



THE HERITAGE

PNASD
C.A.R.E.S

Compassion,
Authenticity,
Respect,
Equality,
Service

OFFICIAL NEWSLETTER OF THE
PHILIPPINE NURSES ASSOCIATION OF SAN DIEGO

FALL 2022

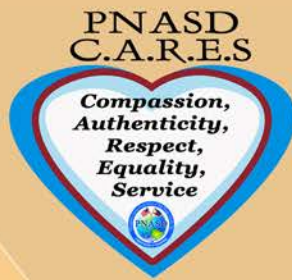


Gratitude

Blessings

Grateful





President's Message



Dear colleagues and friends of PNASD,

Christmas comes but once a year, as we spend time with those we love, let us reflect and cherish all our blessings, be mindful that Christmas is a time of giving. Our TIME could be the most precious gift that we can share to our love ones.

As your President, I will continue my gift of time and commitment to PNASD, with the high hope and trust that you, our members, will be inspired to do the same. In the spirit of the holidays, I wanted to take the time to acknowledge...

Our volunteers, friends, partners and supporters. Thank you for your support of PNASD. As a 501(c)(3) nonprofit organization, we mostly rely on donations and sponsorships. Your support are your invaluable gifts that makes us stronger as an organization.

To our members, you are the strength of our organization. Thank you for your time, effort and commitment. The new generations have added something special to PNASD and your engagement makes us grow.

Here's to a wonderful New Year ahead. I hope we welcome 2023 with optimism, kindness and understanding. Given our 48-year history, I'm sure that our efforts and drive will continue to make a difference so long as we remain guided by our core values of Caring, Excellence, Integrity, Service and Inclusiveness.

From my family to yours, we wish you all a very Happy and Safe Holiday. My the coming year bring us all joy, peace, happiness and good health. .

Always know that PNASD C.A.R.E.S (Compassionate, Authentic, Respectful, Equality, Service)

Sincerely,


Perly Aguinaldo

Message from Editor in Chief

Hello PNASD Members!

Thank you for reading the Fall 2022 Heritage Newsletter! We have great articles showcasing what PNASD has been doing, including community volunteer and educational events! My name is Christine Dozier and I am one of the PNASD Student Leadership Council (SLC) members as well as the Editor-in-chief for this newsletter, *The Heritage*. I have been part of PNASD since 2021 and I graduate nursing school in February 2023 with a Bachelor of Science in Nursing. With the help of my amazing team, I am excited to continue producing *The Heritage* newsletter for you all and continue making fond memories for our PNASD organization.

Christine Dozier



Editor-In-Chief
Christine Dozier



Co-Chair
Ariane Cagampan



Graphic Designer
Dorothy Brown



Adviser
Maria Camilon

A Simple Celebration of a Deserving Scholar

By

Cris Escarrilla, MSN, BSN, RN

On June 18, 2022, PNASD held its 48th Anniversary, Induction of New Officers, Nurse Excellence, and Scholarship Awards Gala. There were 8 deserving scholars who met all the criteria to receive this award.

It has been PNASD's criteria for scholars to be present at the awarding ceremony since we do not normally do little gatherings to award and celebrate every scholar individually. One that we will continue to uphold moving forward.

However, there is one particular recipient who was unable to attend due to family reasons and was actually out of town on the day of the gala. His sponsor from Rady's Children's Hospital expressed her desire to be present if and when the scholarship award and certificates were delivered. Thereupon, at the earliest available date, the education committee planned a small and intimate celebration led by Cris Escarrilla, Chair of the Education and Scholarship Committee.

On August 11, 2022, at 12 noon, in a beautiful outdoor venue, the mini-celebration commenced. PNASD President Perly Aguinaldo presented Joseph Villanueva with his Certificate of Scholarship Award, Erlinda Mascardo, BOD Liaison presented the Certificate of Recognition from the San Diego Mayor Todd Gloria, and his sponsor from Rady's Children Hospital Joni Malabrigo, RN Supervisor, presented his scholarship check. Other members who came and supported the event were Dorothy Brown – PNASD Corresponding Secretary, Rose Cruz – Chair Nurse Excellence committee and member of the Education Committee, and Lourdes De Perio – member Education Committee.



Joseph received his scholarship check from sponsor Joan Malabrigo, with Cris Escarrilla.



Joseph Villanueva with PNASD President Perly Aguinaldo



Joseph V. receiving his Certificate of Recognition from Erlinda Mascardo, BOD Liaison



L-R Front row: Rose Cruz, Chair of Nursing Excellence Committee, and Lourdes De Perio, member of Education Committee.

L -R Back row: Cris Escarrilla, Perly Aguinaldo, Joseph Villanueva, Joni Malabrigo, Erlinda Mascardo and Dorothy Brown.

Joseph is a role model among his fellow classmates and those interested to go into nursing. Nursing is his lifelong dream that he put on hold to support his growing family first. After many years, he fulfilled that dream as he graduated from the ADN program in May 2022 from Southwestern College. Managing 2 jobs and caring for his family, Joseph still managed to mentor first-year nursing students while pursuing his own dream. He is also very active as a member of the PNASD student leadership committee. He will be pursuing his BSN program through Grand Canyon University, with an expected graduation of July 2023. Furthermore, Joseph just recently passed NCLEX and is now a Registered Nurse.

It was a memorable event for Joseph indeed. He was full of gratitude and stated will continue to support PNASD activities in the future. His perseverance and determination are admirable. This is another reason why PNASD will continue to support our nursing students who may be juggling the financial burdens of school and supporting a family yet is determined to pursue nursing as their profession. To all our partner sponsors who continue to provide us with the funds necessary to grant scholarship awards to deserving nursing students, we salute and thank you for your support.

**PNASD celebrates Annual Picnic
Dorothy Martinez Brown, RN
PNASD Corresponding Secretary**

PNASD held its annual picnic on August 14, 2022, at the Hilltop Community Park, in Rancho Peñasquitos under the leadership of our current President, Ms. Perly Aguinaldo. Members brought a dish to share, and PNASD bought several food dishes for the event. We have so much food for everyone to enjoy and to take home.



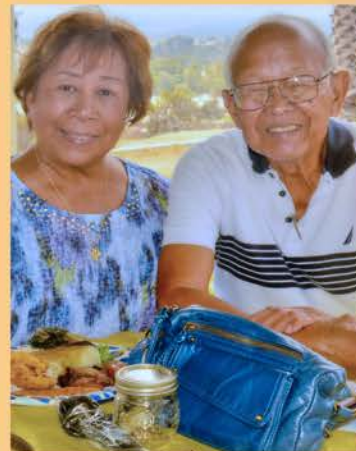
Immediate Past-President Crisabel Ramos presented Britney Taganas and Dr. Merlie Ramira with a PRIDE Award from the PNAA Inside Edition Newsletter committee chaired by COL (Ret.) Bob Gahol.



President-elect Emeline Yabut chaired the successful event with camaraderie, networking, and fun activities, including singing, dancing, and games. PNASD leaders welcome new members, families, and friends. What a great picnic face-to-face celebration post-COVID-19 pandemic!







PNASD promotes Personal and Professional Mental Health Wellness
By Jay Larrosa, MSN, PHN, RN-BC, ACM-RN, FACDONA
PNASD Chair, Mental Health Advocacy Committee

PNASD and its Committee on Mental Health Advocacy (MHA) continues to grow as an effective advocate, resource, and partner when it comes to mental health. The MHA Committee recently provided part two and three of its four-part mental health education series to peers on June 25, 2022. The session was led by Dr. Virtud Oloan, an Advanced Practice Nurse in Behavioral Health who has been very passionate about caring and teaching. She finds joy in caring for those who are emotionally troubled and confused; and finds satisfaction in mentoring nurses about the therapeutic use of the self. Dr. Oloan presented on "Living a Mentally Health Life."

Welcome and Introduction

Jay Larrosa, MSN, PHN, RN-BC,
ACM-RN, FACDONA
PNASD Chairman Mental Health
Advocacy Committee

PNASD President

Perly Aguinaldo, BSN, RN
PNASD President 2022-2021

Guest Speaker

Virtud Oloan
BSN, LIB, M.A. Ed, PhD, PMHN,
RN-BC
Advanced Practice Nurse,
Behavioral Health

Part two focused on the mental health of individuals on a personal level as it relates to their unique selves, their family, friends, and the community. Resiliency, healthy choices, and lifestyle factors as well as effecting mental health and overall well-being, present tools that promote mental health, identify warning signs when and how to seek help were covered.

The speaker for part three presented on the mental health of healthcare professionals, as it relates to their unique selves, their work environment, their professional roles and responsibilities, and the challenges and/or unique pressures from relationships with the patient, family members and employers.

Furthermore, attendees learned that per Mary Townsend, "the successful adaptation to the stressors from the internal & external environment, evidenced by thoughts, feelings and behaviors that are age

appropriate and congruent with local and cultural norms”. Dr. Oloan also shared that stress needs to be effectively managed for a better mental health.

Attendees learned, too that poor mental health impacts workers and can result into absenteeism, increased error rates and accidents as well as increased disciplinary problems to name a few. As nurses, we can experience compassion fatigue- a process by which we become less emphatic and compassionate towards our patients. We need to recognize the physical, emotional, and psychological triggers that can create compassion fatigue and we need to be able to effectively apply strategies in treating compassion fatigue. Difference from compassion fatigue versus burnout was discussed as well. We need to be familiar on how to locate the services needed such as Human Resources, health insurance and national helpline.

Participants were asked to continue to build their own toolbox on mental health and this is one of the reasons why the committee is providing as much education on mental health. There were ten tools that were shared that day to manage stress better and promote mental health such as connecting with others, getting physically active, eating well, and getting professional help if needed to name a few. There were several important resources that were shared such as the Friends Resource Helpline: (619) 543-1434 and the National Suicide Prevention Lifeline 1-800-273 TALK or 1-800-273-8255. The other numbers from part one of the series were shared again, San Diego Access and Crisis Line is (888)724-7240 and 911. It is important to remember, too the do’s and don’ts when family or friends are experiencing psychological/emotional disequilibrium.

Part four of the mental health education series will be on July 23, 2022, with three speakers presenting: Dr. Michael Krelstein, Dr. Renato dela Rosa and Hazel Quinones, MSW. They will be presenting on Mental Health Awareness through Community Partnership.

Once the four-part mental health education series offering to peers is completed, MHA committee’s and PNASD’s overall goal can soon be achieved: Promote mental health wellness and raise awareness of the existence of mental and behavioral disorders by being an advocate and a resource to individuals, families, and community on accessible, caring and culturally competent services.



MHA Planning Committee members

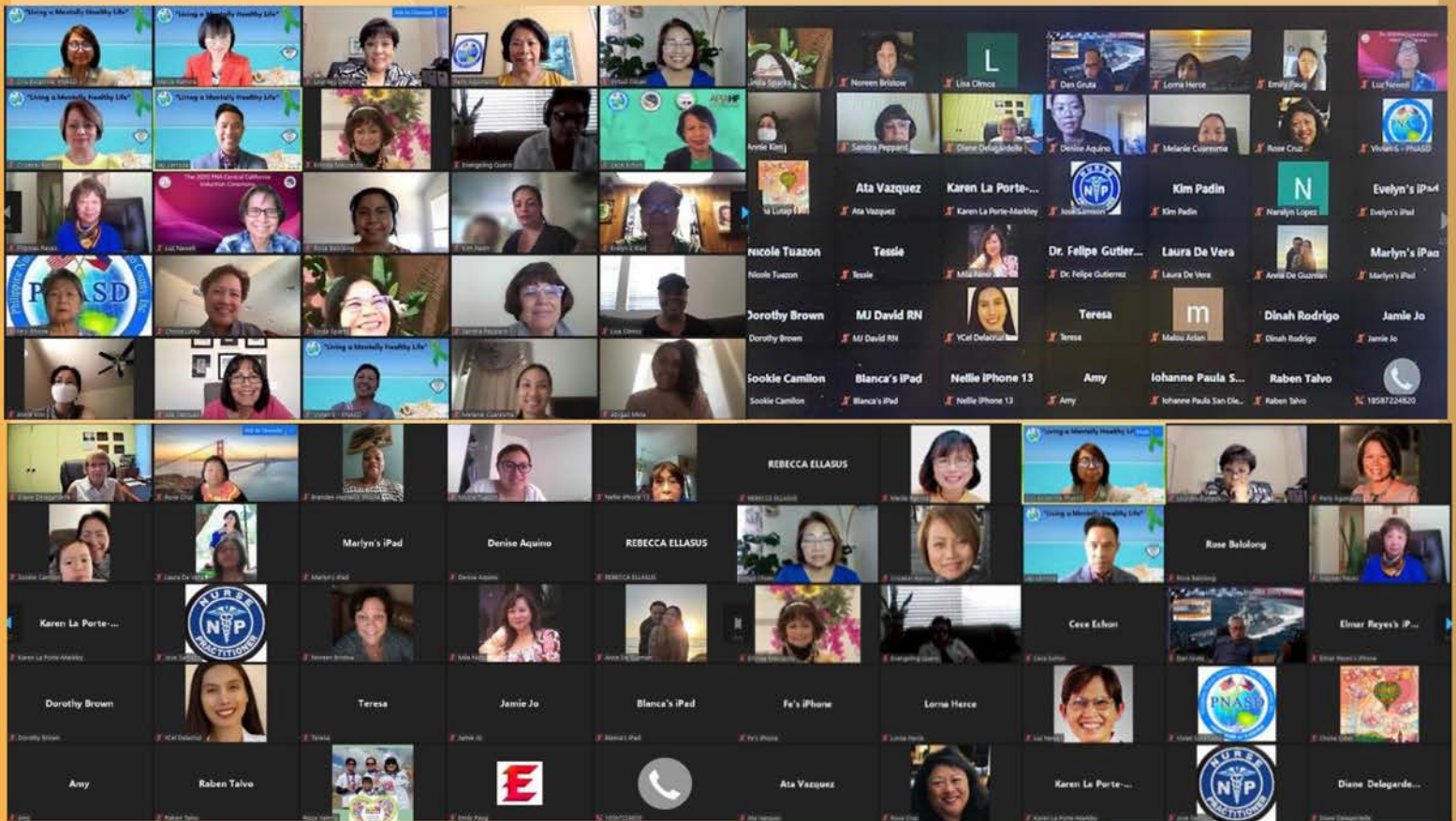


Photo session with attendees

PNASD Joins the Special Feast Celebration of the
Our Lady of the Rosary of Manaoag, San Diego Charter
Reggie Cagampan, MSN, APRN, CPNP-PC



Once again, the Philippine Nurses Association of San Diego (PNASD) showed its untiring support and engagement to the community. When it comes to the community service, whether COVID-19 vaccinations, health educations and promotions, local military affairs, or cultural events, PNASD is always at the front line. This time PNASD participated and supported the religious event, the Devotees of the Our Lady of the Rosary of Manaoag, San Diego Charter.

On August 12th and 13th 2022, the Devotees of the Our Lady of The Rosary of Manaoag San Diego, had a special feast for the Our Lady of the Rosary of Manaoag. Both days were attended by hundreds of people not only from the San Diego area but from the neighboring county. The first day was a testimonial dinner with the Archbishop of Manila, his Imminence Jose Cardinal Advincula, Jr. During this testimonial dinner, the Cardinal gave a touching and inspiring message as well as encouraged everyone to continue praying the Rosary for peace for the whole world. And of course, the night will not be complete without a photo session with the Cardinal, where our PNASD team had a chance to talk to the cardinal and took photos with him. The Cardinal expressed his gratitude with PNASD for its service to the community and for everything the nurses did during the pandemic. The Cardinal expressed with sincerity, "Thank you for being the front liner and for taking care of us".

The second day was a procession of the statue of the Our Lady of Rosary of Manaoag, followed by a pontifical mass officiated by Cardinal Advincula and concelebrated by several priest. This event was held at the Saint Gregory the Great Church in Poway, California. Following the pontifical mass was a luncheon with the Cardinal.

Led by our President Perly Aguinaldo, PNASD was well represented during these two-day events in support for the Our Lady of the Rosary of Manaoag. During the Testimonial dinner, one of the PNASD officers, CDR Reggie Cagampan served as the Master of the Ceremonies. In addition, several of the PNASD members also volunteered in the preparation for the luncheon, decorations, and setting up the photo backdrop. The Special Feast of Apo Baket was a success, and everyone went home feeling blessed.

PNASD Members at Dr Camacho's Appreciation Day
Charina Butler, RN
PNASD PRO

Dr. Ben Camacho, former president of the Philippine Medical Association San Diego (PMASD), hosted his 12th annual gala on Saturday, July 30, 2022. Dr. Camacho introduced and launched his new book, *Tribute to a Great Leader*.

Members of the Philippine Nurses Association of San Diego (PNASD) attended the event. The evening's entertainment came from Filipino artists and singers, which included Dingdong Avanzado and Vina Morales. The audience was wowed!

Dr. Camacho is a beloved and humble person. He is also a philanthropist and cardiologist. Currently, he is the president of the Paradise Valley International Medical Mission. The event was at Dr. Camacho's home in Bonita. *Other San Diego community groups, leaders, and friends of Dr. Camacho also attended the special night.*



Nurse Teamwork at Its Finest!

Mylene Ruiz, RN, MSN, ACHPN, FNP-BC, GNP-BC

Board Certified Nurse Practitioner in Family Practice, Geriatric Medicine, Hospice and Palliative Care

The Philippine Nurses' Association of San Diego had their very first "Flapjack Fundraiser - Short Stacks for a Tall Cause" in collaboration with the Mira Mesa Applebee Restaurant on Saturday, August 27th. A fundraising program since 2008, this popular neighborhood restaurant has been helping non-profit groups raise money by offering their dining facility on non-operating hours by selling set breakfast plates. The restaurant provides the venue and kitchen staff. The organization sells tickets and members work as servers.

As I walked into an almost empty restaurant, several nurse members were lined up, ready to go to work. It reminded me of my first day of nursing clinical 25 years ago. The excitement, the anticipation and the readiness to take on a task was palpable. It did not matter what role was assigned, every member of the group accepted the challenge regard less if they were tasked as a hostess, a server, or a busser. What mattered was to provide a wonderful experience of service to whoever comes at the door. Thirty minutes later, the restaurant was in full capacity. Every seat was taken, every table was occupied. Each nurse was on their toes and what strike me the most was the teamwork that I witnessed while everyone (though most of the members admitted this was their first time doing this), all took their roles seriously, focused on the details of their job, and made sure they lend a helping hand to those who appeared to be overwhelmed with the task. They took care of each customer the best they can, treating each customer like a patient, and while doing so, did not fail to overlook the needs of each other. When a server had to take orders from a new group of customers, someone else volunteered to take the plates to the adjacent tables that were waiting for their food. When a server ran late with their plates from the kitchen, others voluntarily offered their plates to those who were waiting longer. Historically, we know that nurses have always been highly regarded in our profession because it is a calling more than a career. Nurses tend to be selfless, by going above and beyond the call of duty to meet the needs of others and their colleagues and are genuinely caring and compassionate. What I experienced that day was a group of nurses working together for the common good, made a seemingly overwhelming goal and unmanageable task seem realistically attainable, and it made me feel proud for being a nurse and for being a member of this organization. In our lives and careers, we often are made to give more than we receive, and even in this humbling situation, we continue to demonstrate our selfless act, a deep and natural desire to show kindness and compassion toward others, and the willingness to help no matter what it takes. Behind a successful group is an effective leader who leads by example, acts decisively, fairly delegates tasks, and is confident and respectful. Madam Perlita Aguinaldo, the President of Philippines Nurses Association of San Diego exudes these leadership traits that were evident at the fundraising event. She remained poised, engaged, empathetic and respectful with her members and supporters despite challenging and stressful situations. She demonstrated an optimistic attitude of support, encouragement and empowerment that made this fundraising event a huge success. It truly was a nurse teamwork at its finest and a memorable event for the books! To all our supporters from the community, we are deeply grateful for your presence, participation, and donations. We look forward to your continued support and your unwavering commitment to our future fundraising efforts.

NurseTeamwork at Its Finest!



NurseTeamwork at Its Finest!



PNASD at the Filipino-American Friendship Day
Nio Noveno, PhD, NP-C

The Philippine Nurses' Association of San Diego (PNASD) has always been an advocate for preserving and promoting Filipino culture. On August 6th PNASD celebrated and participated in the 2nd annual Filipino-American Friendship Day at the Liberty Station. This is one of the many ways PNASD collaborates with other community partners that serves the San Diego community. Leaders and volunteers provided first aid care, blood pressure screening and health education to the community.

There was a parade of all the event organizers, community leaders and volunteer participants. The hot summer weather did not hamper the intensity and high energy of all the people present.



The day was filled with fun and a variety of activities. It started with a program and the usual speeches. There were talented guests who performed song and dance numbers. The band provided the music for the festivities. They even had local artists who performed their own songs.

The highlight of the event that made an impact on me was the recognition given to a US Naval destroyer named after a Filipino, Telesforo Trinidad. He was a Filipino fireman who showed heroism in the face of difficult times during his time as a firefighter. This was 107 years in the making. A long-time coming to recognize this inspiring act that saved the lives of others. Filipinos represent the largest minority recruits in the Naval service history. This recognition is not only an honor for the Filipino-American in the military, but to all the Filipinos worldwide and the Philippines at large.

PNASD supports and acknowledges Filipino achievements. Personally, I am so proud of what my *kababayans* are achieving in their respective fields. This is more than inspiring; it gives me more motivation to aspire greater achievement in helping our community and serve mankind. This is one way of honoring my heritage.

On a personal note, I am very delighted to be back home here in San Diego after being away for a few years. I am back to the place where I consider home and to the people whom I consider as my new family, PNASD.

Volunteering with other high-spirited members have made my days more meaningful. There were retired members, leaders, new members, and student volunteers who took turns in running the PNASD first aid booth. Moving forward, I will participate in as many meaningful community, social and professional activities as I can. When I connect with a diverse group of people, it gives me room and opportunities for growth in both my professional and personal life.



Jay Larrosa...PNASD Nurse Leader Caring Through Case Management
Lourdes DePerio MSN, RN
Merlie Ramira DNP, FNP-C, CEN
PNASD Past Presidents



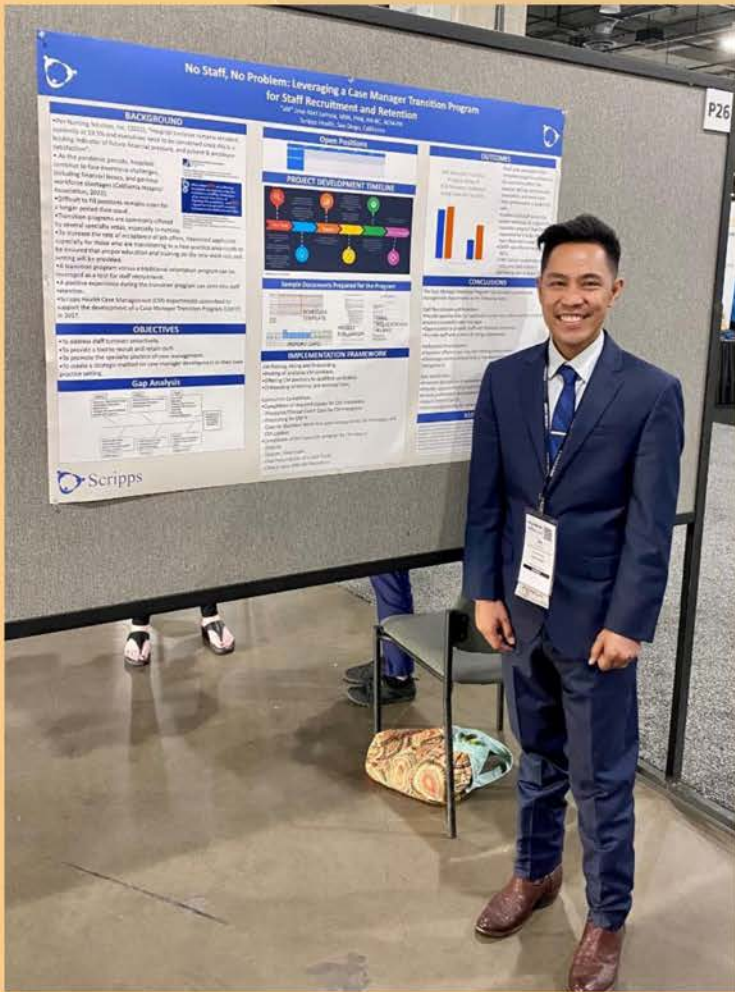
Jay Larrosa, MSN, RN-BC, ACM-RN, PHN, FACDONA

Case managers work to meet patient needs through assessment, coordination, and planning and by evaluating the available options and services. Their involvement helps patients and caregivers make the best choices to manage the complex world of healthcare. Cost is a significant concern, but case managers should not focus solely on reducing costs. Instead, as these professionals advocate for the patient, they can help extend cost savings and other benefits to support systems such as insurance companies and hospitals (Nursing 2022)

The Philippine Nurses Association of San Diego County inc. (PNASD) presents Jay Larrosa as our nurse for FIL-AM History Month. As a nurse for over 23 years with a wide range of experience in leadership and management, he began his career working in long-term care and acute care settings and eventually expanded his experience practicing in the specialty area of case management for the last 15 years in an acute care setting, with the previous eight years as a project manager for system care management at Scripps Health in San Diego, California supporting five hospitals. He created and developed the Care Manager Transition Program.



As a leader in case management and transitions of care at the county, state, and national levels, he became a member of the American Case Management Association (ACMA) in 2013 and served as one of ACMA's National Board of Directors for the term 2021-2023 and became President for ACMA's Southern California for term 2016-2018. The organization received its first Chapter Merit Award during his term as president. He provided educational and networking opportunities for chapter members and became involved in the ACMA Chapter Mentor Program.



Tools and Resources

Suicide is Preventable
<https://www.suicidepreventionable.org>

Check your Mood
www.CheckYourMoodSD.org

Mental Health America
10 proven tools that can help feel stronger and more hopeful
www.mhanational.org/ten-tools

Human Resources at workplace
Ask for available mental health resources either directly through the company or through a health insurance

Health Insurance
-Ask if mental health needs are covered

Family and Friends
DO NOT
-ignore, make assumptions, jump to conclusions, diagnose

DO
-focus on their words and behaviors
-focus on your observations, and your feelings about them
-listen without judgment
-make suggestions about seeking help

Avoid asking:
"What's wrong with you?"
Instead, ask:
"What happened to you?"

The Philippine Nurses Association of San Diego, Inc. (PNASD) made 2022 the year to address matters formally and proactively on mental health with the creation of a Mental Health Advocacy (MHA) Committee.

Mission:
PNASD advocates for mental health through education, access to resources, and community partnership.

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

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

Mental Health Matters!

"Your mental health is just as important as your physical health."

[#breakthestigma](#)

What is mental health?
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.
<https://www.cdc.gov/mentalhealth/learn/>

Why is mental health important for overall health?
Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.
[CDC Website](https://www.cdc.gov/mentalhealth/learn/)
<https://www.cdc.gov/mentalhealth/learn/>

What causes mental illness?
There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

[CDC Website](https://www.cdc.gov/mentalhealth/learn/)
<https://www.cdc.gov/mentalhealth/learn/>

How common are mental illnesses?
Mental illnesses are among the most common health conditions in the United States.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

[CDC Website](https://www.cdc.gov/mentalhealth/learn/)
<https://www.cdc.gov/mentalhealth/learn/>

Tools and Resources

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline
San Diegans are now able to call 988 and be connected to a trained counselor who can help them and connect them to services in the area where they live. **This new service is in addition to the County's Access and Crisis Line (ACL) at (888) 724-7240.**

Center for Disease and Control Prevention
<https://www.cdc.gov/mentalhealth/index.htm>

PNASD Mental Health Advocacy Committee
<https://pnasandiego.wildapricot.org/Mental-Health-Resources>

2-1-1
Call 211 or visit www.211SanDiego.org

County of San Diego Behavioral Health Services
www.sandiegocounty.gov/behavioralhealth/
County's Access and Crisis Line (ACL) at (888) 724-7240
Dial 711 (T-T-Y)

It's Up to Us
www.up2us.org

Primary Care Providers
During your appointments, ask for the at least one of the following to be completed:
-Patient Health Questionnaire (PHQ)
-Adverse Childhood Experiences (ACE)
www.AcesAware.org

Case management is always Jay's passion. His continued work in this service led him to several positions on the hospital association's case management committee and as a California Hospital Association's Case Management member. He was appointed Vice-Chair of the Hospital Association of San Diego and Imperial Counties' Case Management Regional Workgroup in 2020. As a member of these committees, he continued to advocate for the needs of communities and other professionals in case management and transitions of care practices, especially during the Covid-19 global pandemic.



Jay's professional experience did not limit him to serving in the realm of case management. With his love of community service, Jay accepted the role as the Chairman of the Philippine Nurse's Association of San Diego (PNASD) Mental Health Advocacy Committee (MHA). This committee is the first of its kind in response to providing education, understanding, and awareness of mental illness and mental health. Active and committed core members signed on to be involved. Jay and members developed the MHA Mission statement: to raise awareness of the existence of mental illness, to provide support, resources, and accessibility, to empower the family and the community living with the challenges of mental health disorders through education, and to provide caring and culturally competent mental health and wellness services. He developed three Mental Health Education Webinar series and invited speakers who are experts in the field of Mental Illness and Mental Health. Upon completing the education series, Jay finalized the Mental Health brochure entitled "Mental Health Matters," a resource material for distribution during community outreach activities. Mental Health and Wellness Community Fair is on Jay's calendar of events for 2023 and is currently in its logistics planning stage.



Jay Larrosa's presence as a nurse, a case manager, and a community leader demonstrated his purpose to make a difference in patients' lives and collaborate with dedicated stakeholders. He learned to effect change for the good of many and ventures that promote holistic wellness. He is a model of humility, kindness, professionalism, strong leadership skills, and confidence to achieve positive outcomes. He is well deserving to be included in Fil-Am History Month. PNASD is forever proud of Jay Larrosa for leading this organization for years to come... **a TRUE PNASD PRIDE.**

PNASD Dr. Merlie Ramira ... "Making a Difference One Day at a Time"

Lourdes DePerio MSN RN

PNASD Past President



Merlie B. Ramira, DNP, FNP-C, CEN
County of San Diego COVID-19 Vaccine Clinical Advisory Group

Interim Nurse Evaluator IV and Field Office Administrator
Clinical Assurance Division, Department of Health Care Services
San Diego Field Office

The Philippine Nurses Association of San Diego County, Inc (PNASD) is never short of stellar leaders who will make a difference one day at a time to move the organization to the forefront of science and technology. Dr. Merlie Ramira, DNP, FNP-C, CEN, has significantly contributed to changing practices to align the organization with future trends, practices, and global healthcare demands.

As a former PNASD President from 2014-2016, Dr. Ramira transformed the logo to reflect the mission and core values of the organization, updated the membership category to inclusivity to all RN members, and organized the Student Leadership council. She is an adviser to the students, guiding them as they pursue their education. After her tenure as President of PNASD, she became the Philippine Nurses Association of America (PNA) Western Region Vice-President. She visited several chapters, assessing their needs and progress and helping create programs for their members while simultaneously reigniting and reactivating members' interest in joining PNA and creating additional chapters for PNA. During 2020 amidst the Covid-19 pandemic, she volunteered as Chair of the Planning Program, PNA Virtual National Convention, July 2-5, 2020, which achieved a remarkably successful outcome being the very first virtual experience in the history of PNA. She remains active with PNA as a member of the APN Committee, PNA Legacy, Adviser to PNA Western Region, and other PNASD committees.

Community Conversations on COVID-19 Vaccinations

Monday, June 28 at 1pm HT / 4pm PT / 7pm ET

Featuring:



Dr. Dominic Mack
Morehouse School of Medicine



Dr. Merlie Ramira
Philippine Nurses Association of America Foundation

Facilitated by:



Juliet Choi, President and CEO
Asian & Pacific Islander American Health Forum

This event will have Tagalog language interpretation available

Register at: bit.ly/juneCommunityConversations



During the pandemic, San Diego Health and Human Services appointed her as a member of the County of San Diego Covid-19 Vaccine Clinical Advisory Group. She also serves as PNASD Adviser to the Covid-19 Task Force. During the height of the Covid-19 pandemic, Dr. Ramira contributed to promoting PNASD locally and nationally by providing vaccination and education to diverse communities. She developed webinar programs on Covid-19 in collaboration with the Philippine Nurses Association of America (PNA), Philippine Nurses Association of America Foundation (PNAAF), Asian American Pacific Islander Health Forum (AAPHF), County of San Diego, and Sharp Healthcare. Her outstanding work in the community, among healthcare professionals, and the public did not remain unnoticed by the county. She received an award from Dr. Wilma Wooten of the County of San Diego 2022 Live Well 21st Annual Public Health Champion Awards Ceremony. As stated by Dr. Wilma Wooten, MD MPH, Public Officer, Public Health Services San Diego County, "the honor has been bestowed in recognition of your tireless efforts in developing recommendations for the equitable allocation of the Covid-19 vaccine in our region."



Posters Presentation

Diversity, Equality, and Inclusion had always been her focus in practice. In June 2021, Emergency Nurses Association (ENA)-Connection published an article titled, Culture of Care featuring Dr. Ramira. In the article, she mentioned that Filipino nurses brought their community-oriented perspectives (Bayanihan) to their workplaces. They are culturally reluctant to say no if someone asks for help; if supervisors ask them to work overtime or an additional shift, they will gladly say yes to help their co-workers and to take care of patients."

On the academic side of her career, she is a former director and nursing professor in the Master of Science in Nursing/Family Nurse Practitioner Program at the United States University in San Diego. Her passion for diversity and inclusivity resulted in a research study. The Journal of Cultural Diversity published a peer-reviewed article titled "Challenges, Barriers, and Satisfiers of Foreign Educated Physicians Transitioning to the Family Nurse

Practitioner's Role in the United States." The study reflects her passion for making a difference in the success of nursing students beyond borders. Graduates from this program are now working as family nurse practitioners and making a difference in health care. Through USU initiatives, Dr. Ramira and a colleague visited several schools and hospitals in the Philippines and met with Deans of various universities and nursing students to discuss the online nursing courses and the nurse practitioner program.



Philippine Nursing Students



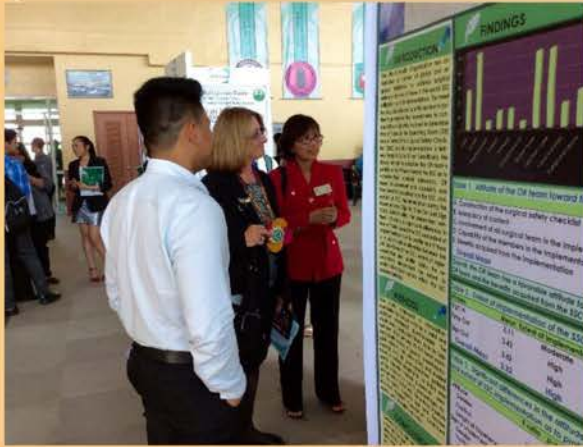
Research Day/Posters presentation with students



Deans from the Philippines

As an adjunct clinical professor at Southwestern College Associate Degree Program in Chula Vista, she continued to share her expertise in Medical-Surgical, Critical Care, and Emergency Nursing. She kept her clinical practice current as an Emergency Nurse Practitioner (ENP) at Sharp Hospital in Chula Vista, California. As a Lead (ENP), she implemented the use of NPs and PAs in the emergency department, resulting in a reduced bottleneck, increased financial reimbursements, a reduced number of patients leaving without being seen, and improved patient satisfaction. Dr. Ramira was recently promoted to Interim Nurse Evaluator IV and Field Office Administrator in the

Clinical Assurance Division, Department of Healthcare Services, San Diego Field Office, managing and supervising nurses in providing healthcare services to Californians.



PNASD Family

Dr. Ramira's outstanding example of a culture of caring and making a difference for PNASD leadership and other committees to succeed and serve purposefully is a gift. She is **PNASD's Nurse Leader for the Fil-Am History Month.**

PNASD Presented "The SILHOUETTE" at the Sigma SoCal Odyssey Research Conference
 Lourdes DePerio MSN, BSN RN
 Dr. Merlie Ramira DNP, FNP-BC, CEN
 PNASD Past Presidents and Board of Directors

One of the visions of the Philippine Nurses' Association of San Diego County, Inc (PNASD) is to promote international collaboration with other healthcare organizations.

An opportunity came about for PNASD to meet this vision when the research project of Cyrus Jed Ramos, BSN RN, Senior Health Program Officer, Department of Health -Ilocos, Philippines, and an emerging researcher when SIGMA SoCal Odyssey Research accepted it as a poster presentation. His research project title is "THE SILHOUETTE: LIVED EXPERIENCES OF PARENTS WITH A CHILD WITH G6PD (*Glucose 6-Phosphate Dehydrogenase*). Cyrus could not come to the United States due to the rigor of the Immigration rules, so he contacted the Sigma organization through Marlene Ruiz, a member of Sigma Theta Tau. Ms. Ruiz contacted Dr. Merlie Ramira and Lourdes DePerio from PNASD to represent him at the conference. With the PNASD President Perlita Aguinaldo's interest in promoting the organization internationally, we presented his poster at the 26th SIGMA SoCAL ODYSSEY RESEARCH CONFERENCE last October 13 & 14, 2022, at the Double Tree by Hilton Hotel in San Diego. The conference's theme, "SIGMA 100 Years Strong: Looking Onward, Moving Forward," attracted researchers from various states and countries. SIGMA's (Omicron Delta Chapter) mission statement is developing nurse leaders to improve healthcare everywhere. Their vision states connected, empowered nurse leaders transforming global healthcare.

The SILHOUETTE research study by Cyrus Jed Ramos focused on exploring the lived experiences of parents with a child with G6PD deficiency, an X-linked genetic disorder with a critical enzyme in the pentose phosphate pathway (Bubp et al., 2015). The underlying etiology is associated with key physical and mental health aspects from birth to adolescence, including size and growth, blood pressure, puberty, and serious infections (Kwok et al., 2016). According to the study, G6PD deficiency in the newborn can result in anemia and neonatal hyperbilirubinemia or increased levels of the substance bilirubin in the blood. Because of G6PD deficiency, reduced oxygen flow causes symptoms of rapid heart rate, shortness of breath, dark or yellow-orange urine, fatigue, dizziness, pallor, and jaundice.



From Cyrus' study on his interview of parents with children diagnosed with G6PD, the common theme that emerged from the study was the *umbra, penumbra, and antumbra*. The theme is likened to a Silhouette when parents feel like they are in the darkest moments of their lives upon knowing the diagnosis of their child until such time that they finally accept the reality. They must live with it, like the shadow that does not fade, and that vague feeling will always be there. He recommended that nurses try their best to address the needs of the

parents/caregivers and create an informative, sympathetic, and supportive balance for the mothers regarding G6PD. On the government side, they need to create the National Comprehensive Newborn Screening System Treatment Network and continue testing, education, and follow-up of confirmed cases.

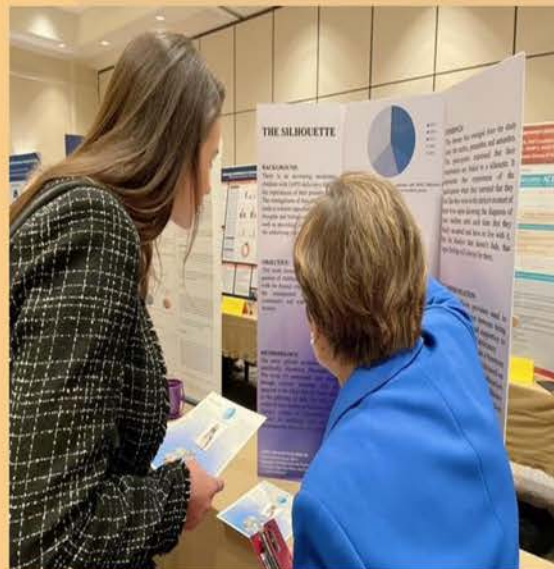


Lourdes, Merlie & Dr. Kathy Hinoki



Gaby, Marlene, Sandra, Ludy & Merlie

On October 13, 2022, the SIGMA SoCal Odyssey conference kicked off with a welcome and special introduction of PNASD as a poster presenter on behalf of Cyrus Jed Ramos. He was unable to join the conference in person. Dr. Kathleen Hinoki, the conference's Chair, called Dr. Ramira and I to stand up and introduce us to the audience. PNASD was not known to the SIGMA circle until this day. Indeed, we were overcome with emotions and pride, being the only Filipino poster presenter on behalf of Cyrus. The keynote speakers on Leadership, Dr. Sara Horton-Deutch, Sigma Board of Director, and Compassionate Care, Dr. Jane Georges, Dean, Hanh School of Nursing and Health Sciences, were knowledgeable and excellent.



On October 14, 2022, the last day, poster award time came. **The SILHOUETTE** garnered **THIRD Place** among the 20 research poster entries. We could not be prouder of his great work. He took PNASD with him on his research journey.



The future of nursing relies on global interconnection, collaboration, and engagement. PNASD is gradually moving in that direction and being at the forefront to make that connection to promote its vision "to promote international collaboration with other healthcare organizations" ... a **PNASD PRIDE**™.

National Coastal Clean-Up Day
Perly Aguinaldo, BSN, RN
President PNASD 2022-2024

One of the initiatives close to my heart is to do something about a “Clean Environment”. The scope of this project is vast. Do we want to focus on beach clean-up, education, community gardening, sustainability, or composting? Dr. Nio Noveno expressed strong interest and support. He promptly wrote a proposal with short- and long-term plans.

September 17, 2022, was declared National Coastal Beach Clean-up day. We collaborated with the “I Love A Clean San Diego Organization”. Despite short notice Dr. Noveno was able to register 18 volunteers. Equipped with pick-up thongs and trash bags, we were assigned to a local community park close to the beach. What an awakening experience!! In just one hour and forty-five minutes, we collected a small truck full of garbage which otherwise would be washed into our ocean. We had a Halo-halo social after our hard work, what a refreshing treat for everyone. Most of the volunteers agreed to become members of our Care for the Environment Task Force. We are in the process of exploring the focus and direction of our initiatives, more to follow.



PNASD joins the Fight Against Breast Cancer
Linda Sparks, MHA, RN
Team Captain - PNASD Making Strides 2022

For many years, PNASD has been an enormous supporter of Making Strides Against Breast Cancer, and once again, on Sunday, October 16, 2022, united as nurses, families, and friends with the communities in San Diego PNASD members walked 2.7 miles early morning on the beautiful grounds of Balboa Park. We joined thousands of enthusiastic walkers with the common goal and dream of winning the fight against this deadly disease. The American Cancer Society started the Making Strides Against Breast Cancer movement to unite communities, organizations, and individuals with the collective goal of ending breast cancer. PNASD is happy to have been a part of this important event.





As I walked today, I thought about close friends, relatives, co-workers, and families who have been deeply touched by breast cancer. I took note of the faces, emotions, and vibes of everyone walking around me, especially families and teams with thoughtfully designed Pink T-shirts honoring people they love. It was quite a gratifying experience. I am so happy to have said "Yes" when Perly Aguinaldo, our PNASD President, asked me to be the Team Captain of "PNASD STRIDES 2022". Our fundraising goal was \$1000; we exceeded this goal and collected a total of \$2,281. Thank you to all our generous donors, walkers, and supporters. As a team, PNASD is honored to continue its support to help the world be free from breast cancer.



PNASD on the Move at the "So Sarap" Festival
Crisabel Ramos, RN, PNASD BOD

The Philippine Nurses Association San Diego (PNASD) volunteers managed the First Aid Booth for the "So Sarap" or "So Delicious" Festival at the Waterfront Park, San Diego, in collaboration with the Council of Philippine American Organizations (COPAO). The words "So Sarap" is a Filipino Festival presented by PASACAT that highlights Philippine History, Filipino arts and culture, folk dances, and authentic foods like Lechon, adobo, pancit, halo-halo, and ube ice cream, to name a few. There was a Filipino Village featuring Bahay Kubo, jeepney, tricycle, barong Tagalog, Filipiniana gowns, jewelry pieces, and other merchandise. A diverse group attended the event commemorating Filipino American History Month. Light rain never deterred about 6,000 people that joined the fun celebration!



1. Mayor of San Diego, Todd Gloria

2. A big crowd of diversified group

3. BP Screening at the PNASD Booth



4. PNASD volunteers in the morning

5. PNASD Volunteers in the mid-shift

6. A New PNASD member volunteered w/ Officers





With Linda Sparks daughters



PNASD evening shift with the Security Guards RN's Luz, Crisabel, and Vivian



PNASD Volunteers in the early evening



PNASD w/ The Filipino Press and PASACAT Director

The event was held on 15 Oct 2022 from 10 AM until 9 PM. PNASD volunteers provided blood pressure screening and 1:1 health teaching as needed. They had three shifts for the whole event, with a total of eleven registered nurses (RNs), two (2) nursing students, three (3) hospital corpsmen, and nine (9) RNs showed interest in joining PNASD. There was no mishap reported during the event. Thank you, PNASD and friends for volunteering.

PNASD presents Fall Virtual Webinar, Theme: "Hospital Nursing and Beyond."

Merlie Ramira, DNP, APRN, FNP-C

PNASD Past President

PNASD Education Committee presented the Fall Virtual Webinar on Saturday, October 22, 2022, with a theme of "Hospital Nursing and Beyond." The virtual seminar described that the future of nursing depends on the roles of the nurse and educational undertakings to adapt to the rapid transformation in the healthcare industry. The online seminar explores trends in the profession, nursing shortage, travel nursing, the aging population, advanced technology, and hospital nursing to specialized care. The nursing leaders expect these new trend patterns to change practices in managing and delivering care and understanding laws affecting nursing practice and professional roles. Ms. Perly Aguinaldo, PNASD President, welcomed the speakers and attendees.




Welcome Address




Perly Aguinaldo, BSN, RN
PNASD President 2022-2024

Dr. Gabriella Magalong-Maldonado spoke on The Future of Nursing (FON) Report, 2020-2030: Charting a Path to Achieve Health Equity. She briefly described the National Academy of Medicine (NAM) Future of Nursing Report recommendations and discussed how the FON report impacts the nursing trajectory. At the end of her presentation, she asked attendees to reflect on one suggestion to develop to enhance their nursing practice. She also discussed the Future of Nursing Report's recommendations that will provide a culture of health to all and achieve health equity. Such recommendations include Social Determinants of Health, the Nursing Workforce, Nurses' Role in Expanding Health Access, Nurses' Role in Improving Health Equity, Paying for Health Equity, Nurse Education, Disaster Preparedness and Public Health, Leading Change, and Nurses' Health and Professional Well-being. She mentioned the Social Determinant and Social Needs, including Upstream, Midstream, and Downstream, with their strategies and tactics as they impact the individual and the community.



The Future of Nursing: Charting a Path to Achieve Health Equity



*Gabriella Malagon-Maldonado,
PhD, DNP, RN, NEA-BC*

*Vice President of Patient Care
Services and Chief Nursing Officer
Sharp Chula Vista Medical Center*

Four panelists discussed the Trends in Nursing: Travel Nursing, Telehealth and Technology, Nurse Navigator, Specialty Nursing, and Increased migration.



Panel – Trends in Nursing

			
Travel Nursing	Telehealth & Technology	Nurse Navigator	Specialty Nursing & Increased Migration
Elmerissa Sheets, BSN Director Talent Acquisition Sharp Health Care	Razel Milo, PhD, DNP, MSN, FNP-C, RN Associate Professor USD Hahn School of Nursing	"Jay" Jose Abel Larossa, MSN, PHN, RN-BC, ACM-RN Project Manager - Scripps Health	Sally Kimpel, MN, RNC-NIC, CNS, CPN, CPHON

Elmerissa Valdez Sheets stated that during the COVID-19 pandemic, travel nursing exploded and became the dominant tool to deal with the surges, especially in states with mandated ratios, on how the bill crisis rates increased up to \$300/hr, which is financially unsustainable for the hospital for a long-term solution. She discussed the benefits of travel nursing, such as filling in for immediate needs and allowing nurses to stay engaged in the nursing workforce. She stated that Travel nursing causes a budgetary impact, and staff RNs perceive a Travel nurse as making significantly more than them, which is inconsistent in clinical practice

Dr. Razel Milo talked about Current Trends in Telehealth, the beginning of Telehealth, accessibility of Telehealth related to the advancement of mobile and electronic technologies. In 2020, the usage of telehealth services increased by 38% due to the COVID pandemic and changes in health policy. Dr. Milo explained key terms such as Digital Health, eHealth, mHealth, Telemedicine, and Telehealth. She also mentioned Telehealth's advantages, such as its use by specialists in an outpatient or inpatient setting and Palliative Care and Home Health. She also presented some issues and barriers of Telehealth, such as security, privacy, HIPAA, device availability and setup, device functionality, physical setup, and workflow and device usage.

Jay Larrosa described the roles of nurse navigators in a hospital setting, the similarities between a nurse navigator and a nurse case manager, and the recall pathways in becoming either. For the similarities, both roles provide individualized assistance, advocating, educating, care coordinators, case monitoring/patient assessment, and community engagement. The differences included conceptualization, care setting, patient population, chronic vs. acute, and service setting. Jay also showed a video about the roles of a navigator from the start when the diagnosis is confirmed, helping the patients make appointments, explaining the disease, and expected treatments and interventions. The navigator looks at the whole patient and implements the best practices to benefit the patient.

Sally Valentine Kimpel presented nursing migration from general to specialty. She discussed the nursing workforce regarding generations and characteristics, the primary practice settings for nurses, common nursing specialties, and the transition of nurses, including new graduates to specialty positions. For the practice settings, she mentioned that the hospital has 55%, ambulatory 10%, home health 5%, nursing home/long-term care 4%, school health 3%, and school of nursing 3%. On primary practice specialties, acute care/critical care 13%, medical-surgical 9%, perioperative 7%, emergency/trauma 6%, and geriatric/gerontology 5%. Sally presented ways for new graduates to succeed, such as applying for the residency program, attending specialty didactic classes on

communication, critical thinking, organizing, and prioritizing, delegating, and supervising, use of preceptors and mentors, and the benefit of feedback and coaching.



Topic: Nursing Legality

Melanie L. Balestra, NP, ESQ

Law Offices of Melanie L. Balestra



Atty. Melanie Balestra, a pediatric nurse practitioner, presented nursing liability, RaDonda Vaught's story, the three disciplinary issues affecting your nursing license, and the three risk management strategies to protect your license. For the potential legal actions for nurses, she mentioned malpractice actions (Owe duty, Breach duty, Injury caused by breach, Damages), disciplinary actions (unprofessional conduct, negligence (gross), and criminal acts. Atty Balestra discussed what determines the scope of practice, including the Board of Nursing, education, clinical training, credentialing, individual experience, and certification. She mentioned RaDonda's case, and the errors made, such as giving the wrong medication, missing documentation, the patient dying, no personal medical practice insurance, no team approach, the hospital lying in its report, no accurate assessment of the situation, and the influence of technology in the electronic health record.

Listening to great speakers, excellent learning opportunities, and earning free continuing education are just a few benefits of being a member of PNASD. Thank you to our speakers and attendees for your support and engagement. Kudos to PNASD Education committee, chaired by Cris Escarrilla, a job well done!



Education Planning Committee



San Diego Asian Film Festival Collaboration - Nurse Unseen
Perly Aguinaldo, BSN, RN
President PNASD 2022-2024

I was approached by the Director of Pacific Arts if PNASD would be willing to sponsor the documentary film NURSE UNSEEN, to be shown during the San Diego Asian Festival week.

I did not think twice, why not? This is a movie intended to recognize the Filipino Nurse, a movie that showcased our dedication and resiliency. It depicts our selfless caring attitude similar to superheroes who are willing to sacrifice our lives. It is this unwavering sense of duty to serve and our sense of obligation to our families back home. The movie also explains the disproportionate number of Filipino nurses who succumbed during this pandemic.

Being a sponsor came with many benefits besides the several advantages open to us.

It was a great opportunity for PNASD to be visible with our community partners.

Thank you to everyone who came to watch the movie and be "SEEN".

NURSE UNSEEN was a sold-out event in part to a great turnout by PNASD members, families, and friends.

Congratulations to several PNAAL leaders in the cast, your messages imparted a great impact to all nurses as well as showing that NURSES know how to have FUN too.

Dr. Mary Joy Dia commented - " CONGRATULATIONS To ALL of US ."





HONORING VIETNAM WAR VETERANS: MY HONOR FLIGHT JOURNEY

Dorothy Martirez Brown, RN
PNASD Corresponding Secretary

Honor Flight San Diego (HFSD) is a non-profit branch of the nationwide Honor Flight Network, which consists of over 130 independent "hubs" across America. HFSD escorts veterans to Washington, D.C., to visit their memorials using funds donated by individuals, foundations, associations, business owners, and corporations who wish to recognize our veterans' contributions and thank them for their service and sacrifice to the United States and its citizens.

The top priority of the trips is to the most senior veterans, currently World War II and Korea War veterans, and to veterans with terminal illnesses. Starting in September 2022, HFSD started taking Vietnam War Veterans and has selected the Navy HA(L)-3 Seawolves to go first.

On November 4-6, 2022, HFSD honored 95 local Vietnam Veterans with an "Award Flight." They are Veterans who earned the Purple Heart Medal or higher personal awards for actions in service. Together with volunteers, they traveled to Washington, DC, to visit and reflect on the Memorials dedicated to their service and sacrifice.

My husband Bob and I were privileged to travel to Washington DC as Guardians of the Vietnam War Veterans. We have been associated with HFSD since 2017 when my Father-in-law was a recipient of the Honor Flight Trip. Since then, we have been involved with fundraising campaigns to augment the flight cost and other incurred expenses for the project.

Guardians play a significant role in ensuring every veteran has a safe and memorable experience. The Guardians are Veterans' "hands, eyes & ears." The duties include physically assisting the veterans at the airport, during the flight, at the hotel, and at the memorials. Guardians also remind the Veterans to take medications, ensure that they are appropriately dressed for the weather and stay hydrated throughout the weekend, and ensure they are where they need to be at the allotted times (airport, dinners, bus, etc.).

The veterans appreciated the role of PNASD, welcoming them upon their return to San Diego. Sharing this experience with active military parents, brothers, sisters, retired, and even your parents and grandparents who passed. It is a privilege and honor for both Bob & me to have done this for them.



Veteran Wesley Breedlove had all smiles when he boarded a well-decorated American Airlines for his Honor Flight to Washington, DC.



From L-R: Veterans Wesley, Kirk and Ken, me, and my husband, Bob. They were paired with us as their Guardians.



Honor Flight San Diego Staff, Veterans, Volunteers, and Guardians at World War II Memorial



Arlington National Cemetery: Changing of the Guards at the Tombs of Unknown



VIETNAM WAR MEMORIAL



U.S. AIR FORCE MEMORIAL



U.S. MARINE CORP MEMORIAL



VIETNAM WAR MEMORIAL



KOREAN WAR MEMORIAL



Baltimore Firemen Honored Veterans on Our Flight Back to San Diego



Almost 2,000 People (Family, Friends, Strangers, and PNASD members) gathered at San Diego Airport and surprised the 95 Veterans with a Welcome Home they never received. It was a moment filled with tears and emotions.



Pacita Barangan, Lorna Herce, and Vivian Sanderlin



PNASD Members at Honor Flight Homecoming

PNASD CDR Reggie Cagampan, together with two veterans, Vickie L., Arelene Cagampan, Dorothy Brown, and Pacita Barangan

Honoring the Veterans
Pat Madamba, RN
PNASD Membership Chair

The Filipino American Retirees of Southern Californian (FARSOC) celebrated their 2022 Veteran of the Year Ball & Dinner Dance at the Four Points by Sheraton Hotel on Saturday Nov. 12th. SKCS (SW) Remegio Macaoay, (USN Ret.) was honored Veteran of the Year 2022. Our very own CDR Reggie Cagampan was honored and had taken an active role in protocols including Color Guard, Sword Detail and Coat of Honor with Veterans and spouses. The evening's Guest Speaker was Gen. Edgar Aglipay, PNP Director (Ret.).

Channel 10 News anchor Melissa Mecija had taken part of Master of Ceremony. It was a well-attended event with over 300 guests including PNASD President Perly Aguinaldo, Crisabel Ramos, Emeline Yabut, Dorothy Brown, Reggie & Arlene Cagampan, Pat Madamba, Vicky Lagula, Tessie Porciuncula, Linda Mascardo, MaryAnn Isidro and Mylene Ruiz. Many family and friends enjoyed the evening of entertainment, live band, DJ and Prizes.



Thank You!

Your Heritage Newsletter for PNASD!

Upcoming Events

Professional Development
Series - Module 2
8:30am
Saturday Dec 10, 2022
Online via Zoom

PNASD's White Christmas
Party
10:30am
Sunday Dec 18, 2022
Tom Ham's Lighthouse

Contact Us

contact@pnasd.org

Social Media

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

Visit Our Website

www.pnasd.org

Next Edition:

Thank you for staying up-to-date with PNASD and our events. We love to share wonderful memories from our organization and are excited to make more with you!

We are looking forward to sharing the next Heritage Newsletter where we will be showcasing the memorable events of PNASD! Thank you!

XOXO
Christine and Ariane



Reminders

Click the link or scan the QR code below to see more pictures of the events from this July's special edition!



https://drive.google.com/drive/folders/ILFRwUj_j5cjsEykvUMH318PbXzEXy-W3?usp=sharing





**Professional Development
Series: Module 2
FREE SEMINAR via ZOOM
December 10, 2022 0830-1245**

COURSE DESCRIPTION

This course is designed for nurses to successfully enhance core competencies.

PROGRAM

- **Team Building** Eugene Querido, RN & Asher Apurillo, MSN, RN, CCRN
- **Mentorship:** Priscilla L. Sagar, EdD, RN, ACNS-BC, CTN-A, FAAN
- **Conflict Resolution** Noreen Bristow, MSN, PHN, RN
- **Delegation:** Cris Escarrilla, MSN, BSN, RN
- **Emotional Intelligence** Marlene Ruiz, MA, BSN, RN
- **Academic Progression Per IOM Future of Nursing Report** Merlie Ramira, DNP, FNP-BC, CEN

TO REGISTER

CLICK ON LINK OR QR CODE

<https://pnasandiego.wildapricot.org/event-5009770>



**FOUR (4) CONTACT HOURS WILL BE PROVIDED UPON
COMPLETION OF EVALUATION
PNASD APPROVED PROVIDER CA BRN#6574 LVN#0930**



JOIN US AS WE CELEBRATE

PNASD's



White Christmas Party

**SUNDAY, DECEMBER 18, 2022
10:30 AM - 2:30 PM**

**Tom Ham's Lighthouse
2150 Harbor Dr., San Diego, CA 92101**

Register online at www.pnasd.org

**Christmas Buffet: \$65 per person
Registration deadline: December 6, 2022
No payment at the door**

"Join the PNASD Got Talent"

**Contact person: Mylene Ruiz
808-373-0775
myleneruiz808@gmail.com**

