

## National Nurses' Week Celebration 2023

By Aniceta A. Vista, PhD, RN, MS, BSN, PNAM Advisor

Nurses are named the Most Trusted professionals for 21 consecutive years by Gallup poll. This honor remains consistent in spite of the continuing nursing shortage. Honesty and ethics of Nurses are assessed by the Americans as number one among a diverse list of professions. Naturally, we are very proud because we are nurses. So, it is fitting that we in the PNAM celebrate the National Nurses Week.



On May 13, 2023, we put together a special celebration for all nurses from 10 am – 4pm at PACCM. To keep the Fire Ablaze, we opened the event with a power point and poster presentation on the use of The Escape Room in Research course by Victoria Bryan. The narrative cutting edge made everyone listen intently. This was followed by an important topic on Human Trafficking by the amazing Dr. Michelle

Dr. Michelle Munro-Kramer, Speaker on Human Trafficking

Munro-Kramer where she presented it with compelling examples.

She was introduced by Dr. Meriam Caboral Stevens. Due to shortage of nurses, PNAM has been collaborating with Henry Ford Hospital through Mr. Scott Ragland-Director Vendor, Contracting Centralized Staffing, and Mr. Ajay Parikh, Director of Human Resources. A variety of questions were directed to both that were quickly answered to the satisfaction of the audience. In the afternoon, the invocation was delivered by Past President Ellen Dioso prior to lunch, and welcome message by President Connie Sumalde. The introduction of new members who were present was done by Annie Meitzler, Membership Chairperson. Raffles, games after lunch was organized by dedicated members: Ellen Laboga, Trinie Alair, and Val Garza. The celebration ended with a Holy Mass officiated by Fr. Felix, assisted by Ruth with Binai Choir. Fr. Felix praised the Nurses for their honorable contributions in healthcare and blessed them as a special tribute for their compassionate caring. The closing remarks was delivered by Nina McCaulley, President Elect. Hope to see you again next year for the Annual Nurses Week celebration. Thank you all for coming and hope to see you soon.



Some attendees



HFH representatives answering questions on recruitment

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## Ratings of Honesty and Ethics of the Nursing Profession

**Sofia Espada Bole, BSN, RN, CCRN, PNAM Executive Director**



This Winter/Spring 2023 issue is focused on Nurses when National Nurses week is celebrated May 6-12 annually. In addition, the Founder of Modern Nursing, our beloved Florence Nightingale was born on May 12, 1820, in Florence, Italy while her family was traveling. For 21 years in a row, Nurses are the Most Trusted Profession. According to Gallup poll 2023, Nurses are rated the best with 79% of US adults rating them as very high or high in terms of ethical standards and highly trusted, is far more than any of the other 17 professions rated. Nurses' ratings soared very high at the time when nurses were on the frontline caring for COVID-19 patients. Many nurses also succumb to the highly contagious viral infection.

Nursing is as old as any civilization when the sick, most often is taken care of by family, friends, or healthcare professionals. Being an old profession (if not the oldest), it has not come into formality as a profession until Florence Nightingale (FN), a British citizen laid the foundation of modern nursing for better healthcare. She took the lead to volunteer along with other nurses to care for British soldiers during the Crimean War with Russia. The emphasis on sanitation made a big difference in the outcome of recovery.

### **Ten things to know about Florence Nightingale**

- \* Her family did not want her to be a nurse. At 16, she knew that nursing was her calling, and at 17, she refused to get married.
- \* She had a natural skill for analyzing data and draw conclusions. She created the first pie charts called coxcombs while working with a physician. Eventually, she became the first female member of the Royale Statistical Society.
- \* She loved to write. She wrote more than 150 books and pamphlets. Published medical books including "Notes on Hospital (1859), and Notes on Nursing (1859) which laid the foundation of Modern Nursing Practice.
- \* Significant role during the Crimean War helping wounded soldiers. At first she and her nurses met resistance from army doctors, and that her opinion was considered attacks on their professionalism. Eventually gained acceptance when overwhelming situation faced them. FN and the nurses introduced sanitation, clean kitchen, washed soldier's uniform and helped them write letters to families.
- \* Lady with the Lamp, using a lamp to make rounds on sick soldiers at night.
- \* Founder of modern nursing. She proposed ways of improving sanitation, the foundation of modern medicine.
- \* She spoke many languages that included English, German, French, and Italian. She also has the basic knowledge of understanding Greek and Latin.
- \* She loves to travel. On her trips she loved to gain insight and knowledge about medicine, and encouraged patients to travel to other countries where medical costs were cheaper.
- \* In 1860, she founded the world's first Nursing School at St. Thomas Hospital in London.
- \* Florence is still being honored today for her achievements; nurses' awards in her honor, museums, celebrations of birthday commemorations. Her 200<sup>th</sup> birthday was celebrated in 2020.



References: <https://www.florence-Nightingale.co.uk>  
Google.com/search biography + Florence + Nightingale

Happy Nurses Week 2023! Thank you for your dedication and compassionate caring for the infirmed. Let us continue to serve well professionally, to continue the legacy of excellence in caring where nurses play a vital role as exemplified during the most recent pandemic. Enjoy reading this issue with emphasis on Nurses telling their wonderful stories, earlier nursing experiences, perspectives and the inspiration that paved the way to where they are today as Professional Nurses, active or retired.

## Keep the Fire of Enthusiasm Ablaze

Concepcion Deocampo Sumalde, MBA, BSN, RN, CCDS

Greetings and warm welcome to you our valued members and fellow nurses. It was a very busy and productive first year of my term with a successful 50<sup>th</sup> Anniversary Celebration, the completion of CDC Foundation Grant II, and many other projects.

As we enter the second year of my administration in this esteemed organization, I am enthused and excited with the support of the Executive Board (EB) and members. We have more work to do, and together we will expand our horizons, collaborate with other agencies, and continue the community service for a healthy population.

We continue to partner with Henry Ford Health System (HFHS) with the onboarding process of foreign nurses, mostly from the Philippines with the hope to make their coming to the USA a smooth and easy transition.

PNAM pledged to support the Philippine American Community Center of Michigan (PACCM) projects: Bayanihan/Operation "Linis" for the upcoming new center and monetary donations totaling **\$5,500.00** to date and hopefully, we can give more. We also support the Filipino American Community Council (FILAMCCO) events and served at First Aid Station on July 15, 2023 Kalayaan (Independence) celebration at the Southfield Pavilion, Southfield, MI. Several members attended Rizal Day 2022, and the Spring Ball fundraising for PACCM. PNAM collaborates with NaFFAA-MI and Kahirup of Michigan activities.

PNAM received the Century Club Award from PNA for having over 100 members. A special thank you to our Membership Chairperson Carmelita Meitzler who has been working tirelessly and to all members. A committee for the Florence Nightingale Event was formed and had started working for a few months but for an unforeseen reason it was decided to postpone it, and will keep you posted.

Charting a Path to Achieve Health Equity including Diversity, Equity, Inclusion (DEI), an annual educational conference was scheduled on April 29, 2023. The Education Committee planned an educational conference on Human Trafficking during Nurses' Week celebration on May 13, and other topics related to nursing needs. There is a scheduled PNA International Nursing Conference and Global Summit in Iloilo City, Philippines on January 25-26, 2024, open for everyone to attend. For details, log in to mypnaa.org.

PNAM will be hosting the 46<sup>th</sup> PNA National Convention in 2025. This is a huge task that requires manpower, teamwork, open communications and collaboration. With support from the local level, regional and national levels, we can do it. Dr. Gloria Beriones said in her speech during the PNA Camp Aruga Leadership on June 16-18, 2023 held in Indiana, and I quote, "Let us strive to create chapters that are not just functional, but thriving communities that support, uplift and energize one another." We continue to be the pillar of strength and we are hard working professionals committed to make the national convention successful.

Let us continue to overcome the challenges of human elements and turn them into opportunities. From the bottom of my heart, I thank the 2022-2024 Executive Board and all supporters for your dedication, loyalty and resiliency. God bless PNAM, a dynamic chapter of the PNA for more than 50 years. Keep shining!

***"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."***  
John Quincy Adams, 6<sup>th</sup> president of the United States of America.





# The President's Annual Report

June 1, 2022-May 31, 2023

**A. Membership:** Currently has 109 as of May 2023, still the highest in North Central Region, per Carmelita Meitzler, Membership Chair.

## **B. Community Outreach from National, Regional and Chapter Levels**

1. Participated in FILAMCCO Kalayaan picnic, June 11, 2022 at Halmich Park.
2. Participated in Filipino American History Month celebration at PACCM, October 2022.
3. Volunteered at St. Hugo Filipino Community Thanksgiving Mass, November 24, 2022.
4. Attended PACCM Spring Ball in April 2023, PNAM donated **\$2,500.00 + \$3,00.00=\$5,500.00** for PACCM.
5. Supported APIA Vote to encourage people to vote on elections.
6. PNAM, one of the Community Facilitators at the Michigan Caregiver Impact Project (MICIP).
7. Attended Asian American Wellness Program on 2/11/2023.
8. Completed Vaccine Literacy among Asian and Arab Americans in April 2023
9. TB Elimination Grant project funded by AAPCHO was completed in July 2022.
10. CDC Cooperative Agreement Round 2, completed in May 2023 funded by Urban Institute.
11. Picnic at Shaw Park in Warren, MI, in collaboration with NaFFAA MI and Kahirup, August 2022.
12. PNAM Christmas Party, December 3, 2022 at PACCM attended by members -free, family and friends.
13. PNAM well represented at Rizal Day, December 17, 2022.
14. Supported Madrigal Singers' performance, Theme: "Heal the World through Music."

## **C. Support the Future of Nursing 2020-2030**

1. PNAM support for a national stamp recognizing Mary Eliza Mahoney, as the first African American Nurse.
2. Education and Training Activities: Virtual Implicit Bias for Health Professionals on 9/17/ 2022. Spring Educational conference on 4/29/2023 with a theme: Investing in the Next Generation Nurse Leaders: Addressing Diversity, Equity, Inclusion, and Accessibility. Contact hours awarded 4.25 to successful attendees. Human Trafficking Training for Nurses Week celebration on 5/13/2023.
3. Golden Anniversary and Induction of Officers by Dr. Gloria Beriones, PNAA President, October 8, 2022.
4. Scholarship to four members: Kathleen Jabas, Andrew Kaw, Yvette McCaulley; Research to Valerie Grobbel.
5. Awardees from PNAA: Victoria Bryan, Graduate level scholarship; Dr. Meriam Caboral Stevens 2022 Excellence Award in Research. CAPA Awardees: Dr. Meriam Caboral Stevens in Education; Reglita Laput in Community Service, and Dr. Valerie Grobbel, graduated with DNP from UM.

## **D. Interagency Collaboration, National and Chapter levels**

1. Attended PNAA National Convention in New York City, July 6-9, 2022, represented by Connie Sumalde, Carmelita Meitzler, Reggie Laput, Victoria Bryan, Nina McCaulley, and Sofy Bole.
2. Attended CHDIS Annual Active Coalition on 9/10/ 2022 at Eastern Michigan University. Theme: Moving Together Towards Sustaining Healthier Communities.
3. First Filipino CMS Navigators in MI: Ellen Laboga & Boots Gabarda had a Meet & Greet on 10/21/2022.
4. Attended the MI Asian Pacific American Affairs Commission (MAPAAC) 5<sup>th</sup> Annual Leader's Forum and Appreciation Dinner on 9/24/2022.
5. Participated in the PNAA Kabalikat Emotional Wellness Program (KEWP), still on-going till Sept. 2023.
6. Attended NCR Membership Drive: "Samahan sa Hilaga", Carmelita Meitzler gave the introduction and elevator speech for PNAM.
7. Member of Coalition of Michigan Organizations of Nursing (COMON) with quarterly meetings, 2022-2023.

**E. Members' Support Virtually** with Healing Prayers for the sick, and Repose of Souls of the departed family, friends and members.



# Nurses Tell their Stories

## My Parents, my Inspiration

**Marissa Matias Radowick, BSN, RN, graduate of St. Paul College, Manila, Philippines, Board Member**

Growing up as the eldest among six (6) siblings, I was always with my mother wherever she went, whether it was just a regular household errand, a meeting with her church group or a church project that catered to the indigent families or meeting with her auxiliary medical peers. I loved helping my mother pack and distribute food and weigh the children to see their progress. It was a very fulfilling experience with kindness and consideration for the less fortunate who need the most care. Both my parents were in the medical field. They were “work from home,” some might even say they were ahead of their time. I had the pleasure of experiencing firsthand their dedication to humanity because of their humanitarian activities. Some of the clients could not afford the services, however they still got the care they needed and then some. This is why I became a nurse. I saw in them the same characteristics a nurse has: caring, compassionate, committed, and a sincere desire to help others. Indeed, it is a first-hand experience that gave me a lasting impact and an experience worth more than the glitters of silver and gold. Thank you Mom and Dad wherever you are now, for serving as my Role Models and molded me to be who I am today.



## Established Patient and Family Rapport

**Sofia Espada Bole, BSN, RN, CCRN, graduate of Central Philippine University, Iloilo**



Several years ago, I was one of the many nurses accepted as Exchange Visitor Nurse (EVN) at St. Marys/Mayo Clinic in Rochester, Minnesota (MN). My first 12 months of rotation was at the Surgical Cardiovascular Stepdown Unit. For the next six (6) months it was in the Pediatric Unit. The budding of friendship began when I took care of a four-year old boy whose leg got caught in the elevator take off of a silo in the farm. I invited his mom for coffee. We talked about different things but most importantly, I introduced myself as a Filipino nurse. Further, I invited their family to witness the Annual Filipiniana show of the EVN. A total of 10 family members came to witness the cultural show, and they enjoyed it being their first time. When Ron, my pediatric patient was discharged, he and his mom invited me to visit them in the farm. One day, I had a surprise call from his mother. She came in a big motor bike with two helmets for us. I was not sure what to do, finally I thought to myself, “this will be an experience of a lifetime.” She took me to the museum and to a local stock car racing on a motor bike. By winter, they invited me again to experience the snowmobile ride. To this day, am still in contact with Ron, his mom and their family. Establishing rapport with patient and family is a wonderful experience. It can be a lasting human interaction of caring and compassion but most importantly, how I made them feel good and confident with my care.

## Proud Being a Nurse

**Carmelita de Guzman Meitzler, BSN, RN, graduate of St. Jude School of Nursing, and Arellano University, Manila, Philippines, Chair of Membership Committee**

As a nurse, I take immense pride in my job. Helping others has always been my calling, and the satisfaction I get from positively impacting someone’s life cannot be matched. With years of experience in OR Cardiovascular Nursing, I have developed a deep understanding of my chosen specialty. My expertise in this field enables me to provide the best possible care to my patients. While it may be a demanding profession, I won’t have it any other way. I am grateful daily to be a part of such a fulfilling career. I invite all the young ones to be a Nurse. It’s a wonderful experience!



## My Inspiration to Become a Nurse

**Lilia Saavedra Heslenfeld, MSN, RN, Professor of Nursing; graduate of St. Paul College of Nursing, Iloilo, and University of the Philippines (UP), Diliman**



What inspired me to be a Nurse? Oh, a million and one dreams of a 17- year old. Initially and definitely the duty uniform--- pristine, white from head to foot. It all started when I was hospitalized at a younger age and experienced firsthand the nurses' dedication, care and discipline. Foremost though, they seem to have fun amidst the hard work. Home life was fun with, but busy with six siblings. It was a chance to get away from a sheltered life and take the opportunity to utilize a scholarship offer to pursue a career of choice. In addition, I also wanted to explore a whole new world of learning, fun and meeting new friends.

St. Paul, now a University, offered a life of dignity and service. It taught me that labor is love and every person has unalienable right to life, liberty and pursuit of happiness, that patients are the most important people in a healthcare setting. I am now retired, have worked in three different countries with many tales to share. I have never looked back on that decision to pursue a nursing career. I am immensely grateful to my parents and to my religious belief that guided and inspired me in my journey.

**“Let us never consider ourselves finished nurses. We must be learning all our lives”, Florence Nightingale.**

**“It’s not how much you do, but how much love you put into doing.”**

*Mother Theresa of Calcutta*

**“Nurses dispense comfort, compassion, and caring without even a prescription,” Val Saintsbury**



## A Humbling Experience Opened my Eyes to See the Impact of Nurses

**Josie P. Paluay, RN, graduate of St. Anthony School of Nursing, Roxas City, Capiz, Philippines, Business Manager**



It is a humbling experience to choose Nursing, a noble profession when I was inspired by a school nurse. My nursing career was spent mostly working in the Operating Room (OR) and I loved it. I have learned how to deal with surgeons and my fellow nurses as well. As a retired nurse enjoying the luxury of time, I went home to Iloilo, Philippines to take care of my younger brother diagnosed with cancer. I helped my sister-in-law and my niece to take care of him. This gave me an opportunity to practice clinical nursing with patients in contrast to OR Nursing that is transient. Unfortunately, my brother passed away, nevertheless, he knew I was there to care for him.

I was in a car accident not long ago. Now I know how patients feel being taken care of by Emergency Medical Service (EMS), and taken to the Emergency Room (ER) as a trauma patient where the ER nurses and physicians took over. I felt helpless, but I admired the trauma team for they know exactly what to do. While they were working on me, I was alert and aware what was going on. Sustaining multiple fractured ribs and compression fracture on my lumbar area, the discomfort with movement was more than annoying to the point that I was afraid to even shift position. Recovery seem too long, being at home but can't do much. Now I can empathize how patients feel dealing with pain from cancer or sustained traumatic injury. With family and friends' help, it is comforting to know that people care. My PNAM family was quick in giving support through virtual healing prayers for me and also for my brother. Cards flooded my mail, flowers came and several visits from friends. I am thankful and blessed for what I am today and thankful being a Nurse. Happy Nurses' Week!

## **Why am I a Nurse?**

**Mila Meriel Tesoro Miller, BSN, RN, graduate of Iloilo Doctors College, Philippines; Current MIANA President (Miagao Nurses Association); Certified Professional in Healthcare Management**



I come from a family of twelve (12) siblings, our parents were both teachers, so the emphasis of going to school and getting a degree is more than just a “to do” list but a passion that is shown as an example by both my parents. My father always reminded us *“Education is the only legacy I can leave you that cannot be taken away or stolen by anyone from you.”*

My mother was an elementary school Head Teacher and my father was a District Supervisor for the Department of Education. He was also a WWII veteran, a soldier for the US Armed Forces in the Far East (USAFFE), and a purple heart awardee from the US Veterans Administration (USVA).

In short, my parents were the primary reason why I had the propensity for serving people, ordinary and even uneducated folks; farmers came to our house to sign their documents. Some would bring us chickens, sweet rice, beans, and farm produce as “pasalubong” or gifts of good tidings. Some cannot read nor write except affixing their thumbprint on papers that my father prepared for them to be submitted to the US Embassy in Manila. These documents were applications for receiving pensions after serving side by side with the Americans against the Japanese during WWII, or their children were soldiers either wounded or didn’t make it after the war. This continued for a while until the veterans received their pensions from the USVA. At a young tender age, I didn’t quite understand what was going on, but later, I realized it was compassion, empathy, selflessness and advocacy for services rendered to others.

I served in several areas of nursing practice from Clinical, Home Health, Skilled Nursing Facility, Utilization Review, and Case Management. The knowledge, skills and experiences learned from these enabled me to fortify and understand better what it means to have compassion, empathy and service rendered for others.

## **I Bid Goodbye to Retirement**

**Martha Evangelista Cabarios, BSN, RN, graduate of University of Santo Tomas, Manila, Philippines, Advisor**



At an early age I was inspired to go into Nursing. After spending many years in the Intensive Care Unit as staff RN and Nurse Manager in a Michigan hospital, and improving systems design and care flow, I decided to retire. Later, I found out that retirement is not for me yet.

While volunteering for Meals on Wheels, that is delivering meals to the homebound elderly, I met people who needed expert medical care in their homes but were not getting it. I knew very little about what these people needed and it compelled me to do something, so I bid goodbye to retirement and for the last 20 years has been working in Home Care Services as Clinical Supervisor responsible for training new nurses in cultural, psychosocial immersion, as well as the medical needs of patients. The newly hired nurses need to understand that there are no shortcuts in providing quality care. We are responsible for treating each patient as if they are members of our own family. I love what I do now, and as long as I can, I will be a practicing as a well tenured RN caring for homebound patients.

Happy Nurses’ Week to all nurses, and to all my colleagues at the Philippine Nurses Association of Michigan (PNAM) and to PNAA and PNAAF! Working together as a Team, we are empowered to achieve the Best!



# Trauma Nursing Experience that Rock the World

Trinidad Cuevas Alair, BSN, RN, CRNI, PNAM Advisor, Graduate of St. Catherine Hospital School of Nursing, Quezon City, Philippines



The Exchange Visitor Program was created in 1948 to bring people from other countries to the United States, where they would work and study for two years and learn about American culture. The first mass wave of Filipino Nurse migration to the United States was in the 1960s under the Exchange Visitor Nurse Program.

It was in the year 1966 as a new graduate from nursing school that I participated in a two-year Exchange Visitor Nurse program. It was my first time to board an aircraft, my first time to be out of the country, my first time to travel without a family member and my first very long distance travel. My destination was Cook County Hospital in Chicago, Illinois in March 1966. Trauma Unit was a newly opened Department, and I was one of the three young, petite Filipino nurses picked by the Trauma Nursing supervisor to be trained in Trauma Unit Research and Trauma Clinical Emergencies. The trauma research was a grant project.

July 17, 1966 was another busy weekend in the Trauma Unit. It was getting late and I was ready to finish my afternoon shift when a trauma patient was rushed in, bleeding profusely from self-inflicted cut on his wrist. It was 12:30 am of the next day, and I assisted the Emergency Room (ER) doctor to clean and treat wound on his arm, wherein the doctor recognized the tattoo on his arm "Born to Raise Hell".

The next early morning, it was all over the news that Richard Speck was in police custody. The other Filipina nurse who worked midnight shift was in front page of the Chicago Tribune.

I was glad I extended my duty for an hour without realizing an important historical event was happening in the midnight shift that captured media's attention. I was in the unit when Richard Speck was rushed in as a trauma patient. It was a breaking news that made history not only in US but also in the Philippines and around the world because of the gruesome murders of nurses that happened July 13 and 14, 1966. Eight nursing students housed in a townhouse were murdered by the serial killer for no apparent reason, two of them were Filipinos. Only one survived, also a Filipino, after hiding under the bed. She served as the star witness in the trial. To add insult to injury, the serial killer cannot remember what he did (during trial).

Chicago, Illinois, Cook County Hospital, Trauma Unit, Richard Speck and Exchange Visitor Program are memories that I treasure. It was a privilege to come to US made possible because of the Exchange Visitor Nurse Program. To be a NURSE is a choice and I am glad I made the Right Choice and am very proud to be a NURSE.

## **Editor's Note:**

### Why are there so Many Filipino Nurses in the US?

In 1965, the Immigration and Nationality Act was passed, which allowed larger number of immigrants from around the world to come to the US. There was a critical shortage of nurses following WWII, and US hospitals started advertising for Filipino nurses. According to Catherine Ceniza Choy, author of **Empire of Care**, about one third (1/3) of all foreign born nurses in the US are Filipinos. Since the 1960s, there have been over 150,000 Filipino nurses who have migrated to the US. We often think about the Philippines as an extension of the US, as a colonial possession, as an extension of US ideology regarding Manifest Destiny, but what we ought to think about is how the US is also an extension of the Philippines (Choy).

# Perspective from a Male Nurse

Kino Xandro Anuddin, MSN, RN, CNN, HNB-BC, PNAM PRO

I began my Nursing education in 2002 in Zamboanga City, Philippines. My decision to become a nurse was influenced both by nurses among my relatives as well as my own personal interest in Science and healthcare. Nursing at that time was already an extremely popular choice for a college degree because of the strong career opportunity it offers both locally and abroad.



Although the profession is still dominantly composed of women, I never felt hesitant to proceed. Many of my own male friends and classmates were also choosing to go into nursing. I suppose in decades past, the profession was perceived as primarily for women only. Is it perhaps because the formal nursing education that arose during Florence Nightingale's era was intended as training specifically for women? Many nursing education programs that were developed thereafter were adapted from the Nightingale model. According to the American Nurses Association (ANA, 2023), men represented a tiny percentage of nursing professionals by the 1970s just 2.7% of nurses in the United States were male. However, today, the percentage of male nurses is over 13%. Certain areas and specializations even see a higher percentage of male nursing: around 35% of active duty military nurses are male and 41% of registered nurse anesthetists are male.



Last EB picture taken prior to PACCM move to a new location

Throughout human history though, I believe that the sacred work of caring, healing, and nursing others back to health was never defined by gender. Mothers and many women are instinctually nurturing, however, there are also many examples of male healers and caregivers in various societies. Are there specific benefits for having male nurses? In a few aspects, maybe. It helps to have the aid of male nurses in performing certain tasks like moving/lifting a patient or securing a combative person. There are instances where some

female patients preferred to be taken care of by female nurses or could it be a cultural reason? However, I have seen countless instances where women successfully accomplish those same tasks. Perhaps the more important benefit is the improved patient care that can be accomplished from having a diverse nursing staff of both male and female nurses.

## References:

\*Male nurse: Why men should consider a career in nursing. ANA. (2023, March 28).

\* <https://www.nursingworld.org/practice-policy/workforce/male-nursing-careers/>

*N.B. The PNAM Executive Board (EB) has 27 members, and only one male. Eleven attended face to face (above) and all the rest were on virtual communication. Thank you Kino for being a NURSE and Welcome to PNAM!*



# PNAA 44<sup>th</sup> National Convention and Cruise

**Victoria Reyes Bryan, MSN, RN, LNHA, COHN-S, PNAM Member**

The Philippine Nurses Association of America (PNAA) held its 44<sup>th</sup> Annual Convention via Caribbean Cruise on July 16-23, 2023. This year's national convention theme is "Our United Voice Anchoring our Culture of WE CARE- Wisdom, Excellence, Collaboration, Advocacy, Respect, and Equity." Thus, the theme encapsulates the essence of the convention and cruise. It was one of the most enjoyable educational, leadership summit, and networking



event for the PNAA convention participants while visiting the various West Caribbean stops at Port Canaveral, Florida; Coco Cay, Bahamas; Cozumel, Mexico; Roatan, Honduras; and Puerto Costa Maya, Mexico with family and friends. There were three delegates from PNAM: Dr. Aniceta Vista - PNAAF Officer, Reglita Laput - PNAA Auditor and Victoria Bryan - Educational Research Forum Speaker from Michigan. The convention started on Sunday, July 16<sup>th</sup> embarking at Port Canaveral, Florida, sailing at the Royal Caribbean cruise line "The Wonder of the Seas." A private welcome reception and a meet and greet were held at the Solarium for all attendees and families (PNAA officers, members, and families). It was a warm welcome from the PNAA officers led by President Gloria Beriones, the PNAA Executive Board, and the convention host Philippine Nurses Association of Central Florida (PNAACF).

We started at 6:30 am on our second day, meeting at the Deck 5 Track for the 5K Walk-Run Race. It was fun and exciting, finishing three laps (3.1 miles), fast walking, and running on the ship. A picnic was held for the PNAA convention participants and their families at the Chill Grill on a privately owned island in Coco Cay, Bahamas. It was a perfect day at Coco Cay, and our day ended after a quiet beach day and fun, and exciting team building games.

## **Educational Day**

I was one of the six presenters in the Research Forum and most especially, I received an Aha Moment after presenting my evidence-based research entitled "The Use of Escape Room in Nursing Undergraduate Research Course: A Quality Improvement in Nursing Education." I feel very honored to receive this praise from Dr. Beriones. Six presenters were pioneering the Pecha Kucha method of presenting. Pecha Kucha is a style of presenting a topic by showing images versus reading text from the Power-



Point slides. It is limited to 20 slides, and each slide is timed to automatically change every 20 seconds automatically. This keeps the presentation to just 6 minutes and 40 seconds. All six (6) presenters did an excellent job in discussing their expertise, keeping it to the allowable time and making it extremely interesting. It was innovative, interactive, and most of all, fun, especially for learners. The evidence-based topics were relevant,



current and the speakers were experts in the field of practice. I learned so much from each speaker of the educational sessions. On a side note, I was thrilled to meet my uncle Johnny Graboso married to Rebecca Graboso, who was one of the main speakers during the educational day. I enjoyed the time spent with my classmates from UP College of Nursing, Dominador “Jun” Bitago, President of PNA Alabama, and Manny Ramos, PNA SCR Vice President and the co-chair for the 44<sup>th</sup> PNA Convention and Cruise Planning Committee.



One of my favorite dinners was held at the Windjammer, where they closed the half side of the Windjammer and made it a private party serving Filipino food exclusive for PNA participants. They had lechon, pansit, pinakbet, adobo, and kare-kare; amongst so many delicious Filipino cuisines, including the dessert section, were leche flan, Brazos de Mercedes, biko, fruit salad (Filipino style), and the PNA Cake served for everybody.

**Network Night while we were at Cozumel**

The theme was “The Treasure is within you.” I enjoyed the event because I had not seen so many Filipino Pirates until that night. I was glad and proud to carry the banner representing the Michigan chapter. I met and got to know most NCR delegates and enjoyed dancing the “Caribbean Queen” as our group dance entry. There were so many talents that night; all efforts and performances were recognized when each group who performed received a trophy. Although NCR did not get first place, we were grateful to receive an Ahoy, Me Hearties Award trophy.

**General Assembly and Leadership Institute Day- Saturday, 7/22, from 8:00 to 11 am**

The General Assembly was held in the conference center deck three (3). It was amazing to hear all the different chapters give the membership information and an overview of the progress of each PNA chapter, their goals and objectives, and their current status as healthcare organizations in their respective state. It was exciting to see the conference room become more engaging and louder when the Motown music “Stop



in the Name of Love” by Diana

Ross and the Supremes. Everyone stood up, clapped their hands, sang, and danced to the music. Detroit, Michigan is home of Motown Music, the Auto Capital of the World, and Henry Ford Health System. PNA Michigan will be hosting the 46<sup>th</sup> PNA National Convention in 2025.



The farewell night was an excellent idea for the PNA delegates, participants, and families. It gave opportunity to say goodbye to everyone, old or new friends. Overall, it was a delightful experience learning, vacationing, and meeting colleagues on the largest cruise ship in the world. I would encourage other nurses to join their State chapters to enjoy and be counted as members of PNA America.





# Investing in Next Generation Nurse Leaders: Addressing Diversity, Equity, Inclusion, Accessibility

*Concepcion Deocampo Sumalde, MBA, BSN, RN, CCDS*

The PNAM held a face to face annual educational conference for this year, onsite and also via Zoom after two years of online conferences. The event was held at Beaumont Hospital -Troy, Michigan at Mocerri Learning Center. The site registration and Zoom were opened at 9:00 on April 29, 2023.



*Dr. Melissa Borja, Connie Sumalde, Sofy Bole, Dr. Meriam C. Stevens, Dr. Tsu Yin Wu, Nina McCaulley and Sarah Rauner.*

The welcome message was given by PNAM President Connie Sumalde. Dr. Meriam Caboral-Stevens, who is one of the Education Committee Co-chairs announced that contact hours were approved by the Philippine Nurses Association of America Provider Unit, is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation

P0613 and approved for 4.25 Contact hours for successful attendees after Post Test and Evaluation are submitted. Dr. Melissa Borja, PhD, the dynamic Keynote Speaker is Assistant Professor of the Department of American Culture at the University of Michigan, was introduced by Dr. Meriam Caboral-Stevens. Her topic was investing in New Generation of Nurses: Addressing Diversity, Equity, Inclusion, and Accessibility. She's the daughter of a former PNAM member. The second speaker was Tsu-Yin Wu, PhD, RN, FAAN, who is a pro-



*Some attendees after the conference, second from left is Jerick Tabudlo, newly arrived RN from the Philippines*

fessor and PhD program Director, School of Nursing, and Director of Center for Health Disparities & Innovation Studies at Eastern Michigan University. Her topic was Epidemic on Gun Violence: Nursing Roles in Gun Violence Prevention.

Breakfast, lunch and snacks were provided, and poster presentation by Victoria Bryan on “The Use of Escape Room in Nursing Undergraduates Research Course: A Quality Improvement in Nursing Education.” Sponsors and vendor’s acknowledgement was also done during lunch break. The major sponsor was Megaworld International and the other sponsors were Prime Hospice, LLC; Eastern Michigan University School of Nursing; Lifestyles; AAA; WSB Financial Center, and National Financial Literacy Campaign. Thank you for your support.

In the afternoon session, Sarah Rauner, RN, PNP-PC who is the Pediatric Nurse Practitioner at Beaumont Hospital discussed on Current Management and Treatment of Respiratory Syncytial Virus (RSV). She was introduced by Nina McCaulley, President Elect.

It was followed by Panel Discussions on Research/ Evidence- Based Projects. Sofia Espada Bole, BSN, RN, CCRN was the moderator and introduced all panelists. The panel speakers with their topics were: Jenni L. Hoffman, DNP, RN, FNP-C, CLNC, FAANP: Innovative Educational and Research Projects Using Virtual Reality with Nursing Students. The second speaker was Maria Amy Risvold, BSN, RN, CCRN: Vaccine Literacy Among Asian Americans in Michigan. The third speaker was Honey Lynn Lerias, BSN, RN, HNB-BC, CWOCN: Wound Care Consideration with Diverse Population, and the fourth speaker was Akosua Afra Arhin, BSN, RN: Understanding Cultural Intelligence Using Walker and Avant’s Approach.



*Sofy Bole, Dr. Stevens and four panelists: Dr. Jenni Hoffman, Honey Lynn Lerias, Amy Risvold, and Akosua Afra Arhin*

Post Test and Evaluation for contact hours were submitted, certificates given to successful attendees and closing remarks was given by Ellen Laboga. The Education Committee is composed of Co-Chair Kino Anuddin, MSN, RN, CNN, HNB-BC, Co- Chair Meriam Caboral-Stevens, PhD, RN, NP-C; members Dahlia Cortes, BSN, RN; Nina McCaulley, BSHS, RN; and Andrew Kaw, MSN, RN; Maria Amy Risvold, BSN, RN, CCRN- Adviser and Concepcion Sumalde, President. Thank you Education Committee for a job well done, and to all our supporters, we hope to see you again next year. Keep the PNAM Fire Ablaze!

**With Deepest Sympathy on the loss of the following:**

- Emely Bongabong**- sister of Ellen Dioso, PNAM Advisory Council
- Brigido Sumalde**, brother-in-law of Connie Sumalde, President
- Valentin Paluay**, brother of Josie- PNAM Business Manager
- Ramon Tan**, brother of Sonia Tan Mawilai, PNAM member
- Pie Piencinaves**, former officer of PNAM
- Dr. Dan de Guzman**, husband of Nitz, former PNAM member



**Get Well Wishes:** Adora Apercho-Board Member; Dr. Cesar Solarte-husband of Manang Remy; Jocelyn Espada-sister-in-law of Sofy Bole; Gloria Agnes Waltz-Past president, and Josie Paluay, Business Mgr.



# Congratulations, You Spark!



**M Hill Auditorium**  
825 North University

**Valerie Grobbel, Doctor of Nursing Practice, UM, April 2023**



**Victoria Reyes Bryan, Master of Science in Nursing,**



**Dr. Meriam Caboral-Stevens, CAPA Awardee,**



**Reglita Pogado Laput CA-PA Awardee, 2023**

## Second Annual 5K Run/Walk at Shaw Park, Warren, Michigan

Several PNAM members volunteered for this second annual activity, with Eastern Michigan University Center for Health Disparities, Innovations and Studies as primary sponsor, June 25, 2023. Other sponsors include PNAM, PACCM, Philippine American Medical Mission Foundation of Michigan and Macomb Health Equity. Funds raised is earmarked for PACCM

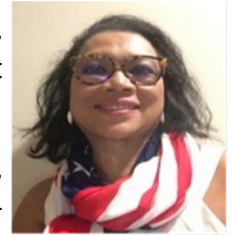




# NCR Camp Aruga Leadership Bootcamp

**Marissa Matias Radowick, BSN, RN, PNAM Board Member**

Camp Aruga! My first impression, “wow, it must be a great campsite!”. I was wrong. It was great indeed, however, it was actually the name of our Leadership Camp held June 16-18, 2023 in Angola, Indiana. As Dr. Beriones, PNAA President wrote “It is not just a gathering, it is a transformative experience that will leave an indelible mark in our hearts and spirits. “



To quote the objectives: 1. Strengthen the unity within the chapters, regions and PNAA through collaboration and effective communication. 2. Strengthen our board competencies for effective governance. 3. Aim to increase the engagement and resiliency of our chapter members.

Day 1 started with Bong Dayon- NCR PNAA Vice President welcoming attendees and chapter leaders introducing their members. Italian dinner was great. We started our 2<sup>nd</sup> day with a 5K walk and Zumba. We were all pumped up. There were numerous leadership sessions: 1. Strengthening Board Competencies, Manny Ramos as the Coach. Connie Sumalde, our very

own PNAM President was one of the presenters assisted by other members regarding Six Thinking Hats, by Edward De Bono. The models modeled very creative hats to represent the six colors: Yellow- Positivism, Green- Creativity, Red- Emotions, White- Logic, Black- Caution, and Blue- Management. 2. Engagement, Advocacy and Resiliency. 3. Emotional Intelligence, presented by Dr. Meriam Caboral -Stevens and assisted by Ellen Laboga. 4. Action Plans to Support the Future of Nursing through Diversity, Equity and Inclusion (DEI) by Dr. Marlon Saria. Dr. Leticia Hermosa presented 501C



PNAM Reps: Boots, Meriam, Annie M., Marissa, Fe, Connie, Ellen L., Trinie, Amy

IRS Designations. Then we had the Pinning Ceremony and lighting of the candles. I had goosebumps all over again. The day ended with a campfire. We had s'mores, singing and heart-warming speeches. It was an exhilarating experience to reckon with.



Lectures and audience participation

The third day was goodbyes. It was a great experience. We attended Mass at St. Anthony De Padua Church prior to going home. The drive home seemed so short with all the stories shared among camaraderie. It was a wonderful experience networking with chapters from NCR and PNAA Officers. I encourage all PNAM members to get engaged with PNAM and PNAA activities.

*Editor's Note: Aruga means nurture; tender care. It is a common word root in the Filipino language. Aruga is a call or greeting (informal). An acknowledgment of notice (<https://www.tagalog.com>).*

# CDCF Grant Two, a Twelve - Month Project

**Reglita Pogado Laput, MPH, BSN, RN, Project Director**

**Rationale:** The increasing incidence of COVID 19 continues to be a community health problem in Macomb, Oakland and Wayne counties, after the implementation of PNAM Grant 1 Project. In this light, the Center for Disease Control Foundation (CDCF) Grant 2 project was designed to continue and expand the age and ethnic group coverage. Its goal was to decrease the incidence and prevent deaths due to COVID 19 through Vaccination.



**Project Title:** Increase COVID and Flu Vaccination Confidence and Coverage among Filipinos and other Asians, Asian Americans, Pacific Islanders, among adults age 18 and above living in Macomb, Oakland and Wayne Counties in Michigan.

**Project Period and Project Activities: April 30, 2022 to April 29, 2023**

1. Equip Influential Messengers
2. Develop New Communication Products
3. Host and support New Events to Promote Vaccination
4. Develop New Vaccination Provider Partnerships to increase vaccination coverage
5. Develop New Community Based Organization Partnerships to increase vaccination opportunities
6. Establish New Vaccination Sites (mobile or temporary sites)
7. Attend CDCF Project call Meetings
8. Complete P4VE (Partnering for Vaccine Equity) Assessment

## **Project Implementation:**

The Training of Influential Messengers was conducted in May 28 and September 17, 2022. It was attended by different leaders of Filipino Community organizations, Thai and Indian community. Some of them were Asian



PNAM Volunteers at St. Mary's Vaccination Site, April 2023, Westland, Michigan. Nina McCaulley, not in picture

Americans who are leaders of private organizations, representatives of Faith community, National Association to Nurture the Aged and Youth (NANAY) group members and influential members. The methodologies utilized in the training were discussions/lecturette on the magnitude of the problem with some data presented and the benefits of getting vaccinated. It motivated and encouraged everyone to get involved and be engaged in addressing the problem. There was also a session on Role Playing on how to convince people who are hesitant to get vaccinated.

They expressed their commitment to support the project and motivate those who are hesitant to get vaccinated. The Training of Influential Messengers ended in a high note with a shout out from participants, "Altogether, we can Do This: Fight COVID 19 with Vaccination".

New Communication products to promote Vaccination Messages were developed each month by our Communication Lead which were posted in the PNAM website and social media. Lawn signs were also posted in strategic locations. These were also translated in other languages, such as Thai, Chinese, Vietnamese and Indian dialects. Flyers were also developed with very colorful and attractive presentations. Stickers "I am Vac-



inated” were also developed and placed on the arm of each patient vaccinated. With permission and approval from CDCF Program Officer, the project was able to sponsor Ads, promoting Vaccination in the Souvenir Program on special events of different organizations.

Supporting New Events to Promote Vaccination was one of the project’s lively and vibrant activities. In coordination with FILAMCO, the project conducted vaccination and put up a tent with very festive mood. It was located in the entrance of the pavilion at Halmich Park in the city of Warren. There were colorful balloons and lots of Vaccination Messages on display boards. Our new Vaccination Provider Partner was Walmart Pharmacy who sent their Pharmacists and clinicians to administer the vaccine in the site. PNAM has also millennial nurses’ volunteers who helped man the registration table and post conference with patients. We had a megaphone to announce the vaccination and benefits of getting vaccinated. Colorful Flyers and leaflets were also distributed. Kalayaan 2022 is one of the well-attended Filipino events. Hence, there were many people who went to our tent for vaccination.

The combined PNAM and NaFFAA picnic at Shaw Park, Warren was another event that the project has supported. In like manner, the project put up a tent with festive mood. It was decorated with colorful balloons, display boards and lawn signs. Vaccination of COVID and Flu shots were also provided to the attendees, The Vaccine Provider was Rite Aid Pharmacy. In these two outdoor events, we had a big PNAM stand up banner, lawn signs, display boards. Consequently, it made PNAM shine in the community for doing vaccination and educational activities to promote and administer COVID and Flu Vaccination.

#### **Other events supported by CDCF Grant 2 Project with New Mobile Sites, New Vaccination Providers and New Community- Based Organizations:**

1. Genesis Adult Foster Care Homes in Southfield, Madison Heights, Sterling Heights and Troy
2. Touch of Care Group Homes in Utica, Troy and Warren
3. NANAY monthly Senior lunch at PACCM
4. St. Mary’s Catholic Church Health Fair, Westland
5. Michigan Visiting Nurses Association c/o Eastern Michigan University staff- Sarah Lally, RN



#### **New Vaccine Provider Partnerships:**

1. Macomb County Health Department
2. Oakland County Health Department
3. Wayne County Health Department
4. Medical Network One
5. Michigan Visiting Nurses Association c/o Eastern Michigan University staff, Sarah Lally, RN

#### **Other Strategies to Increase Vaccination Coverage:**

1. Tapped millennial nurses to do TikTok with messages endorsing Vaccination and posted in social media
2. Attended big events of other ethnic groups to promote vaccination
3. Interviewed community leaders, popular celebrities/singers/artists, for vaccination endorsement

#### **Project Monitoring:**

Project Director- monitors the project implementation with focus on the quantifiable goals and qualitative activities for positive results. The team had a monthly meeting at the CDCF/PNAM Office at PACCM. Project goals are discussed to ensure that the project is implemented in accordance with timelines. The Monthly schedule of activities served as the guide for monitoring the project implementation, along with proper utilization of funds.

Monthly and Quarterly Reports are submitted to CDCF through Redcap. During the PNAM Monthly EB Meeting, the Project Director reports on project status and implementation.

**Success Story:** The CDCF Grant 2 Project exceeded the established goals in accordance with timelines. The activities were documented through photos and videos. It was presented at the national Project Call Meeting in January 13, 2023. PNAM was one of those chosen to present early among community-based organizations. The attendees and CDCF

Officers were impressed with our Training of Influential Messengers, outdoor vaccination at Kalayaan and NaFFAA/PNAM picnic, group home vaccinations and networking with new Vaccination Providers. The project team worked so hard above and beyond the expected work man hours, late nights and weekends, to make the project succeed.

**Project Team: Pictures respectively arranged**

Reglita Pogado Laput, MPH, RN-Project Director  
Kino Xandro Anuddin, MSN, RN-Communication Lead  
Adelina McCaulley, RN-Implementation Coordinator  
Marissa Radowick, BSN, RN – Finance Officer



**Acknowledgment:** The project Team would like to thank the PNAM Executive Board, headed by President Connie Sumalde, Executive Director, Sofy Bole, for all the support provided to the project. A heartfelt thanks to community leaders, especially Ryan Rosario of FILAMCCO and Becky Tungol of NANAY who acted as Influential Messengers to promote vaccination. We acknowledge our new and old Vaccination Providers, Group home owners who offered their facilities/patients to be the venue and recipients of COVID and Flu vaccinations. Also to our millennial nurses who did the TikTok, celebrities who allowed to be interviewed and endorsed the vaccination with their videos posted in social media platforms. The Faith community: Missionary Families of Christ and St. Mary’s Catholic Church who supported our promotion and vaccination activities, also deserves our gratitude. For those who in one way or another contributed to the success of the CDCF Grant 2 Project, we thank you very much. The project’s positive impact would not be achieved without all of you, supporting us to make PNAM shine in our community. A Big Thank You to all who made it happen!

**Surprise Visit from Three PNA New Jersey Past Presidents, April 11, 2023**



*Solarte Residence before going to PNAM EB meeting: L-R: Sofy Bole, Dr. Cesario Solarte Jr., Manang Remy, Guests: Nini Jurado, Meriam Canares, & Belle Villafuerte.*

*Executive Board Meeting at PACCM with guests from PNA New Jersey. They delivered pre-ordered books, PNA: A Tapestry. It tells of PNA triumphs and successes where three PNAM members are authors: Remy Solarte - The Birth of PNA; Dr. Annie Vista, and Sofy Bole.*

# Michigan Hands Free or Distracted Driving Law

**Detailed Information: Be Safe, Stay Focused, Stay Healthy**

Signed into law by Governor Gretchen Whitmer on June 7, 2023, the distracted driving law was implemented with a sole purpose of making driving safe. It is a known fact that on holiday weekends, traffic is very heavy, and a distraction can easily lead to accidents, be it minor or major. This law took effect on June 30, 2023.



It is a law in Michigan making it illegal to manually use a cell phone, or other mobile electronic devices while operating a vehicle on Michigan roads. According to a Michigan State police, the number of crashes caused by distracted driving have increased over the last couple of years. Mainly this law is to reduce accidents caused by distraction. Under this new law, you cannot hold or support a phone or other devices with any part of arms, hands, or shoulders. It's limited to a single touch only.

## **You cannot manually do any of the following on a cell phone or other electronic device while driving:**

- ◆ Make or answer a phone or video call; Send or read text or email messages.
- ◆ Watch, record or send a video; Access, read, or post to social media;
- ◆ Browse or use the internet; Enter information into GPS or navigation system.

## **Penalties**

- ◆ First violation - \$ 100.00 fine and /or 16 hours of community service
- ◆ Second violation - \$ 250.00 fine and/ or 24 hours of community service
- ◆ Third violation within a three- year period – **a mandate to complete a driving improvement course.**
- ◆ Fines double if a traffic crash occurs and the at-fault driver was holding or manually using a mobile device while operating a vehicle.

## **Three main types of distractions:**

- \* Visual – taking your eyes off the road
- \* Manual – taking your hands off the wheel
- \* Cognitive – taking your mind off the driving

**DRIVE SAFELY, NO DISTRACTIONS,  
IT IS THE LAW!**

Texting is the most alarming distraction because it involves all three types of distractions.

**Distracting activities include:** Texting or messaging; checking social media; talking on phone even hands free; watching videos; eating, drinking or smoking; grooming; looking after children or pets; chatting with passenger; searching or reaching for an item; looking at crashes and or roadside sights; checking a navigation system; reading anything including maps; adjusting climate or music controls; listening to loud music.



References:

Retrieved, August 1, 2023, Michigan.gov/msp/divisions/ohsp/safety-programs/distracted-driving

Retrieved , August 1, 2023, [https:// www.13abc.com](https://www.13abc.com)

As nurses, we have a compassion to care, help save lives, promote health and emphasize the importance of staying healthy. It is then very important that we bring this detailed information to you, our readers, about safety regulations on Safe Driving in the State of Michigan.

*\*Safety is no accident, therefore make safety a reality and don't be a fatality. The key to safety is in your hands, and it begins with you right now and keep it going!*





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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.**

\*

**Please join PNAM, the authentic professional nursing organization of Filipino Nurses in Michigan.**

**Contact: Carmelita Meitzler, Membership Chairperson  
Phone: 248-931-9710 Email: cdmeitzler@yahoo.com**

**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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