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FALL 2007

PNANJ Shines in Anaheim

July 11- 15, 2007 PNA Annual Convention

Belle M. Villafuerte, RN, MSN, CNA-BC



Sunny Anaheim, Southern California, was the site of this year's convention with its theme "Promoting a Culture of Excellence through Evidence-Based Nursing Practice." Ms. Susan Castor, Chapter President, Leo Jurado, PNA President Elect and Phoebe Andes, PNANJ founding President headed the PNANJ delegation composed of members from different sub-chapters.

The convention started with the Leadership Workshop on Wednesday. Susan Castor one of three Presidents invited to share their experiences, presented her fund raising secrets with her "Show Me the Money" presentation. The Western Union hosted cocktail hour that followed showcased our brag book. The Welcome/ Networking night dinner started with the parade of banners followed by the presentation from different chapters. Our performance of the Lanceros de Tayabas was flawless and was participated by our very own Bayanihan dancers Marley, Eileen, Belle, Joy and Larnie. The dance was a tribute in part to P.I. Lowery, as a past president of PNANJ.

The educational seminar had high caliber presenters who were pioneers and experts in their specialty. Our very own Leo Jurado and Joy Duarte were speakers as well during the Scholars Podium session with the topic, "The Power of Storytelling: The PNAA-NCENMA Scholars Journey." Marley Nicolas effortlessly presented Organ Donation: Current and Best Practices session. During the awards ceremony, PNANJ garnered two of the most coveted awards namely : The Highest Membership Award and the Most Valuable Chapter Award. Susan in her acceptance speech gave tribute to her members and Executive Board and Advisers whose support had made the awards possible.

With Rosario May Mayor's, PNAA President, energy and untiring disposition

CONTINUED ON PAGE 2

CALENDAR OF EVENTS

October, 2007 TBA
Post-Conference Executive Board Meeting
Susan Castor at: Suecastor@yahoo.com

October 12, 13 &14, 2007
10th Eastern Regional Conference
Hosted by PNA Delaware
Visit:philippinenursesaa.org

October 13, 2007
Halloween Party Fund Raising
Middlesex County
Teresa de Vries

October 20, 2007
Dealing with Violence:
Nurses' Role in Prevention & Intervention
Morris County
Charlie Pardo
chapardo@yahoo.com

November 10, 2007
Educational Inservice
Atlantic/Cape May
Fe Eguaras
fveguaras@msn.com

November, 2007 TBA
Bergen County
Belle Villafuerte
bellev115@hotmail.com

April 19, 2008
31st PNANJ Annual Spring Conference
Marriott Hotel
Liberty International Airport, Newark, NJ
Joy Solomon
Quarterduarte@comcast.net

July 16-20, 2008
29th PNA Annual Convention
Padre Island Texas
Visit:philippinenursesaa.org

2007 NJ Board of Nursing Regular Meeting
Time: 9:00am to 1:00pm
Contact: Leo Felix Jurado at
Ljurado@ccm.edu.
• October 16
• November 20
• December 7

From the desk of the President Marking A Milestone... A Red Letter Day



Susan G. Castor RN, MSN, CCRN

It's no surprise to anyone at the 28th PNAA National Convention at the Sheraton Hotel in Anaheim, California that PNANJ received the "Highest Membership Award". This year, PNANJ with 835 registered members

and counting, has the highest chapter membership in PNAA history. We also attained the "Most Valuable Chapter" award, the first time given to any chapter, marking another milestone to our organization. It is very impressive to be presented by these awards on the national level for innovative programs, exemplary performance and outstanding teamwork. Everyone congratulated us and wondered what the secret was. I gave them a simple and honest answer. TEAMWORK. When we work together for a common goal, the achievements and accomplishments are priceless.

The success of the 30th Annual Spring Conference last April 21, 2007, was credited to Education Planning Committee and very responsible Executive Board members. Everyone's

skill and talent were utilized to produce a superior outcome and more than 250 participants went home feeling satisfied with the program.

I am truly proud to lead this organization that achieves such impressive results. They clearly exemplify the long-standing dedication of our Advisory Board, Executive Board and members. Congratulations and thank you for your countless contributions to our endeavors. It is only through the collective efforts of every committed and dedicated individual that our good reputation continues to grow in the state, regional and national areas.

Stand Tall, And Be Proud. WE are the Philippine Nurses Association of New Jersey!

"AUTUMN" - A TAPESTRY OF COLORS AMID A SEASON OF CHANGE"

By Rosemarie D. Rosales, BSN, MPA, RN, CCRN

Time is of the essence and fall is here to greet us with the momentum that the year-end is fast approaching. It has only been five months from our last major event but PNANJ movers have accomplished more than ever. The tapestry of the fall colors mimics the diversity of the organization. I say diversity because we come from all parts of our native homeland and our culture and language make us unique. We share the same vision as we take the challenges facing our organization. It is our TEAMWORK that makes us unique in being able to accomplish the mission and goals of organization. The advisory board continues to be visible in all of our ventures as we take the organization to the next level. The Executive Board under the leadership of our very own Susan Castor, MSN, RN, CCRN has proven that we can accomplish anything if there is involvement and support of everybody, not just the officers but including the members. It is the members that inspire the advisory and executive board to continue their efforts in striving to do more. PNANJ wants to make a difference both locally and nationally. We have proven this in all the accomplishments of the organization - its advisory and executive board and especially its members.

The season of change as we approach the coming fall and winter will inspire us to do more in our pursuit of our goal of 1000 members by year-end. We can accomplish this together as "WE ARE THE MOVERS WHO WILL MAKE A DIFFERENCE"

PNANJ SHINES - FROM PAGE 1 throughout the affair the gala night and the rest of the events that followed had an atmosphere of jubilation during the entire convention. Maryland, received the exciting news that they will be the site of the 2009 PNAA Annual Convention. PNANJ is looking forward to the next convention in Texas to celebrate and HAIL THE NEW CHIEF, New Jersey's own Leo Felix Jurado as the new PNAA president.

**PNANJ
2007
WELCOMES
GUESTS &
MEMBERS**



SUB-CHAPTER REPORT

CONTINUED

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Memorial Hospital, St. Claire, and other neighboring hospitals. We also started our nominations of officers for 2008 - 2010 to ensure continuum of our sub-chapter goals. A garage sale held on June enabled us to donate \$100.00 to a fellow member who lost her husband recently from a car accident. We are also looking at how we can help the community by contributing to The Habitat for Humanity and to raise funds for Breast Cancer. We are offering an in-service on October 20, 2007, on Dealing with Violence: Nurse's Role in Prevention and Intervention by Ms. Lolita Navarro-Iqbal, APRN, BC. This will be held in Morristown Memorial Hospital with 4.5 contact hours. This is in line with New Jersey hospitals' consciousness of violence within the Emergency Room, behavioral health units, and other units where nurses are exposed to aggressive behaviors from co-staff, patients or their families.

Ocean County

Larnie Dosono, RN, BSN

Congratulations to all the Clinical Excellence Awardees of PNA Ocean County subchapter. Each recipient was recognized for their expertise and hard work in their respective field of practice. The Dinner Dance was held at the Quality Inn last June 15, 2007. The event was attended by friends, families and supporters of the association. Ms. Josefina Barredo, guest speaker, left us with a message as to why we should all be proud to be a NURSE. Our gratitude goes to all the sponsors and attendees for their continued support and generous contribution.

Annually, the PNA OC offers 2 Nursing undergraduate scholarship award of \$500.00 each, to encourage and provide support to students who wish to obtain a degree in nursing.

This year's awardee is Glenn Buenafe who is pursuing an associate degree in Nursing at Ocean County College, Toms River. He graduates in May, 2008

Last August 19 and Aug 26, 2007 respectively, PNA OC, with their family members and friends volunteered at the Sunday Supper of St. Joseph's Social Concern Feed the Needy and Elderly program, at Monsignor Donovan High School Cafeteria, in Toms River.

Somerset County

Theresa Domider MSN, RN

On August 4, 2007, the Philippine Nurses Association of New Jersey, Somerset County Sub-chapter, held its first Multi-Cultural Presentation Day at Somerset Medical Center. The aim of this event was to highlight the cultural

diversity in America today and to celebrate the richness and heritage of these cultures. The event, which was well attended, showcased cultures from the Caribbean, China, French Canada, Colombia, Ecuador, Haiti, India, Indonesia, Italy, Jamaica, Korea, Pakistan, Poland, Taiwan, Vietnam and the Philippines.

Displays from each country gave audience members the opportunity to view arts, crafts, and publications, listen to local music and the chance to sample their traditional cuisines. Lively and graceful dance performances during the program were also showcased which included traditional Rajasthani and Prayer dance from India, folk dance from Pakistan, Mulan fan dance from China, Yoruba dance from Nigeria, Salsa and Merengue from Colombia and Binasuan folk dance from the Philippines. The audience was additionally entertained by an impromptu performance of a Filipino line dance.

NEWSMAKERS

Ma.THERESA REYES, RN & LARRINA SYGENCO, RN

from Somerset subchapter volunteered in a Missionaries for the Poor Health Centers in Jamaica, which offers free health care to the needy last July 2007. The charity work that relies on donations supports and takes care of ailing residents who have no means of caring for themselves. Despite the hectic work schedules the two nightingales were one in saying that their experience was worth the trip and will do it again next year. As nurses the calling defines the true essence of what nursing is all about thus giving them a sense of self-fulfillment in what they have done.

PNANJ RESPONDS TO VICTIMS OF SUPER TYPHOON IN THE RP

by co-sponsoring a medical mission in the Diocese of Sorsogon, which was coordinated by Reverend. Cecil Datar. The mission that was held in March 2007 served over 600 victims half of which were children. The services offered free check ups, free medicines as well as nutrition and dietary teachings/counseling. A goody bag of rice, noodles, sardines were handed out as well. Sts. Peter & Paul Hospital offered its facilities while the staff doctors and nurses volunteered their time. PNANJ is planning a hands-on medical mission next year to coincide with the International PNA Convention, which will be held in Manila in 2008.

SUB-CHAPTER REPORT

Atlantic –Cape May
Fe Eguarras, RN, BSN

Our subchapter's first educational offering was held on March 3, 2007 with the dynamic and impressive PNA President Elect, Mr. Leo Jurado as our dynamic guest speaker. The topic was "The Nurse as a Manager of Care: Leadership and Critical Thinking as Basic Tools." Over 80 attendees were present to the Western Union sponsored affair.

One of our goals is to support a Gawad Kalinga project thus, one of our fund raising efforts will be towards this project. Robert and Cynthia Demetillo of Gawad Kalinga enlightened the group about this wonderful project that benefits and helps the less fortunate of our kababayans in the Philippines. A GK Heroes marathon run in the Sea Isle City for the awareness of this project was attended by our own led by Grace Lorenzo and Chit Florano last March 25, 2007. In addition, our first fund raising effort held in April was a ballroom line-dancing event.

Four of our sub-chapter members attended the Annual National Convention in Anaheim, California on July 11-15. It was an unforgettable experience.

Upcoming events: Nov.10 will be our second educational offering. Details will be announced. Dec.14, 2007 will be our Christmas Party.

Bergen County

Belle M. Villafuerte RN, MSN, CNA-BC

The Bergen County Sub-chapter new officers were inducted at the PNANJ Spring Convention, with Belle Villafuerte RN, MSN, CNA-BC as the new President. We have been very busy participating in many community events such as: May 13, 2007- Bergenfield Filipino Heritage Day Awards and Coronation Dinner Dance: The Queen was crowned by Egma Nacpil-PRO, and Edgar Mariano- Assistant Treasurer. On May 20, 2007 at the Bergenfield Filipino Heritage Day, we volunteered for the first aid booth as well as blood pressure screening. Here we recruited 15 new members. On June 3, 2007, we participated in the New York PIDC and on June 10, 2007, the Passaic PDOC parade. Other members, joined as well to help tend the first aid booth and blood pressure screens. Over 50 members attended our summer picnic held on June 24 at Shepherd Lake. Other events include volunteering at the August 18 and 19- Meadowlands Philippine Fiesta and a Fall educational offering featuring our own Cecilia Alvarez RN, DNP speaking on Research Based Nursing. Hope to see you there.

Middlesex

Teresa De Vries, BSN, RN

For our second annual continuing educational

program offering, our sub-chapter presented "Vascular Emergencies" at the Robert Wood Johnson University Hospital in New Brunswick on June 22, 2007 taking up emergencies on AAA (Abdominal Aortic Aneurysm). Dr. Todd Vogel, a practicing vascular surgeon and assistant professor at UMDNJ/RWJUH spoke before these nurses about this disorder and provided the audience with current treatment options that could save lives. It was well attended and has received positive feedbacks from the attendees. Our year-end educational offering will be on Self-improvement, details will be announced when available. Our Second Annual Halloween Fund raising event will be on October 13 at the Imperial Banquet Room, South River. The money will continue to fund our nursing student recipient in the Philippines. Our subchapter president with the rest of the PNANJ EB attended the national Convention in Anaheim, California last July.

Monmouth County

Marietta Datar, BSN, RN

- Present membership is 65 with a target goal of 100 by the end of the year. Membership campaign continues, exploring new strategies to achieve goal.
- Educational Offering: CHF New Trends & Updates by Dr. Eisenberg, 2.0 contact hours presented in January. Writing and Editing workshop, date TBA.
- Hosted summer annual picnic for PNANJ at the Monmouth Race Track in August
- Hosted Welcome Brunch for new Nurses in Monmouth Medical Center; reaching out to the new nurses in an effort to assist them in their transition to a new culture. PNANJ introduced to the group, new members recruited.
- Donated to victims of super typhoon in the Philippines/ two members who had deaths in the family.
- Donated groceries, phone cards to new nurses who needed assistance.
- Participated in Health Screenings: MMC July Oceanfest / Baptist Church HTN Update / Medical Mission, Philippines
- PNANJ event participations: NY Independence Day Parade / Leadership Program / NCLEX Dinner / Spring Convention / WU Educational Offerings by Subchapters.

Morris County

Charlotte C. Qualls, RN, MA

From its inception on October of 2005, the Morris Sub-chapter has grown its number to 34 members. The sub-chapter actively continues its efforts to renew membership and recruit new members from Morristown

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The Philippine Nurses Association of New Jersey, Inc. Celebrates Mentoring Program

Joy Solomon-Duarte, MSN, RN, CCRN

On Saturday, June 23, 2007, the Philippine Nurses Association of New Jersey (PNANJ), celebrated its one year of successful mentoring program during the Second Annual PNANJ Leadership workshop held at the University of Medicine and Dentistry of New Jersey, Newark, NJ. More than 40 officers and members of PNANJ attended this momentous celebration.

The "Mentoring, Leadership Development and Empowerment of Filipino Nurses in New Jersey" was supported from a grant provided by Western Union. "Through this funding, PNANJ was able to offer quality educational programs at low cost to its members and other interested nurses" said Jovita Solomon-Duarte MSN, RN, CCRN, Grant writer and Chairman, Education and Practice Committee, PNANJ.

In the past twelve months, more than 300 attendees benefited from the various educational programs offered by PNANJ. The programs incorporated topics that facilitated transition of Filipino nurses in their work and school environment and assisted them in their overall professional growth and development. Among the educational topics and host counties were: "Meeting Current Challenges in Nursing" hosted by Somerset County sub-chapter; "Nurse In Charge, Strategies for

Fast, Reliable, Worldwide Money Transfer™



Success" by Ocean County sub-chapter; "Motivating and Preparing Future Leaders" by Morris County sub-chapter; "Career Transition" by Monmouth County sub-chapter; "Heal Thyself: Physically, Mentally, and Financially" by Essex County; and "Leadership and Critical Thinking" by Atlantic Cape Subchapter. "We are thankful for the financial support of Western Union organization to the many

Educational programs we conduct each year. We look forward to a continued partnership that will mutually benefit our organizations" says Leo-Felix Jurado, PhD, APN-C, CNA, Grant Adviser.

Due to the high volume of attendees and overwhelming favorable evaluations from participants, Ms. Solomon-Duarte and Mr. Jurado are continuing their collaboration with Western Union in designing a proposal that will extend this mentoring program to the PNANJ membership and to other interested nurses. PNANJ officers recognize the significance of mentoring programs such as these to increase the pool of nursing leaders that can advance the agenda of the organization and for the profession as a whole.

THANK YOU WESTERN UNION FOR SUPPORTING OUR MENTORING PROGRAM!!!!

PNANJ SUPPORTS PHILIPPINE FIESTA in Meadowlands this year by providing free healthcare & BP screenings to a crowd of over a thousand people. Staffed by PNANJ members the busy booth offered medical information, patient teachings and counseling to our Kababayan whose battle with a cholesterol-laden diet remains a big challenge in their health struggles. The booth attracted nurses as well who inquired about membership to the organization thus giving us the opportunity to market PNANJ. Meriam Canares provided giveaways courtesy of her employer.

PIDC Parade, New York

Teresa DeVries RN, CPAN

Last June 3, 2007 we celebrated the Philippine Independence Day Parade in New York City. The Philippine Nurses Association of New York and New Jersey joined forces to march down Manhattan, to show camaraderie as well as the important role of nurses in our health care delivery system. The PNANY and PNANJ nurses assisted in the First Aid Booth. By participating in these events we make ourselves visible thus promoting the association and the profession. The different costumes, music, songs and dances made the parade very lively and enjoyable.

CREATING A TAPESTRY OF PNANJ....

A HEIRLOOM FOR THE FUTURE

MARIETTA DATAR, BSN, RN

As summer gives way to fall the many hues of colors that capture ones panoramic view, remind us that we are entering another season, another phase. Amidst all the kaleidoscope of colors is an evolution of change. Such is the dynamics of PNANJ. Each milestone of its transformation is written in different colors and hues as it continues to shape and revolutionize its positive identity in the medical arena in a culture as diverse as a painter's palette.

It started in an era when white and light symbolized the nursing profession. In a small, humble abode, a group of pristinely clad, young nurses decided to form themselves into a professional organization and named their group the Philippine Nurses Association of New Jersey. Led by Phoebe Andes, who became the founding president, the original group was composed of barely a hundred members. Then, as is today, the main purpose has been to uphold the positive image and foster the welfare of its constituents in NJ. This was 31 years ago.

Today in an era of blues, greens and scrubs where nursing is symbolized not by the color of their uniform but by the diverse role it plays in the health care arena PNANJ has stepped up to the challenges of its time. The seminars, conventions, and conferences offered by the PNANJ as well as its subchapters all year round have educational

topics that are not only relevant to the current nursing practices but also insights to opportunities of advancing ones career. Along the line of providing opportunities to its members, it has created scholarships, recognition and appreciation awards. Mentorship, networking with other nursing organizations, not to mention referrals to job placements and assisting migrant nurses in their acculturation adaptation has been the other benefits for the members. PNANJ has been the voice of the Filipino nurses in tackling various issues that affects the nursing profession in NJ as well as the Philippines. In addition, yes there is fun among all these serious endeavors, Filipino style if you must. As we promote our visibility to the community that we serve, the task of health fairs, health screenings, walks for causes, independence day parades in various parts of New Jersey and New York make work a refreshing venue of endless fun, camaraderie and kinship. Galas have been an opportunity to witness the fruits of our labor and be proud of all our achievements for the year. Most of all it's an occasion to award those deserving of accolade; our CARE awardees, those who distinguished themselves in their fields of expertise and those who have contributed to the organization in a most valuable way.

PNANJ is proud of its members whose achievements in their careers have brought them to the frontiers of the nursing spectrum here in NJ. With 10 subchapters and over 800 members, PNANJ indeed has come a long way. As it grows so does our story. Let us continue to make history and let it be written in colors that continue to define the true value of who we are. After all the tapestry is for ours to weave as we transcend to a new era in nursing.

For those who continue to ask, "What can PNANJ do for me?" The answer is in your hands.

PNANJ Member Wins Meridian Health Annual Poster Contest

Rebecca Graboso MSN, RN

The conference Focus on Geriatric Care: A Collaborative Approach included a poster contest with 13 posters submitted on "Geriatric Best Care Practices. First place went to Marissa Guzman, MSN, RN, C, staff nurse, NICHE Unit, Riverview Medical Center, Red Bank NJ. Her entry was "Maintaining a Restraint-Free Unit."

Marissa led an evidence-based research project on the effect of bed alarms to fall rates, with resultant 99% decrease in fall rate. She developed the first-ever falling star chart sticker, a fall prevention initiative that is now placed in every chart of all fall-risk patients in the whole hospital. She directed and compiled data for EBK project that met and surpassed hospital and Joint Commission standards for patient safety.

NEWSMAKERS

MAJUVY SULSE, RN, MSN, CCRN was one of two speakers in the Balik-Turo project of PNAA held July 20, 2007 at the PNA Leyte Chapter in the Philippines. She presented the outcome of her study on Acculturation of foreign educated nurses thus providing her audience with valuable information regarding migrant nurses and the problems that confront them in the US. Part of her recommendation in her study was to encourage new nurses to be members of their ethnic professional organization, like the PNA, to assist them in their transition to a new culture.

APRIL CONVENTION – A HUGE SUCCESS

Amelia Guzman MSN, RN, CCM

Over two hundred fifty nurses attended our 30th PNANJ Annual Convention held at the Newark Liberty Marriot on April 21, 2007. The convention theme was: "Getting out of the Comfort Zone: The New Nursing Imperative". Leo Felix Jurado, the current New Jersey Board of Nursing (BON) President and the PNAA President-elect delivered the keynote address. Barbara Byers gave a timely talk about the BON requirement of continuing education for license renewal and the ways to achieve the contact hours.

Aline Holmes, New Jersey Hospital Association's Senior VP on clinical affairs discussed the quality initiatives to improve patient outcomes. Her talk paved the way for the panel discussion on Rapid Response Team by Doris Merrill-Jones, AVP of Patient Care Services and Harriett Sarkodie, Clinical Educator of East Orange General Hospital, Ventilator Associated Pneumonia by Mary Jane Chrsitian, Nurse Manager of Critical Care of JFK Medical Center and Prevention of Nosocomial Infections by Lucille Plantemoli, MPH, RN, CIC, Director of Infection Control at Saint Barnabas Medical Center.

Susan Salmond Ed.D RN, Interim Dean, introduced Doctorate of Nursing Practice, a new nursing program for higher education offered by UMDNJ. She discussed the differences of the programs now available for nurses. PNANJ hosts a Spring Convention annually and we invite you to join us next spring.

An Affair to Remember?

Marietta Datar, BSN, RN

The occasion is a celebration of a lifetime achievement that benefits not just this generation but the future generations as well. The recipients, resilient Nightingales, who champions the cause of nursing, a profession they obviously hold in high esteem. On May 3, 2007, the Philippine Consulate hosted a dinner affair to honor a major PNAA achievement- the inclusion of the Philippines as a site of the NCLEX examination in Asia. The honorees were leaders of PNAA led by May Mayor, President PNAA, Phoebe Andes, founder of PNANJ, PI Lowery, Chairman of the Task force, Leo Jurado, PNAA President Elect.

Consul General Cecilia Rebono at the Philippine Consulate in New York hosted the event. A modest number of nurses from New York and New Jersey invited to witness the simple ceremony of gratitude were present along with the officers of the consulate and the honorees themselves. Consul Rebono's gracious remark for the hardworking nurses and their efforts was a consolation to the hearts of those who labored the most. While May, Leo, Phoebe and PI shared their experiences in a motley recollection of their battle for this recognition, their faces mirrored how they truly felt, pride and true honor in what they have accomplished not only for their profession but for their country as well. The occasion was more than just a simple occasion. It was a milestone worth a thousand more than just a simple effort. Thus as we sat and witnessed the ceremony, somewhere in our joyous minds we hear in the hollows of the hall the bands playing the victory music celebrating our heroes in the profession. Champagne was overflowing, the best wine in the house, food at its best complete with the signature "lechon" to mark a grand celebration, and the dancing was non-stop in the true Filipino tradition of joy. Fireworks lighted the sky, as we made known to the whole world that we have made it to the list of the worthy. For us it is an effort worth its gold and this type of a banquet is what it deserves.

It was a simple gathering made more so by the humbleness of those who truly deserved a higher accolade than what was bestowed. The affair may fade from our memories but in gratitude for the glory and honor you brought our profession we who know your story will forever remember your names as legends are remembered.

STAY CONNECTED

Send your updated address to
Ronnie Dato • whitecare@aol.com
1435 Palmerson Court
Toms River, NJ 08753

**MAKE THE MOST
OF YOUR MEMBERSHIP.
GET INVOLVED!**