



THE HERITAGE

JULY 2022 | SPECIAL EDITION

THE OFFICIAL NEWSLETTER OF THE PHILIPPINE NURSES
ASSOCIATION OF SAN DIEGO, INC.



PRESIDENT'S MESSAGE

It was June 18, 2022, when I humbly accepted the role of being PNASD President for the year 2022-24. Thank you PNASD for the trust and confidence, and the opportunity to serve. The one thing that continue to inspire me about PNASD is the commitment, dedication, and passion of its leaders. With such strong leaders around me, along with the hard working newly elected officers and Board of Director. I am confident that we will make PNASD SPARK.

We hope to continue the legacy that our founding leaders started, spearheaded by President Femi Ramirez in July 1974 at Paradise Valley Hospital.

As I look forward, it is important to look back at what nurses have been through over the past two years. We are in a new phase of the pandemic. Behind the masks, there is still pain and suffering. Many of our nurse's face anxiety, feelings of isolation, and mental health issues. We always take a sense of responsibility for the work that we do and sometimes compromise our self-care.

With this in mind, this is an opportunity for PNASD to engage members, attract new members and make an impact. But we must do so with **empathy**. Oprah Winfrey said it best: "Leadership is about empathy; it is about having the ability to relate to and connect with people to inspire and empower their lives." It is my hope that this concept can be modeled with PNASD. Thus, for my mantra, I chose "**Leading with Empathy, PNASD C.A.R.E.S**" meaning **Compassion, Authenticity, Respect, Equality and Service**.

We will always be mindful and support the mission, vision and goals of our organization. We will continue the programs that PNASD has been known over the years. I intend to expand members engagement by introducing initiatives that apply to the current times. Mental health, self-help, love for Planet Earth and the environment such as increasing awareness on Reduce Reuse Recycle Movement. Perhaps a Medical Mission to the Philippines. Let us continue to bond, get to know one another and have fun. Continue the momentum that the pandemic opened for us by increasing collaboration, strengthening community partnership to amplify our voice. Many nurses are subject matter expert. I invite you to join our Speakers Bureau. Let us educate our members and the community at large. PNASD is a 501C3 public charity organization. We will maintain a transparent and sustainable infrastructure.

As your President, I will make sure that PNASD will continue to be a valuable chapter of the Philippine Nurses Association of America(PNAA). Thank You to Dr. Mary Joy Garcia- Dia, current PNAA President for being our Inducting and Keynote Speaker. PNASD is grateful and honored for the attendance of several leaders of PNAA during our recent 48th Anniversary, Induction of New Officers, Scholarship and Excellence Nurse Event.

In conclusion, it is my goal to ensure that our action and activities are guided by PNASD's core values of **Caring, Excellence, Integrity Service, and Inclusiveness**.

Thank you and Mabuhay!

Perlita Aguinaldo
Perlita Aguinaldo BSN RN
PNASD President, 2022-24





EDITORIAL STAFF

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WELCOME MESSAGE FROM EDITOR IN CHIEF & CO-EDITOR IN CHIEF

Hello, PNASD members! We, Christine Dozier and Ariane Cagampan, are your new editor-in-chiefs for the Heritage Newsletter. We are excited to be part of this amazing journey to provide you with the latest updates of our wonderful organization. Together, we are enthusiastic about this opportunity and look forward to a great experience with PNASD.

With new changes around the corner, we are happy to bring you July's special edition which highlights news and events, an introduction to our new president, Perly Aguinaldo and president-elect, Emeline Yabut; recognition of our newly inducted officers, nurse excellence awards, nursing scholarship recipients, and our wonderful sponsors. We hope you enjoy this special edition of "The Heritage" and thank you for welcoming us.

Sincerely,
Ariane Cagampan & Christine Dozier



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CHRISTINE DOZIER



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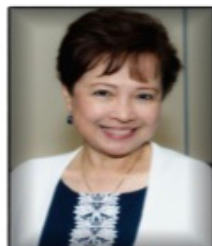


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Parliamentarian

BOARD OF DIRECTORS



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CHONA LUTAP



CECILIA ECHON



CRISABEL RAMOS



ERLINDA MASCARDO



FILIPINAS REYES

INDUCTION OF 2022-2024 PNASD OFFICERS



2022-2024 PNASD OFFICERS

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Cecilia Echon, MSN, BSN, RN

Chona Lutap, BSN, RN

Erlinda Mascardo, BSN, RN, PHN

Crisabel Ramos, BSN, RN



PNASD OFFICERS 2022-2024

Bob Gahol, honoring past PNASD Presidents with leis.





48th PNASD Anniversary, Induction of New Officers, Nurse Excellence and Scholarship Awards Gala Night

CRIS ESCARRILLA, MSN, BSN, RN - CHAIR PLANNING COMMITTEE

After many months of preparations and meetings that started in November 2021, we finally arrived at the most memorable event of the year. It was held on June 18, 2022, at the DoubleTree by Hilton in the heart of San Diego, Mission Valley. The Great room can accommodate up to 300 people. With the current pandemic still upon us, our goal is to fill only up to 200 minimum so we can have more space between tables, continue infection control as much as possible, and follow the State and County guidelines on Covid-19 precautions with indoor events. However, we quickly discovered that PNASD has so many engaged members and supporters that we must close the registration early to stay at below 300 hundred maximum capacities.

Cris Escarrilla, Chair of the Planning Committee, welcomed everyone, set the program of the gala event, and recognized the many important guests of the night, including the Nurse Excellence and Scholarship awardees. She then handed over the facilitation of the program to our emcees for the night, Dr. Jonathan Gecom from Houston Texas, and Jay Larrosa, PNASD Chair of Mental Health Advocacy Committee. CDR. Reggie Cagampan led the Color Guard presentation of military colors. Deonna Sacoco and Jillian De Asis delivered a very touching rendition of the Philippine National Anthem, "Lupang Hinirang," and the United States of America National Anthem, "Star-Spangled Banner," respectively and followed by the invocation of Father Joselito Tiangson.

When you are a nurse, you know that everyday you will touch a life or a life will touch yours.

National City Mayor Alejandra Sotelo-Solis awarded PNASD with a special proclamation and received by President Crisabel Ramos and Chair of the Board of Directors, Vivian Sanderlin. During this pandemic, PNASD volunteers have been active in collaborating with National City in partnership with Operation Samahan clinic and Champions for Health to vaccinate adults and children in schools and community events. PNASD also provided continuous education about Covid-19 and its prevention.

We were truly honored by the presence of our very own PNAA President, Dr. Mary Joy Garcia-Dia as our keynote speaker for the evening, and she also conducted the new officer's oath of office. CAPT(Ret.) Dan Gruta recognized Dr. Mary Joy Garcia-Dia for her contributions to the USS Telesforo Trinidad campaign to honor Fireman 2nd class Telesforo Trinidad, the only Filipino in the US Navy ever to be awarded the Medal of Honor. We have other PNAA leaders who graced us with their presence from other PNAA Chapters, including Past PNAA Presidents Atty. Letty Hermoza, Dr. Dino Doliente, and PNAA President-Elect for 2022-2024, Dr. Marlon Saria. Our newly elected Western Region VP Bob Gahol, from PNA Hawaii, brought fresh and beautiful leis to honor and recognize the contributions of the PNASD's past and current PNASD presidents. Dr. Luz Newell, Dr. Jonathan Gecomo, Emily Danuco and Cathy Rubio were also In attendance.

The guests dined on green field salad with sliced apples, macadamia nuts & Feta cheese with honey dressing. Most guests chose braised short ribs, others enjoyed honey glazed garlic chicken and vegan Shepherd's Pie made of soy chorizo. Lastly, the delicious dessert of Chocolate Marquise, flourless cake with chocolate mousse. Deanna Sacoco, Jillian De Asis, and the Rondalla, who played beautiful Filipino heritage music, entertained the guests at dinner. PNASD Star Dancers also added excitement to the dance floor.



Mayor Sotelo-Solis presenting the Proclamation Award



PNASD President Perly Aguinaldo 2022-2024



Eight Nurse Excellence awardees received recognition for a specific category. They were Jose "Jay" Abel Larrosa, MSN, RN-BC, ACM-RN, PHN, CDONA-Nurse Manager, LCDR Raben Talvo, MBA, BSN, RN-Nurse Leader, Mariecand Joan David, MSN, RN-BC, PCCN -Nurse Educator, Nicky Boy Santos Bustria, BSN, RN- Community Service, Tess Sarabia, BSN, RN, CCRN-Clinical Staff Nurse, Sandra Worthington Peppard, Ph.D., RN-Nurse Researcher, Julieta Ramirez, BSN, RN-Nurse Entrepreneur, and Abigail Mina, ADN, RN-Novice Nurse.

"They may forget your name, but they will never forget how you made them feel." - Maya Angelou



PNASD continues to support deserving students who will be our future in the nursing profession through scholarship programs. There were eight scholarship recipients for 2022 who through rigorous criteria and interview process. The recipients were Erin Abille, BSN Program San Diego State University, Ariane Cagampan, BSN Program National University, Christine Dozier, BSN Program National University, Kyle Didulo Masangkay, ADN Program Southwestern College, Abigail Mina, BSN Program Azusa Pacific University, Richard Oliver, BSN Program National University, Angelica Nicole Tuazon, ADN Program Grossmont College, and Joseph Villanueva, RN to BSN Program Grand Canyon University. Our gratitude to our sponsors who made the Excellence and Scholarship Awards possible.



Dr. Mary Joy Gacia-Dia and CAPT (Ret) Dan Gruta

Our immediate Past President Crisabel Ramos and new President Perly Aguinaldo delivered their address. The program included the Gavel passing ceremony, leaders' recognition, and presenting the PNASD collage of activities achieved under the leadership of President Crisabel Ramos and Vivian Sanderlin, Chair of the Board of Directors. The success of the event is through the engagement of the core planning members whose passion and dedication to PNASD are immeasurable. DJ Celso Macaspac demonstrated line dancing moves and engaged everyone on the dance floor. Lots of fun and dancing throughout the night. The dance floor was power up with so much energy! Time to let loose and have fun!! At this event, PNASD and guests celebrated before, during, and after the event.



Perly Aguinaldo & Crisabel Ramos



**Jay L. and Jonathan J.
Master of Ceremony**



**Merlie R.,
Introducing Keynote Speaker**



**Cris E. Overall Chair
of 48th PNASD Gala**



**Tessie P.
Chair, Decorations**



**Cece E.
Program**



**Perly A. with Emeline Y., wearing
the diamond ring for auction**



**Cris E. with Vivian S., Chair
of Marketing & Sponsorship**



**Fr. Joselito Tiongson
Invocation**



**Lorna H., Chair Registration with
Arlene C., Vicky L. and Linda M.**



Past PNASD Presidents with Bob Gahol



Founding President Fem Reyes and current President Perly Aguinaldo



PNA and PNASD Leaders



Perly, Atty Hermosa, Dr. Mary Joy Garcia-Dia, Fem Ramirez -Founding President and Crisabel



PNA South Riverside Chapter



Dorothy, Nellie, Lorna & Lipin



Poverty, Inspiration, Motivation, Resilience, Achievements and Faith...a Real-Life SPARK

LOURDES DEPERIO MSN RN
PNASD MEMBER EDUCATION COMMITTEE

The Philippine Nurses Association of San Diego Inc. (PNASD) has officially inducted Ms. Perlita Aguinaldo as the new President for 2022-2024. An assertive, confident with presidential potential to lead, she was undoubtedly an exceptional pick to lead PNASD, an organization constantly progressing and trending with the new times. Perly's story is a brief inspirational Real-Life SPARK (Stories of People, Achievements, Resilience, Kindness).

Perly shared her early beginnings candidly and with no reservations. She was open, honest, and emotionally charged as she recounts living in poverty and not experiencing the niceties of life. She spoke of her mother (called her "Inang") highly and respectfully. She described her as an exemplar of hard work, love for her family, persistence, patience, determination, and resilience. She sacrificed doing odd jobs to make ends meet and provide for her family the best she could. Her mother was never short of kindness and generosity in sharing whatever they had and extended help to neighbors who were suffering as they did.

Life struggles and survival have not been easy for Perly and her family, but their faith kept them all grounded and determined to weather out whatever threats came their way. As they grew up in the impoverished village, they shared with other families, and their resolve as a family unit became more robust and steadfast. Her mother and siblings never gave up.

Perly took the qualifying examination from the Pamantasan ng Lungsod ng Maynila (PML) Nursing program when an opportunity for a full government scholarship came along and successfully passed the exam. She studied hard to pass all the courses and maintain her scholarship while fighting through all barriers to survive. She was relentless in learning, excelling in all subjects, and finally graduated with a Bachelor of Science in Nursing. All these challenges set precedence to look at the family's future and decide whether this kind of living is their life cycle. Their mother has insisted the children pursue their education, live everyday life, escape poverty, and dream big dreams.



Perly having seen, felt, and experienced poverty at its height growing up, she never gave up to continue finding opportunities to better their situation. Any young nurse graduate in the Philippines had a long-sought dream to venture into America as an ultimate destination and the land of nursing opportunity. Health Care in America in the 60s and 70's suffered nurse shortage and forced recruiters to offer jobs to nurses from the Philippines. After recruitment, Perly worked in a small community hospital in Baltimore, Maryland, a predominantly African American community. Acculturation to a different health practice was challenging, but she delivered the best care these patients deserved. Perly's passion and thirst for advanced learning of critically ill patients and the opportunity to apply her wealth of knowledge paved her way to work in the open-heart surgery Intensive Care Unit (I.C.U.) at the University of Maryland. Being an ICU nurse indeed defined her role as a professional nurse. She joined the Veterans Health Care System when her family moved to San Diego, California, to pursue more enormous opportunities. Success after success in her career, business ventures in real estate, board, and care came in troves. Undeniably, life in poverty was behind her. Perly's belief and guiding principles in using self-productiveness, education, hard work, and persistence to achieve success never failed. Her life is a true SPARK story to tell. She retired happily from the V.A. and said, " I would do it again." As the new PNASD President, Perly has big dreams of Leading with Empathy... PNASD C.A.R.E.S. (Compassion, Authenticity, Respect, Equality, Service) is the theme of her administration. Her passion for promoting member engagement and continuing the programs already in place and many more programs to come, including Medical Mission in the Philippines, is on her to-do list. Undoubtedly, her administration will be at the forefront of leading with passion, integrity, partnership, collaboration, and teamwork, and through Perly, SPARK will continue to live on in each member.

"Nursing is an art; and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work." - Florence Nightingale



**Perly Aguinaldo, President 2022-2024
and Crisabel Ramos, President 2020-2022
Gavel Passing Ceremony**



**PNASD Proclamation Day
by Hon. Alejandra Sotelo-Solis
Mayor, National City**



**Vivian Sanderlin and Crisabel Ramos
Perpetual Plaque Presentation**





2022 PNASD Nurse Excellence Awardees



**Jose "Jay" Abel Larrosa, MSN, RN-BC, ACM-RN, PHN, CDONA
Nurse Manager Excellence Award**

Jay has 23 years of experience as a nurse case manager and leader in the long-term care and acute care settings. He serves as the system wide Project Manager for System Care Management, Scripps Health. He was awarded as the Scripps Health Administrative Services Employee of the Year. Currently, he is serving as one of the Directors for the National Board for American Case Management Association. Jay is one of the mentors for the American Nurses Association California's Advocacy Mentorship Program.



**Lieutenant Commander Raben Talvo, MBA, BSN, RN
Nurse Leader Excellence Award**

LCDR Raben Talvo is a Navy Nurse Corps Officer with 12-year experience as a clinician and a leader. He is currently serving as the Associate Director for Healthcare Business at Naval Medical Center San Diego. He provides direct oversight and expert guidance of Command's business planning and medical management processes. LCDR Talvo directs access to virtual and face to-face healthcare management, healthcare data analytics, case management, referral and utilization management, and the Command's customer service program for 250,000 beneficiaries.



**Mariecand Joan David, MSN, RN-BC, PCCN
Nurse Educator Excellence Award**

Mariecand has 15 years of nursing experience as a Stroke/Telemetry nurse, Charge Nurse, Resource Nurse, Interim Nurse Educator, Case Manager Supervisor and Interim CM Manager. She is currently a Clinical IV Transition Nurse Specialist at UCSD. She is a member of the Preceptor Development and Support Committee to help preceptors enhance their clinical skills in order to become effective coaches for new nurses entering the workforce. She is a recipient of the 2021 Nurse Consultant Award.



**Nicky Boy Santos Bustria, BSN, RN
Community Service Nurse Excellence**

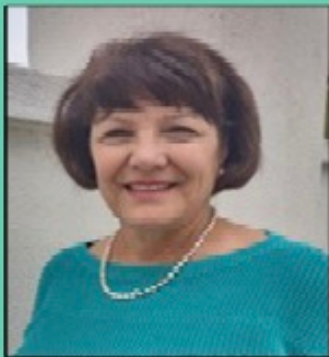
Nick currently works at Sharp Chula Vista Medical Center as PCU/Oncology nurse. He has been engaged in multiple community service events in various organizations including the PNASD. He is actively involved in COVID-19 vaccination program, community health screening, face mask distribution, diabetes screening and community feeding programs. Nick was a recipient of the Outstanding Man of the Year 2022, Presidential Award 2021, and Community Service Award 2021

2022 PNASD Nurse Excellence Awardees



Tess Sarabia, BSN, RN, CCRN
Clinical Staff Nurse Excellence Award

Tess has 26 years of nursing experience and currently works at the NICU, Rady Children's Hospital San Diego. Tess serves in different roles including resource RN, preceptor, mentor and hearing screener. She is a member of the hospital-wide Pain Resource Nurse (PRN) committee. This PRN committee had helped develop the evidence-based use of IV Tylenol for neonatal and pediatric patient population for the 24th hour postoperative pain management. Tess is deeply committed in improving the care of the neonatal population.



Sandra Worthington Peppard, PhD, RN
Nurse Research Excellence Award

Dr. Peppard is a tenured Professor at Southwestern College, School of Nursing for 10 years. She is a retired Navy Nurse Corps officer who served in numerous clinical, management, and leadership roles during her 25-year military career. She received her doctorate degree at the University of San Diego and is an alumna of the Jonas Nursing and Veterans Healthcare Scholar (2018-2020 Cohort). Her area of research focused on the lived experience of military women with chronic pain.



Julieta Ramirez, BSN, RN
Nurse Entrepreneur Excellence Award

Julieta is a retired nurse from VA Healthcare Systems after 33 years of nursing service. She is the owner of Country Club Guest Home in Escondido, CA licensed for 30 residents and it provides residential care for the elderly, men and women. Julieta has become a profitable business owner and well-respected health care professional within the North County Health Care community. She is a provider of the Assisted Living Waiver which provides additional funding for those with mental issues.



Abigail Mina, ADN, RN
Novice Nurse Excellence Award

Abigail graduated with honors at Southwestern College in May 2021. She has been working as an RN for 6 months at Ride Aid Clinic after passing her nursing board exam. She provides nurse support through vaccine administration and monitoring of patients. She has excellent customer service skills and gives genuine care. Abigail received a Team Award for Community Outreach from Southwestern Nursing Program. She is actively involved with PNASD through the Balik Aklatan Program.

2022 PNASD Scholarship Recipients



Erin Abille

San Diego State University, BSN Program

Expected Graduation: December 2022

Erin volunteered at Sharp Chula Vista Medical Center for 3 years and contributed 235 hours of her time and efforts to the hospital, patients, visitors and staff. She commits her career to quality, excellence and integrity.



Ariane Cagampan

National University, BSN Program

Expected Graduation: February 2023

Ariane works for Champions for Health as an Immunization Coordinator Assistant. Ariane is dedicated to providing compassionate, culturally sensitive, and high-quality care to diverse patient population.



Christine Dozier

National University, BSN Program

Expected Graduation: February 2023

Christine works at University of California San Diego Medical Center as a CNA and was previously an EMT. She graduated from San Diego State University with a Bachelor of Science in Health Communication. She has accepted the role as editor-in-chief for PNASD's newsletter, "The Heritage" and is eager to share her passion for nursing with the community.



Kyle Didulo Masangkay

Southwestern College, ADN Program

Expected Graduation: May 2023

Kyle is the Vice-President of his ADN Club cohort. He is well-motivated, hardworking, and is well loved by staff and his cohort.

2022 PNASD Scholarship Recipients

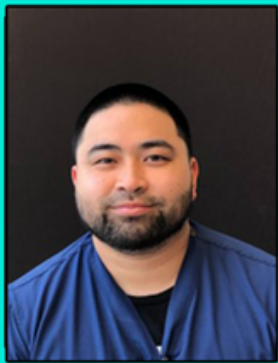


Abigail Mina

Azusa Pacific University, BSN Program

Expected Graduation: December 2022

Abigail is an avid member of PNASD's Balik Aklatan committee where she participates in collecting gently used nursing textbooks and resources and ships them to the Philippines. She is caring and thoughtful and the type of person who seeks to better her environment no matter where she is.



Richard Oliver

National University, BSN Program

Expected Graduation: Winter 2023

Richard currently works at Sharp Memorial Hospital as a CNA. He approaches his work with a positive attitude and is loyal, reliable and a team player.



Angelica Nicole Tuazon

Grossmont College, ADN Program

Expected Graduation: December 2022

Nicole is very active in the community, volunteering with Rady Children's Hospital, Camp Wana Kura for American Diabetes Association, and as a mentor to Grossmont College nursing students. Nicole strives to be a nurse so she can positively impact others' lives.



Joseph Villanueva

Grand Canyon University, RN to BSN Program

Expected Graduation: July 2023

Joseph is a role model for 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 and is now pursuing his BSN. Managing 2 jobs and caring for his family, Joseph still managed to mentor first-year nursing students while pursuing his own dream.

Beautiful smiles, priceless memories ...



Dance to the Music



ENTERTAINERS OF THE NIGHT



VIVIAN



CRISABEL



LIPIN



EUGENE



PNASD Star Dancers



FE



CRISSY



EMELINE



PACITA



GENEL



PAT



PRE AND POST CELEBRATION



“Celebrating our Success”



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UC San Diego Health



The **Filipino** School



The Elizabeth Hospice



Thank You!

Your Heritage Newsletter for PNASD!

Upcoming Events

PNASD Annual Picnic -
August 21

PNASD Fundraiser at
Applebee's - August 27

Leadership Development
Webinar for Novice Nurses
- Sep 24

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Next Edition:

From the bottom of our hearts thank you so much for taking the time to read our special edition of the Heritage Newsletter!

We are looking forward to sharing the next Heritage Newsletter where we will be showcasing the memorable event 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

