



PNAM Newsletter

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

Volume 29, No. 1

Visibility, Viability, Vitality

Summer 2018

Philippine Nurses Association of America (PNAA) 39th Annual Convention

By Annie A. Vista, PhD., MS, RN, PNAAF Executive Director and PNAM Advisor

Enthusiastic delegates entered the beautiful and spacious lobby of the Hyatt Regency Hotel at the Hudson River in Jersey City, New Jersey, accented by a backdrop of Manhattan skyline. It was July 24, 2018 when delegates from all over the country arrived at the convention



venue and the scene in the hotel was pretty unusual with the excited conversation, laughter, hugs, and kisses of people. They came prepared for the five-day event, from July 24-28, 2018. The PNAM as a member of PNAA was represented by five members: Remedios Solarte, Dr. Annie Vista, President Trinie Alair, Elena Laboga and Sofy Bole. Dr. Cesar Solarte an avid supporter of PNAA and PNAM was also present.



tion (PNAAF) President Merlita Velasquez and Executive Director, Annie Vista (MI). The meeting was the conclusion for his two-year term which was highly rated for its long list of productive achievements and unprecedented innovations. The highest number of State Chapters, totals fifty (50) with over 5,000 members, was achieved during his Presidency.

The next day was the Leadership Institute attended by State Chapter Presidents and Vice-Presidents. President Merlita Velasquez of PNAAF announced the successful purchase of the PNAA/PNAAF Legacy Headquarters located in New Jersey. The audience obviously was jubilant and beaming with pride as they continuously applauded the announcement. Many expressed awe and astonishment that now we have a home and our long-time dream is now a reality.



(Continued on Page 8)



Advocacy, a Pathway to Nursing Excellence

Sofia Espada Bole, BSN, RN, CCRN

The Philippine Nurses Association of America (PNAA) administration for 2018-2020 under the leadership of Madelyn Yu has adopted Advocate (Advocacy) for its theme. PNAA as a member of PNAA through the leadership of Trinie Alair promotes Advocacy as a very important role nurses can do for visibility asserting its existence for viability and vitality of its legacy to members. The American Nurses Association (ANA) strongly emphasizes Advocacy for its theme in leading the way to health care improvement.

Advocacy is public support for or recommendation of a particular cause or policy. Example of statement to reflect meaning: “their advocacy of traditional family values”. Synonyms include pushing for, calling for, pressing for defense, espousal, endorsement, (<https://www.bing.com/search/advocacy+means>)

Origin of Advocacy is from 1375-1425, late Middle English, Medieval Latin – Advocatia. Other meanings include: the act of pleading or arguing for something; protagonism; act of insisting or urging. (www.audioenglish.org/dictionary/advocacy.htm)

Advocacy is the function of an advocate. It is an activity by an individual or group which aims to influence decisions within political, economic and social systems and institutions. It includes activities by individuals or organizations including media campaign, public speaking, commissioning, and publishing research or conducting exit polls or the filing of an amicus brief (Wikipedia).

Lobbying is a form of advocacy where a direct approach is made through legislators on an issue which plays a significant role in modern politics. Nurses advocate for their patients on a daily basis, but farther opportunities are waiting for exploration by making their voices heard at the highest level of policy making.

“The American Nurses Association (ANA) believes that advocacy is the key to advancing nursing, and invites all members to unite to drive forward health care change.” In this day and age of frequent health care changes and policy shifts, nurses should pay conscious attention where they can make a big difference: Nurses as Advocates.

Why should nurses advocate?

Public polls for the last 16 years voted Nurses as the most respected and trusted profession, according to Gallup’s annual poll in terms of honesty and ethics survey (ANA). This result reflects nurses’ dedication to provide excellent health care services. Nurses are knowledgeable in terms of patient condition the fact that they serve as the first line of defense in the promotion of health and wellness. Nurses are in contact with patients and families at clinical setting, therefore are the best source for advocating improvement in health care.

Areas where nurses can become an advocate include Safe Staffing; Healthcare Reform; Nursing Workforce Development; Home Health Care; Gun Violence (ANA). In political advocacy, any nurse can advocate at the local, state or federal levels. She can make phone calls to local representatives about bills under consideration, testify before a committee, become involved in practice councils, or boards, even run for elected office.

Nursing advocacy also develops and improves nurses’ leadership skills through constant interaction and communication with colleagues and other professional groups thereby developing self confidence in Collaborative Skills and Public Speaking.

Your voice matters. Be a Nurse Advocate for Nursing Excellence and give impact in health care direction.

My Message to Members and All

Trinie Alair, BSN, RN, President 2018-2020

Greetings to members and friends of PNAM! Welcome to our 2018 Summer Issue of the newsletter.

We hope that through this media, we will be able to disseminate to members and the public what we do as a professional nursing organization whose activities are diverse including catering to the needs of our members.

I invite you to be a member of PNAM. It is a professional nursing organization whose mission is to “Uphold and foster the positive image and welfare of its constituent members, promote professional excellence and contribute to significant outcomes to healthcare and society.”

I would like to take this opportunity to share with you that PNAM is a stable and in good standing chapter of the Philippine Nurses Association of America (PNAA). **It is the only recognized chapter by PNAA in the State of Michigan.**

PNAM was founded in 1972 and is a Founding Chapter of PNAA (one of five chapter founders). It is a very active member of the PNAA North Central Region (NCR). PNAM hosted the NCR conventions in 2002, 2007, and the most recent was in 2016. We have hosted two PNAA national conventions in 1985, 1991, and in 2000, we cohosted with PNA Indiana and PNA Ohio at the PNAA Indianapolis national convention. Several of our members were and are officers of both PNAA and PNAAF.

On September 22, 2018, PNAA NCR Vice President Leila Busch visited and inducted PNAM President Elect Reglita Laput and Executive Board member Simonette Pura Elgert. In order to adapt to challenging times, we reorganized and appointed members fit to take the responsibility.

As PNAM president for 2018-2020, I am reaching out to you for support of my goals.

1. Unite Filipino Nurses in Michigan.
2. Increase PNAM membership to at least 15% of the current members.
3. Nurture and mentor new and young members to be future leaders of PNAM.
4. Encourage PNAM Executive Board to actively get involved in the PNAA committees and activities.
5. To make the PNAM Newsletter a PRIDE Award winner. PRIDE stands for Professional Presentation, Relevance, Inspiring, Diverse and Educational.
6. Participate in Community Outreach activities including grant proposals to seek funding.

Thank you all for your kindness, and to the PNAM Executive Board who stood by me in good and in challenging times. Your moral and professional support gave me courage and strength to carry on despite all odds. My husband Romy died just before my term commenced, two months later, my mother died in the Philippines. I am deeply touched by your caring and esprit de corps.

Working together, let us embrace Visibility, Viability and Vitality for organizational empowerment hence a stronger and steadfast PNAM of the future. Let us all be engaged to fulfill our common goal with the three V's! Have a wonderful day everyone!

Feel free to contact us for questions and or information

Website: pnamichigan.org * Email: trinie_alair@yahoo.com * Phone: 248-250-9122

Mailing address: 1769 Lakewood Drive, Troy, MI 48083





Nursing Excellence through Innovation and Inspiration

April 21, 2018, approved for 7.5 contact hours by PNAAF, Program # 2016 PNAAF-01790

General Objectives:

- Identify the innovative educational strategies in nursing academia related to clinical judgment model as basis for the New Generation NCLEX.
- Discuss current treatment options for Valvular Heart Disease.
- Explain the preventive measures of heart disease including nutrition and heart disease.
- Relate with the struggles of Chronic pain experience and benefits and perceived control over pain.
- Describe the relationship of spiritual status and disease.
- Recognize the use of authenticity and inspiration in nursing leadership.

Programme

07:15 Registration/Continental Breakfast

07:50 Welcome

Maria Wolfinbarger, MSN, RN, AGNP-BC, CCRN, President 2016-2018

Reglita P. Laput, MPH, RN, BSN, PNAAM Education Chairperson 2018



08:00 Keynote Speaker: Nursing Excellence through Innovation: The Next Generation NCLEX

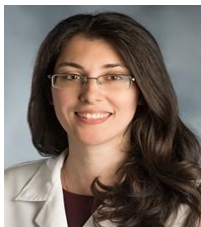
Rhigel A. Tan, DNP, RN, APRN, GNP, ANP, Immediate Past President, Nevada State Board of Nursing; Assistant Professor, University of NV, Las Vegas; NCLEX Examination Committee, National Council of State Boards of Nursing.

09:00 Valvular Heart Disease (VHD): 21st Century Treatment Options

Nancy L. Welke, DNP, FNP-BC. Certified Nurse Practitioner 2006-present, St. John Hospital and Medical Center, Detroit MI, Cardiology Department – Cardiovascular Surgery



10:00 Break



10:15 Women and Heart Disease: From Prevention to Detection

Dr. Anna Marandici, MD, Clinical Cardiologist, Minstrell Women's Heart Center, William Beaumont Hospital, Royal Oak, Michigan

11:15 Power Over Pain

April H. Vallerand, PhD., RN, FAAN, Distinguished Professor-Wayne State University. Focused her research on understanding factors that affect functional status in patients with chronic pain-identifying and reducing pain



12:15 Lunch

13:15 Wholeness through a Touch of Compassion

Rev. Minie Altamirano, BSN, RN, CSO, Ordained Minister of the Gospel of Jesus Christ. Speaker on Regional conferences and Seminars of the International Hospital Christian Fellowship, USA



14:15 Inspirational Leadership to Promote Transformational Change

Claude W. Lauderbach, Jr., DNP, FNP-C, FACHE, Assistant Professor, Madonna University College of Nursing and Health; Nurse Practitioner, Wayne State University Student Health Center



15:15 Evaluation/Closing

Education Committee: Reglita P. Laput, MPH, RN, BSN, Chairperson; Carmelita Meitzler, BSN, RN, Assistant Chairperson; Carolina Santiago, BSN, RN, Member; Elena Laboga, RN, Member; Sofia E. Bole, BSN, RN, CCRN, Advisor

The Value of Banding Together In Diabetes Prevention Program

By Sonia T. Montano, BSN, RN, CCP, Lifestyle Health Coach

According to Centers for Disease Control and Prevention (CDC) there are more than 84 million US adults have Prediabetes and 90% of them don't know they have it. What is startling is in the last two decades, the number of adults diagnosed with Diabetes has more than tripled as the American population become more overweight or obese.



Diabetes is a disease that affects how our body uses glucose, the main type of sugar in the blood which comes from the foods we consume. Our body needs the hormone insulin to use glucose. When the body either can't make insulin or if the insulin that you produce doesn't work like it should, a person develops Diabetes and in both types of Diabetes, glucose can't get into the cells normally causing a rise in blood sugar levels.

The good news is Type 2 Diabetes can sometimes be prevented while Type 1 Diabetes can't be predicted. There's no reliable way to know who will get it even if scientists think it has something to do with genes. Blood tests can find early signs but these tests are not done routinely by physicians.



Unless someone like you
cares a whole awful lot,
nothing is going to get better.
It's not.
-Dr. Seuss

The Philippine Nurses Association of Michigan (PNAM) in partnership with the Asian Center of Southeast Michigan and the National Kidney Foundation of Michigan (NKFM) collaborated in the year-long, free DPP. The grant money was obtained from Blue Cross Blue Shield of Michigan (BCBSM). This PNAM's outreach project was based on the CDC Curriculum, adapted from a research led by the National Institute of Health. The study showed that modest lifestyle changes can reduce the risk of developing type2 diabetes by 58% in people at high risk for diabetes, and by 71% in patients age 60 and older.

The goals of the program were: 1. Assist participants reduce their weight by 7% through a healthy low-calorie, low fat diet 2. Encourage participants' physical activity safely and progressively increased to 150 minutes per week (moderately intense activity similar to a brisk walk).

The informative session of DPP was started on May 17, 2017. There were 17 attendees during this session but only 15 signed up and were weighed using 1 electronic weighing scale, the same scale used every session. The safety of our participants and their privacy were taken into consideration. All records were kept in a secured locked box.

(Continued on Page 6)

Prevention Program

(Continued from Page 5)

Participants were asked to self-monitor their weight, food choices and physical activities and were given encouraging words as feedback by their trained Lifestyle Coaches Hilda Kittinger (PNAM Board member) and this writer (member of PNAM Advisory Council). Session handouts were distributed every meeting and each received a Calorie King, Fat and Calorie Counter book, pedometer and self-monitoring weekly trackers to keep track of their food choices, graph their physical activities and weights, over the course of the program to increase self-awareness and motivation.

The group met once a week during the first six months, shared their ideas, obstacles and also celebrated together their success. Practicing their behavior change skills was encouraged, managing their self-defeating thoughts and better food choices for meals and snacks were discussed as well as the food preparation techniques that are health beneficial, as the level of group and facilitator support is reduced in the transition period leading to the second six months.

During the second six months, the group met once or twice a month (make ups were allowed), the participants were reminded why they joined the program and the support sessions were less structured. The topics discussed during the remaining sessions depend on the group and the Lifestyle Coaches' preference.

The DPP Graduation day on May 16, 2018 was an event that the participants were waiting for. Awards of Recognition were distributed to: Most Pounds Lost; 1st to reach the Goal; Star Trackers (for consistent tracking) and for Attendance

The program initially had a snag finding a fixed venue to use for 12 months but we finally found a "home", thanks to Lisbeth O'Malley of Beaumont University and Brian Vargo of Beaumont Hospital. To measure our DPP's success, the data obtained were both quantitative and qualitative. Our participants' engagement for 12 months was unexpectedly high and the program had positive comments from both the participants and their families. 80 % of the 15 participants lost 5% to 7% of their starting weight while 20% of the participants gained 1% to 3% of their starting weight. We noticed that the 3 participants that gained weight were not doing their trackers consistently.

Banding together equals success and is indeed priceless. Everyone can play a part in preventing or delaying Type 2 diabetes including the community organizations.

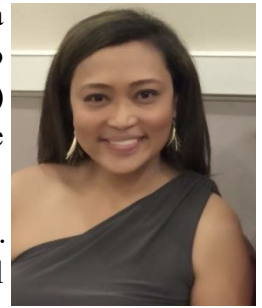
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Leadership Forum 2018

By Simonette Pura Elgert, MA, BSN, RN, CNML, Board Member

In any organization, effective leadership is essential at all levels. The complexity of being a leader requires a vast range of leadership skills to help the organization they represent to carry out its missions and goals. The Philippine Nurses Association of Michigan (PNAM) acknowledges such complexity and the need for its leaders (new or experienced) to have continued support with leadership education.



On August 25, 2018, the 3rd Biennial Leadership Forum was held at Global Home Care. This professional and educational offering was the project of the PNAM Advisory Council and was offered for free to all leaders, board members, members at large and nonmembers as well. The Leadership Forum is usually held at the beginning of a new administration. Its objective is to educate and support the newly elected PNAM officers and Board Members as well as to refresh the knowledge of the seasoned ones. The objective of this offering is to discuss essential information for successful leadership term. Speakers and their topic include the following:

1. Remedios Solarte, MSN, RN-----One Body Many Parts working Together
2. Ellen Dioso, BSN, RN -----Membership to PNAM/PNAA, What it Means
3. Sofia Bole, BSN, RN, CCRN -----Conducting Meetings (Leadership Forum Coordinator)
4. Sonia Montano, BSN, RN, CCP -----Current Policies, How it Applies
5. Annie Vista, PhD., MS, RN -----SOAR to Greater Heights
6. Martha Cabarios, BSN, RN-----Communication
7. Past President Amy Risvold had prior commitment. She will give her presentation later on Challenges and Opportunities of a PNAM Leader: Putting it all Together.

The speakers at the Leadership Forum were all knowledgeable in their field and they were inspiring and motivating. According to Andrew Dubrin, a Professor of Management, “the common characteristic of good leaders is the ability to inspire and stimulate others to achieve worthwhile goals.” We are well on our way and continue to be good leaders!

With sincere appreciation to Global Home Care for providing us the venue and to Sam, our technical support. To Josie Paluay and Sofy Bole for sweet rolls and soup for breakfast, to Martha Cabarios for coffee, to Coy Galinato and Ellen Laboga who donated some amount and prepared food for lunch. To PNAM under the leadership of Trinie Alair who wholeheartedly supported this project despite highly challenging times in her family. To all participants and speakers, a big thank you for a job well done!



ership of Trinie Alair who wholeheartedly supported this project despite highly challenging times in her family. To all participants and speakers, a big thank you for a job well done!

Please note: Some attendees were not in the picture, had to leave secondary to prior commitment. Remy Solarte and Dr. Solarte left right after the lecture.

39th Annual Convention

(Continued from Page 1)

The New Jersey host presented an Avant-Garde evening with a unique style of fashion which was innovation at its best. The program featured Regional Competitions and it also included the presentation of PNAA and PNAAF combined. As one of the Judges, Annie Vista made the announcement of the winners. Actually, every entry was a winner as all the numbers were performed exceptionally well under the different categories. The night culminated in a highly emotionally charged skit especially choreographed by Past President Vicky Navarro for President Doliente. It was a touching portrayal of the outstanding productive two years of leadership befitting his slogan: Innovate, Inspire!

The Education Day featured a special speaker: American Nurse Association President Dr. Pamela Cipriano. In her keynote speech, she heralded the Nurses as “Nurses Leading in a Changing World.” The other noteworthy topics were: Post-Acute Care Continuum; Opioid Addiction; Hand and Glove Technology and Innovations; Nursing Research Innovation and Collaboration; and Innovation for Global Citizenship. A relaxing Hudson Dinner Cruise via Cornucopia Destiny that provided an awesome view of the New York Skyline, the historic Statue of Liberty, and the iconic Ellis Island concluded the day.

July 28 was the 5K Run/Walk Wellness/Fitness Challenge, an annual event to raise funds for PNAA/PNAAF projects. It was chaired over-all by PNAAF Tita Ravi with PNAA Rino Alcantara and other leaders. The team raised over \$43,000.0



The General Assembly was held on Saturday with the conference room full of attendees who were anticipating an exceedingly superior State of the PNAA Address from President Doliente. He summarized succinctly, based on the popular “SOAR,” the PNAA’s Strengths, Opportunities, Aspirations, and Results, all his accomplishments during his term. Everyone in the huge Conference Center was very impressed, captivated, and listened intently. The Legacy Book launching was a smashing success! Some featured writers are from PNA of Michigan: Sofy Bole, Remedios Solarte, and truly yours.

The extraordinary Gala Event marked the Inauguration of the new President, Madelyn Yu, who was exceedingly radiant in her beautiful and elegant beige gown. Her highly inspirational speech highlighted her slogan of “Advocacy”.

The climax of the five-day PNAA Annual Convention was the presentation of the new PNAA/PNAAF Legacy Headquarters in New Brunswick, New Jersey. The Holy Mass was held at the hotel followed by the Blessing of the Building at the site. The Ribbon Cutting Ceremony was performed by President Dino Doliente and assisted by new President Madelyn Yu and PNAAF President Merlita Velasquez. An Inspirational Message was delivered by Dino Doliente, who paved the way to the successful acquisition through his successful effort to obtain PNAA’s approval of donating a substantial amount for the building. The PNA of Michigan donated over \$10,000.00 which qualified the Association to be in the Council of Trustees. Many of the members also donated funds for the building. As Chair of the Building and Development Committee and PNAAF Executive Director, Dr. Annie Vista delivered the Thanksgiving Message to all who made the Legacy Building possible.

Hail to the Philippine Nurses Association of Michigan for a job well done. Congratulations on your contributions to PNAA, PNAM, the health care system and to society. SOAR to Greater Heights!!! See you all next year in Atlanta, GA at the 40th PNAA celebration

Annual Picnic in the Park

By Corazon "Coy" Galinato, MS, BSN, RN, PNAM Board Member

The Annual Picnic was held on August 18, 2018 at Raintree Park in Troy, Michigan. The event was co-chaired by Boots Gabarda and Coy Galinato. The program started with the singing of both US and Philippine national anthems. There was constant soft music on the background amidst laughter and excitement while setting up the table.

PNAM President Trinie Alair is in the Philippines to attend her mother's funeral, therefore then president elect Grace Ramirez presided at the General Assembly that included the report on the PNAA National Convention in Jersey City, NJ. The report included five attendees to the national convention: Remy Solarte, Trinie Alair, Ellen Laboga, Annie Vista and Sofy Bole. The report included the blessing of the Legacy Building Headquarters in New Brunswick, New Jersey. It was also the venue for the PNAA picnic. The PNAA book was launched headed by Dr. Nelson Tuazon, editor.



The PNAM membership fee was amended from \$80.00 down to \$65.00 annually; \$50.00 will be for PNAA and \$15.00 for PNAM. It was ratified by members present at the Assembly. Boots Gabarda, Chair of Golf Fundraising asked supporters to solicit more players and donations for the August 12 Golf outing.

After the General Assembly, members and their families and guests enjoyed the scrumptious food that includes lechon and many native delicacies. Games were led by Hilda Kittinger and Carmelita Meitzler. There were give away gifts to winners and attendees. There were lots of food and almost everyone left at 4:30pm with a bag of food. Thank you all for a job well done. See you all again next year.



Dear Members, Thank You for your Support!

*Abat, Venus *Abeto, Jennifer *Adam, Marie *Alair, Trinidad *Allyn, Antonio *Andutan, Katrin Rae *Arambulo, Rosanna Ng *Arceno, Cynthia *Atillo, Victoria *Baltrinic, Jean Siwa *Bautista, Maryann *Bernal, Anastacia
*Borja, Priscilla *Camero, Nieves *Camero, Orlando *Canlas, Lourdes Ho, *Capulong, Wayne
*Cardenas, Matthew *Cardenas, Teresita *Carpena, Eduardo *Carpena, Lita *Carpena, Victor Paul
*Castillo, Natividad *Corpus, Charity *Covacha, Teresita *Cruz, Monique *DeGala, Andrea *DeGala, Arnold
*DelaCruz, Katrina *DeRamos, Eden Truya *Doctor, Remedios *Domingo, Joy *Duba, Anna
*Elgert, Simonette Pura *Enriquez, Fairy Queen *Faderon, Jose Vicente *Filthaut, Zenaida *Funelas, Romel
*Gabarda, Corazon *Galinato, Antonio *Galinato, Corazon *Garcia, Cecile
*Garza, Valentina *Gelbolingo, Emelyn *Gener, Edilberto *Gener, Lina
*Glass, Lynette *Guerrero, Ann *Hall, Jocelyn *Holland, Judy
*Holmes, Remy *Hopman, An-drea *Hormilosa, Luha *Jandoc, Erlinda
*Jareunpoon, Erlinda *Jurado, Merlyne *Kanagawa, Lydia *Karganilla, Ronald
*Kennedy, Ariane *Kittinger, Hilda *Laboga, Elena *Laput, Reglita
*Lapuz, Mario *Laqui, Suzette *Latif, Felimar *Liboon, Jessica
*Lim, Ronie *Lukasik, Nieves *Malabed, Luzviminda *Mangona, Susan
*Marques, Remedios *Masih, Nina *Mawilai, Sonia *McCauley, Felomina *Mojica, Rogelio
*Meitzler, Carmelita *Mickley, *Montano, Romeo *Mupas, Regina *Murray, Marcus *Obenza, Cecilia *Pablo, Rosalie *Paluay, Jocelli
*Pascual, Marylee *Patero, Rose *Radowick, Marissa *Ragual, Efren *Ravelo, Evelyn *Redoble, Rose
Fay *Rodriguez, Lulu Martinez *Rosario, Wilberto *Sabellano, Analisa *Saliganan, Daisy *Salvani, Tere-sita
*San Agustin, Fe *San Agustin, Grace *Sanchez, Myraflor *Santiago, Carolina *Sarita, Jessa
*Selma, Maria Emelie *Serra, Virginia *Skuce, Emma *Stalker, Nenita *Sumalde, Concepcion *Smyd, Edter Joyce
*Tai, Ann *Tumaghap, Clair *Utarnachitt, Violeta *Velarde, Rebecca *Velila, Nelson
*Villa, Aquino *Villanos, Preciosa *Walton, Khristine *Waterman, Maria *Weiner, Mercy *Whitaker, Salome
*Yemmans, Maribel



Lifetime Members : *Bada, Norma *Bole, Sofia *Cabanilla, Theresa *Cabarios, Martha *Diego, Lily
*Dioso, Ellen *Mandap, Leonor *Montano, Sonia *Pacris, Emma *Risvold, Amy *Sodawala, Anita
*Solarte, Remedios *Tutay, Georgiana Rose *Vista, Annie *Waltz, Gloria

Membership Application

Check payable to PNAM, mail to: Carmelita Meitzler, Chairperson, Membership Committee

4086 Morningdale Drive, Troy, MI 48085 For inquiry: Email-cdmeitzler@yahoo.com

Name: _____ Phone: _____

Address: _____ City: _____ State _____ Zip: _____

Employer: _____ Current Position: _____

Certification: _____ Email: _____

Category: ☐ New ☐ Renewal ☐ Regular (\$65.00) ☐ Associate (\$40.00) ☐ Retired (\$30.00) ☐ Student (\$20)

Committee Interest: ☐ Membership ☐ Human Rights ☐ Public Relations ☐ Education and Practice

☐ Ways and Means ☐ Bylaws ☐ Budget and Finance ☐ Legislative ☐ Website

NB: Regular Membership of \$65.00 includes membership to PNA America, national organization

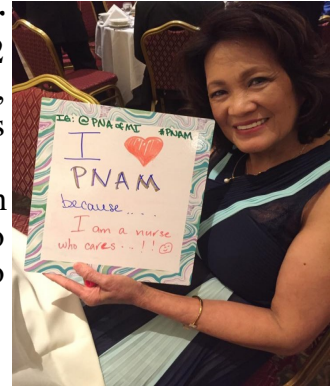
Our Members Say: I Love/Thank PNAM

By Clair Tumaghap, BSN, RN, PRO

Carmelita Meitzler, BSN, RN, Assistant Treasurer and Membership Chair Joined PNAM in 1992

Graduated nursing school (BSN) in 1982 from Arellano University, Manila, Philippines

“I love PNAM because it’s a great way of knowing nurses with common interests and a way of networking. I believe in PNAM’s Mission & Vision to uphold the positive image and welfare of its constituent members. PNAM also gives opportunity for continuing education.



Clair Tumaghap, BSN, RN, PRO and Website/FB Chair Joined PNAM in 2016

Graduated nursing school (BSN) in 2011 from Madonna University, Livonia, Michigan

“I love PNAM because they are always willing to learn and grow. PNAM wants to innovate and mentor colleagues most especially new and younger nurses.”

Elena Laboga, RN, Secretary

I have been a member for several years

I graduated from Cebu Velez Hospital School of Nursing in Cebu, Philippines. My goal in joining is to support the PNAM as my professional organization; to network with colleagues and friends.

“I love representing PNAM in its Community Outreach activities. It is a fulfilling experience. Come and join us!”



Concepcion Sumalde, MBA, BSN, RN, Board Member Member of PNAM for many years

Graduate of St. Paul College of Nursing, Iloilo City, Philippines
Graduate School at University of Phoenix, USA

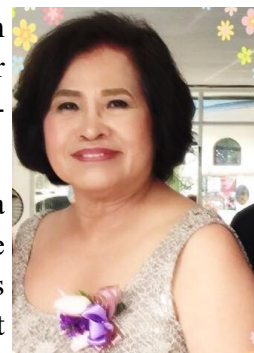
“I learned a lot from the Leadership Forum 2018. Thank you for this great in-service. Kudos to all our wonderful speakers, all of them are PNAM Past Presidents.”

(From the email she sent 9/01//18)

PNAA North Central Region Veep Visits Michigan

By Tinie Alair, BSN, RN

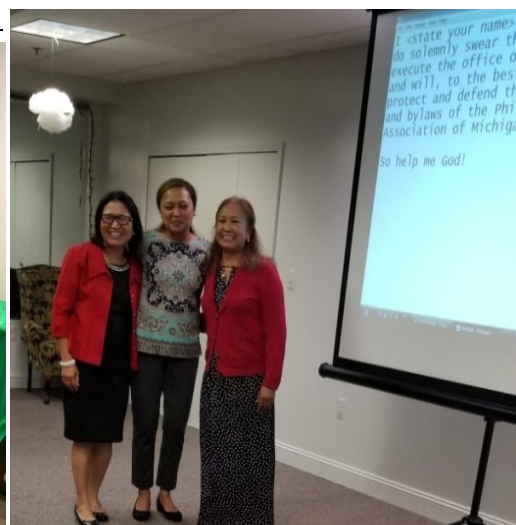
On September 22, 2018, PNAA North Central Region (NCR) Vice President Leila Busch met with PNAM members of the Executive Board. She happened to be in town with her son following the Kansas City Royals scheduled game with Detroit Tigers. Ms. Busch arrived with her son and his two friends from Michigan.



The meeting venue was once again the Global Home Care. It was a fruitful meeting and a joyful feeling to meet a PNAA officer visiting a chapter. Ms. Busch swore into office Reglita Laput as President Elect of PNAM and Simonette Pura Elgert was also sworn in as PNAM Board Member. Before lunch, we had trivia questions learning activity about PNAM and PNAA. We had a great time networking and exchanging ideas. Simply stated, colleageability is highly visible!



NCR VP Leila Bush (center red blazer) with PNAM Executive Board



Laput and Elgert inducted

Officers Inducted at the July 2018 Executive Board Meeting, PACCM

Secondary to restructuring and realignment of organizational responsibilities, more officers were sworn into office last July 2018 at PACCM.

These officers missed the Gala Night Induction in May. Dr. Annie Vista inducted the following: Remedios Solarte and Ellen Dioso-Advisors, Elena Laboga- Secretary, Lulu Rodriguez, Vicky Atillo, Rosalie Pablo as Board Members.

Congratulations for your courage to make a difference. Thank you for your service to PNAM.



Alair Takes the PNAM Reign for 2018-2020

On May 5, 2018, the Philippine Nurses Association of America (PNAA) President Elect Madelyn Yu coming from New Jersey flew to Michigan to induct the new set of Officers, Board Members and Advisory Council. It was held at Penna's of Sterling in Van Dyke. Elena de Jesus, PNAA NCR-VP was also present.

In her speech as Guest Speaker, Yu emphasized the value of Membership to PNAM and PNAA and encouraged all nurses to be members of their professional organization. Nursing Advocacy was also emphasized as a way of getting nurses heard and be recognized. This happens to be her theme for her incoming administration as President of PNAA for 2018-2020. She praised Trinie Alair for her courage to step up the plate as PNAM president and congratulated all incoming members of the Executive Board.



Madelyn Yu, Guest Speaker, PNAA President Elect, "I love PNAM because this is where the 1st PNAA Presidential Debate was held!"



Lt-Rt: Anita Sodawalla, Remy Solarte, Annie Vista, Lily Diego, Theresa Cabanilla, Martha Cabarios, Amy Risvold, Sofy Bole, Guest, Ellen Dioso, C. Villanueva, Sonia Montano, Hilda Kittinger and Villa Aquino. Front row, seated: Madelyn Yu, Elena de Jesus, and Trinie Alair

President Trinie Alair thanked everyone present: Keynote Speaker, benefactors, sponsors, guests and friends. She praised the newly inducted Executive Board as "prime movers" instrumental to the success of our organization. "Let us build happy memories and surround ourselves with joy and friendship as we celebrate this special night on PNAM's 46th Anniversary."

The newly inducted president Trinie Alair deserves a big hand of support for moving on despite sudden death in the family. A week prior to her induction, her beloved husband died unexpectedly. Despite all odds, she remained steadfast and determined to assume the reign of leadership as a pledged responsibility, with the assurance from the Officers, Board Members, and the Advisory Council. As a sign of support, Teamwork filled the air in making the 46th a moment to reminisce.

Quotations from Famous World Leaders

"If your actions inspire others to dream more, learn more, do more, and become more, you are a leader" (John Quincy Adams, Past President of the USA).

"Great minds discuss ideas, average minds discuss events, small minds discuss people" (Eleanor Roosevelt).

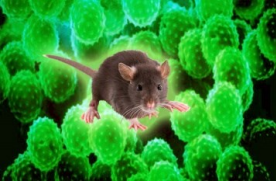
"Anger and intolerance are the enemies of correct understanding" (Mahatma Gandhi).

"Honest disagreement is often a good sign of progress" (Mahatma Gandhi).

Hantavirus Outbreak

By Sofia E. Bole, BSN, RN, CCRN

There was an outbreak of Andes Virus or Hantavirus specifically in Chubut Province of Patagonia, Argentina. International travelers going to this country must be alert by avoiding contact with rodents and their droppings (urine and feces) and avoid contact with anyone who may be sick. This communicable disease outbreak began in 2018 with most cases reported in Epuyen, in Patagonia southern Argentina.



Prevention: Wash hands often; avoid close contact with suspected cases as in kissing, having sex, or spending long time together in close physical space; avoidance of areas infested with rodents. Anyone experiencing symptoms after visiting rodent infested areas in South America should see their physician immediately.

Symptoms include: Headache, fever, muscle aches, nausea and vomiting, diarrhea. Signs and symptoms can appear as early as four (4) days or as long as six (6) weeks after exposure to the virus. However, people are typically only infectious while they have symptoms.

Clinical Case Definition I

- **Hantavirus Pulmonary Syndrome (HPS)** commonly referred to as Hantavirus Disease, is a febrile illness characterized by bilateral interstitial pulmonary infiltrates and respiratory compromise usually requiring supplemental oxygen and clinically resembling Acute Respiratory Distress Syndrome (ARDS).
- An unexplained respiratory illness resulting in death with an autopsy examination demonstrating non-cardiogenic pulmonary edema without an identifiable cause.

Medical Management of HPS: There is no specific treatment, cure or vaccine for HPS, however, patients can receive supportive care in the hospital. Those whose infections are recognized early and who get care in the Intensive Care Unit (ICU) may do better. In the ICU, patients with difficulty breathing may be intubated and given oxygen to help them through the period of severe respiratory distress.

Laboratory Criteria for Diagnosis

- Typical clinical laboratory findings include hemoconcentration, left shift in the white blood cell count, neutrophilic leukocytosis, thrombocytopenia, and circulating immunoblasts.
- Detection of hantavirus-specific immunoglobulin M or rising titers of hantavirus-specific immunoglobulin G.
- Detection of hantavirus –specific ribonucleic acid sequence by polymerase chain reaction in clinical specimens.
- Detection of hantavirus antigen by immunohistochemistry.

Clinical Case Definition II

- **Hemorrhagic Fever with Renal Syndrome (HFRS)** is a group of clinically similar illnesses caused by hantaviruses from the family Bunyaviridae. HFRS includes diseases such as Korean hemorrhagic fever, epidemic hemorrhagic fever, and nephropathia epidemica. The viruses that cause HFRS include Hantaan, Dobrava, Saaremaa, Seoul, and Puumala. HFRS is found throughout the world.
- The disease is spread by wild rodents through touch and bites, also close contact with sick or infected person. Known carriers include the striped field mouse – the reservoir for both the Saaremaa and Hantaan virus; the brown or Norway rat, the reservoir for Seoul virus; the bank vole, the reservoir for Puumala virus; and the yellow-necked field mouse, which carries Dobrava virus.

(Continued on page 18)

Bits and Pieces, Food for Thought

On Health Care Leadership: Florence Nightingale influenced the direction of Medical Epidemiology by improving living conditions for both well and sick soldiers in Scutari during the Crimean War, thus gave a favorable reputation for Nurses and Nursing. As a statistician, she utilized pie chart to demonstrate percentage of patient mortality. She once said “I attribute my success to this – I never gave or took any excuse.”



A True Leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent (*Douglas MacArthur*).

I know no single formula for **Success**. But over the years, I have observed some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together (*Queen Elizabeth II*).

To really **Change the World**, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you see in the world, but also help those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common knowledge (*Sue Kaasem, Rise and Salute the Sun*).

Effective Listening is the single most powerful thing you can do to build and maintain a climate of trust and collaboration. Strong listening skills are the foundation for all solid relationships (*Michelle Tillis Lederman*).

A small body of **Determined Spirit** fired by an unquenchable faith in their mission can alter the course of history (*Mahatma Gandhi*).

The biggest **Communication** problem is that we do not listen to understand. We listen to reply (*Gabriel Garcia Marquez*).

Artificial Intelligence (AI) is the intelligence exhibited by machines or software. It is also the name of the academic field of study that centers on how to create computers and computer softwares that are capable of intelligent behavior.

Glycation is a process where sugar and protein molecules combine to form a tangled mess of tissue. Glycated tissue is tough and inflexible leading to wrinkling not only the skin but also important internal organs. Furthermore, glycated tissues then produce Aged Glycation End- products (AGE's) which further compound the problem by producing large numbers of damaging free radicals. Two main causes of glycation: High blood glucose levels and eating foods cooked at high temperatures over 250F.

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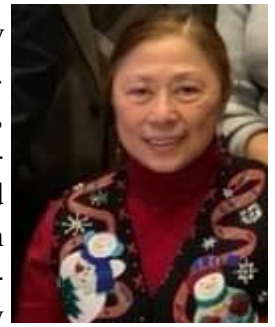
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Golf Outing, a Successful Fundraising

By Corazon "Boots" Gabarda, BSN, RN, Auditor (Interviewed)

The PNAM held a Golf Outing Fundraising on August 12, 2018. This was co-chaired by Boots Gabarda and Ellen Dioso. It was held at Hilltop Golf Course, Plymouth, Michigan. Thirteen golf hole sponsors included the following: Dr. Ernestina Mac, Dr. Annie Vista, Wilmar Suan–FILAMCCO president, Mr. Bill and Dr. Ceres Morales, Harmony Park Development–Dan and Pio Capobres, Classic Honda of Midland – Joey Gabarda, Acclaimed Home Care–Danny and Alice Salazar, Kil's Tae Kwan Do–Jack and Hilda Kittinger, Beth Tibudan and Simonette Elgert, Premier Care Physical, Real Estate One–Betsy Henry Vincenzetti, Ellen Laboga, Reglita Laput, Sonia Montano, Vicky Atillo, Carol Santiago, Sofy Bole, Annie Meitzler, Lulu Rodriguez, Corazon Galinato, Carmen Villanueva, Remy Doctor, Stefanie Dioso, Comics Oddities, Sanctum Santorum and Josie Ivan Jimenez. Thank you so much for your support.



Thanks to all PNAM members who volunteered: Tess Covacha – Ways and Means Chairperson, Boots Gabarda, Ellen Dioso, Grace Maala, Elena Laboga, Hilda Kittinger, Lulu Rodriguez, Reggie Laput. An early dinner for golfers and volunteers was held at Ellen Dioso's house in Plymouth where the winners were announced. The Afante Family is the winning team. Congratulations! The players and volunteers had fun and expressed desire to come again next year. Thank you all for your support.



Gerard Laput, 2018 Google PhD Fellowship Award, son of Reggie Laput

Ellen Dioso, President of Kahirup of Michigan, PNAM Advisor



Trinie Alair, on the death of her husband Romy and her mother Juanita Cuevas; **Mercy Weiner** on the death of her brother.



Vicky Atillo

Carmelita Meitzler and

Telly Cabatino



The Winning Team: Rose and Jeff Afante and Family

Breast Cancer Awareness Screening and Prevention

A Community Outreach Project reported by Trinie Alair, BSN, RN and Elena Laboga, RN



It was October 2016 when several PNAM members were trained by Nurse Practitioners from Eastern Michigan University how to do breast examination for breast cancer detection and prevention with early detection. A grant in the amount of \$2,000.00 was also given to each participating organization in this project. Brochures and educational materials were also given to be distributed to patients.



Tacloban, Leyte, Philippines Medical Mission

From February 6-10, 2017, several members of PNAM joined the Medical Mission in Tacloban, Leyte, Philippines. Members who joined included Dr. Annie Vista, Martha Cabarios, Trinie Alair, Elena Laboga and Amy Risvold. The PNAM piggybacked the Breast Cancer Screening and Prevention to the Philippine Medical Mission Foundation of Michigan.

A total of 318 patients (women) were screened: February 7 = 77 February 8 = 81 February 9 = 92 February 10 = 68. Abnormal findings: 36. Four (4) appeared positive for cancer, so they were strongly advised to see their primary physician immediately, the rest were examined by the medical mission physicians and advised to see their primary physicians.

Trinie Alair and Elena Laboga were PNAM trainers of the Barangay Health Workers (BHW) and some RN's who were local volunteers. February 6th was the day of training with lectures, visual aids and informational materials were



provided to the trainees. These educational materials were provided by the Eastern Michigan University. There were demonstrations on how to do self-breast examination on a dummy after visual learning and eventually demonstration of Self Breast Examination by the trainees and their partner trainee. From February 7-10, volunteers had actual encounter with patients, supervised by PNAM. The medical mission was held at the gym. The missionaries learned to improvise by utilizing gym steps covered with sheets as a place to lay down for the exam with improvised screen for privacy. Resourcefulness springs out from the dire need to accomplish a project, and this is exactly what the missionaries did.

We thank all the missionaries and volunteers for a job well done. Let us continue this humanitarian project to help our most vulnerable kababayans whose opportunity to access for good health care is nil. Our help is much needed!

Feedback from the volunteers as per survey:

1. They were thankful to the Breast Cancer Awareness and Prevention Program of the PNAM for the learning opportunity. This is the First Time that this project was shared in their city.
2. That knowledge learned can be shared to help women on breast cancer awareness and prevention.
3. That awareness of family history of cancer can make them vigilant to watch for signs and symptoms.
4. Concern of financial implications when positive results were discovered.
5. The process was organized, trainers knowledgeable, approachable and supportive for the volunteers learning experience.

PNAM Participates at the First CAPA Asian Festival

By Lulu Martinez Rodriguez, RN – PNAM Community Outreach Chairperson

It was August 4, 2018 when the Coalition of Asian Pacific Americans (CAPA) in Michigan sponsored a cultural event. It was a collage of community togetherness as in Taste-Sing-Dance-Learn Cultural Diversity.

CAPA members are comprised of different ethnic individuals and groups from China, Philippines, India, Japan, Thailand, Korea, Vietnam and so forth. The Philippine Nurses Association of Michigan (PNAM) displayed a table of Philippine products depicting its cultural heritage and books authored by Filipino groups.



Thank you to all the PNAM volunteers: Ellen Laboga, Corazon Gabarda, Amy Risvold, Sofy Bole, Sonia Montano, Fe San Agustin, Martha Cabarios, Carmelita Meitzler, Simonette Elgert and Lulu M. Rodriguez. The PNAM also took charge of the First Aid station. We had one patient with minor injury.

It was well attended and had very positive responses from guests especially the Mayor of Madison Heights. Hope to see you again next year.



Lt to Rt: Sonia Montano, Boots Gabarda, Amy Risvold, 3 guests, Simonette Elgert and Carmelita Meitzler

Lt to Rt: Lulu Rodriguez, Ellen Laboga, Boots Gabarda, Carmelita Meitzler, Sonia Montano, Sofy Bole & Resty Teodoro, patient

Hantavirus Outbreak

(Continued from page 14)

Medical Management: Supportive Therapy is the mainstay of care for patients with hantavirus infections. Care includes fluid management and electrolyte balance, and administration of antiviral drug. Dialysis maybe required in cases of severe fluid overload. Depending upon which virus is causing the HFRS, death occurs in less than 1% to as many as 15% of patients. Fatality ranges from 5-15% for HFRS caused by Hantaan virus, and less than 1% for disease caused by Puumala virus.

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- Retrieved, 10/8/18: <https://www.cdc.gov/hantavirus/hfrs/index.html>
- Retrieved, 12/8/18: <https://www.cdc.gov/hantavirus/resources/andes-virus.html>
- For further information, contact the Center for Disease Control and Prevention (CDC):
[1-800-CDC-INFO](tel:1-800-CDC-INFO); [1-800-232-4636](tel:1-800-232-4636)

Save the Dates/Calendar of Events




Philippine Nurses Association of America
18th North Central Region
Conference
 Hosted by
Philippine Nurses Association of
Central Ohio (PNA-CA)
Be the VOICE
Be the SPARK
ADVOCATE!
 April 25—28, 2019
 Embassy Suites by Hilton
 Airport Drive
 Columbus, OH



40th ANNUAL PNA NATIONAL CONVENTION
ATLANTA
JULY 24-28, 2019
 Atlanta Marriott Marquis
 PNA Georgia would like to invite you to our beautiful state of diverse culture & southern charm.
 Contact: www.pnaga.wildapricot.org




Save the Date 2020
41st PNA Annual
National Convention
 July 1-5, 2020
 Manchester Grand Hyatt San Diego
www.mypnaa.org

5th COLLABORATIVE CONFERENCE
Quantum Leap to the Future:
Pathway of Quality to Education & Practice




Experience Davao
 January 25 - 26, 2019
 Theme: *Introduce a Quality Nursing Transition Pathway to Practice that immerses BSN students into an interactive didactic workshop; an effective- mentored clinical experience; and to promote innovative patient advocacy, detailing a transformational model tailored for millennials.*

Calendar of Events

- May 5, 208, PNAM 46th Anniversary and Induction of Officers, Penna's of Sterling Heights
- June 2018, Kalayaan Picnic, Halmich Park, Warren
- August 12, 2018, Golf Outing Fundraising, Hilltop Golf Course, Plymouth
- August 18, 2018, Summer Picnic and General Assembly, Raintree Park, Troy
- August 25, 2018, Leadership Forum, Global Home Care, Troy, Michigan
- September 22, 2018, NCR-VP Leila Busch inducted Reglita Laput and Simonette Pura Elgert
- October 20, 2018, Health and Wellness Fair, Philippine American Cultural center of Michigan (PACCM)
- November 4, 2018, Educational Offering on Human Trafficking & national Adoption Awareness
- December 1, 2018, Christmas Party at Wyndham Hotel, Sterling Heights
- December 29, 2018, Rizal Day Celebration, Suburban Collection Show Place, Novi, Michigan
- March 1, 2019, City of Sterling Heights Cultural Exchange, 6pm-10pm
- February 16, 2019, PACCM Valentine Ball Fundraising, Detroit Marriott, Troy
- April 13, 2019, Annual Spring Educational Conference **"Advocacy in Nursing Leadership and Excellence in Clinical Practice."**, 7.5 contact hours applied. For further information, contact: Reggie Laput: 586-744-3662; Simonette Pura Elgert: 586-764-8444; Carmelita Meitzler: 248-931-9710. See page 20 for details.
- January 2020, PNAA International Nursing Conference, Boracay, Malay, Aklan, Philippines



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Reglita Laput
President-Elect

Ellen Laboga
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Vitality
Visibility*

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Save the Date!!!!

April 13, 2019, PNAM Annual Spring Educational Conference

*“Advocacy in Nursing Leadership and
Excellence in Clinical Practice”*

7.5 contact hours applied through the PNA Foundation

Venue: Mocerri Learning Center Qasi Auditorium, Troy Beaumont Hospital

Registration: Breakfast, Lunch, Snacks included

Paid Member ----- \$40.00 Non-Member ----- \$50.00

Student ----- \$ 25.00

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