



# PNAM Newsletter

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**VISIBILITY \* VIABILITY \* VITALITY**

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[www.pnamichigan.org](http://www.pnamichigan.org)

## PNAM Commemorated Annual Education Conference Success

By Grace Ramirez, BSN, RN and Sonia Montano, BSN, RN, CCP

The Philippine Nurses Association of Michigan (PNAM) Spring Educational Conference is held annually to meet its Bylaws goal of "developing, implementing and evaluating programs in nursing leadership, practice, education and research, relevant to the professional growth of its members and to address the healthcare needs of the community." The April 18, 2015 Spring Education Conference chose the Theme: Lead, Empower and Transform in Nursing: Integral Components in Health Promotion and Positive Patient Outcomes. To be effective advocates for the best possible care, all nurses need to understand their role in the health care delivery.

The topics chosen by the Education Committee, chaired by Grace Ramirez and members, Carmelita Meitzler, Emma de Leon-Pacris, Nina McCaulley, Sonia T. Montano and Adviser Dr. Annie Vista were informative and useful to nursing practice. Efforts were made to avoid discussing something mundane. The Philippine Nurses Association of America Foundation (PNAAF) was the approved provider of continuing education, CEP #14143, 7.25

contact hours.

The speakers and their topics were:

- Empowerment in Nursing & Health Promotion, Gail Gaymer Martin, Writer, Counselor
- Taking Care of Yourself and the Women You Love, Diane A. Vista-Deck, MD
- Human Immunodeficiency Virus (HIV) Infection, Hassan Dakroub, MD
- Medicare Home Health Care in the Current Health Care Landscape, Christie Scituro, RN, BSN, CHCE
- Modern Day Stroke Management, Cesar Hidalgo, MD
- Autism Spectrum Disorder: Updates and the Autism Benefit Waiver, Cecilia Astorga-Switzer, MD
- Pain: A New Perspective on the Fifth Vital Sign, Ma. Victoria Nery-Sureta, BSN, RN, CRNA

Outcome evaluation is very important in today's environment. Completing one for the educational conference is a top priority to the Education Committee since members and consumers demand



(Continued on page 2)

PNAM Annual Spring Educational Conference, April 18, 2015 at Beaumont Hospital Auditorium.

## President's Message



### The Journey Continues

By Sonia T. Montano, BSN, RN, CCP

With humility, I accepted the responsibility of leadership of the Philippine Nurses Association of Michigan in the fall of 2014. Since that time, I tried to follow four important values that will guide us during my administration and I remain hopeful that this office will continue to endure to meet new challenges for PNAM.

First value is professionalism. To treat our role with sense of responsibility and to demand mutual respect. We are all volunteers. As volunteers, we cannot be just volunteers but we all should try to be the best volunteers. Professionalism means commitment and quality. It means do what we say and be mindful of what we say. Tactfulness is essential to good relationship.

Second, community partnerships. Let us broaden our community participation. It should not be a one-way partnership, but a reciprocal relationship. Let us be more visible in our community and support all Filipino-American organizations.

Third, effective communication. Please remember, the less the person knows, the louder she yells. Let us keep in touch with each other and with our members if possible. Keeping in touch does not mean talking on the phone for hours. Let us read our emails when we have the time so we will be aware of any new updates. If you need to complain, do not tell a member who actually cannot do anything about it. Let us deal head-on with our own issue so that communication becomes productive.

Last but not the least, PNAM's sustainability. Sustainability does not happen by chance or overnight. It does not only mean the state of our finances but it also means the strength of our membership. If our peaceful nest is stirred up by a friend or foe, I consider it not a bad thing. It only means that this Executive Board is being pushed by criticism to achieve a greater purpose. Let us not be defined by the past, instead let us move forward to achieve PNAM's goals.

No one gets to this point in my life without the help and support of my husband, my four sons, my sisters, my dear forever-young classmates of Class 1976, my friends, the PNAM Executive Board and members and my past and present mentors. My journey as the PNAM President will continue for a few more months with bumps or perhaps no bumps at all for I am not sure what lies ahead in every corner. The detours are not the highlights of my journey but the goals and accomplishments for PNAM, leaving behind members with conviction to carry on the values. ♦

#### **PNAM Commemorated....**

*(Continued from page 1)*

quality of conferences. The tabulated results of the General Evaluation forms provided by the Philippine Nurses Association of America Foundation, Inc. evaluating the speakers, their topics and the conference venue were distributed to the attendees and the results were:

- ⇒ 96% of the attendees considered the individual sessions relevant to the program goals.
- ⇒ 96% of the attendees considered the content addressed important professional issues.
- ⇒ 96% of the attendees considered the speakers were knowledgeable about the topic.

- ⇒ 94% of the attendees considered the facilities were adequate (comment like: too cold inside the auditorium.)
- ⇒ 96% of the attendees considered the program was well organized.
- ⇒ 98% of the attendees considered there was an opportunity to network with colleagues.

The Education Committee is grateful to the speakers, the attendees, the sponsors and also to those who gave their feedback which is considered by the committee, a continuous process for improvement. See you next year during PNAM's hosting of the 2016 PNAA North Central Region Conference at Double Tree by Hilton in Dearborn/Detroit, MI. ♦

## Editorial Message



By Ed Carpena, BSN, RN

Which lesson(s) of Renato N. Carvajal do you prefer?

Mr. Carvajal was a Christian Living Education values teacher of Ateneo de Manila High School. He retired after 38 years of teaching in order to pursue his other passions: teacher-training and textbook-writing. In 2003 he was one of Metrobank Foundation's Outstanding Teachers of the Philippines.

In my opinion, I would select lesson number 9 as the very first lesson as it bears the most weight. A soul sanctuary even for the uneducated. The rest of the other lessons may come in any order.

You can read Mr. Carvajal's piece below in a nutshell because of space constraints. For the full text of his article please go to: <http://opinion.inquirer.net/73835/lessons-from-mang-felix#ixzz2ziODaF58>

"Lessons from *Mang Felix*" by Renato Carvajal:

I learned life's most enduring lessons from *Mang Felix*. He lost his father when he was five, then lost all his siblings shortly after. He worked in the farm. With determination, he finished his freshman year in college. He got married and raised a family of nine. He worked as school janitor. Every day, before biking to the barrio school five kilometers away, he would stop by the church for Mass. The school principal, teachers and pupils admired his work ethics. He was first to arrive and last to leave, making sure all the rooms were clean. He found time to tend to his vegetable garden, fetched water for his wife's laundry, led the rosary at six in the evening, tutored his children after supper or gathered them to tell stories. There were times he would be absent from work to attend to a sick child. However, his faith helped him bounce back with much serenity.

For 65 years that was *Mang Felix's* world. He did his tasks, big and small, with great fidelity. He knew his place in his little corner of the world was to clean, provide, teach, and most of all, share his faith. His whole life, from the time he lost practically everything, was resiliency made incarnate. He was a man always responding, falling but rising again, renewing, celebrating. To him, life was simply a loving response to God's call in any form, never mind if it was just cleaning the toilets or wiping the windows. His sense of commitment was in carrying out one's duties with perseverance and joy.

From *Mang Felix*, I learned ten lessons that I try to live by to this day as a husband, a father, a teacher, and a Christian.

1. It does not matter what you do. You do what you do with love, passion, cheerfulness, generosity and fidelity.
2. Take pride in what you do. Put your heart into it, big or small.
3. Be single-hearted. Know what you want, pursue your dreams.
4. Expect disappointments. Do not be hard on yourself or on others.
5. At the first sign of trouble, reject the temptation to react. In conflicts, learn to forgive and seek forgiveness, to surrender or let go.
6. Surround yourself with friends. Seek out people who share your concerns.
7. Cherish and celebrate your little successes. Celebrate a lesson well-taught, taking time for renewal and healing.
8. Be creative and flexible. There are many ways of falling and failing as well as in solving problems and conflicts.
9. Frequent the sacraments. Give thanks to the Lord for the gift of life, and ask for the graces you need to go through your own life.
10. There are people who are watching you all the time. They will judge whether what you say and do correspond to what you claim to be.

It does not matter whether we are janitors or teachers or married persons. What matters most is how we remain faithful despite the occasional disappointments and failures, how we bounce back, in humility and self-sacrifice, summoning all the strength of our faith, hope and love, in order to build God's kingdom in our little corner of the world.

I thank *Mang Felix*, my father, for these lessons. ♦



### The Incredible Lifeline

Contributed by Adora E. Apercho, BSN, RN

The word *dialysis* comes from the Greek word *dialysis*, *dia* meaning through, and *lusis* meaning loosening or splitting. It is a life support treatment that uses

a special filter and machine to remove harmful wastes and excess fluids from the blood which help restore the blood to a healthy balance.

It is used primarily as an artificial replacement for lost kidney function in people with kidney failure.

It may also be used for those with acute disturbance in kidney function such as Acute Kidney Injury (AKI) or Chronic, progressively worsening kidney function known as Chronic Kidney Disease Stage (CKD) or End Stage Renal Disease (ESRD).

#### Brief history:

- 1854- Thomas Graham Glasgow best-remembered today for his pioneering work in dialysis and the diffusion of gases. He first presented the principles of solute transparent across a semi-permeable membrane.
- 1913- Abel, Roundtree and Turner developed the first artificial kidney.
- 1924- Haas did the first hemodialysis on a human being.
- 1943- Dr. William Kolf constructed the first working dialysis machine.
- 1946- Dr. Nils Alwall modified a similar construction to the Kolff kidney by enclosing it in a stainless steel canister.

#### Principles of Dialysis:

Dialysis works on the principles of the diffusion of solutes and ultrafiltration of fluid across a semi-permeable membrane. The substances in the water moves from the areas of higher concentration to an area of lower concentration. Blood flows inside the membrane and the dialysate (a specially formulated fluid) flows outside. This semi-permeable membrane has holes or pores of various sizes which allows smaller solutes (potassium, calcium, sodium, etc.) and fluids to pass through, but larger molecules (the red blood cells, protein and etc.) cannot.

There are two main types of dialysis and they are hemodialysis and peritoneal dialysis and each requires

different access points.

- Hemodialysis- the patient will need a dialysis catheter or an Artero- venous fistula (AVF) or an Artero-venous graft (AVG). Wastes and excess water is removed as the blood circulates outside the body through an external filter called a dialyzer that has semi-permeable membranes.
- Peritoneal Dialysis –the patient will need a peritoneal dialysis catheter that is inserted into the peritoneal cavity. Wastes and excess water are removed from the blood inside the body across the peritoneal membrane (a natural semi-permeable membrane) into a special dialysis solution called dialysate, in the abdominal cavity.

#### Trends and Developments

For decades, little has changed in the treatment available for ESRD. One option is the kidney transplant. There is an increase in the number of patients doing dialysis. They can set their own schedule since they have either longer duration or more frequent dialysis, there are fewer food and fluid limitations. Patients can even travel at their own leisure.

Research and developments are in progress for:

- Wearable artificial kidney which provides continuous dialysis 24/7. It is a miniature dialysis machine, weighing 10 lbs. and is powered by a 9 volt battery.
- Implantable artificial kidney which is a complex filtration system using actual kidney cells that would reabsorb water salts and etc. back into the blood stream, mimicking the real kidney's metabolic and water balancing roles.

It is unfortunate that there is a continuing growth in the number of End Stage Renal Disease (ESRD) patients and for now, dialysis is the only treatment available, until a kidney transplant is possible.

#### References:

Mosby's Dictionary of Medicine, Nursing and Health Professions, (Mosby's, 2006) 7<sup>th</sup> edition, St. Louis, Mo.

Schrier Robert. (1999) Atlas of Diseases of the Kidney, Principles of Dialysis, Diffusion, Convection, and Dialysis Machines. Chronic renal failure is the final common pathway of a number of kidney diseases. (volume 5.) New York. ♦





### Asthma: To Exercise or not to Exercise

By Emma de Leon-Pacris, MSN, RN

Asthma is a reactive airway disease often referred to as bronchial asthma which affects an estimated 34 million people in the United States. Exercise-induced asthma is asthma that is triggered by vigorous or prolonged exercise or physical exertion. In exercise-induced asthma, the muscle bands of the airways are sensitive to changes in temperature and humidity and react by contracting, which leads to narrowing of the airway. This results in symptoms of coughing, tightening of the chest, wheezing, unusual fatigue while exercising, or shortness of breath. These symptoms generally begin

within 5 to 20 minutes after the start of exercise or 5 to 10 minutes after brief exercise has stopped.

Exercise-induced asthma can be prevented and controlled by adhering to these practices:

- Always use pre-exercise inhaled bronchodilators 10 minutes prior to exercise. Short-acting Beta-2 Agonists such as Albuterol or inhaled Cromolyn Sodium (INTAL or Tilade) taken 15 to 20 minutes before exercise can prevent the airways from contracting and help control exercise-induced asthma.
- Perform warm-up exercises and maintain an appropriate cool down period after exercise.
- If the weather is cold, exercise indoors or wear a mask or scarf over your nose and mouth.
- Avoid exercising outdoors when pollen counts are high (if you have allergies), and also avoid exercising outdoors when there is high air pollution.
- Restrict exercising when you have a viral infection such as cold, flu or sinusitis.
- Exercise at a level that is appropriate for you. Activities that involve short, intermittent periods of exertions such as volleyball, gymnastics, baseball, walking and wrestling are generally well tolerated by people with exercise-induced asthma. Swimming, a strong endurance sport is well tolerated by those with asthma because it is usually performed in a warm moist environment.

Asthma should not be used as an excuse to avoid exercise. With proper diagnosis and treatment of asthma, benefits of an exercise program can be attained without experiencing asthma symptoms. Having good control of asthma in general will help prevent exercise-induced symptoms.

Sources: American Academy of Allergy Asthma & Immunology: "Allergic Conditions: Exercise-Induced Asthma (EIA)". American Lung Association: "Search Lung USA". ♦

#### PNAM Community Outreach...

(Continued from page 10)



of survival and the use of an AED within the first minute can increase survival rates up to 90%. The cost of an AED is approximately \$2000. The PACCM is the only Filipino community center in Michigan and having an AED onsite would be a benefit to all who attend, visit, and use the center.

Jeanette Tanafranca assisted by Janette Torrico-Woo taught the hands only CPR Classes and the use of AED. Other volunteer nurses Theresa Duller and Amy Risvold were around to help the learners. The participants practiced and performed return demonstrations on manikins

of hands only CPR and AED. They felt they have more confidence now that they know what to do in an emergency. ♦



### Professionalism Through Effective Communication and Teamwork

By Maria Wolfinbarger, BSN, RN, CCRN

The key to a successful organization is to practice professionalism through effective communication and teamwork. Members of most organization say they value teamwork but do not completely understand what it means to communicate effectively, solve problems, and manage conflicts.

Conflict is not a bad or good thing. Conflict is just is however, how people deal with it (Cohen, M. (2006). What you accept is what you teach: Setting standards for employee accountability. Minneapolis, MN: Creative health Care Management.) We have to be truthful to ourselves and ask on how we truly deal with conflicts among our team member. *Do you demonstrate good will or malice toward your teammates or coworker when problems arise? Do you avoid conflict and therefore not address the problems? Do you only attend to what is in your own individual and immediate self-interest, or do you consider what is best for the team in the long run?*

Some helpful techniques in managing conflicts:

- *Don't expect perfection.* Maximize people's strengths, minimize weaknesses, and adjust to imperfections. If you expect perfection in yourself, you are destined to lead a life of guilt and frustrations.
- *Choose your fights.* Use discretion. If you gripe constantly, you will gain the reputation of being a complainer or agitator.
- *Talk directly to the person with whom you are having a problem.* Understand that when you talk negatively about people, it will get back to them, but in a distorted fashion. Talking directly, honestly, and respectfully to others takes courage.
- *Talk to the person behind closed doors.* Talk to the person with a spirit of confidentiality and non-competitiveness. Don't criticize anyone in public as it only leads to embarrassment and may provoke defensiveness.
- *Be cool, calm and collected.* When you confront the person, stay centered by taking the time to figure out what you are thinking and feeling. Avoid yelling, swearing, interrupting, pounding the table, or stomping your feet.
- *Be issue oriented, not personality-oriented.* Simply describe the person's behavior and the negative impact this behavior has on you. Then describe what he or she could do differently to meet your expectations.
- *Be open to different interpretations of the same event.* You don't have a corner on truth, only your perception of reality. Simply share your point of view with the other person and ask for his/her perspective.
- *Don't sandbag, collect misdeeds or allow resentment to build.* Deal with issues one at a time as they arise.
- *The truth does not always set you free, and brutal honesty is not always a virtue.* It would be a dangerous world if we always say what's on our mind. Once you say something in anger, you cannot take it back.
- *Give everyone you deal with an opportunity to save face.* This is particularly important when it is obvious that the person made a mistake. Give the person a room to maneuver by providing opportunity to admit wrongdoing.
- *Know when to terminate the discussion.* If, in the course of a confrontation, you have repeated your best arguments more than once, it is likely that you are going around in circles.
- *Get a third party resource.* A third party can be sounding board or can help mediate the conflict
- *Put the conflict behind you and start a new day.* Not all work conflicts can be resolved. Conflict is present in a close work relationship, but in between the conflicts, reaffirm the positive aspects of working together.
- *Good professional relationship does not mean you have to be friends.* You don't have to like someone personally to work effectively with him or her.
- *Don't violate any of the above principles even when the other person chooses to ignore them.* You are not responsible for what others say or do.

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### Adult Health by Letting Go

By Sofia Espada Bole, BSN, RN, CCRN

In time for the Season of Lent 2015, it is but timely to share articles and quotes of inspiration that gives wellness to body, mind and spirit. Letting go of the hurtful past leads to the focus of hope into the future.

The most important word in letting go is forgiveness. It is defined as the intentional and voluntary process by which a person offended undergoes a change in feelings and attitude regarding an offense, let go of negative emotions such as vengefulness, with an increased ability to wish the offender well. (<http://www.google.com/forgiveness>)

#### Benefits of forgiving someone can lead to:

Healthier relationships; Greater spiritual and psychological well-being; Less anxiety, stress and hostility; Lower blood pressure; Fewer symptoms of depression; Stronger immune system; Improved heart health, and high self esteem. (<http://www.mayoclinic.org/healthy-living/adulthealth/indepth/forgiveness/art>)

#### Effects of holding a grudge - If you are unforgiving, you might:

Bring anger and bitterness into every relationship and new experiences

Become so wrapped up in the wrong that you can not enjoy the present

Become depressed or anxious. Feel that your life lacks meaning or purpose, or that you are at odds with your spiritual belief. (<http://www.mayoclinic.org/healthy-living/adulthealth/indepth/forgiveness/art>)

#### Inspirational quotes:

(<http://www.brainyquotes.com/quotes/topics/forgiveness.html>)

- Forgiveness is the virtue of the brave – *Indira Gandhi*

- Forgiveness says you are given another chance to a new beginning – *Desmond Tutu*
- It is one of the greatest gifts you can give yourself, to forgiveness, forgive everybody – *Maya Angelou*
- Forgive me my nonsense, as I also forgive the nonsense of those that think they talk sense – *Robert Frost*
- We cannot embrace God's forgiveness if we are so busy clinging to past wounds and nursing old grudges – *T.D. Jakes*
- All major religious traditions carry basically the same message that is love, compassion and forgiveness. The important thing is they should be part of our daily lives – *Dalai Lama*
- Forgiveness is the fragrance that the violet sheds on the heel that has crushed it- - *Mark Twain*
- The weak can never forgive. Forgiveness is the attribute of the strong – *Mahatma Gandhi*
- Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that – *Martin Luther King Jr.*
- Scripture quotes about Forgiveness can be found in the following: Matthew 6:14-16; John 1: 9; Acts 3:19; Mark 11:25

It may be very difficult to let go, but embracing the spirit of healing, forgiveness, humility and positive thinking can lead towards peace of mind, body and spirit, eventually towards healthful living. Extolling the achievements and potential of others creates a wholesome atmosphere conducive to good adult health. It gives better meaning and purpose how we live our life to the fullest. Remember the brevity of our earthly sojourn and we never know when it would be taken away. So, let go of the unpleasant and enjoy life. You alone can make it happen! ♦



### PNAM Celebrates Spring With a Bang!

By Maria Amy Risvold, BSN, RN



It was a beautiful, sunny Sunday afternoon- tree buds opening, daffodils sprouting, birds chirping- the beginning of spring! On May 29, 2015, PNAM held an event "Celebration of the PNAM Spirit and Inauguration of Sworn Officers in September 2014."

It was indeed a celebration of the spirit of PNAM in particular and nursing profession in general. It is an honor for us to be part of a stellar profession. As nurses, we are caring, nurturing, passionate, enthusiastic, fun loving, energetic, and empowered. We are fully engaged as we practice our profession in different fields, be it acute care, community care, home care, education, research or management settings. Thank you to all the nurses everywhere! We also saluted the Executive Board and Members for the hard work and dedication to achieve the mission, vision and objectives of the PNAM.

Traditionally, PNAM Induction of Officers is every other year. We had it last May 28, 2014 at Somerset Inn in Troy. However, there was a change of leadership in September 2014, hence it is but fitting to dedicate this special day for the six leaders to have their formal Induction and presentation to the members and the community: President, Sonia Montano; President-Elect, Maria Wolfinbarger; Vice President, Grace Ramirez; Treasurer, Martha Cabarios; Assistant Treasurer, Carmelita Meitzler and PRO, Ed Carpena.



Martha Cabarios did a super job in the registration. Our beautiful Emcees Hilda Kittinger and Maria Wolfinbarger were apt to their tasks of making the program flow seamlessly. Leonor Mandap led the singing of the US and Philippine National Anthems and the PNAA song. We were entertained with the solo of Monica Hubahib, the piano play of Roy Coloma and trumpet rendition of Tony Galinato. Thank you to Carmelita Meitzler's husband Tom, for trying to be the DJ albeit a short time only (he said next time he will make sure he plays the music we want, i.e., line dance.) Carmen Perez-Villanueva did a super job of introducing the Inducting Officer, Atty Carol D'Agostino. Special mention to Sofy Bole, Norma Bada, Nina McCaulley, Vicky Atillo, Trinie Alair, Ed Carpena, Grace Ramirez, Coy Galinato and Sally Pablo for their assistance in making the event possible.



PNAM EB with Atty Carol D'Agostino, Inducting Officer (seated 2<sup>nd</sup> from left)

Sofy Bole, Norma Bada, Nina McCaulley, Vicky Atillo, Trinie Alair, Ed Carpena, Grace Ramirez, Coy Galinato and Sally Pablo for their assistance in making the event possible.

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## PNAM Activities

### PNAM Nurses Day Celebration 2015

By *Trinie Alair, BSN, RN* and *Corazon Galinato, BSN, RN*



Nurses are special people. Every year we celebrate Nurses' Week in the month of May, at the same time commemorating the birthday of Florence Nightingale, founder of modern nursing practice. The Philippine Nurses Association of Michigan salutes nurses by celebrating Nurses' Week with program activities held last May 9, 2015 in the Philippine American Cultural Center of Michigan (PACCM). Sofy Bole, Past President and Chairperson of Nurses Celebration spearheaded the activities and Sonia Montano, President of PNAM both welcomed the guest speaker, friends, guests and fellow nurses.

lechon (roasted pig) and its crispy skin, donated by Annie Vista, Past President.

Trinie Alair, Chairperson of Ms. Florence Nightingale Celebration to be held on October 17, 2015 at Sterling Inn in Sterling Heights, introduced candidates Eden Truya de Ramos, Villa Aquino and Nina McCauley. Bing Reginaldo and Emylyn Gelbolingo were not able to attend. Norma Bada, Ms. Florence Nightingale 2013 and Advisor of the Committee shared her thoughts of her role as PNAM Ms. Florence Nightingale.



Some of the activities that everybody enjoyed were the raffle tickets sales with prizes conducted by Carmen Perez Villanueva. The Silent Auction was manpowered by President Sonia Montano, while Dr. Ron was the official photographer. Thanks to the prize donors Emma de Leon Pacris, Carmen Perez, and Sofy Bole. The first and second prize raffles were donated by Dr. Ron and President Sonia Montano. Other donors were Dr. Ernie Mac and Sofy Bole.



Julie Redmer, Member of Board of Directors for Women at Risk, International (WAR) spoke of Human Trafficking. Their operating office is in Grand Rapids, MI. It was an educational topic where many women are victims. The State of Michigan now ranks number two in the nation of violating human rights through trafficking of women. Human Trafficking is a global issue that knows no bounds regardless of ethnicity. Julie brought also with her display of handmade customized jewelry made by the victims for sale. Proceeds were donated to the organization to support the victims. Sales from the activity enabled WAR International to support one person for two and a half months.

Delicious foods were served coordinated by Boots Gabarda and Coy Galinato. Invocation was done by Fe San Agustin. Abundance of main dishes, desserts, pop, bottled water were available for everybody's delight. It was brought by PNAM Executive Board, friends and guests. Filipino party celebration is complete with a

Monsignor John Vargas officiated the Memorial and Healing Mass, remembering the sick PNAM members and families and those passed away especially PNAM Past Presidents Anita Dy, Adoring Tuanquin, and Blanca Odtohan. Also remembered were Mrs. Ursula Somera- Advisor, Dr. Madeliene Lieninger – Advisor, Denis Vista – husband of Past President Annie Vista, Rufo Covacha – husband of Board Member Tess Covacha, as well as the loved ones of some members. Leonor Mandap, Past President and Coy Galinato, Board Member served as Eucharistic Ministers extraordinaire.

The floor was opened for dancing with music provided by Tony Kho. Everybody enjoyed the celebration with full stomach, fun, and networking with colleagues. It was a well attended celebration where camaraderie existed. It was a day to celebrate Nurses Week and Mother's Day. This was a joint project of Membership and Human Rights Committees. Let us do it again next year.

Thanks to the celebration planners: Carmelita Meitzler, Boots Gabarda, Carmen Perez, Emma Pacris, Vismalou Koon, Sonia Montano, Trinie Alair, Sofy Bole, Executive Board and to all for making the celebration a success. ♦

## PNAM Community Outreach

### Sterling Heights Cultural Exchange

*Contributed by Maria Amy Risvold, BSN, RN*

The City of Sterling Heights offered its 14<sup>th</sup> annual Sterling Heights Cultural Exchange last March 13, 2015 at the SH Senior Center. The goal was to increase appreciation of different cultures, develop a spirit of cooperation and form friendship between people of different ethnic backgrounds. PNAM was invited to join and was part of the fun-filled and successful event. The event attracted several hundreds of attendees. Free cuisine was offered by numerous ethnic city restaurants.



PNAM had a display table showcasing Filipino crafts, sculpture, painting, poster board of the Philippines map and important landmarks. PNAM books and Newsletter were prominently displayed. Many visitors stopped at our booth and asked information about our motherland and one of our distinguished visitor was US Congresswoman Candice Miller. Thank you to the volunteers Sonia Montano, Carmen Perez Villanueva, Sofy Bole, Corazon Gabarda, Trinie Alair, Carmelita Meitzler and Amy Risvold.

### Asian-American Health Expo 2015

*Contributed by Hilda Kittinger, RN*

The Asian Center –South East MI, of which PNAM is a partner, held the Asian-American Health Expo 2015 in Henry Ford West Bloomfield Hospital last May 2, 2015. Asian Center is a 501 (C)(3) organization that studies and promotes Asian American Health.

The event was partnered with Henry Ford West Bloomfield Hospital. It was a well-attended affair represented by the Philippines, China, India, Korea and Vietnam and each presented their own cultural wares. PNAM, Kils Taekwondo and PPG Ramirez Filipino Food were among the forty one vendors. It also offered free health care screening, B/P, BMI, Cholesterol, Bone

Density and Hepatitis screening. The audience participated and enjoyed the demonstrations on Tai Chi, Yoga, and Zumba.



A showcase of cooking demonstration and cooking contest was exciting. PNAM Executive Board Member Hilda Kittinger and another Filipina, Marjorie Osia won 3rd (\$200) and 2nd (\$300) major prizes in the Asian Recipe Contest in the 2nd Asian American Health Expo. Amy Risvold and Sonia Montano were among the Top 20 Finalists and all finalists were included in the Recipe Book published by Asian Center. Other activities offered included silent auction, nutrition games, trivia questions and raffle prizes all day.

Overall, it was a huge success. Thank you to all PNAM members who bought tickets and those who attended to support the finalists. Hilda Kittinger was the Event Chair. PNAM attendees included Sonia Montano, Grace Ramirez, Amy Risvold, Coy Galinato, Leonor Mandap, Trinie Alair, Tess Covacha and Martha Cabarios.

### Hands Only CPR Training

*Contributed by Maria A. Risvold, BSN, RN*

On Sunday, June 14, 2015, PACCM hosted a "Learn Hands-Only CPR" fundraiser to help raise funds for an Automated External Defibrillator (AED) for the Philippine American Cultural Center of Michigan (PACCM.)

The participants were shown a first responder video. A brief overview was given by Jeanette Tanafranca, BLS Instructor. According to the American Heart Association statistics, approximately 88% of cardiac arrests occur outside the home. Effective bystander CPR can double or triple a victim's chance

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## Personal Reflection

### PNAM Executive Board Mother Lauds Son's Success

By Reglita Laput, BSN, RN

I would like to share the accomplishments of our son to inspire other Filipinos, especially the young Filipino adults.

My son, Gierad Laput is currently having his PhD in Carnegie Mellon University for Computer and Human Interaction and is now a Computer scientist - at the same time a Consultant of Disney World in Pittsburg at age 28. He is also actively involved in organizing Youth for Christ Michigan. He inspires Filipino young adults by gathering them whenever he comes home to Michigan so these young adults develop their potentials to the fullest and maximize the opportunities in the United States of America. More importantly is to love God and contribute to the betterment of humanity.



He presented a paper in Paris in 2013 regarding voice command for Photoshop which was well applauded by more than 3, 000 delegates from all over the world.

Recently, Gierad is the lead author of an Innovation in the iPhone published in the New York Times. He was awarded Best Paper during the International Conference for Computer and Human Interaction held in Seoul Korea, May 2015.

For information about his resume, you can google him: Gierad Laput. The link of his Best Paper: [www.youtube.com/watch?v=OMW6ZTDh9JU](http://www.youtube.com/watch?v=OMW6ZTDh9JU) ♦



### A Filipino Nurse's Triumph

By Josephine O. Diaz, RN/DSD

Program Director/Instructor Vallejo Nursing School, CA

This is an account of a Filipino Nurse's triumph over the many hurdles and challenges as a minority, female, business owner in California.

June 18, 2015 will be the 18th year of success for the Vallejo Nursing School. It is one of the best gifts God has given me the day before my birthday. The state of California approved our school for Nurse Training Programs established in 1997. The curriculum includes 21 days (AM program) and 32 days (PM program), which meet the required 150 total training hours for nursing assistant certifications. As of today, Vallejo Nursing School graduated over 4,500 Nursing Assistant students and majority of them have embarked into higher levels of nursing ladder. We take pride in our "Commitment to Serving the Community."

I never thought I would be dedicating my life into this field of health care. As an instructor to aspiring future nurses, it is important for me to prepare my students to their future role as Registered Nurses. Nursing assistant certification is a "stepping stone" for many of my students to become an RN in the future. At this stage, many of them will come to a realization and decide if being an RN is really for them.

My critical care nurse experience for many years has given me professional as well as spiritual rewards. I feel that God bestowed these abilities in me to be able to contribute to better patient care. The rewards I get for being a significant part of my students' success are very different in many ways. The teacher-student relationship I have with my students gave birth to new but lasting friendships and I gained more "families" than I ever had.

I believe that, to achieve my own success, I have to be willing to help someone else's get their success first. My "ride" is truly an awesome experience! I should say cheers to many more years of quality care training from the heart driven nurses. ♦



## The Philippine Nurses Association of America North Central Region

### Fond Memories during the NCR Conference 2015

The Philippine Nurses Association of America North Central (NCR) Region 15<sup>th</sup> Annual Conference was held in Embassy Suites, Rosemont Illinois on April 24 and April 25, 2015. The theme: "Dynamic Transformations: Surviving Complexities, Embracing Diversities and Affecting Healthcare Changes through PNAA Leadership". Huge thanks to the PNAM Executive Board members Sofy Bole, Hilda Kittinger, Carmelita Meitzler, Emma de Leon Pacris, Grace Ramirez, Annie Vista, Maria Wolfenbarger and Regina Mupas for attending the event.

We were delighted with the RVP Bessie Schiroky's presentation of our very own PNAM Leadership Awards to Hilda Kittinger and Remy Doctor during the Networking Night. The Executive Board was very

pleased to be represented by Carmelita Meitzler as the PNAM Homecoming Queen during the Gala Night. The night was also a presentation of "Awards of Distinction" to the past NCR Chapter Presidents - Remy Solarte, Dr. Clarita Miraflor, Dr. Maria Couper and Emma Nemivant - they all served as PNAA Presidents.

Kudos to the PNA Illinois for doing a great job! People indeed make the conference successful, both the hosts and the attendees. The PNAM attendees met some wonderful FB friends, old and new. The professional and personal relationships will continue... PNAM will be ready for next year's NCR in Double Tree by Hilton, Detroit/ Dearborn, Michigan. Save the dates: April 22 and 23, 2016! ♦



Boots, Chaps and Cowboy hats...nothing else matters during the Networking Night.



## Committee Updates

### PNAM Committee Bloggers

(This section is intended to help keep the readers up to date on the activities of the different PNAM Committees. Any PNAM member interested in being a part of the PNAM committees should e-mail Sonia Montano at [stmontano@gmail.com](mailto:stmontano@gmail.com), with a description of your interest for consideration.)

Sometimes it is too easy for the **Newsletter Committee** to gather articles without consideration of the criteria set by PNAA just to get it done. But the Committee has the intent to deliver articles that are **Professional** in presentation, **Relevant**, **Inspiring**, **Diverse** and **Educational**. The Committee appreciates the members and guests who sent in their articles. Thank you to the Adviser/Mentor Amy Risvold. She has inspired the Editor Ed Carpena, members Maria Wolfinbarger and Sonia T. Montano with her open and positive mind. To the Editor, your busy schedule did not deter you from being committed to your role. Well done Ed!

The **Bylaws Committee** is chaired by Hilda Kittinger and her very engaged members: Amy Risvold, Carmen Perez-Villanueva, Corazon Gabarda, Nina McCaulley and Adviser, Norma Bada. This group has successfully passed the Leave of Absence policy, developed clear definitions of a Past President (never had one) and Advisory Council member. Such policies were voted and adopted by the Executive Board. The committee spent a lot of time working and their patience and persistence has finally paid off. Hats off to you all!

The **Education Committee** will not to be outdone. Please see the first page of this Newsletter regarding "Commemorating the 2015 PNAM Spring Educational Conference, "a success story despite of some challenges." Thank you to Grace Ramirez, Chair, Carmelita Meitzler, Emma de Leon Pacris, Nina McCaulley, Sonia T. Montano and Adviser, Dr. Annie Vista for a job well done!

The **Membership Committee** Chair, Carmelita Meitzler, members, Martha Cabarios Trinie Alair and their Past Adviser, Emma de Leon-Pacris were busy with "hive of activities." Carmelita has started some campaign trips to places like Bi-County Hospital in Warren, accompanied by Human Rights Adviser Sofy Bole and the current PNAM President, Sonia Montano.

84% of the total PNAM Membership are active in the workforce. PNAM is proud to say that our organization is a combination of several of the following: **wisdom, workforce, wealth and "wow" (the influence factor)**. With an appropriate mix of these attributes, PNAM will be in a position of strength to act on their strategic plans. The Committee welcomes their new Adviser, Carmen Perez-Villanueva. PNAM is so lucky to have this group!



Since taking over last fall of 2014, this current PNAM Executive Board has been busier than the proverbial one-armed paperhanger. Maria Wolfinbarger, Chair of the **Website Committee** was able to start the PNAM new website, [www.pnamichigan.org](http://www.pnamichigan.org) which was created to meet the needs of the VIP of PNAM, the members. Some pages are done while other pages are still under construction. We hope for your frequent visits since your feedback is important to the team. Many thanks to our President-elect and her committee.

The **Legislative Committee** is cognizant of its role in collaborating with COMON and other agencies, in supporting legislations that affect the nursing profession and health care. The Michigan Nursing Action Coalition is convened to advance the Future of Nursing: [Campaign for Action](#), a collaboration created by the Robert Wood Johnson Foundation and the AARP Foundation. The Coalition seeks to improve health and health care through nursing. The PNAM Executive Board will work with the Coalition as long as the ultimate goal is "patient first." PNAM is committed to advancing nursing practice at the same time protecting the patients and rewarding the practice of good medicine. Please stay tuned for more!

Updates of other PNAM committees like the activities of the **Human Rights Committee** are featured in page 10. Kudos to the Committee Chair Corazon "Boots" Gabarda, Vicki Umaming, Marilou Koon, Fe San Agustin and Adviser, Sofy Bole for their great work during the Nurses' Week.

The Executive Board welcomes bloggers...keep them coming and thanks for reading. ♦



## Pictorial Page



**PNAM volunteered at the World Medical Relief.**



**PNAM Annual Spring Educational Conference, April 18, 2015.**



**Ms. Florence Nightingale 2013-15 Norma Bada with three of Ms. FN Candidates 2015.**



**Ready to taste the lechon during the Inaugural Event.**



**Sweating to the ZUMBA moves at PACCM.**



**Ms. Florence Nightingale Committee meeting**



## Pictorial Page



PNAM volunteers during the Sterling Heights Cultural Exchange.



Twelve PNAM Members elected to NaFFAA-MI Executive Board in March 22.



At PACCM, 40<sup>th</sup> Day Memorial Mass, June 16, for Cora Gregorio Zafra, past PNAM member.

### Professionalism Through...

(Continued from page 6)

- *Don't make assumptions about the person's intentions.* You don't know what the other person is thinking; his or her intentions are invisible to you

Managing the conflict is almost never about getting the facts. It is about different perceptions, judgments, and values. It is about what a particular situation means to the coworkers involved. Effective conflict resolution requires assertive communication, active listening, problem solving, achieving closure, and moving on (Stone, D., Patton, B., Heen, S., Fisher, R. (1999). *Difficult conversations: How to discuss what matters most.* New York: Penguin Books.) ♦

### PNAM Celebrates Spring...

(Continued from page 8)

The food spread was great. Corazon "Boots" Gabarda was the reason we had so much donated food! All the officers and most members contributed and brought dishes and dessert extraordinaire. Romy Alair was the "master Chef" carver of the lechon. Dr. Ron Montano donated the lechon! He was also our official photographer with the help of Clayton Wolfenbarger.

Someone once said that leadership is the capacity to translate into reality. Thank you to our fearless President Sonia Montano, with her leadership we had an exciting, fun-filled and successful event at Philippine American Cultural Center (PACCM.) About 100 guests graced the event and joined the dancing as well. As Chair of the event, to all who helped "above and beyond," I am eternally grateful. As I reflect on

what a nurse is, I am always reminded of a quote from Maya Angelou: "They may forget your name, but they will never forget how you made them feel." ♦

### Activities/Announcement:

(Continued from page 16)

June 6, 2015 Filipino Community celebrated Philippine Independence Day "Let Freedom Ring" with the annual Kalayaan Picnic attended by more than 1000 Filipino-Americans and friends. Sponsored by Filipino American Community Council, an umbrella organization of 50 plus Filipino organizations including PNAM.

"Hands Only CPR." Jeanette Tanafranca taught CPR Classes at PACCM with other volunteer nurses. It was a learning and fundraising event to get funds to buy an AED for the PACCM Building. ♦

## Community / Member News

### **Congratulations:**

Hilda Kittinger and Remy Doctor, recipients of this year's PNAM Leadership Award, awarded during PNAA NCR Conference, Rosemont, Illinois, April 24, 2015.

Art and Norma Bada celebrating their 56th Wedding Anniversary May 10, 2015.

Martha & Clodualdo Cabarios on the wedding of daughter Claudine.

Sofy Bole's niece Marianna, graduated Magna Cum Laude, Sterling Heights High School.

Ed and Lita Carpena's daughter Dianna, graduated Summa Cum Laude, Sterling Heights High School.

Mark Caridad's daughter Naomi, graduated Summa Cum Laude, Sterling Heights High School.

Grace Ramirez's son Paolo on the Dean's List.

Dr. Ron and Sonia Montano's son Dr. Gerald Montano is a Fellow Award recipient at University of Pittsburgh, Children's Hospital for his Research: Predictors of Screening for Hyperlipidemia in Urban Pediatrics.

PNAM Members elected to NaFFAA-MI: Fe San Agustin, Chair; Loida Moses, Vice Chair; Marissa Radowick, Secretary; Amy T. Risvold, Executive Director; BOD: Sofy Bole, Corazon Gabarda, Lulu Martinez, Sonia Mawilai, Sonia Montano, Connie Sumalde, Carmen Perez-Villanueva and Perlita Wolbert.

Sofy Bole - Assistant Treasurer of PNAA 2014- 2016, and Chairperson of PNAA Membership Committee, Member of PNAA NOMELEC for 2014-2016.

### **Get-Well:**

Engineer Art Bada, husband of Norma Bada

Tessie Covacha

Serge Dioso, husband of Ellen Dioso

### **Condolence:**

Linda Jareunpoon on the death of her mother Mrs. Epifania Pinzon.

Zeny Miciano on the death of her mother, Mrs. Veloso.

Nemy Odtohan and Family of Blanca "Bing" Odtohan who died on April 22, 2015. Bing was PNAM President 1990-1992. She graduated from De Ocampo School of Nursing, Philippines 1966 and Madonna University Bachelor of Science in Allied Health 1985, Michigan. We will miss you Bing.

Joey Zafra and family on the death of Corazon Gregorio Zafra, RN.

### **Activities/Announcement:**

PNAM Volunteered at the World Medical Relief new building breaking and putting bricks in the dumpster as well as removing old carpets.

March 13, 2015 PNAM volunteers manned the booth showcasing Filipino cultural items and PNAM books at the Sterling Heights Cultural Exchange.

March 28, 2015 Zumba Fitness and Fundraiser Session last March 28, 2015 at the Philippine American Cultural Center of Michigan (PACCM.) The goal was to initiate commitment to a healthy lifestyle for life. For over one hour, the participants moved, sweat to the music and shook their booties!

March 29, 2015 PNAM held an event "Celebration of PNAM Spirit and Inauguration of Officers Sworn September 2014" at PACCM with 100 attendees.

April 7, 2015 Naturalization Ceremony for New Citizens presented by US Citizenship and Immigration Services at PACCM. Sponsored by NaFFAA lead Officers were PNAM EB and members.

May 2, 2015 Asian American Health Expo at Henry Ford Hospital chaired by Hilda Kittinger.

May 6, 2015 Asian American Legislative Day. Sofy Bole, Teresita Covacha, Norma Bada, Fe San Agustin and Amy Risvold went to Lansing and met with Legislators to discuss issues affecting Asian-Americans.

May 9, 2015. PNAM Nurses Day Celebration 2015 at PACCM chaired by Sofy Bole.

May 15, 2015 Council of Asian Pacific Americans Splendor of the East "Where Dream Begins," a collaboration of music and dance at the Ford Community & Performing Arts Center, Dearborn. Several PNAM Members were performers and in the committees.

May 26th, 2015 Sterling Heights Senior Citizen's Center, Utica Road, PNAM volunteered with "Packing Party for Our Troops." Supplies were packed in boxes to be sent to our troops overseas.

May 30, 2015 PACCM Community Service, Health & Wellness Fair promoting health maintenance and prevention of diseases was sponsored by Philippine Medical Association of Michigan. PNAM assisted in various health stations such as: Ask the Doctor, EKG, Breast Examination as well as taking blood pressure and health teaching.

*(Continued on page 15)*

## PNAM Membership List 2015

Alair, Trinidad	Gabarda, Corazon	Pablo, Rosalie
Aguilar, Theresa Angelica	Galinato, Antonio	Pagarigan, Ben Patrick
Altamirano, Minnie	Galinato, Corazon	Paluay, Jocelli
Aperocho, Adoracion	Gallo, Catherine	Pamatmat, Emillia
Atillo, Victoria	Garcia, Cecile	Pangan, Leonila
Bada, Norma*	Gelbolingo, Emelyn	Pascual, Mary Lee
Bedayo, Elnora	Gener, Ruben	Pelayo, Thelma
Belen, Kurt	Glass, Lynell	Perez-Villanueva, Carmen*
Belgica, Eleanor	Gomez, Grace	Radowick, Marissa
Benedicto, John Rey Duco	Grobbel, Valerie	Ramos, Editha
Bernal, Anastacia	Holland, Judy	Ramirez, Grace
Boado, Victoria*	Hormelosa, Luha	Ranjo, Terrence
Bole, Sofia*	Hormelosa, Melvin	Risvold, Maria Amy*
Braxton, Pamela	Jareunpoon, Linda	Rivera, Margie
Bryan, Victoria	Jesena, Teresita	Rogers, Veena Mupas
Bugayong, Rolando	Jurado, Merlyne	Rosales, Cecilia
Cabanayan, Annabellene	Kittinger, Hilda	Saclayan, Maria S.
Cabarios, Martha*	Koon, Vismalou	Sandoval-Yemmans, Mari
Cardenas, Teresita	Laboga, Elena	Salazar, Alice
Carpena, Eduardo	Laput, Reglita	Sallador, Erlinda
Carpena, Lita	Latif, Felimar	Salgado, Christopher
Clarín, Annabelle	Malabed Jr., Hermenegildo	Salvani, Teresita
Clayton, Annabelle	Mandap, Leonor*	San Agustin, Fe
Covacha, Teresita	Mangahas, Philip	Sanches, Myraflor Ferrer
Cristobal, Shirley	Mangaliag, Josefina	Sandoval-Yemmons, M.
Cruz, Ma. Theresa*	Manzano, Editha	Scituro, Christie
De La Cruz-Hubahib, Hazel	Marquez, Remedios	Skuce, Emma
De Leon-Pacris, Emma*	Martinez-Rodriguez, Lulu	Sureta, Maria Nery
De-Ramos, Truy Eden	McCaulley, Nina	Sodawalla, Anita*
Diaz, Daisy	McFaddin, Maria	Solarte, Remedios*
Diego, Liwayway *	McHale- Rosario, April	Suan, Flormina
Dioso, Ellen *	Meitzler, Carmelita	Sumalde, Concepcion
Dioso, Stefanie	Monato, Teresita	Tan, Emelie Joy
Divinagracia, Angela	Montano, Romeo	Torricon- Woo, Janette
Doctor, Remedios	Montano, Sonia	Tudtud, Carol
Ducusin, Arrah	Morales, Cynthia	Tumaliwan, Carina
Dumlao, Noemi	Moses, Loida	Tutay, Rose*
Ebo, Clyde Stephanie	Mosley, Milagros	Umaming, Victoria
Edmonds, Mary	Mupas, Regina	Wijetunga, Leah
Ednalino, Zoraida	Navarra, Eulinia	Villanos, Preciousa
Elgert, Simonette	Noveras, Sally	Vista, Aniceta*
Estrella, Joie	Nebre-Cruz, Gloria	Waltz, Gloria Agnes*
Fantillo, Jeman	Nibungco-Montante, Ruth	Waterman, Maria
Felez, Marjorie Mae	Nugal, Cecilia	Wilson, Steven
Ferguson, Remedios*	Obregon, Rosella Beth	Wolbert, Perlita
Fukuda, Virgie	Ogena, Efaema	Wolfenbarger, Maria
Fuentes, Maria Emilia	Osilla-Francisco, Odette	Yehganehlayegh, Chita
Funelas, Romel	Ozormoor, Nenita	

**\* Past Presidents/Lifetime Members**



## Membership Application

### MISSION STATEMENT

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

### The Goals of the Association shall include, but not limited to:

- A. Unify Philippine American Nurses in Michigan.
- B. Develop, implement and evaluate programs in nursing leadership, practice, education and research relevant to professional growth of its members and healthcare needs of the community.
- C. Facilitate professional and cultural adjustment of Philippine American Nurses in Michigan through collaboration with agencies and organizations in the U.S.A. and the Philippines.
- D. Participate actively in professional and cultural activities with professional organizations and agencies in the community and globally.
- E. Review and act on legislation and public policies which directly and indirectly affect healthcare and nursing practice.
- F. Maintain Chapter Membership with the national organization, the Philippine Nurses Association of America (PNAA).

Name: \_\_\_\_\_

School: \_\_\_\_\_

Birthday (Month/Day): \_\_\_\_\_

Employer: \_\_\_\_\_

Current Position: \_\_\_\_\_

RN License Number: \_\_\_\_\_

Specialty/Certification: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

### COMMITTEE INTEREST: (Please circle)

Membership	Ways & Means
Education & Practice	Human Rights
Political & Legislative	Public Relations
Constitutions & Bylaws	Website

### CATEGORY: (Please circle) New    Renewal

Regular: .....\$80.00

Associate: .....\$60.00

Retiree: .....\$ 30.00

Student: .....\$ 30.00

*Please enclose a Check or Money Order payable to: PNAM & mail to:*

**Carmelita Meitzler**  
**4086 Morningside Drive**  
**Troy, MI 48085**

Phone # (248) 689-9740

Email: [cdmeitzler@yahoo.com](mailto:cdmeitzler@yahoo.com)

# PNAM 2015 CALENDAR of EVENT

**Note: Committee Meetings schedule to be set by Committee Chairs**

**Jan 12** Asian Center Staff/RA's Meeting  
1-3 pm, Janilla Lee's Residence  
**Jan 13** PNAM EB Meeting 5:30 -7:30 pm,  
Global Home Care, Troy  
**Jan 19** Michigan Department of  
Community Health (MCDH)/Asian Center  
Meeting 6-8pm

JANUARY						
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JULY						
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**Jul 13** Asian Center Staff/RA's  
Meeting 1-3 pm  
**Jul 14** PNAM EB Meeting 5:30 -  
7:30 pm  
**Jul 22-26** PNAA 36<sup>th</sup> Annual  
National Convention, Honolulu,  
Hawaii

**Feb 7** PACCM Valentine's Party, Marriott,  
Troy  
**Feb 09** AC Staff/ RA's Meeting 1-3 pm,  
Janilla Lee's Residence  
**Feb 10** PNAM EB Meeting 5:30 -7:30 pm,  
PACCM, SF  
**Feb 16** MCDH Meeting at AC 6 - 8 pm

FEBRUARY						
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AUGUST						
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30	31					

**Aug 10** AC Staff/ RA's Meeting 1-3  
pm  
**Aug 11** PNAM EB Meeting 5:30-  
7:30 pm  
**Aug 22** PNAM Picnic, Brinston Park,  
Troy

**Mar 09** AC Staff Meeting with RA's 1-3  
pm, Janilla Lee's Residence  
**Mar 10** PNAM EB Meeting 5:30 -7:30  
pm, Beaumont Hospital, Troy Rm. 5  
**Mar 13** Sterling Heights Cultural Event  
**Mar 16** MCDH/AC meeting 6 - 8pm  
**Mar 19** COMON Meeting  
**Mar 28** PNAM Zumba  
**Mar 29** PNAM Inaugural Event, PACCM

MARCH						
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SEPTEMBER						
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**Sep 07** Labor Day  
**Sep 08** PNAM EB Meeting 5:30-  
7:30 pm  
**Sep 12** Consulate on Wheels,  
PACCM  
**Sep 14** AC Staff/ RA's Meeting 1-3  
pm  
**Sep 17** COMON Meeting

**Apr 13** AC Staff/RA's Meeting 1-3 pm,  
Janilla Lee's Residence  
**Apr 14** PNAM EB Meeting 5:30 -7:30 pm,  
Beaumont PNC Bldg. Rm 5  
**Apr 17** Filipino Leaders Dinner with  
Consul General, Evangelista's Club House  
**Apr 18** PNAM Annual Education  
Conference, Beaumont Auditorium, RO  
**Apr 20** MCDH/AC meeting, Health Expo  
discussion 6-8 pm  
**Apr 24, 25, 26** PNAA NCR Conference,  
Illinois

APRIL						
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OCTOBER						
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**Oct 12** AC Staff/ RA's Meeting 1-3  
pm  
**Oct 13** PNAM EB Meeting 5:30-  
7:30 pm  
**Oct 17** Florence Nightingale  
Fundraising, Sterling Inn, Sterling  
Heights

**May 02** Asian Health Expo, Henry Ford  
Hospital, Bloomfield  
**May 06** Asian American Legislative Day,  
Lansing  
**May 9** PNAM Nurses' Healing Mass,  
PACCM  
**May 11** AC Staff/RA's Meeting 6 - 8pm  
**May 12** PNAM EB Meeting 5:30 -7:30pm,  
Beaumont PNC Bldg. Rm 5  
**May 26** Sterling Heights Senior Citizen  
Center Volunteers  
**May 30** Health & Wellness Fair, PACCM

MAY						
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31						

NOVEMBER						
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29	30					

**Nov 09** AC Staff/ RA's Meeting 1-3  
pm  
**Nov 10** PNAM EB Meeting 5:30-  
7:30pm  
**Nov 26** Thanksgiving Day

**June 06** FILAMCCO Kalayaan Picnic,  
Halmich Park, Warren  
**June 09** PNAM EB Meeting 5:30 -7:30  
pm, Place TBA  
**June 11** COMON Meeting  
**June 14** Hands Only CPR Class, PACCM  
**June 15** MCDH/AC Meeting (No May  
Meeting)

JUNE						
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DECEMBER						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Dec 11** PNAM Christmas Party  
**Dec 14** AC Staff/ RA's Meeting 1-3  
pm  
**Dec 17** COMON Meeting  
**Dec 24** FILAMCCO Simbang Gabi  
**Dec 25** Christmas Day  
TBA FILAMCCO Rizal Day



# Philippine Nurses Association of Michigan (PNAM)

[www.pnamichigan.org](http://www.pnamichigan.org)

## EXECUTIVE BOARD 2014-2016

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**Trinidad Alair**

**Remy Doctor**

**Hilda Kittinger**

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**August 22, 2015** - PNAM Picnic and General Assembly at Brinston Park, Troy, MI, meet the new PNAM members and the candidates of the 2015 PNAM Ms. Florence Nightingale.

**October 17, 2015** - Coronation of PNAM Ms. Florence Nightingale at Sterling Inn, Sterling Heights, Michigan.

**December 11, 2015** - PNAM Christmas Party, venue to be announced.

**April 22 and 23, 2016** - PNAM - Host to the PNAA North Central Region 16<sup>th</sup> Annual Conference at Double Tree, a Hilton hotel, Detroit/ Dearborn, Michigan.



## Philippine Nurses Association of Michigan

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Stamp

