquez	May Ashley Aguilando Victoria Cayton Nelson Doma Consolacion Galang Marichu Gan Jessie Jurado Marie Antonette Nunez Mark Pagsuberon Jonavi Peredo Lucila Ricarte Mariette Salcedo Gemma Samonte Rabina Somoza Leo Ver Taroma Samantha Uy
March Danilo Berna Leni Bigornia Marc De Jesus Brigada Perez Mirah Jane Murray Esfeamor Vera	June Randy Mindoro Marivic Ramin Sonia R Sabado Regalado A Valerio, Jr



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EDITORIAL
Glenda Totten, Editor

The ROAD to 501 (c)(3)

The Philippine Association of Southern California (PNASC) is embarking on an exciting goal of attaining tax-exempt status via the IRS 501(c)(3) status. President Reggie and the Executive Board (EB) 2018-2020 sanctioned the formation of the 501(c)(3) task force at its inaugural meeting last May 18, 2018. The 501(c)(3) task force consists of Sonia Sabado (PNASC immediate past president), Mindy C. Ofiana (PNASC past president), Dr. Emma Cuenca (current parliamentarian and PNASC past president), Mellie Rafols (PNASC past EB member), Roland Santos (current president-elect), and Dr Valerio.

This journey continues many years of interest in this pursuit by previous EBs way back in 2012. The road took many twists and turns due to the voluminous legal documentation required by the IRS. However, with President Reggie's laser focus on attaining this altruistic goal fueled by his mantra ***PNASC RISE***, the organization is aggressively pursuing 501(c)(3) status during his term. By attaining 501(c)(3) tax-exempt status from the IRS, PNASC becomes eligible to receive tax-deductible contributions in accordance with Code section 170, and, PNASC can claim our charitable contributions such as money, scholarships, goods, and services given to qualifying non-profits organizations. It's a win-win all around.

PNASC is interested in pursuing charitable organization status to further expand our mission of "promoting professional excellence and contributing to significant outcomes in healthcare and society." (*PNASC Constitution and Bylaws, 2019*). As evidenced by this current edition of our newsletter, PNASC is already engaged in charitable activities such as supporting the Firecracker Run (read more on page 4), the West LA Subchapter's donation of hygiene kits to the homeless project (read more on page 4), PNASC's Nursing Scholarship Awards (read more on page 14), and PNASC's Scholarship Award to High School Students (read more on page 16) just for starters. We'd like to expand our charitable giving moving forward.

Cheers to the 501(c)(3) task force for your commitment to this goal!!

FIRECRACKER RUN:

a true to life experience

By: Antonette Nunez

This is the Year of the Pig! The Firecracker Run festival was held on February 16 and 17, 2019. Weather prediction of a rainy weekend fortunately failed and both days were perfect for the festival. As one of the participants, along with my husband Alex, I thoroughly enjoyed the run/walk. This is my 8th year participating in the run and feel that similar to PNASC, this event benefits the community tremendously. The organizers are a special group of amazing people who serve voluntarily. The total participants were 9,400 for both the bike riding and run/walk events. In addition, there was also a puppy and kids run events. A fabulous 3-D medal was given out to all finishers. The festival had over 25 vendors and approximately 27,000 visitors, not including the event's volunteers. These volunteers are primarily middle school and high school children from schools in and around Los Angeles Chinatown area. A special banquet is held after each Firecracker Run festival, around April, when the monetary awards are given out to schools and special projects benefitting Chinatown community.



Antonette & Alex run for PNASC RISE team!

Firecracker Run is a non-profit organization.

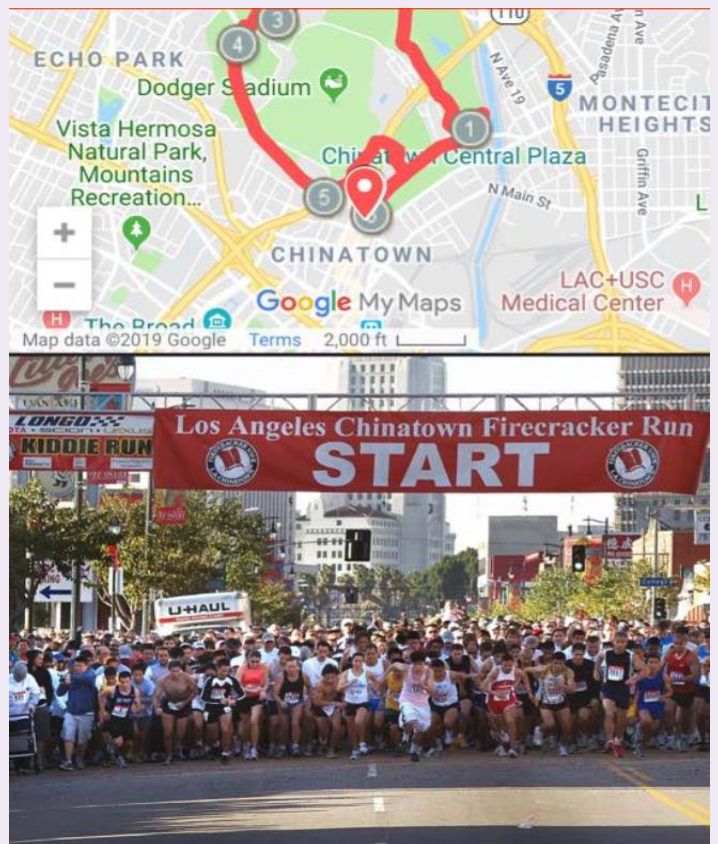
MISSION

"TO PROMOTE HEALTH AND FITNESS, EDUCATION, CULTURAL AWARENESS AND COMMUNITY INVOLVEMENT."

About Firecracker Run:

Established in 1978. L.A. Chinatown Firecracker Run Committee, Inc. (LACFRC) are a non-salaried group of volunteers who donate their time and energy to organize and stage events and programs; promoting health, fitness, and cultural awareness to the greater Los Angeles community.

All proceeds are reinvested in the community, in support of elementary schools and non-profit organizations, providing service and programs that benefit local neighborhoods. Firecracker is a 501(c)(3) non-profit organization. <https://firecracker10k.org>



WEST LA SUBCHAPTER DONATED

HYGIENE KITS TO THE HOMELESS

By: Victoria Perez De Leon RN, BSN,
CGRN

On January 13, 2019, the PNASC WEST LA SUBCHAPTER spearheaded a Homeless Toiletries Drive to make a difference in the lives of the homeless in Los Angeles. With 25 volunteers from Cedars-Sinai

Medical Center, UCLA, USC, Huntington Memorial, and Martin Luther King Hospital, the team was able to distribute 250 packages of toiletries at the Los Angeles Mission homeless shelter. This project was coordinated by Mr. Ralph Sutton from LA Mission.

"I can't imagine life without shelter specially on cold and rainy days and night and without healthcare on top of that", stressed by Pres. Vicky. So, the West LA team asked friends, relatives, co-workers, and neighbors for travel-sized hygiene products and cash donations to support the toiletries drive. With the assistance of the PNASC president, Dr. Reggie Valerio, president-elect, Roland Santos, the West LA subchapter president-elect, Catherine Rubio, and board members Marietta Salcedo and Shirley Sabarre, the homeless project was a success.



PNASC WEST LA TEAM and the volunteers for the HYGIENE KIT DRIVE



Thank you to ALL volunteers for the Hygiene Kit Drive



COMMUNITY SERVICE GALLERY



FIRE CRACKER COMMUNITY SERVICE



WEST LA SUBCHAPTER HYGIENE KIT DRIVE TO THE HOMELESS IN LOS ANGELES



The
BOWLERS!!!

Bowling Strikes Again at Forest Lanes!

By: Sonia Sabado

Who doesn't love bowling? The executive board members, family and friends of the PNASC certainly demonstrated

their fondness for bowling during the annual Bowling Fundraiser on Saturday, March 23, 2019 at Forest Lanes in Lake Forest, California. This was the 5th Annual Bowling Fundraising that PNASC has partnered with Forest Lanes!

The day began with our quarterly face to face Executive Board meeting led by current President Reggie Valerio. The meeting had a full agenda including the distribution of jackets branded PNASC RISE, to the board members courtesy of our President as his late Christmas present. The jackets were special order from the Philippines too. The day ended with a strategic planning meeting attended by remaining EB and PNASC members with newly arrived from New Jersey, PNAA President Madelyn Yu and President-Elect Mary Joy Dia.

League bowlers began arriving around 1100 with check-in at 1130. Blood pressure monitoring was also provided along with patient education for those interested in the screening. Lunch which consisted of house special pizza, chicken tenders, salad and soda was served and is included in the tournament fee. The participants had two games to bowl what is called a no-tap which means a bowler only needed to knock down 9 pins to be considered a strike.

Any tournament is not complete without a 50/50 raffle. Selling the tickets were Rochelle Lacuesta Galeon and Jessie Jurado along with our Chair of Ways and Means, Maria Sagun. The raffles raised \$110 in funds and the winner, Forest Lanes league bowler, William Wycoff took almost half \$105!

Young and mature bowlers totaling 41 participants, demonstrated their eagerness and appreciation for hitting the pins as they screamed in delight and celebrated with much laughter and handclapping. League bowlers stated they enjoyed bowling with the nurses as they exhibited so much enthusiasm in knocking down pins, regardless of whether it was a strike or not! One league bowler wants to take the PNASC nurses to tournaments to be her cheerleaders as they made a lot of noise each time she spared or hit a strike.

This year's champions as randomly paired, was Alex Nunez, husband of PNASC Treasurer, Antonette Nunez and League Bowler, Chris Shiroma who had a total score of 899. They each received the Champion plaque for 2019. The best effort team (politically correct term for the lowest randomly paired score) went to Keigan Souza, Rochelle Lacuesta Gideon's niece and Karyn Franklin, PNASC friend and they each received Forest Lanes bowling towels which they will use for practice!

This event raised \$965, courtesy of donations as well as funds from bowling participants. One of the highest donations received was from Michelle McGarry, PNASC friend who gave \$250.00 in honor of her mother Nettie Holmes, NP, RN. This is the second year that Michelle has donated in her mom's honor. Other donations including \$50 each came from Past President Josie de Jesus, Reggie Valerio, PNASC President and PNASC friend, Karen Yamada. Many of the EB as well as PNASC members and friends also gave donations in lieu of participation. The funds raised from this event is the highest thus far in the past 5 years and it will support our scholarship awards and outreach events. The success of this event is a result of the support of the EB, family and friends as well as the partnership with Forest Lanes in providing such a fun and welcoming venue!



PNASC 2019 Bowling Tournament Champions L – Alex Nunez and Chris Shiroma

REPORTS....

Treasurer Report 2019

By Antonette Nunez



Membership Report 2019

by Amy Lentz



ACCOUNT	AMOUNT
Checking	\$9,042.82
CDs	\$47,002.21
Paypal	\$1,330.00
Total	\$57,375.03

AS OF June 23, 2019

	PNASC	PNASC-WLA	PNAAL ACTIVE
LIFETIME	339	2	13
ANNUAL	89	22	94
ASSOCIATES	9	2	7
STUDENTS	2	2	6
TOTAL	439	28	120



What's Up In PNAA ?



**MAKE A DIFFERENCE:
ADVOCATE!**

Philippine Nurses Association of America, Inc.

1346 How Lane, Suites 109, 110 North Brunswick, NJ 08902
www.mypnaa.org

2018-2020 Executive Board

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Gloria Beriones (South Central)
Jennifer Aying (Eastern)
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Assistant Secretary
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Assistant Treasurer
Fely Perlas

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Rose Racela Ferguson

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Anunciacion Solomon- Lipat
Mila Capulong Velasquez
Rosario May Mayor
Leo-Felix Jurado
Reynaldo Rivera
Victoria Navarro
Leticia Hermosa
Dino Doliente III

April 28, 2019

Philippine Nurses Association of America Position Statement: Washington State Senate Bill Substitute House Bill (SHB) 1155

The Philippine Nurses Association of America (PNAA), representing over 145,000 Filipino-American nurses, recognizes that the Fair Labor Standards Act (FLSA) does not require employers to provide meal or rest breaks to employees. However, many state laws do have this requirement. Twenty-one (21) out of fifty (50) states mandate meal breaks for employees, nine of which mandate both meal and rest breaks. In the absence of state requirements, federal rules dictate.

The intent of Washington State's SHB 1155 was to provide meals and rest breaks and to prohibit mandatory overtime for certain healthcare employees. An amendment to this bill was introduced on March 19, 2019. The brief amendment of the bill:

- Provides that certain hospital employees must be allowed to take uninterrupted meal and rest periods that are not intermittent, except under limited circumstances
- Amends the prohibition on mandatory overtime in health care facilities by including additional employees, prohibiting the employer from using prescheduled on-call time to fill foreseeable staff shortages and making other changes
- Prohibits covered employees from voluntarily working more than sixty hours in a seven-day period for a health care facility
- Requires an additional break if a rest break is interrupted.

On April 16, 2019, Washington State Senator Maureen Walsh shared her position against the unions' prescribing or dictating in the operation of these healthcare facilities/centers. The Senator made the following observation about nurses on the job in critical access facilities: "By putting nurses with uninterrupted meal and rest periods on critical access hospitals that literally serve a handful of individuals, probably do get breaks. They probably play cards for a considerable amount of the day." It was unfortunate that she chose to use nurses especially those in critical access hospitals, in a misguided generalization.

Nursing has consistently maintained its top ranking for 15 years as the most trusted profession except in 2001 when it shared the top position with firemen. Nursing is a challenging, yet noble and fulfilling profession. As Nurses, we provide unconditional care and advocate for the best interests of our patients, their families and communities in times of illness, childbirth, pain, disasters, and death.

PNAA believes that the remarks of Washington State Senator Maureen Walsh, are unjustified and condescending. Her use of negative comments about the nursing profession as a supporting argument for her beliefs could be detrimental to the current challenges in health care. The nursing shortage in rural areas of the United States will not be mitigated without the support and respect of our legislatures and the public at large. PNAA supports SHB 1155. We trust that the Washington State's legislative body will consider the facts presented and not give credence to the offhand remark of one senator on an issue in which she was apparently ill informed.

Submitted By:

Madelyn D. Yu

Madelyn Yu, MSN, RN
PNAA President

Mindy Ofiana

Mindy Ofiana, MSN, RN
PNAA Chair - Legislative Committee

Legislative Committee Members: Victoria Pike, Marissa Usman, Jennylin Lano, Ofelia Solem, Velma Yep, Rowena David, Cam Felismino, Victoria Navarro (Advisor)



Philippine Nurses Association of America
Philippine Nurses Association of America Foundation
Legacy Headquarters
1346 How Lane, Suite 109, 110 North Brunswick, NJ 08902



Our Legacy Headquarter is ready!



You helped us build this house. Now please help us make it a home.

In kind Donation welcome but prefers monetary donations towards purchase of needed items

Legacy Headquarters Wish List and Donors

Main Reception Area

- Console table
- Living room set (love seat) with Coffee and side tables \$3,500 - North Central Region
- Coat/Umbrella rack
- Defibrillator set - Rudy & Nora Mendoza
- Large curio cabinet
- Accessory table
- Security system
- Area rug
- Reception desk and chair

Kitchen

- Kitchen table w/ 4 chairs - PNA Central Ohio
- Refrigerator Stainless Steel (\$1,500) - Erlinda Ferrer
- Coffee maker - Gabriel Sapalaran
- Microwave - Teresa Damito

Please contact:

Donated Items

Teresa Damito- Secretary

teresadamito@hotmail.com

Seminar Room

- TV & AV Equipment (\$3,500) - Eastern Region
- AV cart
- 1 laptop computer - Daphny Grace Peneza
- 10 folding conference tables - PNANJ
- Large TV
- Podium and lecterns - Precious & Alice Andam
- Sideboard buffet - PNA Central Ohio
- 4 coffee/tea dispensers
- 1 electric water dispenser - Rey Robles
- Conference board
- 2 easels - A-Jay Manabat
- Conference table linens - Manabat-Doliente Family
- 100 folding chairs - PNANJ

Conference Room

- Conference meeting table w/ 12 chairs (\$3,000) - Lenny Icaayan
- Mobile beverage cart
- 1 electric water dispenser - Carol Robles
- 2 easels - A-Jay Manabat
- Presentation Board
- TV

Carol Robles- Marketing

cmnilayrobles@yahoo.com

Offices

- 1 desktop computer
- 1 desktop computer - Luz Newell
- Wall Bookcase
- Shredder
- Wall office cabinet
- Filing cabinet
- Storage cabinet - Lateral file
- Printer stand
- Commercial Printer/Fax machine - Dr. Merlie Ramira
- Office supplies (stationery) - Laila Burro

Bathroom

- 2 bathroom cabinets
- Changing table for baby-Anonymous
- Lounge chair

Miscellaneous

- Karaoke machine set - Gigi Narisma-Estabillo & PNA South Riverside County
- Kitchen décor
- Framed Hand embroidered silk peacock - Mae Guzman

Monetary Donations

Aster Vargas-Treasurer

astervargas@yahoo.com

'PNASC RISE' PRESIDENT OPENS

MAY 18th, 5-in-1 EVENT

Dr. Reggie Valerio opened the PNASC's 5-in-1 event at Almansor Court last May 18th with a BANG! "Imagine that you are buying 1 ticket for 5 whooping events in just a day!", Valerio stressed in his opening remarks. The current PNASC president enumerated the expectations for the 5-in-1 event such as: 2 Educational offerings; PNASC General assembly; Nurses Week Celebration; 1st PNASC College Bowl; and Scholarship Awards.



Pres. Reggie opening the event



Dr. Joseph Morris of the California Board of Registered Nursing and immediate past president of PNAA, Mr. Dino Doliente delivered their respective keynote addresses with a theme of-- *Nurses Advancing Our Profession to Improve Health for All*. The general assembly followed the educational offerings with its own twist—short and meaningful. The morning was concluded with the launch of the NEW PNASC project, **THE ROAD TO 501 (c)(3)**. After lunch, there were back to back celebration of nurses' week and scholarship awards. Finally, the event finished with the launch of the 1st PNASC College Bowl where CNI College representative emerged as the champion.

The May 18th event was filled with many PNASC's firsts. Aside from the College Bowl, the PNASC honored, for the first time, 3 high school students who wanted to become nurses where they received brand new iPADS for their college education. In addition, the general assembly made its first as well, because of its concise format without sacrificing its content.

Overall, the 5-in-1 event celebrated every Filipino nurse in Southern California who devotes countless hours in advancing the profession by providing high quality, and safest patient care practice.

Rubio Sworn as West LA Subchapter President-elect

Greetings PNASC executive Board members and fellow PNASC owners. On May 18, 2019, I accepted the President-elect position for the West LA subchapter, inducted by President Regalado Valerio, Jr. It is with great pride to join PNASC family and with great joy to know that I have co-leaders and co-owners who will support and assist me as I carry out the tasks and responsibilities as president-elect. My passion and commitment to professional work and service have nurtured and enhanced leadership thru actions and by example. I am excited to share my vision for PNASC West LA and make it to a reality. As the president elect for West LA subchapter, I am inspired to be with the past and present officers of PNASC, who have been great mentors and role models. Working closely with a variety of well-rounded leaders in my 29 years of nursing practice, I can drive the organization to stay on track by members collaborating to achieve nursing excellence thru service, education and research.

Thank you for your warm welcome!

- Cathy



President elect Rubio's induction

DR. Cuenca Wraps Up the General Assembly

By: Dr. Emma Cuenca

What a day to enjoy and celebrate the nurses from all over Southern California as the PNASC held its Annual Nurses Week celebration in Almansor Court, Alhambra last May 18, 2019. This was the first time PNASC held a 5-in-1 event having the Executive Director of the CA Board of Registered Nursing, Dr. Joseph Morris and PNAA immediate past president Dino Doliente as their guest speakers. Dr. Morris challenged the group to be actively engaged in conversations with the healthcare leaders and legislative representatives otherwise, he says nurses will “just be a part of the menu.” With the number of nurses in California, they can have a strong voice in Sacramento if they actively connect and engage in conversations that affect nursing practice. Mr. Doliente talked about grit as a valuable attribute for nurses to develop and apply in their workplace.



Dr. Cuenca, as she delivers her closing remarks

The second event was the General Assembly meeting where the PNASC President, Dr. Reggie Valerio presented the current state of the organization with all committee reports. This current Executive Board has accomplished so much during the first year of their term as exemplified by the educational offerings, scholarships given to deserving students, community service through health screenings in several community festivals, and continuous dissemination of information to membership through the award-winning newsletter of PNASC. These were just some of the few accomplishments of this vibrant, very committed and engaged Executive Board.

The two new events this year were the essay-writing contest for high school students and the first ever College Bowl for graduating nursing students. The essay contest targeted young students who were interested to enter healthcare arena once they graduate high school. Three young recipients were awarded iPADS and certificates of recognition for their well written essays. In the College Bowl, students from several schools of nursing in Los Angeles County joined the competition. Students from the CNI College, Orange County received the coveted championship trophy and the first runner-up while the representative of UCLA got the 2nd runner up award. Scholarship award was given to a deserving doctoral student, Gail Jones who is pursuing a DNP degree at Azusa Pacific University.

Finally, the fifth event of the day was the Nurses week celebration which started from registration in the morning through “greet and meet”, networking with fellow nurses and vendors and welcoming student guests. The celebration continued during lunch time with some entertainment and raffle drawing and ended with some dancing at the end of the day. As the tradition goes, the line dancing, Cha-cha and swing music got the nurses to their feet until the last music played. Indeed, nurses know how to have fun!

Overall, the 5-in-1 event was an extraordinary day to spend with PNASC family and supporters. We hope that PNASC leaders continue to inspire and engage with nurses of different generations and serve as role models for young nurses. The President’s mantra, PNASC RISE was truly alive and palpable in the said event.

Morris & Doliente Deliver Keynote Addresses

By: Antonette Nunez

The theme of this year's PNASC's Spring conference "Nurses Advancing Our Profession to Improve Health for All" resounded loud and clear from the amazing keynote speakers. Attendees were gifted with not one but two energetic and inspiring nurse leaders. Dr. Joseph Morris, PhD, CNS, GNP started off the seminar with encouraging words as he outlined the mechanics and methods to bridge the gaps identified in advancing the nursing profession. As the Executive Officer of the California Board of Registered Nurses (BRN), he quickly made noteworthy improvements making it easier for nurses to renew licenses and for students to find out their NCLEX exam results. Dr Morris' 20 years of impressive leadership foundation and diverse background in academia, clinical practice, community outreach, and administration definitely impressed the crowd raising them to their feet into a standing ovation. On the second half of the day, PNAA immediate past President and soon to be Doctorate graduate Dino Doliente, MBA, BSN, RN energized the crowd with his presentation "Let's Get Gritty: The Power of Passion, Hardwork and Perseverance". Mr

Doliente emphasized that passion and hard work are good, but not enough. He added that grit propels people to greater heights. How? Add perseverance to one's passion and hardwork! He supported this statement by showing gritty people who have out-of-this world accomplishments. Mr Doliente also engaged the crowd by using interactive survey platform as part of his presentation. As nurse leaders and professionals, the keynote speakers challenged the audience to participate in advancing the nursing profession by being aware of the gaps, bridging those gaps and practicing grit. Truly inspiring nurse leaders and speakers!



Dino Doliente



Dr. Morris with the PNASC RISE team



Dino Doliente and the PNASC family

PNASC Names 2019 Nursing Scholarship Awards Recipients

By: Jessie Jurado

Nurses, particularly “Filipinos” all over the country are viewed with much appreciation from doctors, patients and families alike. The Philippine Nurses Association of Southern California carried forward this appreciation within their ranks in their Annual Nursing Scholarship Competition for the year 2019. Awards are given to deserving members who have made a difference in the organization, and who are pursuing higher education to advance their career.

This year’s outstanding recipient was Ms. Gail Jones, MSN, RN, who is studying for her Doctorate in Nursing Practice (DNP). Ms. Jones has been an active member of the PNASC for 7 years and serving on the Executive Board as the Public Relations Officer. Besides her busy schedule at work as an Informatics Specialist and family activities, she gives time to volunteer for different organizations. She has received multiple awards from work and from PNAA and is still able to obtain a 4.0 GPA. She received a \$1,500 check award, a plaque and a certificate. Her goal is to expand on her role as a Informatics Specialist and to share her knowledge and teach at a university level.



Gail Jones (center) with the Awards Committee leaders, Jessie (R) and Rochelle (L)

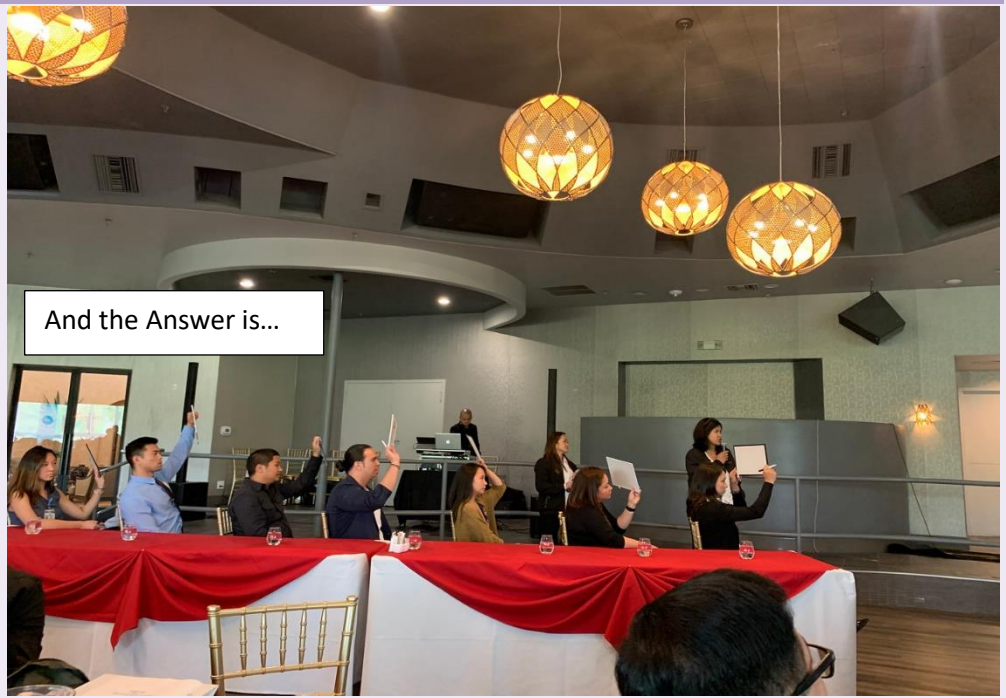
There were two runners-up; namely, Justin Santa Ana, SRNA, and Cherie Lou Pefanco, MSN, RN, who each received a certificate and \$500 check. Mr. Santa Ana is currently in his second-year doctoral student Nurse Anesthesia Program and will be graduating in May 2020. He not only involved himself in the different committees at work, but he volunteered his time to multiple organizations. Mr. Santa Ana's goal after he graduates is to provide anesthesia to those in need in the Philippines. Ms. Cherie Lou Pefanco is in school to get her PhD in Nursing. She has received awards for her poster and abstract presentations. Her goal is to publish her research study on statewide investigation on 30-day all-cause readmission after isolated coronary artery bypass grafting (CABG). She will be graduating in June 2019.

The awards were given during the PNASC 5-in-1 Event last May 18 at the Almansor Court in Alhambra, CA. Co-Chairs of the Program and Awards Committee are Jessie Misa Jurado, RN, and Rochelle Lacuesta, MSN, NP.

PNASC Launches 1st College Bowl Tournament

By: Dorriane Tillano

On May 18, 2019 nursing students from UCLA, Los Angeles County Nursing School, El Camino College and CNI College participated in the 1st Annual College Quiz Bowl. The project was hosted by the Education and Research Committees represented by Dr. Sasha Rarang, Dorianne Tillano, NP and Bernadette Ramos, NP. This academic competition converged 10 intelligent participants to tackled through questions on topics related to knowledge, skills, and situational analysis related to the nursing profession comparable to the National Council Licensure Examination (NCLEX-RN) preparation questions. The college quiz bowl was part of the PNASC's 5-in-1 event held in Almansor Court, Alhambra CA. This gave nursing students an opportunity to meet and to network with other nursing professionals and learn more about the organization.



During the event, the nursing student contestants were strategically seated armored with an eraser board and marker as they listen to each question prompted by the quiz master. The contestants portrayed intense determination as they tackled through each question. They were given 5 seconds to answer after the question has been read- a constraint that kept them on their feet and hands hovering above their answer boards. Roar of excitement filled the room as spectators cheered after the contestants garnering points. Dorianne Tillano NP and Bernadette Ramos NP served as hosts. Dr. Sasha Rarang was in-charge of the mechanics and moderated the whole competition. Gina Delos Reyes, RN and Sonia Sabado, NP were the judges who ensured that all contestants followed the rules of the game. Antonette Nunez, RN was tallying the scores on the board.

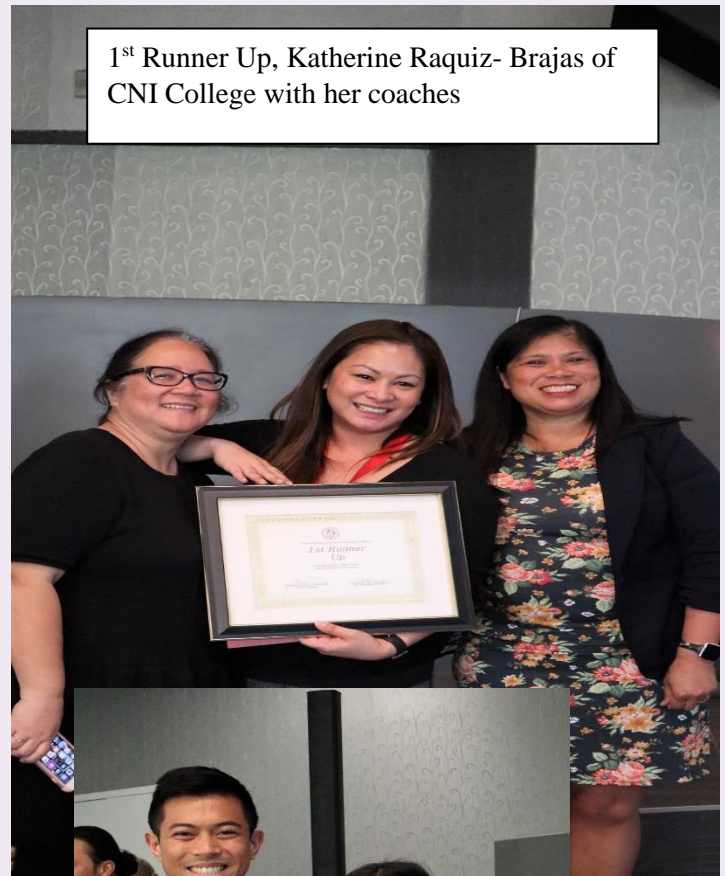
Five contestants who got the highest scores in the preliminary rounds advanced to the final rounds. Though



the depth of questions became harder in the finals, the players displayed confidence while raising their answers. By the end of the question set, two of them got perfect scores. The tie MUST be broken to determine the champion! The game persisted longer than expected as both kept on getting the correct answers throughout the overtime period. Both displayed command and mastery over the test subject. The crowd was in disbelief and heightened with excitement. Finally, Dr. Regalado Valerio asked the LAST question. Diana Blandon of CNI College answered it correctly and was hailed as the 2019 1st PNASC College Bowl champion. Katherine Raquiz- Brajas of CNI College and John Tantay of UCLA emerged as the 1st runner up and 2nd runner up, respectively. The winners took home trophies, certificates and medals. Ms. Blandon got an instant scholarship gift from PNASC as the champion.



Diana Blandon of CNI College, CHAMPION! With Dory and Bernadette (Education Committee Heads and Question writers)



1st Runner Up, Katherine Raquiz- Brajas of CNI College with her coaches



John Tantay of UCLA, 2nd runner up with VP Maria Sagun.



Essay Winners with Rochelle and P. Reggie V.

PNASC Awards the 1st Highschool Essay Winners

By: Rochelle Lacuesta

During the 5-in-1 Event on May 18, 2019 held at Almansor Court, the Philippine Nurses Association of Southern California (PNASC) awarded the first high school essay winners. The winners were selected from two participating high schools namely Cerritos and Gahr High School. The high school outreach started in 2016 under the Presidency of Sonia Sabado in 2016. At the time, Executive Board Member Gina De Los Reyes had a son attending Cerritos High School. A teacher by the name of Ms. Oliva invited Gina to give a day presentation about the nursing profession to several of her Filipino classes. With the success of the first presentation, Ms. Oliva continued to invite PNASC to conduct the same presentation, which gave more opportunity to educate the youth about nursing profession for the next 2 years.

During the November 30, 2018, PNASC launched an essay writing contest to approximately 130 students from the two above mentioned high schools. The essay contest with the theme “Why do you want to become nurse?”, was first pitched by *PNASC RISE* president, Dr. Regalado Valerio, Jr. The essay criteria consisted of the following: 50% content and meaning; 25% paragraph construction and literary style; and 25% impact of the essay to the readers. Among the submitted essays, three winners were selected: Leilani Barnachea, Patricia Gonzales, and Erika Rizal. During the May 18th awarding ceremony, a short video presentation, produced by Executive Board Member Rochelle Lacuesta, highlighted each student’s background, motivations, and portion of the winning essays. Winners were then awarded in front of their families and friends certificates of achievement, *PNASC RISE* medals, and scholarship gifts in a form of iPads. As exemplified through the high school outreach, PNASC will continue to positively impact the youth and enrich our community in future projects.

PNASC Celebrates Nurses Week

By: Sonia Sabado

PNASC celebrated Nurses Week 2019 during the 5-in-1 Event on May 18, 2019 at Almansor Court with the theme from ANA “Nurses Advancing our Profession to Improve Health for All”.



The event commenced with the keynote address from Dr Joseph Morris, Executive Officer of the California Board of Registered Nursing. Dr Morris provided insight to his role and what the future holds for the CA BRN as well as focused on the future of the nursing profession and the importance of higher education. A question and answer session after his presentation allowed the audience to hear more about his personal views on the future of Nursing. Of course, as with any PNASC event, a photo op with Dr Morris was held after his talk!

PNASC promoted and advanced the profession by highlighting the students through their attendance and participation in PNASC’s inaugural College Bowl. The students represented five nursing schools including of CNI College, El Camino College, LA County College of Nursing & Allied Health, UCLA and USC. The College Bowl was intense and showcased impressive knowledge from the students leading to a few tiebreaker questions to crown the winner.

Attendance from members, including the Advisory Council, friends and family was very much evident during the event. The day was enjoyed by all as we feasted on sumptuous lunch. As with any PNASC event, music and dancing were present encouraging the Nurses to burn extra calories while they line-danced to much loved and favorite songs!



STUDENTS' PERSPECTIVE:

VENTURING INTO THE NURSING PROFESSION



Patricia Gonzales

AUTHOR:
Patricia
Gonzales

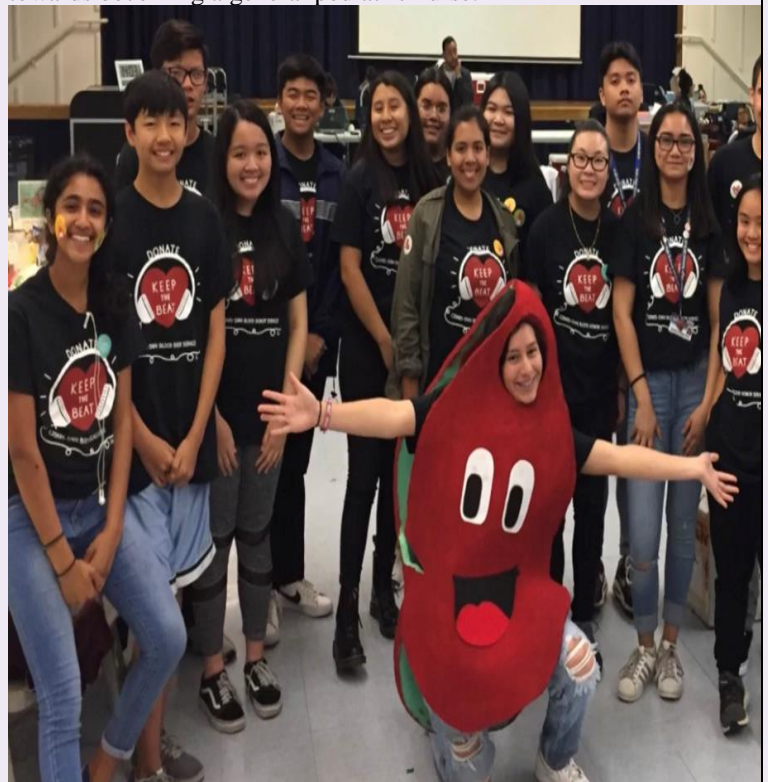
Gahr
High
School
offers
choices to
students to
try
different
classes for
a specific
career they

might be interested in. I am a part of a pathway called Project *Lead The Way* program. I have learned from students who have taken this pathway that it would help prepare me to enter the medical field as a nurse. Being in a family where most, if not all, of my relatives are nurses or doctors, helped me determine this career as I saw how well they did their job and the difference they were making in each patient they met. I believe in the idea that nurses make a huge difference in society. I have learned throughout the years that nursing isn't just about taking care of the sick, but also being a hero, a teacher, a friend, and anyone we want to be. Knowing all of this inspires me more to strive to become a nurse. Once I become a nurse, I will be able to continue my family's work, and to set an example to those who look up to me by striving far. Taking care of people has always been something I've done since I was very young, as well as making sure that someone is in perfect health makes me feel good. I believe that with my personality of being a caring person, being a nurse won't be a job, but something I love to do.

Becoming a nurse comes with countless benefits. For instance, nurses could travel the world. People like me who has always dreamt of traveling, nursing gives me that chance, because I get to travel while also doing your job. We all know that pursuing a career like nursing takes a lot of money from your pocket, but nursing gives the opportunity to have their student loans either paid or forgiven. Nurses have the opportunity to work less days but more work hours, which means the other days left, nurses can go back to school and higher their ranking in education, opening more opportunities in other departments. Working as a nurse comes with great benefits, which is why I am choosing nursing as my future career so that I am able to do the things every other nurses are able to do.

Being a part of the Project Lead The Way pathway, to me is the first step of going into the medical field during high school. I intend to find a job, after high school, as phlebotomist to have some experience working with people in the medical field. But as of now I am currently looking at colleges that offer good nursing programs, and I'm really interested in is Cal State Long Beach. I have visited their campus and got to know more about their nursing program first hand during my sophomore year, so I think that visit was definitely beneficial. I also plan on visiting other college campus to get to know them more and get to know their medical program in person. Other steps that I plan to take is to find internships at clinics during college or during my break off from school. Taking an internship will definitely help me in the future because it gives me another opportunity to see first hand how things work when you're a nurse.

Nurse Gina delos Reyes, who was one of the guest speaker, explained the things nurses were able to do once they got a stable career, such as retiring early, working as a traveling nurse, good income, and many other benefits. She also introduced to us the top colleges with the best nursing programs. Having to know the top colleges with the best nursing programs would help us choose the colleges we would want to go into. The overall presentation was really helpful to me because I saw how many opportunities becoming a nurse would give me. They were able to introduce steps and plans that I could potentially take in the future during college towards becoming a general pediatric nurse.



STUDENTS' PERSPECTIVE:

VENTURING INTO THE NURSING PROFESSION



Erika Rizal

AUTHOR: Erika Rizal

“Men and Women for Others.” These were the words of wisdom from St. Ignatius of Loyola, the founder of the Society of Jesus and a very strong influence on the Catholic reformation in the 16th century.

What does it mean to be a man or woman for others? For me, it means not being selfish and shifting one’s focus to other people to care about them. It means making every effort to be loving, grateful, and generous to others. I believe that being a nurse is a very good way to be a woman for others.

As a nurse, I will be able to help and serve others who are in need, either physically or emotionally. As part of my responsibilities at work in a hospital or clinic or private practice, I will care for patients and make them comfortable. I will provide the necessary support to my patients. But even outside of work, I believe that a nurse can continue to be a man or woman for others. With the nurse’s skills and experiences, a nurse will be able to serve communities who are in need. A nurse can volunteer to provide medical assistance not just here in the US but in other parts of the world that need help and support.

Since my childhood, I have been active in competitive dance and soccer. Through these physically strenuous activities, I learned the importance of healthy eating. Then, my dad was diagnosed with diabetes. It was a trying time for my family. These events motivated me to create a program called Kids Live Healthy (www.kidslivehealthy.com), because I saw a need to teach children the importance of eating healthy starting at a young age. I began with one preschool in my local community and expanded to others.

Seeing the impact of Kids Live Healthy opened my eyes towards other opportunities to touch more individuals. I chose to expand Kids Live Healthy to reach children with limited access to healthcare in the

Philippines. For the last two summers, I have been teaching in Philippine orphanages, public daycare centers, and free health clinics.

If I become a nurse, I will be able to continue with my Kids Live Healthy and be able to expand it to cover other medical assistance programs to help the underserved areas in the Philippines. Equipped with the skills, insights, knowledge, and experiences I will gain as I go to nursing school, I will be able to look for more opportunities to help and empower the communities around me.



Being born and raised in a Filipino Catholic family, I have been fortunate to be surrounded by family members who love to do community service. If I become a nurse in the future, I believe that I will have a stable job to be able to support my future family. And in addition, I will be able to continue to find opportunities to be a woman for others.

The seminar last week has opened my eyes to the nursing career opportunity. I find the information shared by our guests to be very valuable to high school seniors who are trying to figure out what they can possibly do in college and beyond. Being able to talk to our guests in person and ask questions were very helpful. I feel that the questions were very professionally and honestly answered. Now that I have basic knowledge and understanding of the nursing career, I will be able to research on my own and be able to really relate what I read from what I heard during the seminar.

Personally, I have gained some insights on the nursing career and how stable the job can be. I also like the possibility of advancing in your career by pursuing master’s degree in some specialized areas. I’m also very attracted to the nursing career because it provides the time flexibility. It will be up to me on how to balance my time between work, family, and community.

From my family and community, I have engrained in my mind St. Ignatius’ motto of being a ‘man or woman for others.’ I believe that being a nurse will help me grow as a person and continue to be a woman for others.

STUDENTS' PERSPECTIVE:

VENTURING INTO THE NURSING PROFESSION



Leilani Barnachea

AUTHOR:
Leilani
Barnachea

It has always been a dream of mine to become a nurse. Ever since I was

a little child, my mother would come home and tell me about how her day at work was and how she dealt with patients. Each day, I would gain more and more information about nursing and how to care for others more and more. Eventually, I wanted to become a nurse! I want to thank my mother for becoming my first inspiration to motivate me to become a nurse. Without her, I would have no knowledge and information to have any interest in the medical field in nursing. I have always pushed myself and studied every day and now I believe that if I push myself hard enough, I can have the determination to pursue my dreams of becoming a nurse to care for others.

On November 30, 2018, 7 different nurses came to my Filipino 3 class. Each nurse introduced themselves and explained how and why they became a nurse. It was so interesting to listen to their stories and their journey of how they became a nurse. On that day, I learned a lot more about nursing that I thought I did. I learned that there are different types of nurses that can take care of different types of things. I also learned about nursing school and how much the wage is for the types of nurses. Every nurse that stood in class made me feel very loved and understood because I felt that we had shared the same passion and had a connection. I would also like to thank them for inspiring me and teaching me about nursing and the medical field. They are very great people for doing so and should continue to come to classes and teach students about the medical field and about nursing because I truly believe that they can inspire so many more students if they went to other classes in the school.

I believe that the workshop they did during class helped me understand more about nursing and it also taught me new things that I didn't know before. I am very passionate about my dream job and this

workshop helped me become more determined to pursue it and also look more in depth of the medical field and research into the different types of nursing. I learned that there are so many types of nurses and it is such a wide-ranged option that people should consider it as a job. Nursing makes good money and the schooling I heard is a difficult journey as well. But in the end, when you finish nursing school, and actually start to become a nurse, you will definitely have fun. I have heard one of the nurses say that to be a nurse, it isn't just a job, it is a calling. I believe that I too got the calling.

After high school, I would like to go to nursing school and hopefully finish it as fast as I can so that I can hop on to become a nurse as soon as possible. I am very excited about my future because I know that for me, nursing, is the best option not only because it has a good wage, but because ever since I was a little kid, I had always been interested. I know that learned all the information may be difficult but if you just study hard and practice, you will have fun when it is over, and you begin your journey.

The 7 nurses that came to my class truly inspired me and my other classmates. I believe the workshop really made a difference and helped me listen to head to continue pushing myself because I am almost there. I am a senior at Cerritos High School, and I am very close to graduating. After high school, I can finally become a nurse and complete the dreams I have had since I was a little child.



Advisory Council's PERSPECTIVE:

What lies ahead of PNASC RISE?



Advisory Council, Linda speaking before the Team PNASC RISE.

Looking back years ago, when I was a sitting PNASC President, I remember working toward developing our organization bigger than it was. With that in mind, I invited nationally known speakers to help present enticing topics geared toward development of future leaders not just locally, but internationally.



Fortunately & gratefully, many others after me became strong leaders on their own.

The line-up of our current PNASC leaders, is a testimony of how strong leadership has been developed.

I am sure, like I do, that our Advisory Council sees PNASC's future as more innovative and more assertive in promoting future events that will foster desire to become leaders themselves!

**Linda Alinea Ascio, BSN, RN, Diplomate,
ABQUARP Retired Quality
Management/Utilization Management
Coordinator**

PNASC JOINS PHILIPPINE INDEPENDENCE CELEBRATION IN CARSON

By: Lilibeth Cruz

The 121st Philippine Independence Day was commemorated at Veterans Park, Carson City on June 8, 2019. The event was well attended by different Filipino organizations including our very own PNASC and Filipinos who are holding public office in their respective cities. It was a whole day of festivities with live performances on stage, interactive cultural pavilion, arts and crafts and food booths to our delight.

It was an honor and a privilege to represent PNASC, together with Vicky Deleon, Cathy Rubio and Josie De Jesus on this event. The celebration was started with a mass of thanksgiving for the Filipino community then followed with a parade. We participated in the parade and acknowledged stating our organization's vision, mission and goals. We had our own booth and in collaboration with Cedars Sinai Medical Center Research Institute, conducted a research survey to help understand the knowledge, attitudes and behaviors related to cancer in the Los Angeles Filipino community. Voluntary participants were asked to complete a one-time anonymous questionnaire on what they know about cancer, getting tests that help to diagnose cancer as early as possible, access to health care, behaviors that increase the risk of cancer, and family history. We were able to collect 185 completed survey questionnaires (600 is the



PNASC volunteers headed by Ms. Lilibeth, Outreach chair, with PNASC West LA team



goal and we plan to collect surveys throughout the

summer in different Filipino events). Several nurses came to us asking about our organization and one day will be our members.

It was a memorable and fun experience and I was amazed to see so many Filipinos in one gathering, about 40 organizations in Los Angeles County propped with *Filipiniana* costumes. Most of all, proud to be PNASC, the only Filipino nursing organization in this event. We RISE!

PNASC Hosts Dodger's Filipino Night

It was fun and exciting Friday night to watch LA Dodger game vs Colorado Rockies with a HOME field victory! PNASC families and friends were wearing their Pinoy-inspired baseball jerseys while they enjoyed watching the tight game. All tickets were sold-out! Thanks to all who participated to this fundraiser. Proceeds will go to the PNASC scholarship fund. The goal is to have more families and friends next year.

Enjoy, help and fire-up your roots! See you all again at the 2020 Dodger Filipino night!

- Catherine Rubio



PROUD PNASC! PROUD PINOYS!



**Enjoy. Help. & FIRE UP
YOUR PINOY ROOTS!!!**

**FILIPINO
NIGHT**
TICKET PACK
Fri, June 21
7:10 PM
vs LA **JOHN DUNN**

Reserve your seats with Family!!!

\$65 includes:
Entrance Fee + Processing
All-You-Can-Eat Dodgers Snacks and Drinks
AND
PINOY BASEBALL SHIRT

\$50 includes: ALL EXCEPT THE SNACKS

SPONSOR:
Philippine Nurses Association of Southern California
-PROCEEDS WILL GO TO THE SCHOLARSHIP FUNDS-
Contact: Reggie- 310.880.7341
Cathy- 323.633.2206



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

Be part of a team.

Make a difference.

Join PNASC and also become a member of PNAA!

Check us out on
www.mypnasc.org

TESTIMONIALS FOR PNASC:

From the 5-in-1 EVENT ATTENDEES



PNASC 5-in-1 Event

The following comments from a few of the nursing students highlights how *PNASC RISE* celebrated 2019 Nurses Week and how PNASC provided an opportunity to advance the profession of Nursing:

“I really enjoyed being able to be around such great professionals in healthcare. The College Bowl was amazing, fun, and informational. Overall, I was able to network and be inspired by everyone around me”.

- Thank you, **Nick Tumarao, El Camino College**

“I would like to thank PNASC for being so welcoming and allowing me the opportunity to be part of this event. I had a good time participating in the College Bowl and enjoyed the speakers. They all provided good directions and insight in the evolving field of nursing.

Everyone I met and encountered were very kind. Everyone looked so happy. My goal for attending this event was to learn about PNASC. I have learned the benefits of being involved in the community; participating in these types of organization is very helpful because it allows you to grow, meet new friends and learn about new skills and opportunities; learn the values of humility, kindness and passion in nursing; the hard work and dedication that each and everyone have overcome to achieve their dreams. I have been inspired and through hard work and dedication, I too, will reach my dreams!”

- Sincerely, **April Tapia, El Camino College**

“The College Bowl was fun and enjoyable. I felt a little nervous sitting in front of everybody but after a few questions, it became more comfortable and I was able to think bout the questions and answers more carefully. Overall, it was a great and friendly experience competing with other schools. “

- **Russell Bubac, LAC+USC School of Nursing LA County College of Nursing & Allied Health**

“Participating in the PNASC College Bowl was such an exciting and inspiring experience. It challenged me to better understand NCLEX style questions and help prepare me with knowledge I will carry with me as a future nurse. I am grateful and honored for the opportunity to participate in the first College Bowl and makes me proud of the success of Filipino nurses!

- **Jasmine Wong, UCLA**

“Participating in the College Bowl was an amazing experience!

I had so much fun and really enjoyed the challenge. Thank you PNASC for having me.

- **Diana Blandon, CNI College** (Achieved perfect score as the 1st College Bowl Winner)



College Bowl Contestants

In memory of...



May 19, 1943 – April 23, 2018

Leticia Jue was Past PNASC President 1983-85.
“She became the first Filipino nurse to serve on the pioneer State Board Review Panel (SBRP) which found that up to 60% of test items were flawed. Under her leadership, implementation of the changes vigilantly pursued while her work with SBRP continued for several years.”

-PNASC Golden Jubilee book 2011

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

In memory of...



Dr. Maria Rosario Gonzales, MSN, Dr Ph

June 23, 1950- May 3, 2019

Dr. Maria Rosario Gonzales, an extraordinary woman will always be remembered by her colleagues, friends and the global community she had served with deep love and respect.

Maria, also known as Chit or Charito, was warm and compassionate, with a wonderful sense of humor. She was always eager to help others. Independence, courage, determination, loyalty, sensitivity and generosity are words that describe her character. She rose and met life's challenges with courage, toughness and resilience. Such qualities captured almost everything that made her special and unique.

She was serious in life and had set a high standard in her nursing profession. She had work ethic and drive for perfection; expecting only the best! Maria's passion in life and legacy are notable as evidenced by her contributions and significant impact to nursing and society.

First and foremost, Dr. Gonzales was recognized for her dedicated service to her country as Captain in the US Air

Force. She also cared for veterans while working for many years until retirement at the Department of Veterans Affairs Healthcare System.

Her numerous contributions to the Nursing profession in various roles as Leader, Educator/ Mentor, scholarly Writer/author were noted as follows:

Developed continuing education programs as officer and life- time member of PNASC

Served as Secretary of PNA of America, 2004-2006. Also Chaired the Bylaws Committee in recent years.

Provided guidance in the formation of PNA Orange County Chapter and was Executive Director until the time of her passing.

As member of the Board of Trustees, PNAA Foundation, she donated \$10,000 in honor of her parents, Moises and Rosita Dolores. She also successfully coordinated the PNAAF Collaborative Conference held this year in Davao City, Philippines.

Maria lived her life the best she can with purpose and dedication. A remarkable woman who always held her head high and gave endlessly to those around her. Her values, loyalty and commitment to people to the very last day of her life were truly inspiring. She had a short life that was exceptionally well lived. She will live in our memories and our hearts forever!

Excerpt from the Eulogy delivered on May 17, 2019 by:

Mila C. Velasquez, Past President and Member, Advisory Council of PNAA and PNASC



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PNA of America**

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CALENDAR OF EVENTS 2019

Jan 13	West LA Subchapter, Hygiene Kit Drive Los Angeles, CA
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 Almanson Court, CA
Jun 1	Kalayaan, Inc Grand Gala Los Angeles, CA
Jun 8	Kalayaan Celebration Carson, CA
July 24-28	PNAA 40 th Annual Convention Atlanta, Georgia *
August 10	Family Day Lakewood, CA

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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