

PHILIPPINE NURSES ASSOCIATION OF SOUTHERN CALIFORNIA NEWSLETTER



Volume XXII, No. 1

July – December 2022

PNASC inducts Team Relevance: Executive Board 2022-2024



relevance
correct
opportunity
acknowledgement
performance
relevant
dovetail
factually
relate
pertinent
bearing
befitting
suitable
congruous
applicable
reluctant
connective
suit
affordable
equally
seemly
opposite
generations
connection



PNASC Members During Flag Day



Awards and Recognition



Safe with PNASC Masks

Message from The President

I am humbled and extremely grateful for this opportunity to lead the Philippine Nurses Association of Southern California (PNASC) as the President over the next two years. I am inspired by the leaders who came before me for their continued dedication and contribution to the organization. I am proud to be surrounded by very talented members of the Executive Board, with each one, an accomplished leader in their own rights. Without them, we will not be able to achieve our organizational goals.



Aristotle was indeed right when he said, "the whole is greater than the sum of its parts".

I would like to share my story, for you to get to know me better and I hope that I also get to know you better through your stories. I am 4th of 6 children, I grew up in a small town of Manaoag, home to our Lady of Manaoag. My father is an engineer, my mother was a teacher and later managed our family business. As with any regular Filipino parents, they instilled in us the value of education. As early as I can remember, my dad charted our careers except for the younger two children. Our dad assigned our professions as we were growing up as follows: to my eldest sister, a doctor; to the second, a pharmacist; to the third a dentist; and to me the fourth child, a nurse. The younger ones had no assigned professions; so, they grew up to be entrepreneurs. Our dad's plan came true just as he intended.

I am married and we are blessed with a son, Cameron, who is now 17 years old. My husband and son keep me grounded. I will not be where I am today without their love and support. I value family, civic/community service, relationships, and I am very proud of my heritage.

It has been the tradition for the PNASC presidents to have a mantra that serves as a framework during our presidency. As I was contemplating on what my mantra will be, I thought of the mission and vision of our organization and what we can do to contribute to making these a reality. One word continued to stand out that will answer the question: how can we make PNASC the professional nursing organization of choice among Filipino American nurses? That word is **relevance**. In everything we do, and plan to do, we should always ask ourselves, what is the relevance of our actions to our organization and members? What strategies/tactics should we employ to continue to be relevant? How is our organization relevant to the community and to the nursing profession? What relevance do we have for you, our valued members?

We will support our mother organization, Philippine Nurses Association of America (PNA) in its vision to be the organization that is responsive to its constituents' needs and be a force in the world arena of nursing. In 2024, PNASC will host PNA National Convention here in Southern California where we will have the opportunity to showcase our strength and talents.

I am very confident that we will achieve our goals because we have the best talents at PNASC - the best professors, educators, researchers, advance practice nurses, nurse executives, nurse experts in their chosen fields- bedside, ambulatory, informatics, and schools of nursing.

Honoring the legacy and continuing the work set forth by our previous presidents and executive boards, through each one of our members, PNASC will RISE, together we will ACT MORE, together we will give and serve ABOVE AND BEYOND, together we will be RELEVANT for the service and honor of our PNASC organization.

Let us continue to make a difference and I am looking forward to serving you and serving with all of you!

Maria Theresa Sagun, MSN, NE-BC, RN

PNASC President 2022-2024

Message from PNASC – West LA Subchapter President

It is with great gratitude to be a member of the PNASC West LA Subchapter.

My active participation to this organization started two years ago during the start of COVID 19 pandemic. I am humbled to serve as the President and very impressive that together we are all standing tall and steadfast amidst the many challenges we endured. PNASC West LA Subchapter Executive Board and members continue to be resilient in achieving our mission and vision. I salute and applaud all the work and efforts my EB and PNASC WLA subchapter members have done. You demonstrate bravery and you never turned your back on the many challenges we all faced.

We can make a difference in the communities we serve, our families and most of all to ourselves.

To our members, our goal to make a difference means “teamwork.” Let us continue to inspire each other and to be more involved to take care and touch the lives of people around us.

Thank you for your commitment. Together with our PNASC chapter leaders and members we can achieve our mission and goals. We should continue the great works that our predecessors have done.

So, let’s keep our enthusiasm and the ability to empower, support each other, & be cohesive to make a difference. Reminder to be kind to ourselves. As what mother Theresa said, *“None of us including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful”*.

Maraming Salamat sa Inyong lahat.

Mabuhay ang PNASC West LA Subchapter.

Marie Navarro, MSN, CCRN

4th President, PNASC West LA Subchapter 2022-2024



Starting the Term Right!

Antonette Nunez, MSN, AMB-BC, RN, CJCP
Newsletter Editor, Recording Secretary, Research Co-chair



From the heels of last term's team Above and Beyond, the 2022-2024 Executive Board (EB) and ACs continue to be creative, productive, active, and relevant!

Let's point out what this EB team has accomplished in JUST six (6) months:

Research - PNASC kicked off its collaboration with UCI MIND Ahead clinical research with a presentation from primary investigator and PNASC member, Dr Melanie Tallakson on July, 2022. This collaboration is about clinical research on prevention of Alzheimer's disease as well as educating the Filipino/Filipino-American community on neurological diseases and importance of research.



On November 12, 2022, PNASC held a successful Education Day event at Almansor Court. The theme was Mental and Neurological Health: Nurses as Advocates. The event showcased various professional speakers who are experts in their fields of mental and neurological health.

Nursing students also presented and were part of the lively panelists' discussion.

PNASC continues to partner with communities served: the Philippine Consulate, Chinese LA Firecracker Run, Moreno Valley, City of Carson, Pilipino Workers' Center (PWC), City of West Covina, Friends of LA River (FoLAR) river clean up, to name a few.



Collaboration - PNASC is collaborating with University of California, Irvine MIND on Alzheimer's research and University of California, Los Angeles on Diabetes research.

This dynamic EB is already planning future activities for the remainder of the term. Team RELEVANCE definitely started the term RIGHT!



Goals of Team Relevance:

- Strive to be true to our mission and vision
- Put service and our members above all
- Focus on growing our membership, continuing our excellent track record in community service
- Promote activities that unify the Filipino American nurses in Southern California
- Collaborate with professional organizations and agencies
- Develop and implement programs related to nursing practice, education, and research.

EDUCATION, RESEARCH, AND PRACTICE

Fall Education Event

Dorianne Tillano BSN, NP-C, PMHNP-BC
Education Co-Chair, Board Member



Philippine Nurses Association of Southern California (PNASC), in collaboration with the PNASC West Los Angeles subchapter, held a Fall Education Event on November 12, 2022. The theme was **Mental and Neurological Health: Nurses as Health Advocates**. This theme is relevant to nurses because of their contribution and challenges encountered during the height of the COVID 19 pandemic through present. Nurses were at the forefront of the pandemic and remained steadfast in service to others; often losing hindsight of their own mental health.

Dr Melanie Tallakson, DNP, MPH, FNP-BC, opened the event as the first keynote speaker with the topic of “Alzheimer’s Disease: Making the Memory Last”. The attendees learned about the importance of research and clinical trials studying prevention of neurological diseases from occurring. The attendees participated in pre surveys and post surveys as part of the presentation. The attendees were included in a raffle drawing of two Target gift cards worth \$50 each! This presentation is one of the seven community presentations for UCI MIND Ahead AIM2 community presentations.

Signs & Symptoms



Typical age-related changes

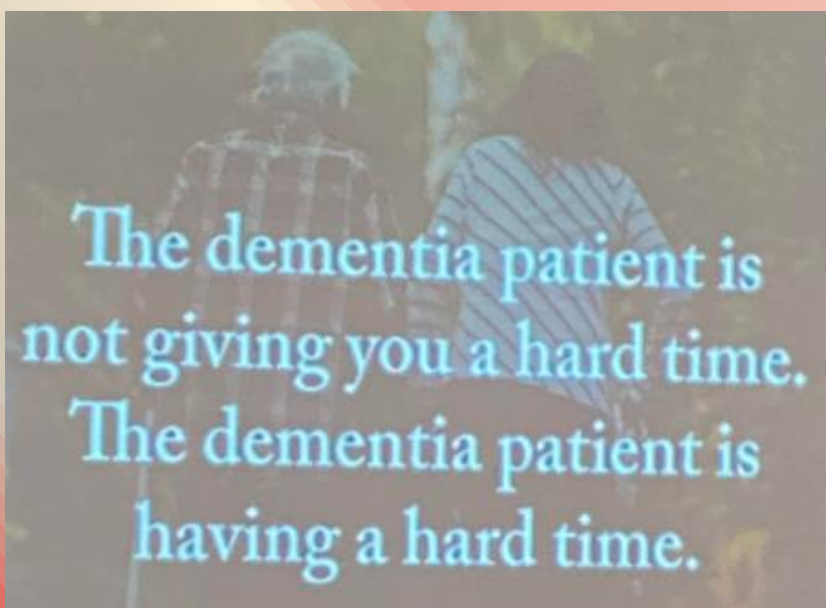
- ✓ Making a bad decision once in a while
- ✓ Missing a monthly payment
- ✓ Forgetting which day it is and remembering later
- ✓ Sometimes forgetting which word to use
- ✓ Losing things from time to time



Signs of Alzheimer’s/Dementia

- * Poor judgment and decision making
- * Inability to manage a budget
- * Losing track of the date or the season
- * Difficulty having a conversation
- * Misplacing things and being unable to retrace steps to find them

Alzheimer’s Association, 2017



EB welcoming PNASC Fall Education Day

The second keynote speaker was Dayna Gatmaitan, MSN, AGPCNP-BC, who presented “Neuroscience Nursing: Advocating for Patients with Neurological Disorders”. She discussed why nursing advocacy matters in the growing geriatric population with neurological symptoms and she went over a few case studies with the attendees. She valuable shared resources

Dr Velma Yep, DNP, GNP-BC, PNASC VP, moderated the panel discussion topic of “Mental Health Issues Encountered by Student Nurses or Professional Nurses During and After the COVID-19 Pandemic”. The seven panelists consisted of educators, practice leaders, staff nurses and a student.



PANELISTS



• Danilo Bernal DNP, APRN, FNP-BC

Assistant Professor Of Nursing at California State University Channel Islands
Assistant Professor Of Nursing at Charles R. Drew University of Medicine and Science Nurse Practitioner at Wellpath



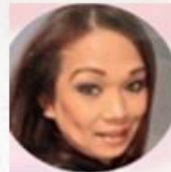
• Mindy Ofiana MSN, RN

Adjunct Faculty, Charles Drew University of Medicine and Sciences
Chief Operating Officer at Victor Valley Global Medical Center



• Pag-asa Ponce, MSN, Ed

AC Staff Faculty- VN Term2 Theory Instructor
House Supervisor acute care-medical center
Student in the CSUDH MSN, Ed program



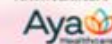
• Sasha Rarang, PhD, MSN, CCM, RN

Dean of Nursing at Angeles College
Post Graduate Student of Psychiatric Mental Health NP at West Coast University



• Morgan Rodgers RN

AYA Healthcare Travel Nurse



The largest travel nursing agency and healthcare staffing company
The most exclusive opportunities



• Sharon B. De Peralta, Ph.D., R.N.

Co- chief of Mental Health Care Group
Chief Mental Health Nurse
Tibor Rubin VA Medical Center
Long Beach VA Healthcare System



• Gwen Denise Tabaldo

Entry Level Masters Student Nurse at Charles R. Drew University of Medicine and Science

PANEL DISCUSSIONS REGARDING MENTAL HEALTH AND WELLNESS:

1. What are the biggest challenges of mental health and wellness in your area of work?
2. What kind of support is available for you, your teams, and your organization?
3. Tell us about current research, innovation, or evidence-driven practice or quality improvement work in your area of work
4. How can we best advocate for more support and resources?
5. Please share your advice to all those mentally and psychologically suffering during these chaotic times?

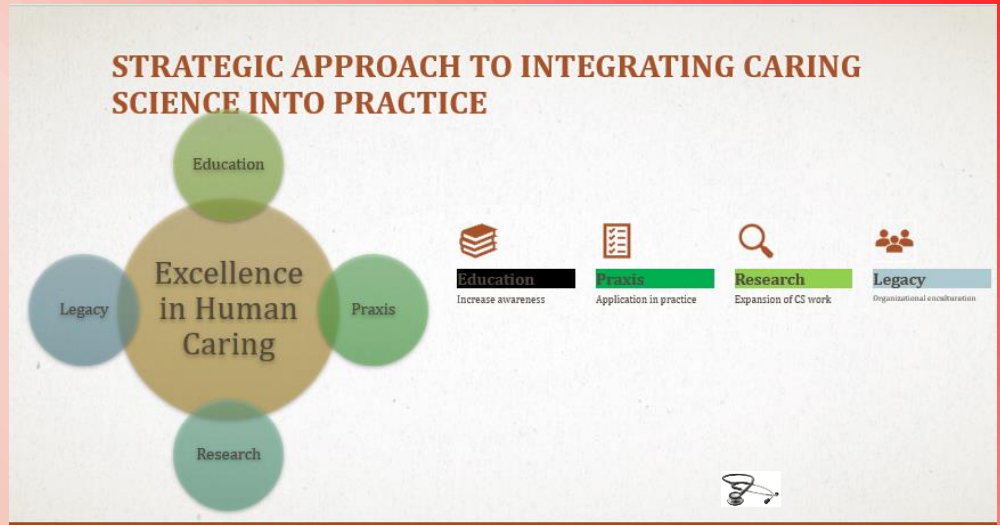


Education, Research, and Practice Chair
Sasha Rarang with members and President
Maria Sagun

Graduate student speaker, Dr Cynthia Jovanov, DNP, MBA, CNS, FNP/ACNP-BC, CCRN, RNFA, PMHNP(s), presented her journey as a student. Dr Jovanov shared the who, what, and why's related to mental health in the U.S. that showed there is a growing need for mental health providers. The data that showed more and more patients seek mental health care in primary care settings propelled her decision to become a psychiatric nurse practitioner.

The third and final speaker, Janette V. Moreno, DNP, NEA-BC, NPD-BC, presented "Leading the Way to a Resilient Workforce: A Self Discovery Journey of a Caritas Coach". Dr Moreno is an

engaging, dynamic, and energetic nurse leader who reminded the attendees that we all have our own journey and experiences as nurses. She shared the Caritas process such as integrating caring science into practice. Dr Moreno emphasized that **we are enough** and **we are the healing environment**.



CEDARS-6 DOMAINS

- C** – **Cognition & Behaviors** – *cognitive and psychological abilities/disabilities; problematic dementia-related behaviors*
- E** – **Environment** – *home/community characteristics and resources, hobbies, interests*
- D** – **Diseases & Medications** – *chronic medical conditions that contribute to decreased independence, life expectancy and/or life enjoyment; medications that mitigate effects of chronic diseases*
- A** – **Advance directives & Goals-of-Care** – *individualized care preferences, rating level of importance of goals on a scale; pros/cons analysis*
- R** – **Resources** – *accessible people, physical, financial resources*
- S** – **Social Determinants of Health** – *network of relationships; bonds (family/close friends), bridges (distant friends), linkages (people/groups); access to food, healthcare; social stressors*

The Education event was attended by over 60 attendees, 4 vendors, and PNASC Executive Board members, and Advisory Board members, and PNASC/PNASC West Los Angeles members. There were over 12 students in attendance sponsored by generous PNASC Executive Board and members. The event was successful! Attendees walked away with valuable information on how nurses can advocate for patients with mental or neurological disorders. More importantly, attendees

were provided tools and knowledge to help with their own mental health. These reminders help us healthcare workers thrive mentally and physically so we can continue to advocate so we may continue to serve our patients.



Dr Gail Jones and Antonette Nunez oversaw the audio-visual and presentations



EB and members networking after the successful Fall Education event

Collaboration with University of California, Irvine (UCI) MIND

Antonette Nunez, MSN, AMB-BC, RN, CJCP

Dr Velma Yep, DNP, MSN, GNP-BC

Philippine Nurses Association of Southern California (PNASC) is excited to be collaborating with UCI MIND Ahead clinical research. The clinical research is regarding Alzheimer's and its prevention. PNASC's Education, Research, and Practice Committee is leading this collaboration. We are tasked with three (3) AIMS to be completed by February 2023:

- **AIM1** – Identify 20 key stakeholders (i.e. active and retired nurses, community nurse leaders) who are willing to participate in interview sessions.
- **AIM2** – Organize and coordinate at least 7 community presentations (i.e. CEU offerings, webinar, ZOOM, Facebook Live, YouTube, in-person) to nurses, organizational members, community networks, and other targeted community outreach activities.
- **AIM3** – Prepare/collect pre-post metrics at each community presentation from attendees. Facilitate scheduling of AHEAD 3/45 screens by attendees when possible.

As of September 28, 2022, AIM1 has been completed! 20

key informants have been interviewed, providing UCI MIND researchers valuable data from the unique perspectives of the Filipinos and Filipino Americans nurses. Moving on to AIM2, two community presentations have been completed: lead by Dr Velma Yep on Oct. 14, 2022 in Chino Hills. Dr Yep and Dr Melanie Tallakson presented to 47 community members, mostly elderly Filipinos. There were three volunteers interested to join AIM3 clinical trial. The second community presentation was on Nov. 12, 2022 as part of the Education Day offering at Almansor Court in Alhambra; led by Antonette Nunez and the Education, Research, and Practice Committee.

Community Presentation Objectives:

- Educate on Alzheimer's disease and pathology
- Discuss the impact of Alzheimer's disease on individuals, families, and communities
- Examine strategies how can you reduce your risk of Alzheimer's disease
- Review current treatments and medications for Alzheimer's disease
- Educate on clinical trial research and the AHEAD Study



Dr Velma Yep led the first UCI MIND community presentation at Chino Hills, CA



Dr Melanie Tallakson presenting in front of 47 Filipino attendees on 10/14/2022



Among Asian Americans, researchers found that Filipinos had the highest rates of dementia.

Learn more about Alzheimer's disease and clinical trials.



Come join us!

**Philippine Nurses Association of So. California
in collaboration with UCI MIND Ahead Research**

- ✓ Attend One of the Seven (7) Community Presentations
- ✓ Learn the Impact of Alzheimer's in the Filipino Community
- ✓ Learn the Importance of Clinical Trials
- ✓ Enjoy Food and Raffle Prizes

Website: mynnasc.org

Contacts: sasha.rarang@yahoo.com
antonette_nunez7@yahoo.com

UCI MIND
INSTITUTE for MEMORY IMPAIRMENTS
and NEUROLOGICAL DISORDERS



7481



DOES ALZHEIMER'S DISEASE RUN IN YOUR FAMILY?



Join a **CLINICAL TRIAL** aimed at slowing down the earliest changes in the brain associated with Alzheimer's disease.

The AHEAD Study is recruiting individuals as young as 55 and tests whether an investigational treatment may help prevent Alzheimer's.

YOU MAY BE ELIGIBLE IF YOU:

- ✔ Are a healthy adult between the ages of 55 and 80.
- ✔ Have not been diagnosed with Alzheimer's disease.

Scan with your
smartphone camera



Visit AHEADStudy.org/Alz or call **1-800-AHEAD-70 (1-800-243-2370)** for more information.
Help us get **AHEAD** of Alzheimer's disease

PNASC and UCI MIND Partner to Promote Alzheimer's Disease Education and Research Participation

Melanie Tallakson, DNP, MPH, FNP-C

PNASC Member




- Alzheimer's disease is a public health crisis, affecting over 6 million people in the US
- Among the top ten causes of death in the U.S., Alzheimer's disease is the only one that cannot be prevented, slowed, or cured
- More than 11 million people are providing unpaid care for a loved one with Alzheimer's disease, most often a family member.
- Caregiving comes at a significant cost to our healthcare system, estimated to reach \$355 billion in 2021 alone
- Currently, Alzheimer's is the 6th leading cause of death in our nation, with 1 in every 3 seniors dying with the disease

The PNASC and the Institute for Memory Impairments and Neurological Disorders Alzheimer's Disease Research Center (UCI MIND) have partnered to promote Alzheimer's disease community-based education and clinical trial recruitment. The project goals include stakeholder interviews, community

Clinical research projects focusing on Asian American and Pacific Islander (AAPI) participants funded by the National Institute of Health (NIH) was less than 1% (0.17%) of its total budget between 1992 and 2018. Of the 44,359 participants who were enrolled Alzheimer's disease and other dementias (ADRD) studies at Alzheimer's Disease Research Centers, only 2.6% were AAPI. There is a critical need to address this challenge affecting our Filipino community.

To qualify for the study:

1. **55-80 years old and not have been diagnosed with Alzheimer's disease or Mild Cognitive Impairment.** 
2. **Selected based on the level of amyloid in their brains as determined by imaging tests conducted as part of the study.**

Interested in helping prevent Alzheimer's Disease and/or want more information about the AHEAD study? Contact Dr. Melanie Tallakson, mtallaks@uci.edu, (949) 824-6625

outreach presentations

and clinical trial recruitment efforts. The National Association of Hispanic Nurses and the Korean American Nurses Association are also participating in this innovative project. This project is a funded by the National Institute of Health and the Eisai pharmaceutical company

- ✓ According to research, changes in the brains of people with Alzheimer's disease start as many as 20 years before they notice symptoms like memory problems
- ✓ **The goal of the AHEAD study is to get ahead of Alzheimer's disease by delaying memory loss before noticeable signs of Alzheimer's disease begin by investigating the impact of reducing amyloid in the brain**
- ✓ The study is groundbreaking because the study medication (*Lecanemab*)

doses are tailored based on each participant's level of brain amyloid

- ✓ The study will look at how this drug may reduce amyloid and preventing cognitive decline in people who have amyloid detected in the brain but have normal memory performance on cognitive tests.

The AHEAD pays \$50 per required visit and test. It also can provide free transportation to and from visits if needed. There are more than 100 study sites across the world, including 71 in the United States and 4 in Canada

EDUCATION, RESEARCH, AND PRACTICE COMMITTEE TEAM

DR SASHA RARANG, CHAIR

DR EMMA CUENCA, ADVISOR

DORIANNE TILANO, EDUCATION CO-CHAIR; DR JANETTE MORENO AND BERNARD RICOMMINI

ANTONETTE NUNEZ, RESEARCH CO-CHAIR; DR EUNICE ATIENZA, DR MELANIE TALLAKSON AND DR GAIL JONES
DR VELMA YEP, PRACTICE CO-CHAIR; MARLON CARPIO

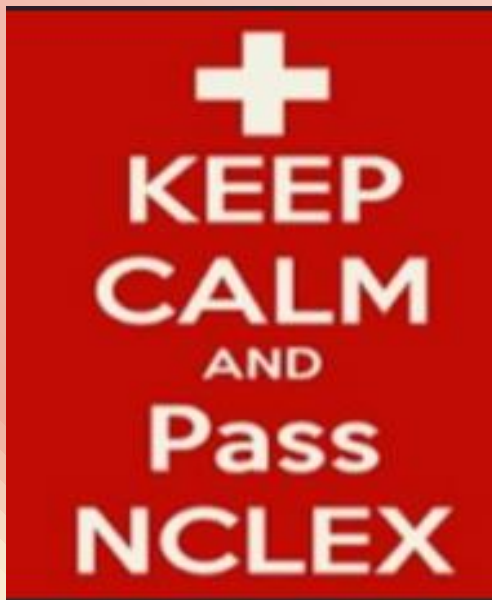
What's Happening in the Nursing Educators' World?

Dr. Marichu Gan, DNP, MAN, RN, CRRN
Board Member



Next Generation NCLEX (NGN) is the new NCLEX. NGN will commence in April 2023. It will **measure entry-level nurses' clinical judgment and decision-making** in two ways: case studies and stand-alone questions.

- ✓ NGN results from evidence-based research of the National Council of State Boards of Nursing's (NCSBN) Clinical Judgment Measurement Model (NCJMM).
 - ✓ Layer 3 of NCJMM is a guide to select an instruction model to teach the nursing process because these cognitive processes are used to measure and evaluate an NCLEX candidate.
 - ✓ Layer 3 consists of the following: recognize cues, analyze cues, prioritize hypotheses, generate solutions, take actions, and evaluate outcomes (NCSBN, 2022).
 - ✓ For NGN, regardless of the minimum and the maximum number of items, there will be three case studies with six questions for each case study, and the rest of the items will be stand-alone questions.
 - ✓ Additionally, when needed, normal laboratory values will be provided as part of the data presented in the item.
 - ✓ NCSBN has an ongoing alpha and beta testing to get ready for April 2023.
 - ✓ Educators are attending multiple webinars/conferences and coordinating with our book representatives to better prepare our students.
 - ✓ Currently, our online resources include NGN practice testing and simulation.



Regional Nursing Curriculum Consortium (RNCC) is a group created prior to the COVID 19 pandemic.

- Members are leaders and faculty of Community College Associate Degree Nursing (ADN) schools in the Los Angeles area. This group meets monthly.
- There are three main topics: curriculum, national accreditation, and general education.
- The objective of this group is to develop a universal ADN curriculum integrated with a Bachelor of Science in Nursing so that ADN and BSN will be completed concurrently by the students (HWI, 2019).
- **Why is this necessary?** This is in response to the recommendation of the Institute of Medicine (IOM), now called the National Academy of Medicine, when the future of nursing was released in 2010.
- The goal is to increase baccalaureate degree graduates.
- **Why community college, in particular?** Universities and colleges produce entry-level nurses from private and public institutions. Community colleges, in particular, are an option because of their affordability.

For more information, visit:

<https://www.ncsbn.org/exams/next-generation-nclex/NGN+Resources/clinical-judgment-measurement-model.page>

<https://hwi10036560.wordpress.com>

Can You FIND PNASC's Committees?

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

Y P R V F P L Q L M A E S M T J Z C Y A
 E C N A N I F T E G D U B E C A P O P P
 W K Q A T W S Z C O E K L N A P I N T I
 J T Y C I F G G G D Y D B O R O H S S H
 R R O R G M V M Y F A N K I P L S T C S
 X K U V A O W E X R G Q B T H I R I I R
 W A Y S M E A N S U Z X X A C C A T H E
 Z W E J C R C T E D O D N L R Y L U T B
 V E D S S E N I S U B C F E A P O T E M
 K D T G U X J D E P M L P R E R H I R E
 B U K R N D D B B L I F G C S O C O N M
 E C Y L E B I A R X R S M I E C S N A E
 V C E Y E T L D M S W B L L R E M B M H
 I O E L H Q T V V T H Y X B C D A Y U Q
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 C S V E M M M T L W O M J P D R G A S Z
 R J T C L W O V Z S S O V P E E O W I K
 A Y P B K Y V N E B W L U W K S R S G O
 Z H O N Z B G T M H W E O X M V P F E A
 X H C A E R T U O Y T I N U M M O C L T

Word Search

- Ways & Means
- Newsletter
- Membership
- Archive
- Community Outreach
- Budget & Finance
- Constitution & Bylaws
- Policy & Procedure
- NOMELEC
- Education, Research & Practice
- Legislative Human Rights & Ethics
- Program and Scholarship
- Public Relation
- Business Development

Play to win!!!

Locate ALL 3 stethoscopes hidden in this newsletter.
 Complete the following and PM Belinda Mendoza, PRO via
 PNASC FB page. Like our page.

Name: _____

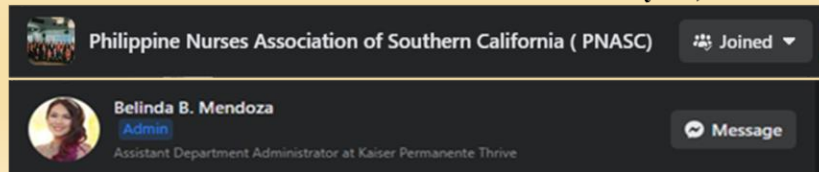
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Location 2: _____

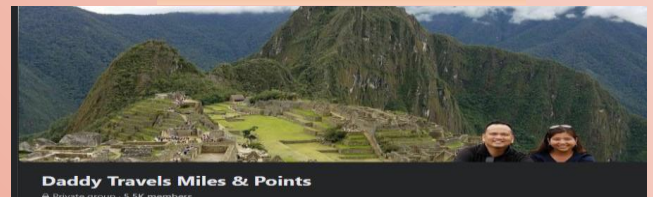
Location 3: _____

Email: _____

Three winners will be selected. Game ends January 31, 2023



Newsletter Sponsor



Thank you, Mr. Jason Francisco – visit,
 join, and like his Facebook group!
Daddy Travels Miles & Points

Nursing Students' Clinical Rotations: COVID 19 Happened...Now What?



Andrew San Diego – MSN, BSN, PHN, RN
Kaiser Permanente (KP) Department Administrator &
Ambulatory Academic Liaison, PNASC Member

Nursing students continue to be our future especially now that the Baby boomers are retiring and/or many nurses are transitioning to a different line of work due to the COVID 19 pandemic. At Kaiser Permanente Panorama City Medical Center, pre-pandemic, nursing students performed their clinical rotations in various hospital departments: like med surg, telemetry, post-partum, pediatrics, L&D and ED. When Covid 19 pandemic happened, hospitals like ours closed its doors to nursing students. Let's learn how KP Panorama City dealt with this challenge from Andrew San Diego.

Andrew: Faced with nursing students scheduled to perform their clinical orientation, we had an opportunity to be innovative. With the support of KP leadership, a plan was created to bring students into our ambulatory clinics where RN/LVN students could continue to perform their clinical rotations instead of not having any at all.

PNASC: Wow, there must be a lot of anxious students and instructors. Tell us more.

Andrew: Traditional clinical rotations for nursing schools are focused on acute care hospital stays. With COVID 19 pandemic, ambulatory clinic settings presented an opportunity to show students that prevention and post-acute follow-up of diseases are just as important. We were able to place students, RN/LVN, in interventional radiology, urgent care, adult primary care, pediatrics, gastroenterology, urology, and many more specialty clinics.

PNASC: What was the feedback from the nursing students?

Andrew: By transitioning students into the ambulatory space, many students saw opportunities outside of the hospital setting. This experience also drew interest in ambulatory care careers the student nurses have not considered prior. They were engaged with staff and managers asking how to get into a specific ambulatory field.

PNASC: What other outside the box thinking were you able to do with the students?

Andrew: Hhhmmm. Oh yeah, another innovative thinking that happened was that we also had the students help us with our Annual Skills Fair! This was a great way to introduce students to the entire staff and provided them with teaching experience that reinforced the skills they learned in their school's simulation and skills classes. The students helped set up the classrooms and sit in some of the sessions to learn more about the new IV pumps we were teaching the staff to use.

PNASC: For sure the students benefitted when they otherwise would not have in person clinical experiences. Thank you, Andrew for your time and sharing with us.



AMBULATORY CARE NURSING

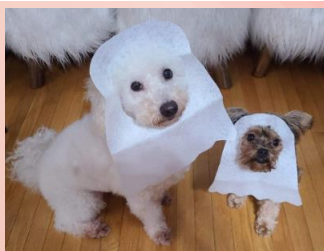
HOLIDAY FUN!



Dr Sasha Rarang as Maleficent



Trick or Treat for PNASC EB's kids and fur babies



Holiday celebrations and who's got the BEST ugliest sweaters?



PNASC Movie Night Fundraiser



Gail Jones, DNP, RN-BC, CPHIMS, PHN, Auditor

The Philippine Nurses Association of Southern California's Ways and Means Committee held a movie night fundraiser on October 15, 2022. With Filipino American History Month being celebrated annually in October, this is a time to honor our history, pursuits, accomplishments, and legacy of Filipinos in the United States. It only seemed fitting to support an independent film produced and directed by Filipino Americans.

Lumpia with a Vengeance, produced by Patricio Ginelsa, is an action comedy that takes place in Fogtown, a Filipino-American community in Northern California. A lumpia-wielding superhero, Lumpia Man, aka Kuya, teams up with high school student, Rachel, to prevent a crime syndicate from selling drugs masked as food, from destroying Fogtown, and from ruining a long-awaited dream wedding. Based on a comic book, the film stars former UFC fighter Mark Munoz, April Labson, Darion Basco, and Danny Trejo (Machete, From Dusk 'Till Dawn).

The movie night fundraiser proved to be a success with participants from PNASC's members, family, and friends who came to support at the Regal Sherman Oaks Galleria Theatre as well as donations from PNASC's Executive Board members. A total of \$425 was raised and will go towards scholarship funds. An added bonus was one of the actors in attendance, Earl Baylon, who played George/G-Dog in the film.

With the resounding crunch heard throughout the film, *Lumpia with a Vengeance* effectively whetted the audience's appetite for lumpia that some of us went straight to a Filipino restaurant after the movie to appease our taste buds. It was a fun night indeed!



MOVIE NIGHT FUNDRAISER

JOIN PNASC TO WATCH
LUMPIA WITH A VENGEANCE
\$25 / ticket
ALL PROCEEDS BENEFIT PNASC SCHOLARSHIP AWARDS

SATURDAY 3:45 pm REGAL SHERMAN OAKS GALLERIA THEATRE
OCTOBER 15, 2022

Scan to reserve tickets



H.R.8812 – Increasing Access to Services Provided by Advanced Practice Nurses

Velma Yep, DNP, GNP-BC

PNASC VP 2022-2024

H.R.8812 - To amend titles XVIII and XIX of the Social Security Act and the Bipartisan Budget Act of 2018 to increase access to services provided by advanced practice registered nurses under the Medicare and Medicaid programs and for other purposes

A new legislation act called Improving Care and Access to Nurses (ICAN), which applies to APRNs, including nurse practitioners, nurse anesthetists, nurse-midwives, and clinical nurse specialists, would increase access to medically necessary health care services for patients across the country by removing outdated federal barriers to care. This legislative bill was introduced by Rep. Lucille Roybal-Allard (D-CA) and Rep. Dave Joyce (R-OH).

The ICAN Act would move healthcare delivery forward for patients, providers, and our nation. According to the American Association of Nurse Practitioners, ICAN "would authorize nurse practitioners to order and supervise cardiac and pulmonary rehabilitation, certify when patients with diabetes need therapeutic shoes, have their patients fully included in the beneficiary attribution process for the Medicare Shared Savings Program, refer patients for medical nutrition therapy, certify and recertify a

We encourage everyone to support the bill by writing and calling your state legislators to vote for the bill to pass and move to the Senate.

Here is the direct website to support the bill:

<https://www.votervoice.net/mobile/AANP/Campaigns/97542/Respond>

beneficiaries receive care from APRNs. However, since individual states govern nursing guidelines, the legislation does not provide full practice authority (FPA) in all 50 states. This new legislation would remove barriers to practice that impede access to timely health care for our communities' patients.

The American Association of Nurse Practitioners® (AANP) expresses its strong support for the AANP for introducing this legislation, which would improve healthcare access for Medicare and Medicaid beneficiaries by removing barriers to practice for nurse practitioners (NPs) and other advanced practice registered

patient's terminal illness for hospice eligibility, perform all mandatory examinations in skilled nursing facilities, and more" (AANP, 2022)

Approximately 40% of Medicare and Medicaid

For more information:

<https://www.healthleadersmedia.com/nursing/new-legislation-would-expand-authority-aprns-treating-medicare-and-medicaid-patients>

<https://www.house.gov/the-house-explained/the-legislative-process>

American Association of Nurse Practitioners

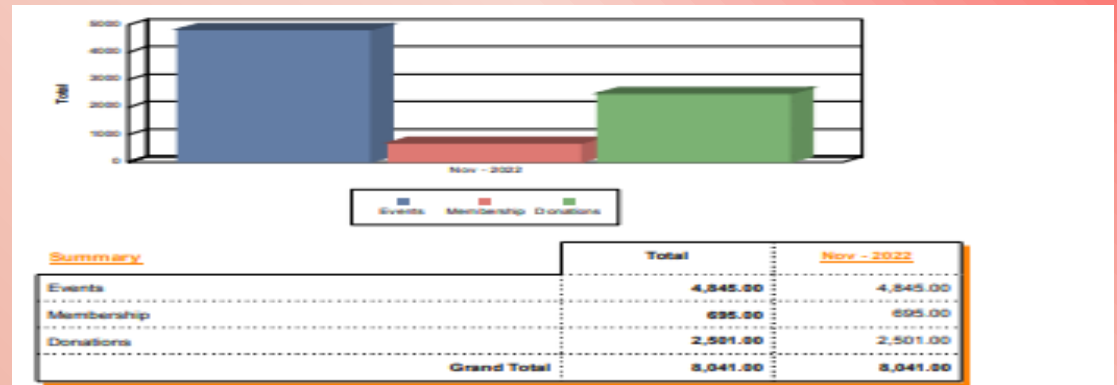
BUDGET AND FINANCE



Leilani Unite, MSN, RN
Treasurer

Accounts	Balance
Checking	\$41,609.56
Savings	\$47,043.20
Total	\$88,652.76

Events	Total	Nov - 2022
PNASC Fall Education Day	2,175.00	2,175.00
Clippers Filipino Heritage Night	1,050.00	1,050.00
Holiday 2022 Disco Party	1,620.00	1,620.00
Total	4,845.00	4,845.00



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☎ (626) 965-5566



MEMBERSHIP REPORT



Marlon Carpio, MSN, FNP-C

Asst Treasurer, Membership Chair

The Philippine Nurses Association of Southern California (PNASC), a chapter of the Philippine Nurses Association of America (PNAA), is a 501c(6) non-profit professional nursing organization. PNASC members are automatically members of PNAA! PNAA is a member of the National Coalition for Ethnic Minority Nurses Association (NCEMNA) and an affiliate member of the American Nurses Association.

What we do

PNASC originated in 1960 from a humble startup of Filipino nurses social gathering in Historic Filipino Town in Los Angeles and turned into the professional organization we have today. An example of professional benefit is at the US national level, the Leadership Institute (iLDP). iLDP provides career development, team building activities, and organizational skills program for rising and future leaders of PNASC and PNAA. PNASC and PNAA actively advocate and collaborate with other organizations/agencies to address and support policy development and legislation that affect the nursing profession, minority health, and diversity in the workforce.

Why join us?

1. Privilege of representation - you are represented in various professional organization, government agencies, communities, groups, and other coalitions
2. Opportunities at the chapter, state, regional, national, and international levels:
 - Networking opportunities: seminars, conferences, and activities
 - Educational opportunities: access to educational programs
 - Leadership development: various leadership opportunities to enhance and sharpen professional skills
 - Serve our nursing colleagues, our communities, and other organizations
5. Subscription to the journal of PNAA/PNASC and website access.
6. Stay in touch with your alumni and other college of nursing in the United States and in the Philippines

How to become a member?

We welcome Filipino and non-Filipino nurses, nursing students, and other allied health care professionals to join our organization. Please submit an application via PNASC website: www.mypnasc.org. You may also reach out to any PNASC and PNASC West Los Angeles subchapter executive board member thru the website. We encourage everyone to be part of our organization. Together, we will achieve our mission and goals. We are all excited to meet you all!

VISION

PNASC is the Filipino American professional nursing organization of choice in Southern California

MISSION STATEMENT

As the official professional organization of Filipino American nurses in Southern California, PNASC will uphold the positive image and welfare of its constituent members, promote professional excellence, and contribute to significant outcomes to healthcare and society.

GOALS

Promote activities which will unify the Filipino American nurses in Southern California. Collaborate with professional organizations and agencies in developing and implementing programs relevant to nursing practice, education, and research. Participate actively in community activities which directly and indirectly impact nursing and healthcare.

Total Members: 440

Lifetime Members: 339

Non-Lifetime Members: 101

Members	PNASC	PNASC- WLA Subchapter
RNs/APN	52	27
Associate	2	4
Students	6	3

Membership Goals

- ✓ Increase PNASC and PNASC
- ✓ West LA Subchapter membership through aggressive recruitment
 - ❖ Growth of 30%
 - ❖ Encourage 2 - 3 year memberships
 - ❖ Recruit students
 - ❖ Implement Recruiter Incentives
- ✓ Establish a mechanism that will facilitate reactivation of expired memberships and to keep expiring memberships active
- ✓ Increase PNAA membership growth from 10% to 30% (Time line Sept 2022-Aug 2023)
- ✓ Connect and update inactive PNASC lifetime members to become PNAA members
- ✓ Maintaining and sustain PNAA/PNASC membership database



Proposed Recruitment Incentives

Category	Recruits	Rewards
Bronze	2 - 3 one yr membership in 3 months or 2 2 or 3 year membership	PNASC top recruiter t-shirt
Silver	4 - 5 one yr membership in 3 months or 2 2 or 3 year membership	PNASC top recruiter t-shirt and mug
Gold	6 - 9 one yr membership in 3 months	Free 1 year PNASC membership **Repeat Gold status: Free 1 year PNAA membership
Platinum	10 plus one yr membership in 3 months or 2 2 or 3 year membership	Free 2 year PNASC membership **Repeat Platinum status: Free 1 year PNAA membership

Meet the Membership Committee!





Marlon Carpio
Chairman



Catherine Rubio
Co-Chairman



Diane Roque
Member
(West LA Subchapter Chair)



Danilo Bernal
Member

PNASC Committe
(2022-2024)



Regalado Valerio
Advisor



COMMUNITY OUTREACH

COVID-19 Fil-CHA Philippine Nurses Association of Southern California Collaboration

Marie Navarro, MSN, CCRN

PNASC-West Los Angeles President

The Filipino Community Health Association (Fil-CHA) and PNASC collaborated on promoting COVID-19 vaccination and education initiatives. These initiatives were presented on August 26, 2022 at the Philippine Consulate and on August 27, 2022, at the West Covina Civic Center during the Bayani Day Filipino-American Heroes Day. There were over 300 attendees at both events. Approximately 75 flyers and carekits which included KN-95 facemasks, and hand sanitizers were distributed.

During these two events, the following observations were noted and comments obtained from the select attendees:

- Majority of the participants were vaccinated including the 1st booster shot.
- A few received the 2nd booster vaccination as they met the requirement age of >50 years old.
- Among the participants, approximately 35-40 people verbalized, "I'm OK not to get the care kit and education flyer. I'm well educated about Covid 19 vaccination and prevention".
- Some participants were happy to have care kits and grateful for the handy little brown bag with a KN95 facemask and sanitizer.
- Most participants opted to get the flyer
- Only a few listened to the education on vaccination, facemask, and hand sanitizer use.
- One attendee said, THANK YOU for these Covid-19 initiatives. I don't want to be reinfected with COVID. It's not easy"



The CoVID-19 initiative education and care kit distribution was a unique experience. In my observation, there is awareness of the of the importance of vaccinations and protecting oneself through wearing facemasks and handwashing and/ or using hand sanitizers. Most important, reinforcing prevention is the critical factor in preventing the spread of the Covid-19 virus.

When to Wear a Mask or Respirator

Layered prevention strategies — like staying up to date on vaccines and wearing masks — can help prevent severe illness and reduce the potential for strain on the healthcare system. Wear a mask with the best fit, protection, and comfort for you.

Know the COVID-19 Community Level where you live

COVID-19 Community Levels are a tool to help communities decide what prevention steps to take based on the latest data.

At All COVID-19 Community Levels

- People may choose to mask at any time. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.



Student nurse volunteer at the Philippine Consulate, Los Angeles, CA



Care kits given away to attendees

PNASC SUMMER 2022 ACTIVITIES

Antonette Nunez, MSN, AMB-BC, CJCP, RN
Newsletter Editor, Recording Secretary, & Research co-chair



PNASC Members manning the booth and giving away care kits

Summer Activities at Philippine Nurses' Association of Southern California, PNASC, and PNASC West Los Angeles Sub Chapter is ON! The newly minted 2022-2024 Executive Board members were everywhere 😊, promoting our organization as well as collaborating with community partners. Collaboration with our community partners and performing community services are a huge part of PNASC and PNASC West Los Angeles subchapter!

In June, PNASC and PNASC-WLA participated in Philippine Independence Day celebration.

July brought lots of fun activities! PNASC and PNASC-WLA were B-U-S-Y!

- We participated in Moreno Valley's 4th of July parade. We represented the frontliners in the healthcare field



PNASC and WLA EB with James Barker, Moreno Valley Controller at the 4th of July celebration



PNASC WLA members with Dino Doliente at Philippine Independence Day

Let's play BALL! It's family time at the Dodger's Stadium for Filipino Heritage Night fundraising event! PNASC and PNASC-WLA EB, members and their families came out to watch the Dodger's beat the Chicago Cubs! The best part besides winning was the money raised that will be benefitting our education programs.



The poster features the PNASC logo (Philippine Nurses Association of Southern California, Inc. 1961) on the left, the Los Angeles Dodgers logo in the center, and a blue and white baseball jersey with 'Los Angeles' and 'Filipino Heritage Night' on the right. Text on the poster includes: 'Dodgers vs Cubs', 'Thursday, July, 7, 2022 at 7:10 pm', '\$85 with jersey', 'FILIPINO NIGHT', 'PNASC FUNDRAISER EVENT', 'TEXT: Dodgers Ticket 323-683-8071', 'email: pnasc.events@yahoo.com', and 'JOIN US!'.



PNASC Treasurer Leilani Unite and EB member Dorianne Tillano striking a pose at the Dodger's stadium



PNASC EB and members at Filipino Heritage month at the Dodger's stadium



PNASC EB members and family celebrated Dodger's win against Chicago Cubs!

COMMUNITY PARTNERSHIPS



Melvin Valenzuela, MSN, FNP-C
PNASC West Los Angeles PRO

On July 30th, 2022, PNASC and PNASC West LA subchapter members volunteered for the Annual Los Angeles River Clean-Up presented by the Friends of the Los Angeles River (FoLAR), a nonprofit charitable organization. FoLAR program concentrates on cleaning up the three natural-bottom sections of the LA River, where trash tends to end up due to lush foliage in these areas.



PNASC WLA EB with AC Josie De Jesus and Dino Doliente with the FoLAR crew

This year's clean up location was at the Golden Shore Marine Biological Reserve in Long Beach. The PNASC and PNASC West LA volunteer team arrived at around 8:00 am. A short briefing was held, and the volunteers were handed with clean-up kits (i.e. gloves and trash bags). After the briefing, the team set off blazing through the LA river trail with the other volunteers and collected plenty of trash. It was incredible how much garbage the volunteers were able to gather in a short time: from water bottles, plastic



Los Angeles River catch basin in Long Beach, CA



QR CODE Volunteer Sign-up



FRIENDS OF THE LA RIVER

THE GREAT LA RIVER CLEANUP

GOLDEN SHORE MARINE BIOLOGICAL RESERVE
ON SATURDAY, JULY 30, 2022

July 30, 2022 [FOLAR.ORG/CLEANUP](https://www.folar.org/cleanup) 8am -12 pm

The River needs YOU! This summer, join PNASC Golden Shore to collect trash and prevent waste from polluting our watershed and flowing into the Pacific Ocean. Together, we'll make a collective impact and do our part to tend to the vibrant urban ecosystems that thrive throughout Los Angeles County.

Questions: Contact Marie (951) 660-4506

“Research shows that those who volunteer feel more loved and feel happier. Indeed, I found this to be true that by spending time with other people volunteering, I have experienced these same feelings, and feel compassion and kindness that so many volunteers exhibit.”

Dino Doliente III, past PNA president



PNASC WLA EB with AC Josie De Jesus and Dino Doliente showing the trash collected at the Los Angeles River

The team felt honored to work with FoLAR and spread awareness of environmental issues. In addition, the volunteers believe that it's critical for everybody to be aware of this situation, be responsible, and have a good influence on the planet we call home. The volunteers had an amazing chance to make an impact in our neighborhood through the Great LA River Cleanup program in partnership with FoLAR organization. See you again next year!!!

“A unique community involvement to preserve the environment which starts from each individual who cares. I realized how important to keep our surroundings clean. I feel fulfilled in this program. It’s fun to be with your PNASC crew.”

Marie Navarro, PNASC President West LA subchapter

“The right volunteering experience will prompt you to work in a new environment and with different people. Volunteering does enable someone to develop new skills and learn by doing. If you take the time to reflect on your experience after, it will truly help you grow as a person”

Dino Doliente III, past PNAA president



Antonette Nunez and husband participating in the river clean up

FoLAR Mission: We build capacity for communities, students, and future leaders to advocate for nature, climate, and equity on the Los Angeles River

<https://folar.org>

September 24, 2022
@ Carson, City

SEPTEMBER 2022

Free Legal & Health Clinic



SEPTEMBER 30, 2022 @ THE PHILIPPINE CONSULATE HEALTH SCREENING & COVID 19-BOOSTER VACCINATION

Collaboration with Pharmacy986



OCTOBER 18, 2022 TUESDAY
FILIPINO HERITAGE MONTH CELEBRATION @ CEDARS SINAI MEDICAL CENTER

- Show case our community outreach activities
- 60th PNASC Anniversary Celebration November 2020
- 5 in 1 Event May 2022
- 10 Top Reasons why WEST is BEST for the PNA National Convention on July 2024

OCTOBER 27, 2022
HEALTH SCREENING AND 2ND SERIES OF COVID 19 BOOSTER VACCINATION @ PHILIPPINE CONSULATE IN COLLABORATION WITH PHARMACY 986

October 29, 2022 Filipino Migrant Worker's (FMW) Adobo cook-off for Dignity and Rights

345 East Carson St, Long Beach, California

HOLIDAY DISCO PARTYGOERS - CONTEST CATEGORIES
ARRIVE AT YOUR BEST 70'S LOOK!

DECEMBER 10, 2022

JOIN OUR HOLIDAY FILIPINO DISCO PARTY!
DECEMBER 10, 2022
7PM - 12AM

\$45 DINNER-DANCE

DENTAL KIT DRIVE
Support Philippine Nurses Association of Southern California and PNASC West LA Subchapter Community Outreach

Attire: 70's Disco

Filipino-American Frontliners Heroes (Bayani) Day

Belinda B. Mendoza, MSN-HAL, PHN, RN

Public Relations Officer



The USA-Philippines Business Association (UPBA) proudly presented the Filipino-American Frontliners Heroes (Bayani) Day. It was held on Saturday, August 27, 2022, from 11 am to 7 pm, at the West Covina Convention Center. It was hosted by Jojo Figuerra with special performances, special guests, and featured artists, including Robin Nievera, Kiana V. Anthony Honore, Habibi Angels, Hollywood Sance Moms, Marvin Aritrangco, April Velasco, Francis Velasco, Illasel Tan, Rose Castorillo, Make Your Mama Dance, and Pamana ng Lahi. There was an event parade, awarding, entertainment, retail booths, food, services, and raffle prizes. There were about 80 vendors, consisting of healthcare booths, small businesses, Filipino-American organizations, and of course, food. The admission was free.

The event was a tribute to honor Filipino-American frontliners such as healthcare workers, law enforcement, members of the armed forces, food industry staff, and grocery workers. These were the ones who helped save lives and allowed the community to thrive throughout the disastrous conditions brought on by COVID-19 pandemic.

USA Philippines Business Association (UPBA) proudly presents

FILIPINO-AMERICAN FRONTLINERS HEROES' DAY
27 AUGUST | 11 AM TO 8 PM
1444 W. GARVEY AVE. S. WEST COVINA

WEST COVINA CIVIC CENTER
ENTERTAINMENT | RETAIL | FOOD | SERVICES | RAFFLE PRIZES | COMMUNITY

With live performances by:

- JOJO RIGUERRA
- ANTHONY HONORE
- APRIL & FRANCIS VELASCO
- CHEF MARVIN ARITRANGCO
- ILLASEL TAN
- HABIBI ANGELS
- MAKE YOUR MOMMA DANCE - HOLLYWOOD DANCE MOMS
- PAMANA NG LAHI
- AND MANY MORE

Plus Surprise Guests

VENDOR

First Aid
Free BP Screening
Join US!
mypnasc.org
Visit Philippine Nurses Association of Southern California & PNASC West LA Subchapter Booth

SPECIAL PARTICIPANTS: RUFFRA, CKD, etc.

Sponsors: Gold Sponsor (Clever Care), Silver Sponsor (MyPamper.com), Donors (Blanca E. Rubio, SMDC, etc.), Social Media Partner (Free Admission).

The Philippine Nurses Association of Southern California (PNASC) and the West Los Angeles Subchapter (WLA) participated by offering free COVID – 19 preparedness kits, free blood pressure checks, and health advice. PNASC and WLA Subchapter nurses also participated in the event parade, engaged in some social media interviews, networked with most of the vendors, and enjoyed the food. PNASC and WLA Subchapter members socialized and took photos with Consul General Edgar B Badajos, UPBA president Adrian Lecaros, event coordinator Ivy Veneracion, event host Jojo Figuerra, and more.

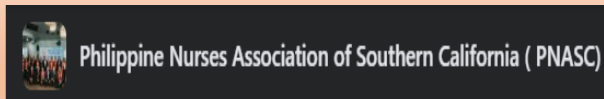
Thank YOU Volunteer Nurses!



Visit Us At:

mypnasc.org

FB page



PNASC and WLA Subchapter participated in the Heroes Day parade

Importance of Partnership and Collaboration

Catherine Rubio, MSN, PHN, RN

PNASC President Elect - 2022-2024



Nurses promote healthy lifestyles, provide health education, and advocate healthy lifestyles out in the community. My experiences in community nursing proved relevant as I am able to organize community outreach events. However, I learned that organizing community outreach events is difficult when done independently. I learned that partnerships and collaboration with other organizations, agencies, and community leaders increases the success in achieving desired goals. In fact, the Philippine Nurses' Association of Southern California (PNASC) started with 11 total collaborators/partners at the start of the pandemic in 2020 and now, the total increased to 21 collaborators/partners!



August 27, 2022 community outreach event in collaboration with USA Philippines Business Association
 (President Adrian Laceros and Vice President Ivy Veneracion)
 PNASC event volunteers were given a California Legislature Assembly certificate of recognition.

- Benefits of partnership and collaboration:**
- Increases the organization's visibility.
 - Opens opportunity to promote equality, diversity and inclusivity.
 - Opens opportunity to promote community health programs and reduce health disparities
 - Promotes community support, engagement, and FREE service is

RESEARCH ARTICLE

A Four Part Series on Diversity, Equality, and Inclusion



Promoting Diversity, Health Equity, and Inclusion: The Philippine Nurses Association of America and its Local Chapter's Focus in Southern California for 2023 and beyond - Promoting and Advancing the Health Care for Transgender Adult Filipino Individuals – Part 1


Dr. Sasha Alexis Rarang, PhD, MSNEd, CCM, RN

Executive Board Member, Research Chair

The United States is facing a battle, a battle that involves improving its healthcare's future by embracing issues concerning diversity, health equity, and inclusion. According to the National Academies of Sciences, Engineering, and Medicine; National Academy of Medicine; Committee on the Future of Nursing 2020-2030 (2021), *“a nation cannot fully thrive until everyone – no matter who they are, where they live, or how much money they make – can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses.”* With this statement, it is very clear that nurses are at the forefront of this battle.

Nationally, *The Future of Nursing 2020 – 2030: Charting a Path to Achieve Health Equity* explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. The Philippine Nurses Association of America (PNAA) and its local chapter the Philippine nurses Association of Southern California through its Education, Research, and Practice Committee recognized the importance of this agenda. Both organizations recognize the issue of non-inclusive and delayed healthcare for the Filipino American transgender individuals. Why? Just as with any underserved members of any society, attention is not provided due to barriers of equity and disparities. Thus, PNAA and PNASC are proponents of this issue that will impact our society if not given the forum to provide advocacy through healthcare education and other initiatives that will promote positive change

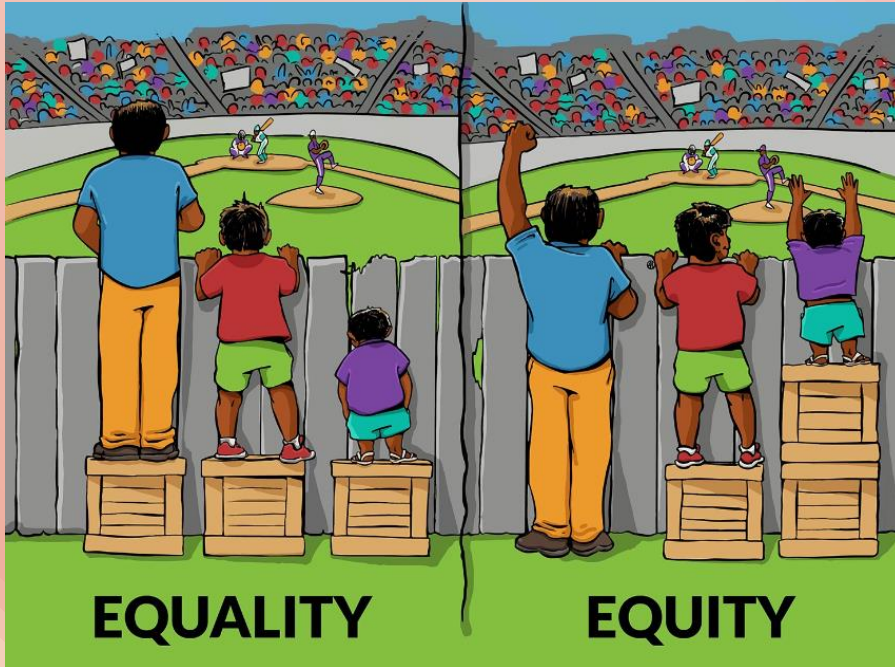
According to the University of California, Williams Institute (2022), over 1.6 million adults (ages 18 and older) and youth (ages 13 to 17) identify as transgender in the United States, or 0.6% of those ages 13 and older. Among U.S.

adults, 0.5% (about 1.3 million adults) identify themselves as transgender. Of the 1.3 million adults who identify themselves as transgender, 38.5% (515,200) are transgender women, 35.9% (480,000) are transgender men, and 25.6% (341,800) reported they are gender nonconforming. Interestingly, the racial/ethnic distribution of youth and adults who identify as transgender appears generally similar to the U.S. population. UCLA Williams Institute  reported that there are about 77,300 individuals considering themselves as transgender individuals and are belonging to the Asian/Pacific Islander groups as of June 2022. Unfortunately, the specific number of Filipino Americans recognizing themselves as Transgender individuals remains undocumented. Such situation can be considered part of non-



inclusion issue in healthcare and a glaring health inequity issue due to the fact that there are viable numbers of Filipino Americans belonging to the transgender community but are not specified and are not documented in major surveys made in the past. This means that, the existence of this group of individuals do not possess any data. Thus, as stated in the GLADD Media Reference Guide (2022), it is difficult to estimate the number of transgender people in the United States, as most surveys are not constructed in a way that can accurately capture that information.

Looking at the existing data for the Filipino American community, 53% of the Filipino Americans are foreign-born and 63% of these individuals have naturalized as citizens (The Filipino American Community, n.d.). According to the 2010 Census, the total population of Filipino Americans numbers 3.4 – 4.5 million, about 1.1% of the total population of the United States. This figure also includes multi-racial Filipinos. Furthermore, the Filipino Americans are the second largest Asian Pacific Islanders (API) subgroup, accounting for 17% of the total API population in the U.S. and 21% of California’s API population. The states with the largest Filipino American presence include California, Hawaii, Illinois, Texas, Washington, New Jersey, New York, Nevada, Florida, and Virginia. In addition, there are estimated 280,000+ Filipino Americans are undocumented (The Filipino American Community).



The data above is significant enough to consider looking at the healthcare related issues of the Filipino Americans including any existing barriers that can prevent them from having a good quality of life. In contrast to what we see mostly among Filipino American professionals including the vast majority of able Filipino American nurses, Nasol et al. (2020), stated that LGBTQQIA+ community members are impacted by poor self-esteem, mental health issues, and exclusion from the larger Pilipinix community. According to a study in 2015, Filipino-American adolescent girls have the highest rates of suicidal ideation amongst Asian American females (National Alliance on Mental Illness, 2011; David, 2010). Additionally, Filipino Americans seek mental health services at the lowest rate of any other Asian American group. These rates are heightened among LGBTQQIA+ Pilipinix due to the poor media representation,

stigma, and lack of education around gender, sexuality, and mental health in the Pilipinix community. In general, the transgender individuals frequently experience exclusion and discrimination in healthcare settings. Yet, they may need to seek medical attention in pursuit of gender-affirming hormones and surgical procedure(s). In Addition, these group of individuals also have needs for tother physical or mental health conditions. In recent years, there has been a growing amount of research documenting barriers to reliable healthcare for this population and a lack of transgender competence among health and mental health providers. Studies have quantitatively assessed the relationship between delaying healthcare because of fear of discrimination, non-inclusive healthcare, and mental or physical health in this population.

These are group of individuals and members of our society, whose lives has been filled with ongoing discrimination, stigma, and violence, along with other social, political, and economic factors including barrier to health care access due to the aforementioned reasons. According to Medina, Mahowald, Santos, and Gruberg (2020), research demonstrates that, compared with the general population, transgender people suffer from more chronic health conditions and experience higher rates of health problems related to HIV/AIDS, substance abuse, mental illness, and sexual and physical violence, as well as higher prevalence and earlier onset of disabilities that can also lead to health issues.

Recently, a few members of the Philippine Nurses Association of America (PNAA) Executive Board gathered via virtual meeting to consider creating a taskforce to address issues related to diversity, health equity, and inclusion. This is part of the call to action by the PNAA in response to *The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity* initiative. Members present in the meeting include Dr Gloria Beriones, PNAA President, Dr Sasha Rarang, PNAA Board of Director, and

Dr Mila Spruce, SCR CPPR. Not in attendance was Dr Marlon Saria, PNAA President-Elect The plan for PNAA is to create a taskforce to serve as the group of PNAA members that will facilitate the development of goal oriented charter and objectives for PNAA DEI initiatives, create new opportunities, continued communication among steak holders, encourage local chapters involvement and empowerment.



References available upon request.

MEMBERS' ACKNOWLEDGEMENTS



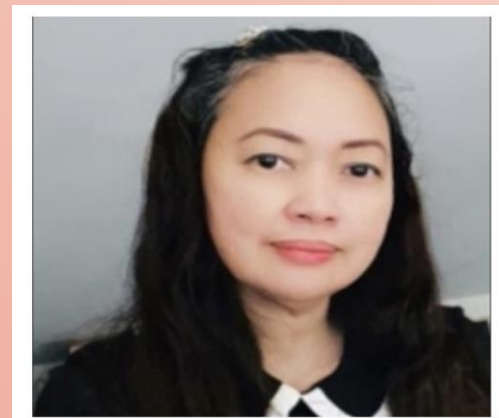
Congratulations to our very own PNASC member, Dr. Marlon Saria, inducted PNAA 2022-2024 President – Elect!



Congratulations to PNASC 43rd National Convention awardees: Dr Velma Yep and Catherine Rubio!



Congratulations to Cathy Rubio, Belinda Mendoza, and Roselyn Arciaga – nominees for Senator Manny Pacquiao’s Healthcare Awards



Congratulations! Dr. Marichu Gan, voted one of the best professors in 2022 at Los Angeles Valley College (LAVC) by Tau Alpha Epsilon

The PRIDE of PNASC-West Los Angeles Sub Chapter

Marie Navarro, MSN, CCRN

Congratulations to PNASC West Los Angeles Sub chapter, EB, Dr. Janette Moreno, DNP, RN, NEA-BC, NPD - BC as an elected Board of Directors of the Association of California Nurse Leaders (ACNL). Dr. Moreno is an innovator, mentor, and an experienced nurse leader in professional development, education, and practice

As a member of ACNL for almost a decade, Dr. Moreno developed most of her leadership skills alongside iconic California nurse *thought* leaders. She has experienced tremendous enhancement of her competence and confidence as she took on a systems-level role as a leader as Cedars-Sinai's Director of the Department of Nursing Education at the Geri and Richard Brawerman Nursing Institute.

During the height of the COVID 19 pandemic, she witnessed nurses struggle with their own mental health and wellness. However, nurses showed resilience. She is a **Caritas Coach** and aligns her professional practice with the **Theory of Caring Science**. One of her goals is to integrate and weave into the fabric of ACNL organization and members the importance of mental wellness and resilience – making it a safe space wherein a leader can connect, engage, network, and practice loving kindness for self and each other. She is looking forward for an opportunity to share her journey as a Caritas Coach with the PNASC and PNASC-West Los Angeles members and community.

We are very proud of you Dr. Moreno!

Inspire

Let the rainwater nourish and feed you

Allow the sun to brightly shine through

Stand tall, show the beauty that inspires

Your heart's true colors illuminate the sky.

A shared inspiring vision of new possibilities

Open up the gates of the heart's intricacies

Genuine unfolding of advanced learning

Let branches and leaves absorb the teachings.

JVMoreno 2017



Janette Moreno, DNP, NEA-BC, NPD-BC
EB PNASC - West Los Angeles Sub chapter,
PNASC Education, Research, and Practice
Committee member

Watson Caring  Science Institute
Dr. Jean Watson

 **ACNL**
Association of California
Nurse Leaders

The 2024 45th PNAA National Convention is Coming to Los Angeles, California!!

Catherine Rubio MSN, RN,PHN
PNASC President-Elect

- PNASC hosted the Philippine Nurses Association of America (PNAA) national convention in 2007. The 27th PNAA National Convention was held at the Disneyland Hotel in Anaheim, California
- PNAA's annual convention brings together hundreds of nurses representing different PNAA Chapters and Subchapters from fifty-two states
- A chapter wishing to host fulfills the requirements of PNAA.
- Bidding to host occurs every two years and the winning bid is selected by the majority votes of attendees at the annual convention
- At the 43rd PNAA Annual Convention held in Marquis Marriott, New York City, on July 9, 2022, the bidding chapters were PNA Metro Houston and PNASC
- PNASC's live bid presentation was done by Catherine Rubio and PNASC and West LA Subchapter team of delegates.
- **The TOP 10 reasons why PNASC should host the 2024 national convention was presented with superb energy and enthusiasm!**
- The attendees at convention voted, and PNASC won the bid! The voters were cheering aloud **"West is Best... West is BEST"**!
- PNAA has given us the opportunity once again to highlight the commitment and engagement of the Executive Board, Advisory Council, and our talented members of PNASC.



L-R Dino Doliente III, Cathy Rubio, Sasha Rarang, Marlon Saria, Mindy Ofiana & Marie Navarro



Time to get ready, PNASC planning team for the 45th PNAA National convention, Dr Dino Doliente, Dr Marlon Saria, Mindy Ofiana, Maria Sagun, Catherine Rubio, and Leilani Unite, are already hard at work!

- Search for the best convention venue is in the works
- PNASC members will receive an announcement via email once a venue is identified.
- Let us all welcome PNAA chapters and subchapters to explore our beautiful state of California.
- Southern California, Northern California and Central California have wonderful places to visit before and after the convention.

TOP 10 Reasons Why PNASC Should Host the 45th National Convention

#10
Personal Invite from
Consul General,
Edgar Badajos of the
Philippine Consulate,
Los Angeles, California

#9
Weather, weather
lang yan!

#8
It's all about
the beaches!

#7
Family Theme
Parks

#6
Historic Filipino Town

#5
Food, food, and more
food!

#4
You can walk
among the stars!

#3
Other tourist attractions
in the state of California

#2
Hosted by the magnificent
PNA Southern California Team!

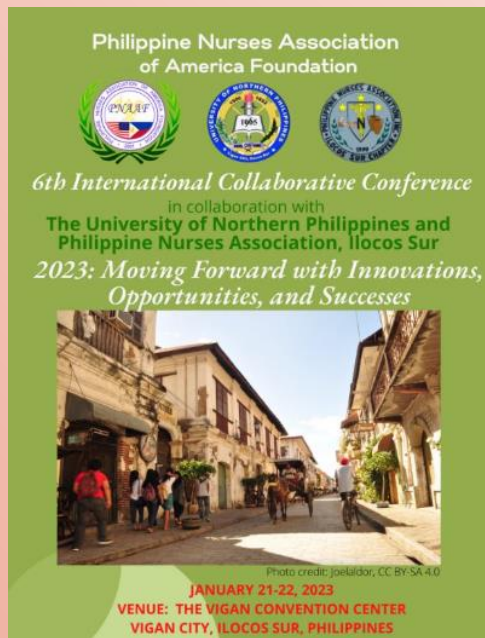
#1
Dr. Marlon Saria
Incoming PNAA President
2024-2026

WEST is BEST!

SAVE THE DATE JULY 25 - 28, 2024

UPCOMING EVENTS

Please visit our website: mynasc.org and PNASC Facebook page



Philippine Nurses Association
of America Foundation

6th International Collaborative Conference
in collaboration with
The University of Northern Philippines and
Philippine Nurses Association, Ilocos Sur
2023: *Moving Forward with Innovations,
Opportunities, and Successes*

JANUARY 21-22, 2023
VENUE: THE VIGAN CONVENTION CENTER
VIGAN CITY, ILOCOS SUR, PHILIPPINES



It's Your Moment

44th PNA National Convention & Cruise
July 18-23, 2023

44TH PNA NATIONAL CONVENTION & CRUISE

Aboard Royal Caribbean's *Wonder of the Seas*

Hosted by the Philippine Nurses Association of Central Florida



21st PNA WESTERN REGION CONFERENCE
MAUI, HAWAII

WE CARE OUR UNITED VOICES
WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY

Lokahi (United) WE CARE

HOSTED BY
PNA MAUI,
HAWAII

APRIL 20-23,
2023

Conference Details and
Registration will Follow
Kahului Airport (OGG)
Maui Beach Hotel

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Wishing you a Merry Christmas and a Prosperous New Year ahead!

From TEAM RELEVANCE

The Philippine Nurses Association of Southern California (PNASC) Executive Board and Advisory Council would like to thank the members and readers who provided articles for this newsletter. We encourage your continued contribution!

Photos are welcomed.

Please submit materials for publication to:

PNASC Newsletter

E-Mail: antonette_nunez7@yahoo.com

All materials for publication will be edited and becomes property of PNASC

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