



Volume 34, Number 1

Visibility, Viability, Vitality

Summer/Fall 2023

PNAM Supports PACCM's Operation "Linis"

In summer 2023 PNAM was wholeheartedly occupied with supporting the Philippine American Cultural Center of Michigan (PACCM) in its quest for acquiring a building that would suit its growing population. When



finally, it found a suitable location and acceptable size of the building, unfortunately, several renovations will be necessary prior to getting the place habitable. The priority is to clean (linis) up the building from dust and debris that accumulated thru several years of vacancy and neglect. PNAM was one of the first two organizations that re-

sponded to the call of cooperation and volunteerism; the other is the FILAMCCO group. This happened on August 19, 2023 where several golden hearted members demonstrated their altruistic propensity. Equipped with brooms, cleaning spray, rugs, disinfectants and masks to avoid dust inhalation, the volunteers worked for several hours. In succeeding days, other FILAMCCO member organizations volunteered also. With Operation "Linis", it clearly tells us that the Bayanihan Spirit among the Fil-Am community is alive and thriving. This spirit is inspiring, can serve as a role model for younger Fil-Am community members that regardless of distance from our homeland, connecting with each other here in Michigan, sharing precious time for a common good can be an exhilarating experience of goodwill. So far PNAM donated \$5,500.00 for this project.

The new location has a bigger land area, bigger parking lot, and a bigger building to accommodate many activities. The PACCM building is a place where the Fil-Am community meet to get connected with each other in preserving a unique Filipino culture that sprouted from the blend of oriental and occidental influences. Paaralang Pilipino (Pilipino School) is also held at PACCM, now temporarily held at World Medical Relief facility. The recently purchased building requires funding for renovation to update the facility tailored to our needs. The fundraising activity was started on April 22, 2023 during the spring ball. Several members responded to the call, but



more financial assistance is needed to complete the project. You can call 248-443-7037; email: paccm@comcast.net, Becky Tungol, President: 23800, Lasher Road, Southfield, MI 48033. Thank you.

PNAM President's Message...



The year 2022- 2023 was indeed a very busy one that included preparations for the 50th Anniversary and CDCF COVID -19 grant II project in a 12- month period on top of standard activities celebrated annually.

My second year 2023-2024, it makes me enthused, keen and inspired to forge ahead with the task on hand. With the support of the Executive Board, I intend to expand our horizons through collaboration with various nursing organizations and agencies to foster community service for a healthy population.

To increase interagency collaborations, we will maintain partnership with Henry Ford Health System (HFHS) through the onboarding process of foreign nurses, majority of them from the Philippines. Hopefully, this will pave the way in their smooth and comfortable transition to a life in the USA.

The PNAM supports the Philippine American Community Center of Michigan (PACCM) in projects such as the Bayanihan/Operation "Linis" of the new center currently being renovated. We also participated in the Filipino American Community Council (FILAMCCO) activities like Kalayaan 2023 event where PNAM manned the First Aid station on July 15, 2023, and NaFFAA MI activities.

PNAM received a Century Club Award from PNAA for having more than 100 registered members. A special thank you goes to Carmelita Meitzler, Membership chair and her team who worked tirelessly to maintain the magic number of both active members and new recruits. A committee for Florence Nightingale Awards Night was formed, had a venue designated and other preparations, unfortunately some candidates withdraw secondary to a very valid and justifiable reason. This will be rescheduled next year.

To support the Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity, including Diversity, Equity, and Inclusion (DEI), an annual educational conference is in the planning process. The education committee has considered Human Trafficking, Implicit Bias, and Pain Management that are requirement in the state of Michigan to renew RN licensure. Members are encouraged to attend.

PNAM won the bid for hosting the PNAA 46th National Convention to be held in Michigan. It is an honor to host, however, it entails huge undertaking, requires manpower, teamwork, open communication and collaboration. With solid support for one another at local, regional and national levels, we are confident to rise above the challenge. Quoting from Dr. Gloria Beriones during Camp Aruga Leadership Training in June 2023, "Let us strive to create chapters that are not just functional, but thriving communities that support, uplift and energize one another."

Let us continue to overcome the challenges of human elements and turn them into opportunities for growth and transcendence as we always did because we are a Cohesive and Dynamic Team destined for greatness. Let us carry the Torch to Keep the Fire Ablaze! From the bottom of my heart, Thank You to the PNAM Executive Board 2022-2024 and all Members. Your dedication and resiliency made us strong to stand the test of time. With much appreciation to all!

A handwritten signature in brown ink that reads "Concepcion Deocampo Sumalde".

Concepcion Deocampo Sumalde, MBA, BSN, RN, CCDS, President 2022-2024



PNAA President's Thanksgiving Message 2023...



Philippine Nurses Association of America (PNAA)
1346 How Lane, Suites 109, 110
North Brunswick, NJ 08902
Dear Esteemed Colleagues and Members of the PNAA,



We gather in the spirit of gratitude and reflection this Thanksgiving. My heart is brimming with appreciation for the incredible strength and unity that defines our PNAA family. Our journey, guided the mantra “Our United Voices: WE CARE.” I am profoundly grateful for each and every one of you who contributes to the tapestry of our shared mission. To the dedicated PNAA Executive Board, Committee Chairpersons, Advisory Council, Chapter Presidents and Officers, and the over 4,000 members who bring life to our organization- thank you. Your unwavering commitment to **Wisdom, Excellence, Collaboration, Advocacy, Respect, and Equity** forms the bedrock of our success. It is through your tireless efforts that PNAA stands as a beacon in advancing the mission, vision and goals that bind us together.

As we express gratitude, let us also extend appreciation to the various organizations that PNAA strongly supports and collaborate with. Together, we forge alliances that amplify our impact and contribute to the broader advancement of health equity through diversity, equity, inclusivity, belongingness, and social justice. This Thanksgiving, let the spirit of unity, love, and caring prevail. May the bonds we share as members of PNAA grow stronger, and may our collective efforts continue to create positive change in the lives of those we serve. I am profoundly thankful for each one of you and look forward to the continued journey of making a meaningful difference together in the lives of people we serve.

Wishing you and your loved ones a Thanksgiving filled with warmth, joy, love, and the company of those who matter most.

With heartfelt gratitude,
Gloria Lamela Beriones, PhD, RN, NEA-BC
PNAA President 2022-2024
22ndpnaapresident@gmail.com



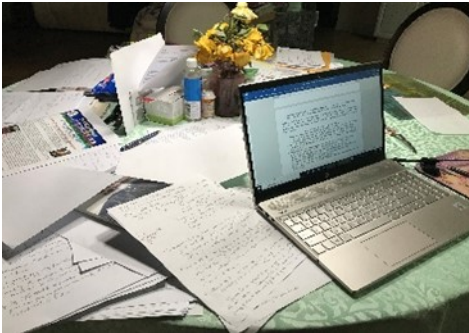
PNAM Editor's Note:

Dr. Beriones was the Keynote Speaker during the PNAM Golden Anniversary celebration on October 8, 2022. She served the PNAA and her local chapter for so many years, in fact even guided in the founding of PNA Tennessee till its chapter membership to the PNAA. Endowed with many talents and skills, it's no surprise she rose up to the highest rank in the PNAA leadership.

Thank you for your support of PNAM. Wishing you the best of everything as you continue to serve and represent the PNAA in the arena of professional nursing in a leadership and educator roles for PNAA and all its chapters. Wishing you and PNAA a very successful Global Summit 2024, Iloilo City, Philippines.

Filled to the Brim: Engagement vs. Apathy

Sofia Espada Bole, BSN, RN, CCRN



People or anyone can only do so much during their productive years, but can do it to the utmost of their ability, as best they can, to contribute a positive impact in the community before the flames of life dims. Each one is endowed with unique talent and skills developed through the years. Each development and sharing is dependent on the purpose of their existence. What I am alluding to is that there comes to a point in one's existence where it's time to slow down, relax and give time to reflect and appreciate the meaning of life's blessings and challenges. You can ask, yourself, how did I do it?

Professionally, I have shared and extended my generosity by serving my favorite professional nursing organizations: the PNAM, PNAA and PNAAF. These organizations for many years, gave me a recollection of positive memories where I came to know and work with many high caliber nursing professionals. This in turn gave me several opportunities to collaborate and learn from their sharp ideas and powerful minds.

As far as service, I served PNAA for many years in different capacities: Editor, Treasurer, Board Member, Assistant Treasurer and RVP of NCR PNAA. For PNAM, I have been a member since 1979, actually it started during the fundraising for two Filipino nurses in Ann Arbor who were wrongly accused. Serving in different capacities with PNAM, I have witnessed the ebb and flow in organizational leadership and management. At times, when the power struggle infused by some leaders in an effort to assert had caused the organization a state of instability both morally and financial bankruptcy. Fortunately, the PNAM is endowed with resiliency to overcome challenging times evident by the celebration of its 50th anniversary. Thanks to the loyal members who stood by and believed in the importance of PNAM's survival. Manang Remy was always there to troubleshoot. Rest in Peace, you will always be in our hearts.

As editor of both PNAA and PNAM for many years, it's time to hand down the baton in this particular field of service. I had expressed my intent to mentor someone in the PNAM to take over the position of editorship. Interestingly, I did not get any response, but still hopeful.

The gathering of articles and information is more difficult than typesetting! Gathering takes more time and most often is the cause of delay. Funny, but not really, right? Well, I suppose the editor will just have to stretch the thinning patience of imagination to the max in order to produce an issue.

For many years, I have witnessed not only PNAM's ecstatic moments, but also those times when the focus of service of some leaders diverged from the acceptable standard to something of a personal motivation. Election is coming, please run for office and vote wisely should you have a choice of hardworking, reliable and service oriented officers. I encourage everyone to please run for office, get engaged and share your talent.

There is a forecast of extreme nursing shortage by 2030, where according to reliable nursing news, approximately a million nurses will be needed. The PNAM can help by encouraging young people to go into nursing. Let us continue to support the new migrant nurses so they can see the light of ease and comfort during the adjustment period. Lastly, we can ask "Quo Vadis PNAM?" Thank you all and have a great day!

The Caring Moment

By Kino Xandro Anuddin, MSN, RN, CNN, HNB -BC

“Maybe this one moment, with this one person, is the very reason we’re here on Earth at this time.”

The quote above is referred to as “The Caring Moment’ by Dr. Jean Watson, a nursing theorist who developed the Theory of Human Caring which provides a framework for nurses to study, understand, practice and teach the science and art of human caring. When we reflect on the quote, we come to realize the deeper and sacred purpose of our work as nurses in the care and healing of others. Every moment with any patient we encounter holds the potential of becoming The Caring Moment. Therefore, there is a sense of both ethical and moral responsibility to make sure that we are ready to face those moments with authentic presence and compassion. We also realize that we have the power to influence or transform those moments through our thoughts, our words, and actions. When we maintain self-awareness and groundedness, we become more sensitive and intentional in our approaches so that our care becomes more appropriate, focused and healing. On the contrary, when we are not attentive and careful, (such as when very busy, stressed or frustrated), there is potential to become un-caring, and therefore toxic to the healing of others.

A moment with Caring Science nursing living legend
Jean Watson ❤️ #caritasboulder2023



In Watson’s Theory of Human Caring, the primary groundwork is the calling for all nurses to impose the will to care and love the Self first. She explains, we have to learn how to offer caring, love, forgiveness, compassion, and mercy to ourselves before we can offer authentic caring and love to others” (Watson 2008, page 41). For many years, nurses have been recognized as one of the most trusted professions. I believe nurses hold this distinction because of the countless caring moments they actually provide to others every single day. The current challenges in the nursing workforce (e.g., staffing shortage, workplace violence, burnout etc.) threaten our ability to sustain caring for ourselves and therefore our patients. It becomes even more important for nurses to prioritize self-care and support each other in genuine caring and healing for all.

Last May 2023, I had the opportunity to attend the Caritas Community Consortium in Boulder, Colorado which was organized by Jean Watson and the Watson Caring Science Institute (<https://www.watsoncaringscience.org>). It was a wonderful opportunity to meet Dr. Jean Watson in person and hear about existing works and research that explore and promote the Theory of Human Caring/Caring Science in the nursing practice.



References:

Watson, J. (2008) Nursing: The philosophy and science of caring (Rev.ed.). Boulder, CO: University Press of Colorado.

From the Editor:

Caritas: noun, origin Latin mid-19th century; in sacred scripture it simply means Love. 1 John 4:8 is an example: Deus caritas est, (God is love).

**We make a living by what we get, but we make a life by what we give. (Winston Churchill, Prime Minister of England during WWII).*

**The purpose of human life is to serve with compassion and the will to help others (Dr. Albert Schweitzer).*

Fond Memories in Pictures

You defined your life with good deeds that inspire, and that's how you will be remembered/Seb



At the PNAM 50th Anniversary Gala, October 8, 2022



Nurses' Color Guard at the wake



*Special Thank You to Ellen Dioso for assisting the Solarte Family with Funeral arrangements. Below at the Funeral Service, St. Thomas Moore Catholic Church, Troy 12/28/23

Mortals grieve when time comes to say good-bye. Nevertheless, the good seeds planted will serve as inspiration for those left behind. From dust, to dust thou returneth. We'll see you when our time comes. Farewell Manang!



Visited Manong Caesar at home on the 40th day of prayer, brought food.



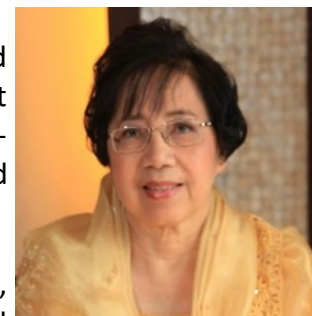
Above: Funeral Reception, 12/28/23
Left: PNAM Picnic, August 26, 2023 with past Presidents

Remedios Alvarez Solarte, MSN, RN, NP

February 11, 1942 - December 22, 2023

*You are the salt of the earth. But if the earth loses its saltiness, how can it be made salty again?
Matthew 5:13*

Manang Remy, you may be gone, but pleasant memories certainly will be cherished not only by your family, many friends, contemporaries in the professional arena but most especially the PNAM and the PNAA where you left the seeds of wisdom and fairness in leadership, educating and mentoring. Indeed, you were a bonn to PNAA's and PNAM's existence.



We will be forever grateful to you as a trouble shooter of critical issues be it financial, personal disagreements, or simply mentoring leaders whose paths were diverted from straightforward to a crooked way overpowered by emotions and personal interests. Only you as an excellent leader, mediator and educator with more than enough experience can tackle such monumental task to restore the association to a normal status of peaceful existence.

A nurse of great accomplishments, Manang Remy became PNAM President from 1978-1982, later President of PNAA from 1990-1992. This paved the way for PNAM to host for the second time the PNAA National convention in 1991. Ever since, PNAM has not hosted except in 2000 when it co-hosted with PNA Indiana and PNA Ohio the PNAA national convention held in Indianapolis. Among others, many accomplishments were initiated. She was a member of the Michigan Board of Nursing. It was her idea to create a PNAA Nursing Excellence Award in 1992, that was began in Las Vegas at the national convention. She also initiated to stop block voting at the PNAA election in order to give a fair share of opportunity for all candidates. Mt. Pinatubo erupted on June 15, 1991, and PNAA donated a considerable amount to assist the many victims.

Through her leadership with the support of Sister Virginia Skurski, she gathered PNAM leaders to commence writing Book I that was finally printed in 2000. Seven years later, again, she motivated PNAM to begin Book II that was published in 2007. Such accomplishments are monumental to PNAM being the first chapter to publish its history and Nurses Telling their Stories. As usual, the meeting held at their residence. Manong Cesar enjoyed feeding us with his culinary expertise.

You will be sorely missed, nevertheless your Legacy of Inspiration will always be in our hearts and minds. Wherever you are, stay happy and fulfilled, and just keep an eye on PNAM and PNAA for guidance to maintain the legacy you have initiated and shared to the many.

Indeed, you are the salt of the PNAM and PNAA in many of its glories and accomplishments. Rest in Peace, and may Perpetual Light shine upon you always!

A funeral home announcement for Remedios Alvarez Solarte. It features a circular portrait of her in the top left corner. The text is framed by a decorative border with floral illustrations. The announcement includes the following details:

In loving memory of
Remedios Alvarez Solarte
February 11, 1942 – December 22, 2023

The Solarte family invite you to join them celebrating Remy's life.

Visitation: Wednesday, December 27, 2023
Time: 02:00PM – 08:00PM ET
Location: A.J. Desmond & Sons Funeral Home
2600 Crooks Road | Troy, MI 48064

Service: Thursday, December 28, 2023
Time: 11:00AM – 12:00PM ET
Location: St. Thomas Moore Catholic Church
4580 Adams Road | Troy, MI 48098

Reception: Thursday, December 28, 2023
Time: 02:00PM – 04:00PM ET
Location: Fuji Japanese Buffet
32153 John R Road | Madison Heights, MI 48071

**Tribute on behalf of the PNAM, by Sofia Espada Bole, BSN, RN, CCRN*

A Journey to Reckon With, Part I

Sofia Espada Bole, BSN, RN, CCRN

Try to be a rainbow in someone's world. (Maya Angelou)



The unprecedented journey of challenges began on October 24, 2020. We were getting ready for my second granddaughter's first year birthday party when suddenly, smoke was smelled coming from the garage where there was a gas tank stored for gas stove used for camping. I yelled fire! My son called 911 immediately and the response was amazing. One firefighter met us at the door yelling and asked how many people live in the house, wanted us to vacate immediately. To make the story brief, only the garage was burned, however, the disaster caused by smoke that went inside the house rendered it unfit for living. Where do we have to go for the night?

My neighbor Martha witnessed the incident and called Reggie, PNAM President and other PNAM members. The next thing I know, Reggie, Annie M., Martha came with food. Lulu came too. Reggie bought us hamburger for dinner. Thank you ladies for your moral support badly needed during challenging times. We spent three months at my son-in-laws house. It is small, but amazingly, we managed to adapt PRN.

The Firefighters were busy extinguishing the fire, the Emergency Medical Team (EMT) also checked our physical status. Both my husband and my BP were elevated but can be negligible granting it was a natural response to disaster. They even asked if we wanted to be taken to ER, but we declined. This is the beauty of American living, convenience of almost anything possible. Shane's cat was missing. Would you believe the firefighters looked for it and found under the mattress still alive. They tried to resuscitate in vain - smoke inhalation.

While staying with my daughter and her family, an awesome show of support poured from several kindhearted family and friends. For one week, different PNAM Officers sponsored our dinner catered from specialty restaurants and delivered. I will always remember who you are and your good deeds and kindness in times of need. Josie P. brought us groceries, my sisters brought us food, my friend Sonia and Hank delivered home cooked meals. Trinie and Ellen L. came to visit us. Connie, Annie M., Reggie, came to visit day after the incident. I missed the NaFFAA MI historical month celebration, but Amy R. and members sent us a lot of Filipino foods, so we had a feast. Connie, Coy, Marissa, Reggie, Annie M. had food for dinner delivered for a week supply.

What touched us the most was the overwhelming response of both moral and financial support from PNAM, PNAAF, PNAA, the NCR chapters and friends. We were informed that all appliances had to go, even our laptops. I do not want to let go of my laptop; informations, my files were there especially newsletter production. My son, my husband and me had to purchase new laptops and transferred files. In March 2021, we found a bigger place and stayed there for ten months. It took a year to rebuild plus COVID-19 was raging, people's activities were limited. We lost lots of belongings but those can be replaced. I made sure though that records of PNAM and PNAA were saved. My husband's diploma from college, high school, and certificate from ASCP (American Society of Clinical Pathology), were found in the garbage bag. Thank God, we were able to retrieve it in time.



To all, hope blooms because you care, and indeed, you were a rainbow in times of anguish! Dum spiro, spero!

Nursing, Most Trusted Profession

**Victoria Reyes-Bryan, MSN-Ed, RN, LNHA, COHNS, PNAM Member
Graduate of University of the Philippines, and Aspen University, USA**

I have always felt so blessed to be a nurse. Research revealed that nursing has ranked as the trusted profession for over 20 years because of its commitment to the highest ethical and professional standards (nurse.org, January 25, 2023), Post COVID-19, most people treated nurses with tremendous respect have randomly been stopped and thanked for their service (New York Times, 2021).



I have been a nurse for over 32 years, and below are the reasons I am grateful for this:

1. Flexibility: As a nurse, I was never unemployed and a job was always waiting for me. I have often selected a nursing job and position based on my family needs. There are different shifts, eight, ten or twelve hour shifts to choose from. Some require weekends and after hours on call. I worked Monday to Friday when my children were in grade school. I remember picking them up from school or in the latchkey program after work. As my children grew older, I ventured in nursing management positions and signed up for advanced education to obtain a master's degree, an MSN in education. I worked three twelve hour shifts and attended school at the same time. Looking back, I asked "How did I do it?" It may require lots of sacrifices, time management, and hard work but it was worth it!

2. Commitment: Over time, with my experience in various healthcare arenas, the skills learned and responsibilities make us experts in the field of practice. Nurses develop the patience, and the skill to adjust, accept, and adapt to work demands. These extended hours, as well as physical and mental demands, are sometimes reasons why we miss family events, holidays, and social time especially when we are on call. This altruistic attitude is in every nurse's heart with a commitment to serve for health improvement of humankind.

3. Rewarding Career (Financially, Professionally and Emotionally): Financially, it is the most stable career where healthcare facility needs nurses. That being said, the job comes with competitive pay and excellent benefits. Professionally, nurses are required mandatory educational activities to renew their nursing license, like attending continuing education and in-service education to obtain contact hours. Frequently, nurses experience a feeling of fulfillment with great satisfaction. Saving lives as a clinical practitioner, a mentor, an educator, or simply being a member of the clinical team is practically a motivator why we as nurses do this selfless act daily. Overall, because "We as nurses care with caring hearts and healing hands. Nurses have been known to be superheroes (Aydin, M. et al., 2022). It's a well-deserved title, and I am proud to be a NURSE!

References:

*Aydin, M., Aydin Avci, I, and Kulacac, O (2022). Nurses as the leading fighters during the covid-19 pandemic: Self-transcendence. *Nursing Ethics*, 29 (4), 802-818. <https://doi.org/10.1177/09697330211065848>

*Gaines, K, MSN, RN, BA, CBC. (2023, January 25). Nursing ranked as the most trusted profession for 21 years in a row. *Nurse.org*. <https://nurse.org/articles/nursing-ranked-most-honest-profession>

**Meet the Heroes Fighting on the Front Lines Against Covid-19.* (2021), April 8). *New York Times*. <https://www.nytimes.com/article/they-get-brave.html>

Kabalikat Emotional Wellness Program (KEWP)

Reglita Pogado Laput, MPHM, BSN, RN, PNAA Auditor 2022-2024

Background and Goals

The COVID-19 pandemic has impacted the Filipino American nurses, resulting in disproportionate number of deaths, high levels of stress, burn out, anxiety, depression and disengagement.



Dr. Riza Mauricio, Director of PNAA KEWP envisioned to help build our members' resilience through the KEWP. She was able to secure a grant to support this program. One of the goals is to provide our members with a reflective support group meeting forums where they can build their resilient skills. Providing a mechanism for nurses to hold an open dialogue about their experiences, may help nurses to manage their mental health effectively. Be the CEO of your own life!

Program Strategies to Build Nurses Resilience

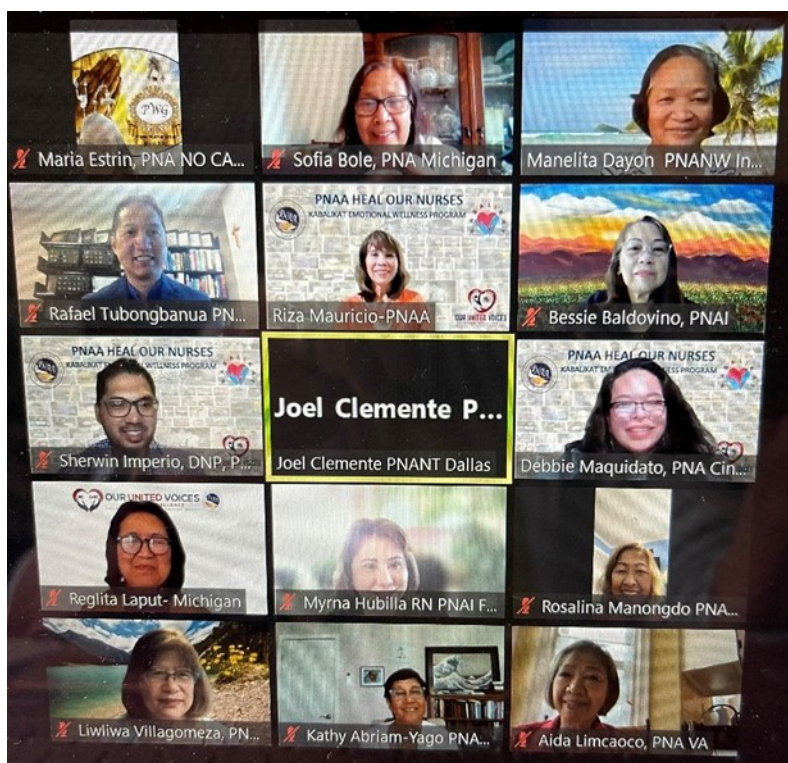
A national KEWP team was organized by DR. Mauricio with a representation from different PNAA regions. Dr. Eileen O'Grady, a well-known Wellness Coach, together with Dr. Sherwin Emperio were the Resource Speakers for the different Wellness Topics. Each chapter has two selected facilitators to handle small group discussions. Ms. Reglita Laput was a member of the national KEWP team. Kino Anuddin and Dahlia Cortes were Michigan facilitators. The Michigan Team were Connie Sumalde, Annie Vista, Sofy Bole, Martha Cabarios, Carmelita Meitzler, Ellen Laboga, Trinie Alair, Corazon Gabarda, and Nina McCaulley. The virtual training was conducted from December 2022 – September 2023 every second Saturday of the month from 2:00-3:30 pm.

Topics Discussed and Methodologies

The first two months were devoted to training of facilitators. After developing the skills, they were the ones who acted as facilitators in the breakout sessions. Peer to peer group sessions were also conducted as forum for the attendees to ventilate their problems and concerns related to the topics discussed by Wellness Coach, Dr. Eileen O'Grady. The sessions were very interesting and really appropriate for Emotional Wellness and developing nurses Resilience skills:

1. Resilience and Positive Psychology: Resilience is the capacity to withstand or to recover quickly from difficulties. Positive Psychology is a scientific study of human flourishing.

2. Habit Science and Rocket Behavior: Small changes to others are more effective than large changes at once. Bedrock behaviors are important actions that make us feel better and more generous to others. It includes non-



negotiables that we do nearly every day that keep our ship-righted such as sleep, food, exercise, communication, uncluttered space.

3. Dealing with Difficult Others: When a person has emotional outbursts, it is best to respond to their feelings, not on facts. Self-control is the chief element in self-respect and self-respect is the chief element in courage.

4. People Pleasing: Practice non-reactivity to protect yourself and others. Need to set healthy boundaries with others. It is Self-Authority in the stage of adult maturity, that is driven by your values, instead of the opinion of others.

5. How to Create Healthy Team Norms: The most important element of a healthy team is Trust. Nurses who are highly accountable and strong team members focus on what could be done for the moment.

During the breakout sessions by chapters, the peer-to-peer support provided a safe place for group discussion. We in Michigan were able to openly discuss individual concerns related to the topics with guide questions. It also continued to build the resilience skills of attendees to reduce stress level. More importantly, it increases nurses' engagement in self-care.



The Positive Response

The KEWP has received tremendous positive feedback and Excellent Evaluation rating from attendees, which resulted to another monthly training for nine (9) months from January-September 2024. This is intended for those who have not attended yet or as a refresher course. In support, the national KEWP is providing funds in the amount of \$1,000.00 per chapter to help in the training of members for Emotional Wellness and develop Resiliency skills. This program indeed is very much needed for our members to feel that we the PNAA/PNAM care!

Get Well Wishes to the following:

***Sally Espada Montano**, sister of Sofy Bole

Condolence to the following:

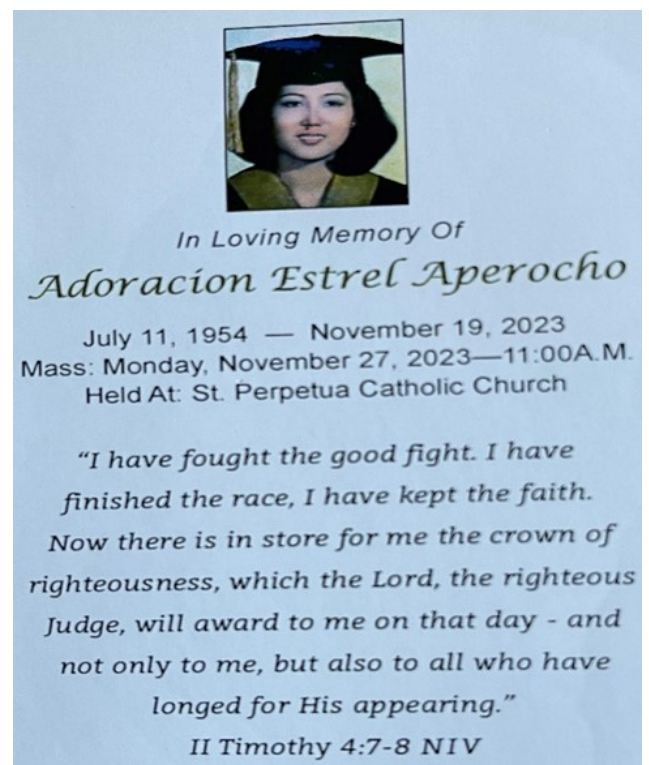
***Dr. Cesario Solarte and Family**, on the loss of Manang Remy

***Lemuel Apercho** and Family, on the loss of wife Adora, PNAM Board Member

***Sofy Bole**, on the loss of five cousins in the Philippines for year 2023.

***Fe San Agustin** on the loss of brother Melchor Balasote

***Roger Ledesma**, loss of wife Virgie, OR Nurse aunt of Dr. Melissa Borja, PNAM Speaker



Wisdom from the Fields, my Clinical Nursing Explorations

Clarissa Plenos Goopio, BSN, RN, graduate of Chong Hua Hospital School of Nursing and Cebu Central College, now University of Cebu, Philippines



As of August 2023, I have been retired from clinical nursing for three years. Looking back, it had been a challenging but at the same time a rewarding experience.

I migrated to the USA on August 1979. As a beginner, I started as a Medical Surgical RN then briefly worked in the Neuro ICU at Mt. Carmel Mercy Hospital that later merged to become Sinai Grace Hospital, Detroit. As a young RN, curiosity and quest for learning prompted me to move and ventured in the Cardiovascular ICU at St. John Hospital, Detroit. Here I was lucky to work with great nurses as a Team, with delegated responsibilities. How quickly 24 years had passed. Finally, I found myself tromping

the Post Anesthesia Care Unit (PACU) at Providence Hospital in Novi, Michigan where I retired.

Overall, I would say that all of my clinical nursing experiences were all mine to gain. I thank God for all the opportunities and privileges gained thru the years. In addition, I met and worked with several nurses and people, thus it created a sense of belonging, that to this day, we are still friends. In retrospect, I have no regrets being a Nurse!

Life as an Exchange Visitor Nurse (EVN)

Jean Tomas Tejero, RN, graduate of Mary Chiles Hospital College of Nursing, Manila, Philippines



Growing up, all I wanted was to be a Nurse. The question was “Can my parents afford it with my two siblings in college in Manila?” Nursing in the 60’s was considered one of the most expensive course to take.

After passing the Philippine Nursing Board Examination in 1968, three of my classmates and me embarked for America to Philadelphia, Hahnemann Medical College and Hospital under the EVN program. We were welcomed by Sarah Gold, RN, the EVNP (Exchange Visitor Nurse Program) coordinator. The Athletic Club was converted as a nursing residence. The EVN, we were given a stipend for living expenses with room and board. As a new comer, my first taste of cold, snow, and winter months was in January 1969. The first few weeks were classroom orientation prior to clinical assignment. The transition period was rather pleasant with preceptors and instructors very helpful and understanding being a newly hired nurse from the Philippines with abrupt change of setting where adaptation is a must for success.

After a year in Philadelphia, I accepted a position for one more year as EVN, at Grace Hospital in Detroit. Luckily, during the administration of President Nixon, he signed into law that EVN and all foreign medical professionals such as nurses, doctors, medical technologists could apply for immigrant status secondary to widespread and critical shortage in these fields (third preference visa). My experience in different clinical nursing areas were rewarding, but I treasured the most being an Emergency Room (ER) Nurse where my critical thinking skill was developed well during emergent situations with unpredictable ER cases.

It is truly a humbling experience to be a part of the nursing profession where nurses are the most trusted, and the spine and blood of healthcare. To my parents, I thank you for your sacrifices and encouragement to help me succeed. Most of all, for the Divine Intervention that made me who I am in sharing compassion to those who needed the most. Love a Nurse. Thank you PNAM for the opportunity to share my nursing experience.

Grief and Loss: My Personal Nursing Experience

Concepcion Deocampo Sumalde, MBA, BSN, RN, CCDS, Graduate of St. Paul College Iloilo, Philippines, now a University; University of Phoenix, USA

Early in my career, I worked in an ICU setting with a co-worker I considered my best friend. She was compassionate, intelligent and fun to be with. Her outlook in life was so positive that she can find solace and peace even in the most challenging critical circumstances. Our children went to the same preschool and we had shared many hobbies and interests with our husbands. Hence, for me going to work was not a chore if she was there. I knew we would breeze through every difficult situation that would come our way. We would go home tired but considered time spent in compassionate caring was fulfilled and actualized.



One day, I was surprised to be assigned to a patient who happened to be my great friend. She was diagnosed with cancer a few months earlier. With courage and determination, she underwent all modalities of treatment for the sake of her husband and daughter who was still in preschool. She underwent chemotherapy and radiation; even had the strength and courage to do her own (Total Parenteral Nutrition (TPN) at home. I was terrified but hopeful with her prognosis.

To my delight, after a year post treatment, the cancer went into remission. She was scheduled for bone marrow transplant at the Mayo Clinic. Our unit rallied hard to raise funds for the transplant not covered by medical insurance. Unfortunately, she never made it to transplant procedure. The cancer was highly invasive that it metastasized extensively.

I was involved in her post-mortem care. It was the saddest moment of my life to the extent that shedding tears of grief seem unstoppable. Many questions came to mind. Why would a 34 year- old beautiful person with a young family have to die? I did not understand it then, why did our good Lord take a young mother from her family, why, what did she do to deserve this, and why now? I went through a whole gamut of emotions.

Sometimes, working in critical care settings can be energy-draining, with multiple patients that succumb to eternal physical absence. Let's face it, dealing with grief, death and dying is part of nursing care as outlined by Elizabeth Kubler-Ross, yet, I was not prepared to lose a friend. Many years have gone since my friend's passing but fond memories of her lingers, the unforgettable moments we shared, sharing our visions and dreams of the future.

Finally, it came to a point where acceptance of what the Lord planned for us is the best thing to do. We should never take life for granted for tomorrow is not promised. Let us keep our families and good friends close to our hearts. Patience, humility and kindness go a long way wherever we are: at work, volunteering, or community building or with family and friends. My dear friend, I miss and love you terribly.

Editor's note: *Let us be kind to one another and enjoy the bliss of life and love. There is no perfection in life. Existentialism according to Dr. Viktor E. Frankl: To live is to suffer, to survive is to find meaning in suffering. If there is a purpose in life at all, there must be a purpose in suffering and dying. But no man can tell another what this purpose is. Each must find out for himself, and must accept the responsibility that his answer prescribed. (Man's Search for Meaning, based on his experiences at the concentration camp, 1963 edition.)*

Believing in the Invisible, a Journey to Reckon with, Part II

Sofia Espada Bole, BSN, RN, CCRN



In March 2021, we were settled in the second house we moved in after the fire. It so happened, I was assigned to be the Chair of NaFFAA NOMELEC, where elections were held at the old PACCM building. COVID-19 pandemic was at its height of virulence, many people already succumbed to the disease. Three days thereafter, I developed a sore throat, later mild cough and mild runny nose, no pulmonary complications. Disregarding the worst possible scenario, I thought it could just be a simple cold. However, on the fifth day, I lost appetite, no energy to move about but would just prefer to sleep, not even watch TV. On the sixth day, my husband swabbed my nose and throat and took it to the lab, the result disheartening. For the first time, I had a telehealth consultation with our family physician, he prescribed antibiotics, steroids, and inhaler.

Homebound for more than four weeks, on top of being displaced from our residence of more than 34 years, it is rather a fate of disappointments and reckoning. A plight of unthinkable proportions that these predicaments piled up more than enough to bring down anyone's spirits to nearly zero and I began to question. What have I done to deserve this? I attend church, I believe in Providential Powers, honest and hard-working, law abiding citizen, member of professional and community organizations, even volunteer and donate to charitable projects. There is an old adage "When it rains, it pours." Surely, challenging times did happen to me and my family.

Barely recovered when on April 2021, the PNAM educational conference was scheduled. With Reggie and Connie, we planned to gather at the rented house in Clinton Township for internet access and my son will help us with technical support. Someone made a comment that I did not look good virtually. Yes, indeed, weight loss was evident. It's true I have recovered from the disease but the strength and energy was incomplete. At times I get dizzy and didn't want to do anything but just lay down. Few times, I had to request my husband to take me to a grocery store where I can walk for exercise till tired. At this point in time, luck is on my side to be alive, and devoid of respiratory complications. PNAM sent me flowers personally delivered by Ellen L. Thank you PNAM and friends for the compassion badly needed.



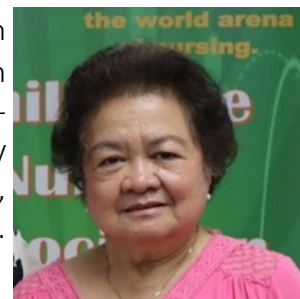
On September 10, 2021, my daughter went into premature labor after six months of gestation. Her baby girl was delivered two lbs. and three oz., was rushed to HFH main after intubation. She stayed in Neonatal ICU (NICU) for two and a half months. Her mother was diligent and never missed a day without visiting her. She had to bring in her breast milk for the baby. Now the baby girl is running and talking a lot. The saga continued when my husband turned positive for COVID, although he felt ok, the physician recommended that he take the Emergency Use Authorization (EUA) of Monoclonal Antibody Therapy. This medicine had to be given IV within 10 days after symptoms occur.

Finally, the baby was sent home in time for Thanksgiving. Gradually gaining my strength and energy back, we celebrated Christmas 2021 with the whole family from near and far. This was my greatest Christmas ever filled with thanks for prayers answered. While the old adage stands true (in my experience), the storm of life for me at this point in time is over, replaced by clear weather and sunshine. I may have questioned my family's unfortunate predicament, but I did not lose my Faith. Thank you all for your prayers and support. *"For the Lord is good; His mercy endures forever, and His faithfulness to all generations (Psalm 100:5)."*

Recognizing a Nurse with a Big Heart

Jocelli P. Paluay, RN, Business Manager 2020-2024

“In my Nursing career, there has always been an experience that I cherish the most in life. That is volunteering and helping others. For 13 years I was involved with the Susan G. Komen Three-Day Breast Cancer Walk Medical Team. My last three-day event volunteer was at Dallas/Fort Worth, Texas event in 2015. Here in Michigan, the three-day event was changed to one day only for several reasons: low registration for walkers, stiff requirements like raising \$2,000.00 per volunteer and increasing expense to hold it. Here in Michigan, a one-day event is now called Race for the Cure.



My co-worker was diagnosed with breast cancer and she invited me to get involved. I was assigned in a Pit Stop, area where the walkers can rest, get hydrated, take care of blisters, or any medical issues. We have a tent equipped with emergency drugs and medical supplies for minor medical issues. We stayed overnight for two nights camping. On the third day, was the closing ceremony that ended the event.

I met several people during these three-day activity both walkers and volunteers. It is amazing how one can make friends and they remember you. Volunteers are comprised of professionals in different fields like physicians, Physical Therapists (PT), Emergency Medical Team (EMT), Nurses and laypersons. One day, I was walking in the mall and a lady recognized me and said “you volunteered at the three-day event.” This is one of my volunteer works that I will always treasure.”



Editor's note: Talking about volunteerism, it would be hard to beat Josie for her many good deeds. She received several awards in Community Service from different organizations including the PNAM. According to Stanford Encyclopedia of Philosophy, altruistic behavior is normally described as altruistic when it is motivated by a desire to benefit someone other than oneself. A study conducted by Georgetown University found that people who demonstrate strong altruism actually have a more active and sometimes larger right amygdala which is part of brain essential to our feelings, perceiving emotions, especially fear. How can one be altruistic: 1) Spread the love, be positive, be kind, be helpful – it goes a long way. 2) Serve your community, get involved, volunteer, raise funds for a cause, figure out where your efforts are needed and lead. 3) Reap the benefits- accept and enjoy feeling good after helping others. This will make you feel more inclined to continue your efforts.

Congratulations/Save the Dates

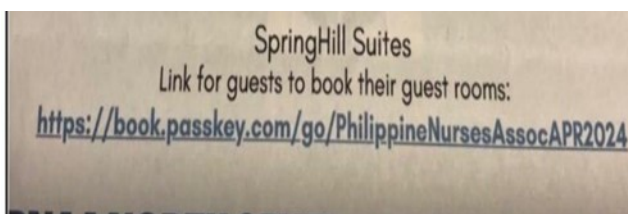


***REGLITA POGADO LAPUT, MPH, BSN, RN**, Outstanding Leader Award given by Cebu City Medical Center College of Nursing, her Alma Mater, on January 27, 2024. Currently the PNAA Auditor, and Immediate Past President of the PNAM. Keep shining and congratulations!



***AMY TISADO RISVOLD, BSN, RN, CCRN**, reelected President of National Federation of Filipino American Association (NaFFAA) Michigan Chapter. This is her third term for a two-year tenure each. She is also past President of PNAM. Congratulations!

Save the Dates



Finalize Registration Fees			
Event	Members	Non-Members	Late Registration Presidents/Pres. Elect/Advisory
Leadership Inst.	\$75.00	\$75.00	\$75.00
Networking	\$110.00	\$110.00	\$110.00
Education Day	\$80.00	\$85.00	\$85.00
Gala	\$150.00	\$150.00	\$150.00
Early Bird	\$380.00	\$400.00	\$400.00
Total	\$390.00	\$420.00	\$420.00

Early Registration Deadline: Feb. 29, 2024
Final Deadline: April 18, 2024

Dr. Viktor E. Frankl: Man's Search for Meaning - Logotherapy

To weave slender threads of a broken life into a firm pattern of meaning and responsibility is the object and challenge of logotherapy which is Dr. Frankl's own version of modern existential analysis. Logotherapy focuses on the future, on the assignments and meanings to be fulfilled, by the patient in his future. At the same time, logotherapy defocuses all the vicious circle formations and feedback mechanisms that play a great role in development of neuroses. The patient instead is reoriented toward the meaning of his life. The primary motivational force in man is to find meaning in one's life.

Three different ways to discover the meaning of life are: 1) by doing a deed; 2) by experiencing a value; 3) by suffering. But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer. (Frankl)

Home Care Nursing

Trinidad Cuevas Alair, BSN, RN, CRNI, PNAM Advisor

Nursing can be described as both an art and a science, a heart and a mind. Nurses formed the backbone of health care that provides health care to the public and the community wherever it is needed. Home Health care nursing is a specialty in which nurses provide multidimensional home care to patients of all ages mostly the elderly and their families.



I was introduced to home care nursing when I was still working in the hospital as an oncology IV infusion nurse administering medications thru central lines of different Medi ports and PICC lines. At that time Medi ports and PICC lines were still new in home care.

I retired from the hospital as an oncology nurse but continued to be a home care nurse. I work in the office as an Administrator and as a Nurse I see patients when needed. To be a nurse is a gift, a gift of caring and compassion.

Mr. H.E was a 77-year-old elderly male, retired from an auto company who lived alone in a modest 2 story home. He had been my patient for more than 3 years because of neurogenic bladder with urine retention and diabetes. I visited him every four weeks and when needed to change his suprapubic catheter. He always looked forward for my visit because he had someone to talk to, checked his blood sugar and whatever help he needed he will always ask for my assistance.

He was a father to two adult sons who visited him on a regular basis and had known me well and treated me as a family. I usually called the youngest son for my scheduled visit to change the supra pubic catheter. Sometimes he dropped by to see his dad and sometimes I just call the son to report for updates.

In one of my nursing visits, I came with a nurse friend to orient her on supra pubic catheter insertion. When I was ready to leave Mr. H.E called me privately and asked me “Will you still be my nurse? I want you to take care of me and my catheter.” I assured him that I remain to be his nurse.



It was October 16, 2023 my scheduled visit to see him for the monthly change of his supra pubic catheter. His youngest son and I arrived almost the same time. We were surprised which was unusual that Mr. H.E. was not in the living room waiting for us. It took a while before the son came down, he was shaky and emotional letting me know the sad news that his dad was gone. “What will I do, I don’t know what to do”. I assured him I will be with him.

I called 911 and provided the medical information. Within 15-20 minutes the ambulance came, with the police and firetruck. His dad had been dead since late last night or early morning. Medical examiner was notified by the police since it was a death at home. It took several hours to process the documents and to release the body. Neighbors came over to offer their condolences. The two sons hugged me and were very thankful that I was with them in time of need. “Rest in Peace Mr. H.E. I assured you that I remain to be your nurse.”

References: Memorial Sloan Kettering Cancer Center <https://www.mskcc.org>
Wikipedia, the free encyclopedia

Pictures Tell Stories



Christmas 2023 at Picano Restaurant, December 6. Members and families were invited.



Executive Board Meeting, Nov, 2023. PNAM President Connie gave each a dozen turon and Anthurium plant for Christmas.



PNAM received some CDCF grant money after the project was finished. In turn, PNAM donated to Kiwanis represented by Nina McCaulley, and additional amount to PACCM represented by Tony Kho. Picture Left: Kalayaan 2023, July 15 at Southfield Pavilion. PNAM in charge of First Aid Station.

Tidbits of Information, Do you Know?

Angels of Bataan and Corregidor

The US Army and Navy Nurses volunteered in the Philippines during WWII. 77 nurses were separated from their male counterpart in service and were taken Prisoners of War (POW) from 1942-1945 by the Japanese invading forces and held with civilian POW in the Santo Tomas and Los Banos Internment Camps. With their undersupplied camps, they were able to provide vital professional care to all of the Allied POW's held there. All of 77 POW nurses survived but after Liberation, received only little recognition for their heroism, nevertheless, they were members of the freedom fighters and health care delivery.



Remembering 9/11 Disaster 22 years ago

While attending a 12-lead EKG interpretation conference where the speaker was a renowned assistant of Dr. Henry Marriott, a disaster of astronomical proportions occurred. During break, one attendee yelled "America is attacked, we're at war!" It was the bombing of the twin towers of World Trade Center on September 11, 2001. PNAA, in response decided to solicit donations for Filipinos and Filipino American victims. As PNAA Treasurer, I volunteered for this. PNAM under the leadership of Ellen Dioso contributed to this cause. PNAA was able to collect more than \$12,000.00, divided into 17 Filipino family victims. This was under the administration of PNAA President Pete Calixto.

First PNAA Presidential Candidates' Debate

PNAM hosted the First PNAA Presidential Candidate's Debate in 2016, during the NCR conference, right after the educational activity. Was chaired by PNAA Past President Victoria Navarro and co-chaired by Sofia Bole. Chapter President, Sonia Montano.



PNAA National Convention in 1999

Was held at World Trade Center Marriott, New York during the administration of PNAA President Lolita Compas. The venue was well documented in the Philippine American Nurse, this building now gone too.

Donor of PNAA Gawad Kalinga (GK) House

The PNAM donated towards a GK house at the PNAA GK Village in Piel, Bulacan. Several other chapters did the same. Annually, the PNAA visits the continuing project for follow up.

PNAM Published Two Books in 2000 and 2007

Is the first chapter to write a book of its historical records and accomplishments in 2000 at the behest of past president Amy Risvold. It took five years to materialize the first book with documented records endorsed by Adoring Tuanquin to Teresa Alzate Cruz, in turn endorsed to Manang Remy for safekeeping. Book I is entitled The Filipino Nurse: The Dream and the Promise. Book II was published in 2007, with 115 pages entitled Living the Promise, nurses' shared their stories.



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NB. Articles submitted will be edited as deemed appropriate and become property of PNAM. Articles written solely reflects author's opinion.

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Mission Statement

As a professional organization, the PNAM will uphold the positive image of its constituent members, promote professional excellence, and contribute significant outcomes to healthcare and society.

PNAM is a 501 (c) 3 nonprofit organization.

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