



# PNAM Newsletter

Official Publication of the Philippine Nurses Association  
of Michigan (PNAM)

# PNAM FORWARD

JUNE 2026 SPECIAL EDITION

## PNAM INDUCTED NEWLY ELECTED 2026-2028 OFFICERS AT THE HISTORIC FORD HOUSE

### **Meriam Caboral-Stevens, PhD, RN, CNE, FNYAM, FAAN**

On May 16, 2026, the new officers of the Philippine Nurses Association of Michigan (PNAM) were inducted at the historic Ford House in Grosse Pointe, MI. The event started with the recognition of all community and academic leaders and partners followed by the introduction of PNAM past presidents. There were also several Philippine Nurses Association of America (PNAA) leaders who were in attendance including Dr. Marlon Garzo Saria (PNAA President), Dr. Dino Doliente III (Executive Director), Ms. Debbie Maquidato (Asst Secretary), Dr. Manny Ramos (Asst. Treasurer), Ms. Reglita Laput (Auditor), and Dr. Warly Remegio (RVP, Eastern Region). Dr. Saria inducted Dr. Meriam Caboral-Stevens, as the 2026-2028 President of PNAM, in front of all the past PNAM Presidents, whereas the Executive Board were inducted by Dr. Doliente III afterwards.

PNAM also awarded the Corazon “Koy” Galinato scholarship to James Petersen and Allan Dave Cortes. James Petersen is a senior nursing student at Eastern Michigan University and Allan Dave is also a senior student at Wayne State University. Our very own Koy Galinato presented the award to the scholars assisted by Tony Galinato and Ms. Corazon Gabarda.



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# FROM THE EDITOR'S DESK

Jerick Tabudlo, MAN, RN, CNOR

It is my pleasure of welcoming you to this new edition of the PNAM Newsletter.

As a nursing association representing Filipino and Filipino American Nurses in Michigan, USA, we are committed to advancing the welfare and promote excellence in various ways. This new edition of the PNAM Newsletter highlights the PNAM induction of officers, awarding of the *Corazon "Koy" Galinato scholarship* to two deserving nursing students, hosting of the PNAA National Convention and a reflection from our member from a recently concluded fellowship/training-manifestations of the purpose of the association.

As I read through the pages of this newsletter, I am reminded of the power of collaboration, advocacy, being action-driven and caring attitude. This period of time of the nursing profession calls for the same or even greater action and unity. The PNAM thru this newsletter is an avenue for social advocacy, call for action and information dissemination. We welcome articles that adheres to the vision and mission of the association.

To conclude, it is undeniable that the role of the PNAM will be crucial today more than ever with important issues facing Filipino and Filipino American nurses. Continue to be involved, motivated and ethical in the practice of this profession and serve as an inspiration to future generations of Filipino and Filipino American nurses.







## MESSAGE FROM PNAM PRESIDENT

Welcome to the New 2026-2028 Philippine Nurses Association of Michigan (PNAM).

As we turn a new page into PNAM's history, we stand at a powerful threshold - one that invites us to reflect on our legacy and one that reimagines our future as a nursing organization. As the 2026-2028 President, I embrace this role with purpose and determination that will be guided by my mantra **#PNAMFORWARD**. In the next two years, my team and I, together, will solidify PNAM as a nursing organization that is **Focused on Outcomes, Responsibility, Wellness, Advocacy, Respect, and Deep Sense of Belonging**. It took me and my co-pilot a while to come up with a mantra that reflects what this organization needs. The core principle that will define this administration is **Strategic Doing**.

For many years, our mission has been carried by three steadfast pillars: Vitality, Visibility, and Viability. These pillars have guided our programs, strengthened our identity, and ensured that our work remains grounded in service and excellence. Today, as we look toward the future, we take an important and intentional step forward. Today, we welcome a fourth pillar into our mission framework — the pillar of **Visionary**. I add Visionary not as an ornament, but as a necessity. Healthcare is evolving. Our communities are changing. The needs of our members are expanding. And the world is asking more of nurses than ever before. To meet this moment, we must not only respond — we must anticipate. We must not only adapt — we must lead. We must not only sustain — we must transform.

With this addition, our mission framework becomes whole:

- Vitality strengthens our people.
- Visibility amplifies our presence.
- Viability secures our foundation.
- Visionary charts our future.

Together, these four pillars form a complete and dynamic structure — one that honors our heritage while propelling us toward new horizons. As your incoming president, I pledge to lead with all four pillars at the heart of every decision, every initiative, and every partnership. I pledge to uphold the mission entrusted to us by those who came before, while preparing the path for those who will follow.

**Meriam Caboral-Stevens,**

PhD, RN, CNE, NP, FNYAM, FAAN

PNAM President, 2026-2028



# OUTGOING PRESIDENT'S REFLECTION



My dear PNAM family,

It is with a full heart and deep pasasalamat that I write my final message as your 2024-2026 President.

Two years ago, I promised PNAM would grow beyond borders and barriers. Together, we lived that promise. We prayed together, served together, and raised the voice of Filipino nurses across Michigan who needed to see our excellence.

None of this happened because of one person. It happened because of pakikisama — the PNAM way. To our Board, committees, advisers, and every member who said “yes” to late meetings, health fairs, mentorship calls, and fundraisers... you are why PNAM is stronger today.

Special thanks to my Executive Director, Trinie Alair — my tireless south, north, east, and west! We're longtime homecare nurses, so you know what that means! 😊 Thank you, Trinie! And to Annie Meitzler, my forever BFF — my deepest, heartfelt gratitude!

Tonight, I pass the torch to our 2026-2028 Executive Board. Incoming President and officers: PNAM is in good hands because PNAM is in your hands. You inherit a calling to carry malasakit, excellence, and faith into every room — “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” — Ephesians 2:10

My charge: Dream bigger than we did. Open doors for the next generation. Call and reunite with our Filipino nurses — you know who I mean. Make PNAM where a young nurse finds her mentor, a tired nurse finds strength, and the world sees that Filipino nurses don’t just serve — we lead.

To my 2024-2026 Board: thank you for walking this road with me. To every PNAM member: thank you for this honor of a lifetime.

My term ends, but my service does not. I’ll always be your sister in PNAM, cheering you on — or from Nina’s Place 😊

May God bless PNAM, our new leaders with wisdom, courage, and unity, and every Filipino nurse who wears this pin with pride.

Mabuhay ang PNAM. Mabuhay ang bagong pamunuan. To God be all the glory.

With love and gratitude,

**Nina McCaulley, RN**

President, Philippine Nurses Association of Michigan  
2024-2026

## CORAZON “KOY” GALINATO SCHOLARSHIP AWARD



**Allan Dave Cortes**

Allan is a senior student in the Bachelor of Science in Nursing program at Wayne State University in Detroit, MI, where he is recognized as a Dean's list honoree. He has a Grade Point Average (GPA) of 3.70. He is involved with the American Red Cross and volunteers at Wayne State Health Fair events. Allan is also recipient of the Michigan Nurses Foundation and Wayne State University Gold Scholarships. He plans to pursue advanced practice nursing focusing on family and community health. Allan's motivation to being a nurse is personal.

***“Having navigated through the challenges of moving from the Philippines to the United States as a child, I understand the vulnerability patients feel when they are in an unfamiliar environment or overwhelming situations. Additionally, when my mother faced a chronic illness, I stepped into the caregiver role at home when my father couldn't. This experience taught me resilience and compassion, and it showed me firsthand how meaningful nursing care can be for both patients and their loved ones.”***



**James Petersen**

James is a senior student in the Bachelor of Science in Nursing at Eastern Michigan University (EMU). He has a GPA of 3.5. He is a member of EMU Student Nursing Association, Sigma Theta Tau, and a member and officer of the PNA Metro Detroit (PNA MetD). He comes from a family of nurses and even though nursing has always been his chosen path, his personal drive has evolved over time. His essay was very foretelling of what his future as a nursing leader is. His words resonated to that,

***“As I approach the completion of the program, my motivation has become internal and deeply personal. I want to be a nurse because I find fulfillment in using the tools and knowledge I have acquired to provide care and comfort to others. Through clinical interactions and collaborating with my peers, I have learned that nursing requires a high level of empathy and emotional intelligence to support individuals at their most vulnerable. I find that responsibility rewarding and the knowledge I hold truly fulfilling”***

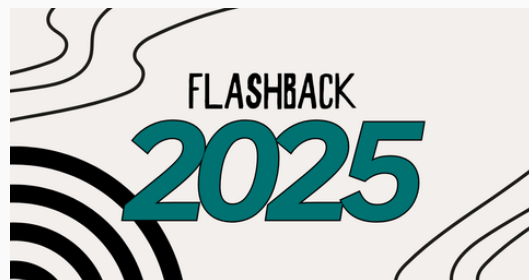


# MORE INDUCTION PHOTOS

## CONGRATULATIONS TO THE 2026-2028 PNAM ELECTED OFFICERS

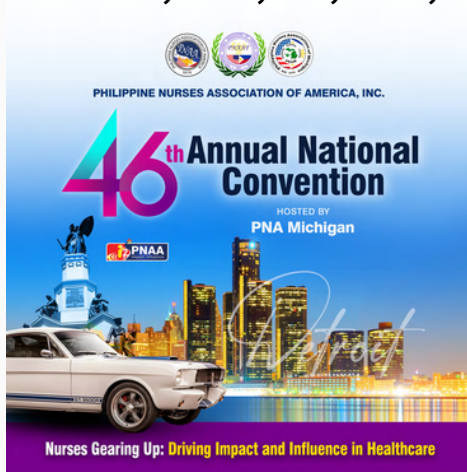






# PNAM hosted the 46<sup>th</sup> PNAA National Convention in Detroit, MI

Meriam Caboral-Stevens, PhD, RN, CNE, NP, FNYAM, FAAN



The Philippine Nurses Association of Michigan (PNAM) hosted a successful 46<sup>th</sup> Philippine Nurses Association of America (PNAA) National Convention on July 16-20, 2025, held at the majestic Westin Book Cadillac in Detroit. This Special Edition PNAM Newsletter presents highlights of the convention. The convention started with the **International Educated Nursing (IEN) pre-conference** on July 16, 2025. PNAM greeted the convention attendees with a **Welcome night event** on July 16, 2025. The convention officially started with the **Leadership Institute** on July 17, 2025, held at the majestic Lovett Hall at Henry Ford Museum. **Networking night.** On Friday (July 18, 2025), **Education Day** was a full day of learning conducted at the Westin Book Cadillac. Despite the hotel elevators not working, the **5K walk/run** started Saturday activity followed by the **General Assembly meeting.** This day ended with the Glitz and Glamour of **Gala Night.** The national convention ended with a **Thanksgiving Mass** at St Aloysius church. We would like to thank all the attendees, sponsors, and exhibitors who participated and supported Detroit in this momentous event. [More stories continue next page]





## July 16, 2025

### IEN Policy Summit

For the first time, PNAA offered a Policy Summit pre-event focusing on advocacy and empowerment of internationally educated nurses (IENs). The morning session commenced with a keynote address by Dr. Peter Presiosi, TruMerit (formerly CGFNS) President. He was followed by a panel discussion on **Insights on Recruitment and Retention**, with Dr. Angie Millan (NCEMNA President), Dr. Eric Wallis (Henry Ford Health CNO), and Mr. John Sebastian (Staffing Industry). The morning session ended with Drs. Amanda Noth-Matchett (CNO, IU Health Methodist) and Dr. Phyllis Polk Johnson (NCSBN President) discussing **Aligning State Board with Onboarding Practices**.

The afternoon session of the Policy Summit was breakout sessions with each group discussing case studies on issues and challenges of IENs. Dr. Jennifer Kennedy (ANA president) was the end-note speaker, and the program was closed by former PNAA President, Dr. Madeline Yu.



### Welcome Night

The welcome night was to usher attendees to the national convention. The attendees were welcomed by Mr. Scott Ragland, from Henry Ford Health System (one of the platinum sponsors) and Ms. Larissa Miller, the Chair of the Coalition of Michigan Nursing Organization (COMON). Ms. Joy Wilkins - Mrs. Tourism International - also attended the welcome night. However, the evening was filled with music, fun, and lots of food. Karaoke contest was a hit with Dr. Rey Rivera getting not only the coveted trophy but the crown from Joy. We thank the sponsors: Ayala land, Healthcare Synergy, Cristina Fashions and anonymous donors. The night was emceed by our very own Ms. Marie Adkins and DJ was Derek Riparip. It was a welcome night to remember!



[More pictures on page 14]





## July 17, 2025 Leadership Institute

The morning of July 17, everyone woke up early to catch the 7am busses to take them to attend the Leadership Institute (LI) held at the historic Lovett Hall of the Henry Ford Museum. The program started with the welcome remarks from Ms. Manellita Dayon, NCR RVP followed by President of PNAA, Dr. Marlon Saria's speech on PNAA Influence and Global Impact. Dr. Rose Estrada, the PNAA Foundation President gave the PNAAF update to the attendees.

The first topic was on **Legacy in Leadership: Driving Innovation and Impact**. Speakers included Mr. Todd Bryan, the President of Henry Ford Historic Society; Dr. Mary Joy Garcia-Dia, Program Director and Nursing Informatics, New York Presbyterian Hospital, and Dr. Rey Rivera, Director of Nursing Research and Innovation, New York Presbyterian Hospital. The second topic was **Amplifying Your Voice: Building Leadership Presence to Impact Healthcare Policy and Practice**. Alice Benjamin, America's favorite nurse; Matilde Upano, President PNA Indiana Chapter; and Atty. Sofia Aragon, Executive Director Washington Center for Nursing were the esteemed speakers for this topic.

LI ended with the graduation of the 2025 iLeadership Development Program (iLDP) Fellows. There were 42 fellows who graduated and the top three project management plan were presented at the graduation. After lunch, all attendees were taken back to Westin for the afternoon sessions.







## July 17, 2025 Networking Night

Networking Night, although it started chaotic, the Motown music sets up an energetic tone that carried through the evening. Despite the initial confusion, the event quickly unfolded into a memorable celebration filled with fun and camaraderie. Members embraced the spirit of the night, arriving in vibrant '60s and '70s-inspired attire that added color and nostalgia to the occasion. History repeated itself as NCR secured the most coveted first prize, just as it had at the 2013 National Convention in Cleveland, Ohio. This victory held special significance, serving not only as recognition but also as a source of immense pride for me and for NCR as a whole.

The evening unfolded with numerous awards being presented, each greeted with cheers and applause. The dance floor came alive with the roar of music and rhythmic movement, echoing throughout the venue.

[More photos in page 15]



## July 18, 2025 Education Day

Regional Vice President, Ms. Manelita “Bong” Dayon opened Education Day followed by Dr. Marlon Garzo Saria’s State of the PNAA Address. The keynote speaker, Dr. Christoher Lance Coleman, spoke on **Gearing up for Policy Change: Nurses at the Forefront of Healthcare’s Evolution**. The Plenary Session was moderated by Dr. Kendra Barrier with Dr. Katie Boston-Leary from American Nurses Enterprise SVP spoke on **Impacting change: Confronting racism in nursing to transform healthcare delivery** and Dr. Ruth Francis who spoke on **Influencing safety: Policy and practice strategies to combat workplace violence against nurses**. Clinical update forum consisting of five advance practice nurses as panelists ended the morning session. The afternoon session had three breakout sessions, Alzheimer’s forum, and research forum. In addition, there were 26 poster presenters. The Education Day was closed by President-Elect, retired Col. Bob Gahol





## July 19, 2025

### 5K Challenge

Everyone woke up early to go for the 5K walk when surprise - only one elevator was working throughout the hotel. Despite the massive delay, walkers and runners met at the Detroit Riverfront for the 5K fundraising. As participants gathered outdoors, a cool breeze from the nearby river provided a welcome sense of calm and relief. The natural setting helped clear their minds and renewed their energy. Soon, excitement filled the air as the warm-up session began. Gentle Tai Chi movements eased participants into motion, promoting balance and focus, while the lively rhythm of Zumba followed, energizing the group and loosening their muscles.

By the end of the event, it became clear that everyone was a winner. Whether or not medals or trophies were earned, the shared experience, determination, and sense of accomplishment made the effort worthwhile. It was not just about crossing the finish line but about embracing the journey together.



### General Assembly

Right after the 5K Challenge, General Assembly followed fresh from their 5K walk. PNAA President, Dr. Marlon Saria presented an update of PNAA. It is also during the General Assembly that presentation of chapters bidding to host the 2028 national convention was viewed by everyday. Both PNA San Antonio and PNA Hawaii gave their best presentation bid and with a very narrow margin, PNA Hawaii received the task of hosting the 2028 PNAA National Convention.







## July 19, 2025 Gala Night

The formal Black-Tie Gala unfolded in an evening of glitter and glamour, reminiscent of the Oscars. Elegant red, silver, and blue gowns flowed gracefully alongside escorts in classic black tuxedos, as nurses and their guests radiated sophistication throughout the night.

The Gala featured several highlights. First, the induction of Dr. Mindy Ofiano as the new PNAAF President and new PNAAF officers. Second, the presentation of PNAA Nurse Excellence Awards and third, the ceremonial turnover of the Florence Nightingale Lamp to PNA Colorado chapter, the next host of the 47th PNAA National Convention. Adding a meaningful touch was when time capsule steward Chit Abriam unveiled the contents of the PNAA time capsule from 2009. The time capsule will be opened at the PNAA's 50<sup>th</sup> anniversary in 2029.







## July 20, 2025 THANKSGIVING MASS

A tradition to end the national convention is the Thanksgiving Mass. This year, the Thanksgiving Mass was held at the St Aloysius Church, adjacent to the Westin Book Cadillac. Reverend John Maksym officiated the thanksgiving mass and assisted by Deacon Robles, husband of PNAA Executive Board, Carol Robles. Afterwards, several PNAA leaders went on a bus trip to Windsor to induct the first PNAA chapter in Canada. Attendees were also invited to present flowers to Mother Mary, petitioning her intercession for families and friends affected by cancer. Red roses honored those suffering from the illness, while white roses were offered in memory of those who had passed. The mass was attended by 271 participants.



## 46TH PNAA NATIONAL CONVENTION EVENT NIGHTS' PHOTOS

### *Welcome Night*





# 46TH PNAA NATIONAL CONVENTION EVENT NIGHTS' PHOTOS

## *Networking Night*



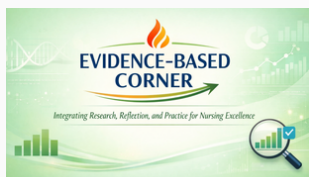


# MORE 46TH PNAA NATIONAL CONVENTION EVENT NIGHTS' PHOTOS

## *Gala Night*







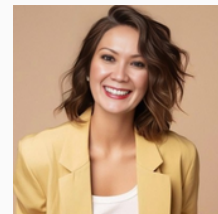
# Fiscal Responsibility and Balanced Budget

Fellow Name: **Victoria Bryan MSN-Ed, RN, LNHA, COHN-S**

Philippine Nurses Association of Michigan iDLP Program

Faculty: Coleen Sta. Ana, MHA

May 29, 2026



*“Effective leadership within professional nursing organizations requires not only vision and collaboration but also responsible financial stewardship.”*

## Annual Budget Planning

Although I was never directly involved in my PNAA chapter's annual budget planning process, I served in a key leadership role as the chapter's Ways and Means Chairperson during the recent National PNAA Convention. Through this experience, I observed that financial decisions are often influenced by the priorities and preferences of the sitting president and leadership team. While these decisions are typically voted on and approved by colleagues and the Executive Board, they may not always fully align with the organization's foundational mission and long-term strategic goals. This experience reinforced my belief that leaders must adopt a more strategic, transparent, and collaborative approach to budgeting in order to ensure fairness, accountability, and sustainability.

One practical framework for guiding decision-making is strategic priority alignment. This means that every committee proposal should be evaluated based on how closely it supports the chapter's mission, vision, and annual goals. Programs that directly promote nursing leadership, professional development, membership engagement, community outreach, and organizational sustainability should receive higher priority. Another important framework is cost-benefit analysis, which helps leaders determine which projects will provide the greatest impact relative to the amount of funding requested. Leaders should also use evidence-based budgeting by reviewing past outcomes, participation rates, and measurable benefits from previous programs before approving future allocations.

## Uncertainty into opportunities

Transparency and shared governance are also essential during the budgeting process. Open communication among committee chairs, officers, and board members encourages trust and accountability. Leaders must practice fairness and ethical stewardship while balancing competing interests. Using a scoring matrix or ranking system can help objectively compare proposals based on urgency, organizational impact, feasibility, and financial sustainability.

## Lessons learned from past crises

We learned valuable lessons from the past, such as the pandemic (COVID-19), organizational conflicts, and economic challenges. These experiences highlight the importance of adaptability, resilience, contingency planning, and effective communication. Crises teach leaders to remain calm under pressure, make timely decisions, and prioritize people-centered leadership.

## Empowerment

As I near the completion of my iDLP journey, the one word that best describes the essence of leadership today is “empowerment.” I believe leadership is about inspiring, mentoring, and creating opportunities for others to grow and succeed while fostering collaboration, inclusivity, and servant leadership.

## Conclusion

Moving forward, I hope to continue developing as a leader who values transparency, strategic thinking, and ethical decision-making while helping to build stronger, more sustainable nursing organizations for future generations.

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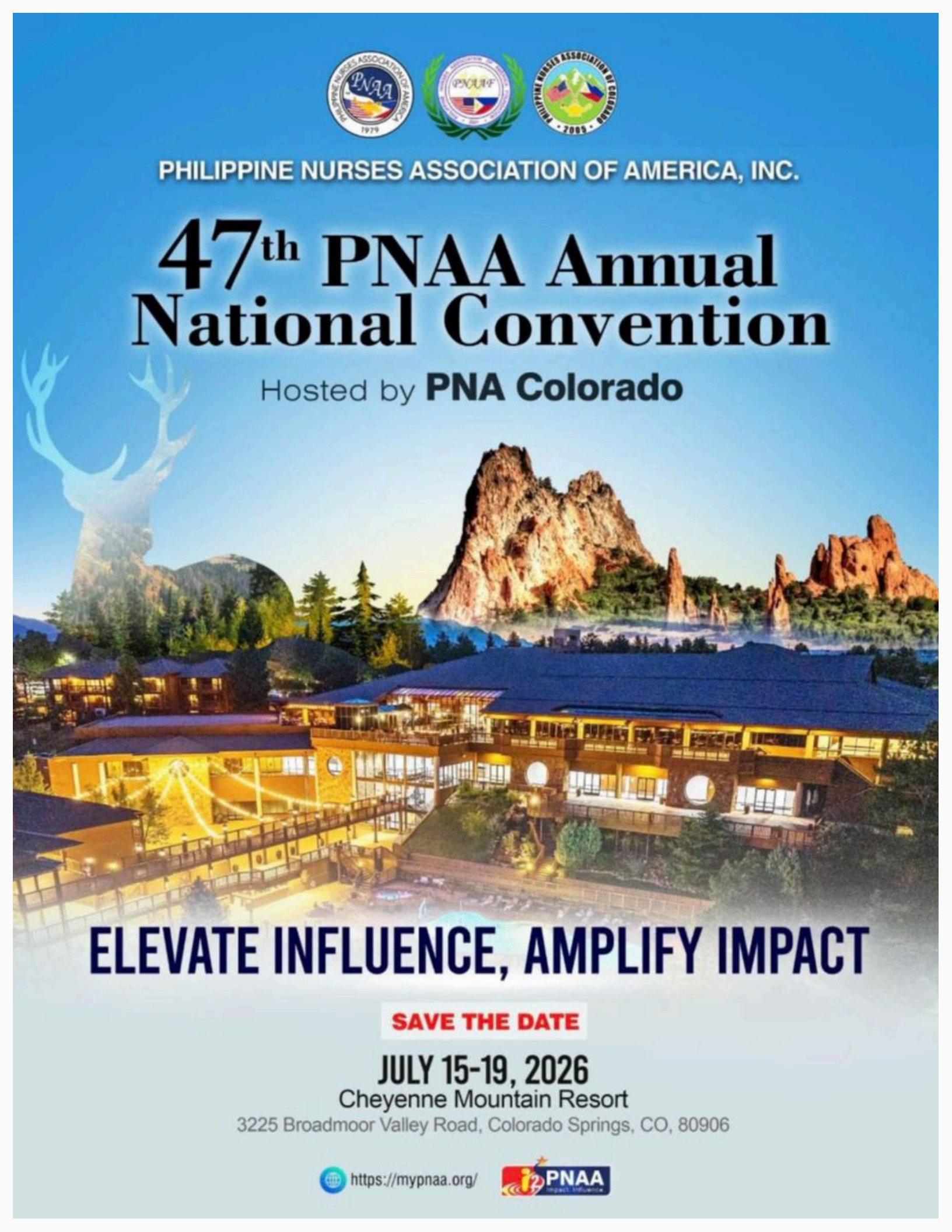




PHILIPPINE NURSES ASSOCIATION OF AMERICA, INC.

# 47<sup>th</sup> PNAA Annual National Convention

Hosted by **PNA Colorado**



## ELEVATE INFLUENCE, AMPLIFY IMPACT

**SAVE THE DATE**

**JULY 15-19, 2026**

Cheyenne Mountain Resort

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