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PNANJ SHINING THROUGH PRISM



September 25, 2009
33rd Annual PNANJ Gala & Awards Night
Marriott Hotel • Liberty International Airport, NJ
Marley Nicolas • Fe Eguaras
Chairpersons PNANJ Gala & Awards Night

THE PRESIDENT'S REPORT

The PNANJ Executive Board, its subchapter officers and members have embraced the PRISM mantra of PNAA President Leo Jurado and have developed its goals and activities in accordance to PRISM.

Professional Linkages

The PNANJ Executive Board and its members have collaborated with the following professional and community organizations while performing its mission and goals: PNAA, PNAA Chapters, ANA, NJSNA, ONE, Concerned Black Nurses of Newark NCEM-NA.



Madlyn D. Yu, RN, MSN
President - PNANJ 2008-2010

Regulatory and Legislative Agenda

PNANJ through its Executive Board, Advisory Board and members have ongoing collaboration, active involvement with the following:

1. New Jersey State Board of Nursing- through its President, Leo Jurado who served as its President, and currently, Board Member.
2. Philippine Government Consulate Office in New York in the community business meeting during the visit of President Gloria Macapagal Arroyo, in the efforts to advocate for the detained Morristown nurse, in the ethical recruitment of foreign educated nurses, a joint effort of PNANJ, PNANY, & PNAA.
3. Collaboration & support of PAC groups in the development of charter laws in the community.

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Interagency Collaboration

Through its many programs to meet the organizations' goals, PNANJ has interagency collaboration with the following:

1. Hospital systems & Hospital institutions: Saint Barnabas Healthcare System, Robert Wood Johnson University Hospital System, Atlantic Health Care System, Solaris Health Care System, Bergen Regional Healthcare System., Somerset Medical Center, Riverview Medical Center, East Orange General Hospital., and long-term care institutions.

2. Township committees: Edison Township on Hepatitis B launching; Union Township through the Bayanihan Club in flag-raising ceremonies, heritage days, parades; Ocean Township through the Fil-Am community in health screening activities, parades, heritage days and State and Assembly Resolution for one of PNANJ's Executive Board member; Bergen Township in its heritage parades.

3. Individual township parishes with health screenings and heritage days.

4. Medical & nursing missions to the Philippines through its Executive Board & member's efforts in active involvement with offering free surgeries in Cebu, distributing humanitarian goods to the victims of Typhoon Frank in Panay.

5. Schools, Colleges & Universities of Nursing during conventions and in everyday efforts in nursing excellence: Seton Hall University, University of Medicine & Dentistry of New Jersey, Trinitas College of Nursing, Thomas Edison State College. Continued collaboration with alumni schools in the Philippines: The University of the Philippines Alumni Association of New Jersey, University of Santo Tomas, Far Eastern University by continuing efforts in alumni association's goals and activities.

6. Businesses like Xoom money remittance, Ria Financial, Western Union, World Financial Group, Kwik Mortgage, Prudential Insurance, Medical Staffing, Phoenix Health Care, AV Technical Institute, Genentech, Care Line; schools like Pinelands School of Nursing

7. Other Filipino organizations like Philippine Fiesta, the Philippine Hearts & Hopes Society.

Services and Program Development

1. Strategic growth- the strength of an organization comes from its members, and the number of members recruited enables the organization to carry out its mission.

Membership drive is very active in New Jersey, carried out by individual sub chapters. PNANJ averages 50 new members each month. Currently as of September, 2009, PNANJ membership totals 958 members.

Two new subchapters were opened this year, which makes 11 subchapters.

a) April 18, 2009- Gloucester County Subchapter

b) May 3, 2009-Union County Subchapter

2. People development- succession planning is observed in the PNANJ organization through leadership training programs of its subchapter officers. The subchapter framework has enabled PNANJ to train its leaders in the grassroots level, and arm them with skills to be leaders in the state as well as national level.

PNANJ is proud to have these accomplishments:

Leo Jurado-President, PNAA

Susan Castor- Board Member, PNAA

Jovita Solomon-Duarte- Secretary, PNAA

Madelyn Yu- Chairman, Council of Presidents, PNAA

Majuvy Sulse- Research & Scholarship winner PNAA CARE awards, bronze winner, 5K-run, PNAA convention.

Rebecca Graboso- Monmouth County Subchapter, 2008 Governor's Merit Awardee for Advanced Practice Nurse

Nelson Tuazon-PNANJ past president, PNAA Journal editor-in-chief, 2009

Governor's Merit Awardee for Nursing Administration.

Dr. Cecilia Alvarez- ANA podium speaker on "The Impact of Dedicated Rapid Response Team Nurses on Patient Outcomes".

2008 PNANJ CARE & Scholarship awardees:

Isabelita Pitao- Clinical Practice, Staff Nurse

Cezar Dumago- Clinical Practice, APN

Maria Teresa DeVries- Community Service

Cecelia Alvarez- Research

Arlin Fidellaga- Education

Jackie Baras- Scholarship Awardee, MSN

Janine Denise Borrromeo- Scholarship Awardee, BSN

Robert Steven Rosales- Scholarship awardee, Norma Lao Memorial Scholarship and many other PNANJ members, officers, advisory board members who continue to support the organization in many ways and excel in their area of practice.

3. Community alliances- PNANJ through its leaders & members have established community alliances as they involved themselves with their individual community activities: Health screenings, parades, heritage days, flag-raising in the towns of Union, Bergen, Ocean, Monmouth and health booth during PIDC parade in New York in collaboration with UPMASA.

PNANJ was challenged with a case of one of its nurses who was detained for visa issues, which turned out to be a human rights issue. PNANJ reached out to PNAA Human Rights Committee to mobilize collaboration in the community such as the Migrant Heritage Commission, PAFCOM, NaFFAA, FIRE, Kalayaan, and others.

PNAA Human Rights Committee and PNANJ were successful in obtaining the release of TH from detention, obtain a temporary work visa, and hold fundraising activities to raise money to help with this nurse's legal fees. PNANJ has met its goal of raising \$2500 for this nurse's legal fees.

The following were the activities that PNANJ members participated in:

• August 16-17, 2008 during the Philippine Fiesta Health fair, PNANJ held a health fair booth for thousands of Filipinos attending the fair.

• August 24, 2008- PNANJ family picnic was hosted by Middlesex subchapter.

• August, 2008- Ocean County 10th anniversary dinner dance

• September 26, 2008- PNANJ gala and awards night

• December 5, 2008- Christmas party, Bergen County Subchapter

• December 5, 2008- Ocean County Alliance party, Ocean County Subchapter

• December 15, 2008- Simbang Gabi, Philippine Consulate, New York

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HEADLINERS AND NEWSMAKERS



Nelson Tuazon is the 2009 NJSNA CARES recipient for the category of Supporting the nurses. His award is in relation to his support of Alternative Discipline for nurses with substance abuse. His other awards for this year : Nurse Administrator – Governor Merit Awards, 2009 CARE award for NJSNA and the 2009 Margaret Haley Award from Seton Hall University

Rose Rosales, second from left on the above photo was chosen as an ANA delegate for NJSNA for 2009 -2010. She was also appointed as co-chair of membership committee for NJLN as well as an appointment to the membership of the Finance Committee of ONENJ. Rose is also awaiting for her appointment as a Peer Reviewer for the Continuing Education Committee for NJSNA.



Our very own **Dr. Cecilia Alvarez**, an adjunct faculty of FDU was part of a delegation of Farleigh Dickinson University faculty and students who traveled to Geneva, Switzerland, to participate in the Conference of Non-Governmental Organizations in Consultative Relationship with the United Nations (CoNGO), last July 2, 2009. Titled, "Threats to the Health and Sustainable Development of Nations," the conference brought together non-governmental organization (NGO) members to address global health issues including the social determinants of health, impact of the global economic crisis on health, and threats to the public health measures outlined in the United Nations Millennium Development Goals.



On August 25, 2009, **Ms. Susan Castor**, past president and current PNAA board member was honored by the Toms River township with a proclamation for her outstanding service and dedication to the community. The award, the National Excellence Award- Nurse Administration of the Year was given to her in the town hall meeting by the Mayor Thomas Kelaher in the presence of the Township Council. In his speech Mayor Kelaher complimented how great the Filipino-American nurses are in their consistent and compassionate care they provide to the residents of Ocean county.



Congratulations **Dr. Lolita Jacob**; 2009 Recipient of the Nurse Recognition Award for the Advance Practice category, given by the New Jersey League for Nursing (NJLN). This award recognizes nurses who demonstrates outstanding commitment to the nursing profession through education and clinical practice. The Gala will be on Nov 6 at the Pines Manor in Edison, NJ

**CONGRATULATIONS TO
ALL THE AWARDEES!**

Once again PNANJ power was evident in the recently concluded PNAA convention in Baltimore Maryland last July 18, 2009. Our subchapter had one of the biggest delegations in the three day affair and garnered the most awards both in the friendly competitions and the CARE and Scholarship awards. Majuvy Sulse's running prowess was awarded the second place winner while PNANJ subchapter for the second year in a row was awarded the highest membership award. The gala awards was also dominated by the "Jersey Girls" not only on the dance floor but also on the major awards :



From left to right: **Majuvy Sulse** (2009 Recipient NCEMNA Scholarship), **Susan Castor** (2009 Nurse Administrator of the Year), **Jackie Jacalan Baras** (2009 Recipient of the MSN Scholarship), **Rebecca Graboso** (2009 Recipient Doctoral Degree Scholarship), **Roseminda N. Santee** (Nurse Educator)



Editorial Message: By Marietta Datar, RN

Floating like a Lotus, Swaying like a Bamboo

Responding to the Crises the Filipino -Way

As the year 2009 unfolds a gloomier picture of the economy continues to grace the pages of the newspapers here in the USA as well as in the rest of the world . U.S unemployment jumped to 8.1 percent as job losses affect every part of the country sparing no industry including the professional services . The erosion of jobs and the decline in income generating opportunities is a challenge to all. Increasing prices, salary cuts, vanishing dollars in retirement investments, rampant lay-offs, home losses, lost healthcare benefits are all realities that we are facing now. As the cascade of events reshapes our way of living we ask ourselves : Are we nurses ready to face the challenges that may come our way in this seemingly dismal climate ?

Let me address this to us Filipino nurses.

The moment we set foot in this country every Filipino nurse was ready to face the “ new world”. The strict regulations by which we were allowed to enter the US and to practice nursing were by itself the start of a challenge. We left our country knowing that the expectations are much higher here in the USA for us to perform better because of the legal implications of our actions. We came to this country as full bloodied educated Filipinos, resilient, pliant, adaptive, harnessed by our own simple experiences in the Philippines that made us who we are. We are inherently hard-workers who extend ourselves beyond what is asked with no qualms or questions for compensation. We are by nature caring, nurtured by the very lives that we lived in our own country. We

embrace change, we take on challenges, we reinvent ourselves all in the hope of becoming a good nurse if not the best. We align ourselves with the present, the current and the best there is in our profession in the hope of achieving a greatness parallel to those whose names are etched in the halls of fame in nursing. All that we achieved are fruits of our labors that we earned because we never lose hope in the face of all the adversities that we have to face. We learn from our failures and we rise when we are downtrodden. And as we evolve we too embrace the culture that nurtures our aspirations and intertwine it with our own enhancing our adaptability . All these challenges shaped our identity distinct to us Filipino nurses; gentle, compassionate, caring, efficient and all the hard work reaffirmed our resolve to maintain a work ethic that will set us apart in our profession making us valuable assets to the health industry.

Can we survive this crisis ? The answer is yes. Looking back , we have come a long way from the time of the grave yard shift to the hollowed halls of the executive board meetings. We have invested in our future by creating a vision for us and by pursuing a mission that opens doors of possibilities. Thus in the eye of the storm we can survive, like the lotus flower we float when the tide is high and we float just the same on the water’s ebb or like the bamboo tree we sway and bend with the strongest wind and stretch our arms into the heavens in harmony with gentlest breeze on the brightest, warmest day. If we remain true to ourselves we will survive.



Feature Article

Meriam Canares, RN

MAJUVY SULSE : THE WOMAN OF MANY TALENTS

President Essex County Subchapter



When asked to run for the position of a Recording Secretary of the Philippine Nurses Association of New Jersey (PNA-NJ), my first reaction was, “why me?” The reason for my reluctance and hesitancy will become obvious after my description of the former recording secretary of PNA-NJ whose wide footsteps I had to follow.

We first met in one of the conferences offered by Philippine Nurses Association of New Jersey, and shared a table with her. Our conversations were limited but still notice the sincerity on her voice when talking to me as well as with other people in our table. Succeeding encounter made me noticed more traits of her like dedication, wit, humor, diligence, the natural flair of being a leader and organizer, and a dedicated wife and mother who can combine work with pleasure which made me curios of who she really is.

She started her career in the Philippines as an Area Coordi-

nator of Nutrition Council in Tacloban City where she graduated in college, then became a staff nurse (NICU/PICU), and a private duty nurse in Manila, Philippines. She then moved her career to Dubai, UAE as staff nurse in NICU before coming to the United States.

From a staff nurse in a facility for the aged, she then moved to the Intensive Care Unit in Irvington General Hospital , before settling to her current position as an ICU/CCU staff nurse of Veterans Health Administration. Aside from working at the bedside she also works part time as an Adjunct Faculty of Morris County College and a Clinical Coordinator/Instructor in Essex County College.

While in these current and varied positions she also assumes different hats as a Nursing Body Adviser, member of various committees like Curriculum, Scholarship, and Pinning, NCLEX review, Education Liaison, member of the Nursing Practice Act, and pioneered the Journal Club of ICU/CCU, to name a few.

She is also very active as an officer of professional organizations as PNA-NJ, Mid Atlantic Chapter -Transcultural Nursing Society, member of Sigma Theta Tau, and National League of Nurses, Ambassador of Association of Critical Care Nurses, and non-professional organization like the Rosary Society, Our Lady of the Philippine Prayer group and the Director of the Special Projects of the Bayanihan Club of Union.

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In spite of her broad role as a wife and a mother and with a lot of activities as an officer and member in professional, non-professional, religious, and community organizations, she takes some time to give back to the community by doing various community services. She serves as a religious education coordinator/teacher, Eucharistic Minister, choreographer of cultural dances, and joins health fair in New York and even extends her services in the Philippines through the Balik-Turo program.

While doing the above-mentioned activities, she manages to add more feathers in her cap with different awards and scholarships. She was the recipient of scholarship awards from NCEMNA (09), PNAA (08), and currently an Awardee of the CNJNE 2009 Professional Nursing Scholarship, and also received an Outstanding Achievement award given by the Bayanihan Club of Union, NJ, and MSN Leadership Award (04) from Kean University.

She was also a recipient of other awards such as C.A.R.E. (Nurse Research) award from PNAA (08) and PNA-NJ (05), Minority Nurse Educator grantee, Poster Award for Best in Ap-

plication in Nursing Theory and Model, NCEMNA Mentee (08) and received fitness awards such as the 2nd place (08) and 3rd place (09) in a 5 K run sponsored by PNAA, and an Item Writer of NCLEX 2006.

On top of her hectic schedule she manages to write for different publication like UP Nursing Alumni International, Impact, Virginia Henderson International Library, writing about works/studies in acculturation of foreign educated nurses and a regular contributor to the PNANJ Quarterly newsletter. She was also able to obtain graduate, post graduate program, certificate in distance education and currently working on her doctoral degree (DNP) at Farleigh Dickinson University.

Her numerous achievements and contributions to the association and to the society in general makes her a person to follow and emulate and the PRISM of PNA-NJ would definitely shine brighter with her presence in the organization. The lady I've been referring to is none other than the current President of the Essex County Subchapter of PNANJ: Majuvy Lagado Sulse, MSN, RN, CCRN.

What ? I have Cancer !

By Teresa de Vries, RN

When I first heard it, I was not sure if I heard it correctly. I do not think this will happen to me. The shock was short but strong. I was prepared to do anything to take care of these calcifications and I will survive! I saw an oncologist breast surgeon, scheduled for an ultrasound and after a week, a needle location and biopsy was performed. Two weeks later I was scheduled for a lumpectomy. The result showed I had a stage 1 DCIS (ductal calcification in situ) and was told I have to undergo a mastectomy which I was not happy about. I was afraid of the change in my body image and the pain that I would have to incur after the surgery.

I searched for a plastic surgeon so that after my mastectomy, a breast reconstruction would be performed right away. I am lucky to have worked in a recovery room so I knew my resources. I had to look for a medical oncologist who explained to me all about DCIS, that this is very common and treatable. I was blessed that this was discovered very early on. I was blessed that I work in such a progressive institution with modern facilities to take care of my cancer; my family was rooting for me. I have many friends that would take care of me and help me. I was confident I will overcome this disease. I would fight this battle head on.

I went for my right mastectomy with latissimus flap reconstruction. I will not lie that it was a painful operation. I found that the donor site, my lateral side was more painful than my right mastectomy. I stayed in the hospital for two days and went home to recuperate for 6 weeks. My recuperation was filled with visits from my friends who took turns to take care of me. They came to my house to cook, clean and accompany me while my family was at work and the children were in school. There were a few who helped me wash my hair. I did not realize until then how difficult



it was for a post operative patient to perform activities of daily living that we take for granted without help.

I went to see my medical oncologist for the next plan. My oncotype blood test showed a low high result. In laymans term, I needed to undergo 4 rounds of chemotherapy, every three weeks. I completed my chemo and for the next five years I will be on toremifene. As of now I am cancer free.

I have learned a lot from my encounter with this disease that none of my experiences or my knowledge as a nurse have taught me. I have learned how it felt when you are faced with your own mortality. I have learned that the pain and the devastation of cancer is not just your pain but the pain as well of your family and loved ones. I have learned that faced with such adversity you find a strength within you that you never fathom you have. I have learned that out of this horrific news showers of love, true friendship and affection abound amongst those that surround you. I have learned that to appreciate life you have to cherish the everyday moments in life even the simple task of putting a make up on or tying a scarf. I have learned that for every tear that I shed there was as much reasons for me to survive. I have learned that the pain eases up at the touch of a loved one's hand or the smile in my children's faces or the reassuring presence of my own family. I have learned that cancer does not only change you physically but changes you as a person as well. It changes your perception of pain, of joy, of hope and of acceptance among other things. And because it changed my outlook in life it too changed my outlook as a nurse. My experience of what it was like to be on the other side of my profession as a nurse gave me a better understanding and sensitivity to my patients, to their needs, to their pains and to their struggles.

Yes, I had cancer ! Yes I faced it bravely and beat the disease for now. But if there was one thing that came out of this personal battle of mine, it is not that I came out a victor from being cancer free but more so because I came out scared and reconstructed that is true but confident and beautiful in the thought that I am a better person and because I am a survivor perhaps may even be one of the best nurses around to take care of your needs.

THE 2009 CARE AND SCHOLARSHIP AWARDEES

JONATHAN A. GAPILANGO MSN, RN, OCN Nurse Administrator of the Year

Mr. Gapilango is currently the Director of Oncology Research and Data Center at Community Medical Center (CMC). In his nursing administration role, he was Director of many different units such as Transitional Care Unit, Medical Surgical Float Pool, In Patient Oncology and Infusion Nursing Services. He exemplifies talent, commitment, professionalism and



excellence in every way whether with patients, staff or simply working in a multidisciplinary environment. In 2008, Mr. Gapilango was recognized with a Nursing Excellence Award- Leadership Division by CMC.

He served PNANJ as PRO of the Ocean Subchapter in 2005. He is an active supporter in the many activities of the subchapter like educational offerings and fund raising. He is also a member of the Filipino-American Organization of Ocean County, the Oncology Nurses Association of America and the Sigma Theta Tau Honor Society. He has held different positions at the Alumni Association of Central Philippines University.



MYRNA YOUNG MSN, RN, CNOR Nurse Educator Of The Year

Ms. Young has held a progressive and extensive nursing educator role at the Robert Wood Johnson University Hospital since 1996. As a Perioperative Nursing Education Specialist, she plans, designs implements and evaluates educational activities for the staff. She is known for her leadership, mentoring and coaching abilities. Her passion for learning and teaching extends beyond the walls of RWJUH as evidenced by her development of

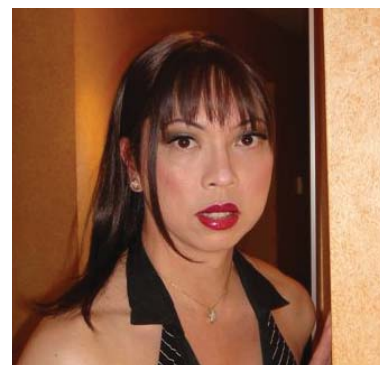


and teaching a 3 credit course on Introduction to Perioperative Nursing for Rutgers University College of Nursing in 2003-2005.

Ms. Young is a valuable member of the PNANJ acting as a Board member since 2004 at the subchapter level of Middlesex County. She has coordinated many educational seminars both within the subchapter and the PNANJ chapter. She is also an active member of the Association of Operating Room Nurses (AORN) Education Specialty Assembly & the Sigma Theta Tau Honor Society. She is a recipient of numerous awards from professional and community organizations. In June 2001, she was a recipient of the Excellence in Nursing Award given by NJ Department of Health and Senior Services, a nominee for the Governor's Nursing Merit award, Nurse Educator Category, and Outstanding Achievement in Perioperative Clinical Nursing Education by AORN.

Jackie Jacalan-Baras Recipient Master of Science in Nursing Category

Jackie is currently the President of the Middlesex County Subchapter, an Educator at RWJUMC Center for Nursing Practice and Education and a BSN alumnus of the University of Santo Tomas, Philippines, 1995. Jackie's passion for nursing is reflected in her long list of achievements that includes the following:



- President of the Central New Jersey Chapter of Preventive Cardiovascular Nurses Association.
- Clinical instructor in Raritan Valley Community College and Middlesex County Vocational and Technical School.
- Project Coordinator for the RWJUH Professional Advancement System.
- Publication : Creative Nursing, March 2009 edition her research project titled: PERLs of Wisdom: Tools to Help Bedside Nurses Remember Available Evidence-Based Resources.
- MSN Scholarship Awardee PNA 2009
- Participates in various walks such as the American Heart walk, AIDS walk in NY, Philippine Independence Day Parade
- Medical Mission projects to the Philippines

Her career started in UERMMM, Philippines as a Diabetes Nurse Educator. He came to the USA in 2003 and worked at Elmhurst Care Center in NY as a staff nurse then transferred to Mt Sinai Medical Center in NY. In 2005 she relocated to NJ and started work at RWJUH as a staff RN in telemetry unit.



Alexandra Mae Fidellaga Recipient Scholarship Undergraduate Category



Alexandra was unanimously chosen by the committee for her very impressive resume. She was a member of the National Honors Society and the National Art Honor Society a consistent honor student and received the Presidents Education Awards for outstanding academic excellence. She was also a student Ambassador for People to People USA and have participated in both local

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and international projects. She was a volunteer at Morris Memorial Hospital, her church St. Peter the Apostle Parish, as well as the community through her Student Council activities. Her numerous awards and commendations are a reflection of her leadership and versatility. Alexandra is a graduate of Parsippany High School 2009 and is currently enrolled in the BSN program of the University of Connecticut.



Dr. Barbara Goldberg Chamberlain

HONORARY MEMBER AWARDEE

M s .

Chamberlain's rich and distinguished background, which, along with her passion for nursing and nursing education makes her a valuable asset to the nursing profession.



As president of NJSNA, she has demonstrated a commitment to embrace the diverse culture in the minority and ethnic nursing organizations including the PNAA & the PNANJ. Her continuous support on the various endeavours of PNANJ endeared her to her Filipino colleagues and are proud and honored to welcome her as an honorary member for life. Over the years, she has been involved in nursing education at many prestigious institutions in southern New Jersey and a recipient of many distinguished honors, including: Research Award, Nu Eta Chapter of Sigma Theta Tau International (2002); Educational Award, Sigma Theta Tau (1998, 1999 and 2000); and Captain, United States Air Force Reserve, McGuire Air Force Base, NJ (1991-2001). She is also a member of over twenty professional nursing organizations and is on the Legislative Policies and Issues Committee of the Academy of Medical Surgical Nurses. She has been a featured speaker at numerous regional health care events in New Jersey, on topics ranging from nursing as a career choice, to infection control, hypertension, cul-

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SUBCHAPTER REPORTS

Bergen County Sub-chapter Report

By Emy Pierrel

To keep up with the theme of PRISM that was initiated by President Leo Jurado our subchapter has accomplished the following: PROFESSIONAL LINKAGES

- Hosted the '2009 Leadership Conference at the Hackensack University Medical Center, Bergen sub-chapter president-elect Dr. Cecilia Alvarez and Vicky Javier did a fabulous job in coordinating all the activities. An ample supply of food was donated by the Department of Nursing. HUMC Human Resources representatives were on hand to welcome the attendees headed by Dianne Aroh, HUMC Chief Nurse Officer. HUMC nurses were encouraged to actively participate in the PNANJ.

PNANJ REGULATORY & LEGISLATIVE

- Increased visibility and representation at the 30th Annual National Convention in Baltimore, Maryland; 7 Bergen EB members were present for the National event.
- Supports through our Executive Board, Advisory Board, and its members, programs and fundraising events of the PNANJ.
- Contribute to all regulatory functions and legislative initiatives that require substantial financial assistance to sustain our cause. One example was the 'Dance for a Cause' last June for the Human Rights Committee funding in support of the legal defense for our PNA member in need.

INTERAGENCY COLLABORATION

- In order to spread our mission and sincere humanistic goals plans are in place to reach out within the Bergen County area hospital and institutions such as Englewood Hospital, Holy Name Hospital, Valley Regional, Care One Center, Palisades Medical Center, Veterans Rehab. facility, Marriott Assisted Living facility, and the Rockleigh Rehab. Center.
- Achieved collaboration with the Asian Community through the Philippine Heritage celebration in Bergenfield where members of our Bergen executive board volunteered to staff the 'Health Promotion Booth' as part of our annual community service. Blood pressure screening, flyers and verbal instructions on how to manage blood pressure control were rendered. Even Gov. Corzine did not escape the caring hands of our Dr. Cecilia Alvarez when she efficiently took his BP.

- Quezon Province Association (QPA) through it president Lita Sarmineto promised to support the cause of PNA by attending our fund raising activities and spreading the word to her RN colleagues.

SERVICE & PROGRAM DEVELOPMENT

- Personalize membership drive via creative incentives that will accomplish our target of 100 members by the end of this year if not regain the other 100 that need reminders.
- To reinforce the value and showcase the talent and accomplishments of the Bergen members, our officers strive to nominate candidates for the 'Annual Gala & Care awards every year. The past year Dr.Cecilia Alvarez contribution put Bergen subchapter in the forefront of the Research.
- Belle Villafuerte, our immediate past president was a speaker in a 'Regional Educational Leadership' conference held in May. She spoke about "Leadership & Management in the Midst of Chaos".
- COMMUNITY ALLIANCES, fund raising activities such as line-dancing sessions Wednesday evenings at St. Mary's of Dumont to fund small projects for the church maintenance.
- Funding raising activity in collaboration with the Filipino Golfers Association headed by a few Filipino nurses and doctors originally from Teaneck, Tenafly, & Englewood.
- PNANJ subchapters continued support and participation in most of their educational and social activities.

MANAGING ORGANIZATIONAL RESOURCES EFFECTIVELY & ETHICALLY.

- 4 CEU Annual educational activity at Bergen Regional Medical Center. I presented the JCAHO National Patient Safety Goals. Dr. Cecilia Alvarez presented on the Rapid Response Team brilliantly. Vicky Javier talked about electronic documentation.

Ocean County Subchapter Report

By Larnie B. Dosono

- We started our year disseminating information regarding current issues directly and indirectly affecting our nursing profes-

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sion and healthcare. Our PNA Ocean newsletter NURSES NOTES is published quarterly as centerfold of Turning Point, the official publication of Fil-Am Ocean County.

- Last January, as part of our community service and outreach, PNA OC supported one basketball team of Jersey Shore Athletic Group (JSAG). We provided the team uniforms. We also donated an emergency kit for the Athletic organization, in coordination with Mr. Cesar Morte, one of the coordinators of the Athletic Group.
- PNA OC collaborated with Pinelands School of Nursing and Allied Health on an education seminar to be held on May 28, 2009 at Pineland School, 11 History Lane, Jackson, NJ 08701. There will be a complementary breakfast and lunch will be served. For detail please call or e mail Ms. Phoebe Andes Tel # 732-905-5057 at pandes@pinelandsnursing.com or Larnie B. Dosono Tel #732-914-9698 at lbdosono@aol.com
- We will continue to support and participate with community events here in our local area: Food and clothing drive in coordination of St Joseph Parish, Toms River. Annual Toms River Founders Day, on June 2009.
- In behalf of PNA OC we would like to congratulate all the high achievers 2009 for their respective specialties, you are all our personal pride and an inspiration!

Essex County Subchapter Report

By Majuvy Sulse

It's been a year after the new officers of ESSEX Subchapter were inducted and since then it has been actively involved in many activities within the PNANJ and the PNA.

- Independence Day 2008 – sub-county officers Isabel Pitao & Sylvia Acevedo served at the health fair booths in NY. Meanwhile at the Barnabas Heritage Day (June 12), Filipino nursing students from Essex County College where on hand to entertain the “kababayans” and the staff. The group performed 2 native dances: Igorota & La Jota Moncadena.
- July 19, 2008-South Padre, Texas- Participated together with the rest of the EB of PNANJ with Leo Jurado inducted as PNA president, Phoebe Andes honored as Founding Chairman and some PNANJ EB elected to PNA. Essex County also had its share of stars in the person of Majuvy Sulse, Subchapter President with 3 awards-PNA Researcher of the year, PNA Scholarship and a bronze for placing 3rd at the 5K Run.
- July 2008- Family Picnic; members and their families enjoyed the food, games and camaraderie hosted by Middlesex County sub-

chapter. Alissa Getts from Essex subchapter was sworn in by PNANJ president Madelyn Yu as Corresponding secretary for the subchapter.

- September, 2008- CARE Awards & Scholarship-Ms. Isabel Pitao RN, CNN, VP Essex County Subchapter, and charge Nurse of HD Unit at Jersey City Medical Center, Jersey City was C. A. R. E. Awardee for Best in Clinical Practice.
- October 18, 2008- Subchapter's first update was held at the East Orange General Hospital with the theme on Bridging Evidence Based Practice with Best Practice. ***Maryellen Mchale- Associate Professor from Bergen Community College talked about the stigma in mental health. She discussed history & theories of stigma & reasons why stigma in mental health deserves to be studied. Despite advances in Psychiatry & medicine & Legislations passed since 2001-2008 (Mental Health Parity Act) prevalence of stigma persists & continues to have dreadful consequences to patients and families. Best Practice: nurses and healthcare providers should be advocates of their patients as stigma from healthcare workers decrease opportunities for interventions. ***Dr. Andrew de la Torre-Transplant Fellow & Associate Prof of Surgery discussed high prevalence of Hep. B among Filipinos. Best practice: SCREENING- every Filipino should be screened for Hep. B ***Dr. Cecilia Alvarez, 2008 PNANJ Research Awardee, Manager, CCU at Hackensack University & Associate Professor at Fairleigh Dickinson University tied all the 2 topics in her evidenced based practice (EBP) talk. She discussed why there is a need for EBP in healthcare, what steps to take when doing EBP & Level of resources for EBP. Best practice- always looks for the burning question and intervenes with the best recommended practices.
- Simbang Gabi celebrated at the NY City was attended by some Essex members and helped in the preparation and distribution of light refreshments afterwards.
- March 13, 2009- Collaborated with Kean University and the Transcultural Nursing Society (MidAtlantic Chapter) in a presentation entitled: Cultural Approaches: Making Cultural Competency Real with Dr. Larry Purnell, author and professor, University of Delaware as the keynote speaker. Dr. Purnell made extensive report on the different movements in the US and Europe that addresses cultural competence to eliminate health disparities. Dr. Julie Fitzgerald, Assistant Professor Kean University touched on cultural beliefs and practices of a growing number of populations in the area. Women's health practices like breast cancer screening, child bearing and child birth, infant care were discussed and although there were cultural differences a universality exists in both cultures: modesty and use of folk medicine or holistic approach. Dr. Valerie Hascup, PhD(c), MSN, CTN, Assistant Professor, Kean University talked on cross cultural communication and how to promote and make competence real with basic guiding principles including self awareness, assess-

SLIVER OF HOPE

By Archiel Buagas, RN

It is in our nature to care. Nurses, especially Filipino nurses, are astute in anticipating patient's needs, oftentimes, the need is given and care rendered even before it is asked. It is true that at work we have to make much out of less, short-staffed and the list could go on and on. Bottom line is, there is just succession of days and even weeks when you feel unfulfilled in the tasks that we are undertaking. Personally, that was what I was going through for a time. And then something happened.

I was walking faster than usual trying to make it to the bus stop before the bus leaves me behind when I thought I heard “Nurse, nurse”. I kept on walking when some tall guy stopped in front of me and won't let me pass. I looked up and looked at a somewhat familiar face but I couldn't remember where I saw this face. He said, “You are walking too fast. Do you still remember me?” and I said “Uhhmm, no”. He laughed loudly after he heard my answer. He told me he was my patient before. He told me that when he was under my care, I was patient with him and that I took good care of him. He thanked me. He said he is doing fine and was actually taking an early morning stroll as exercise when he saw me.

These are one of the moments that I am thankful to be a nurse. Without knowing, we made a difference. We may forget those we took care of, but to those lives we touched, we are remembered—we leave an imprint of ourselves in their lives. With the economy, our work has become even more challenging and in these times of dire need, we need to tap into these slivers of good experiences that remind us why we became a nurse in the first place. I know I have a few and they get me through arduous spells at work. Though sometimes difficult, remember your sliver of good experience that made you proud that YOU are a nurse.

Continued on the next page....

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ment, knowledge of different cultures, collaboration, negotiation and accommodation.

More of the subchapter activities in the PNANJ calendar!

Monmouth County Subchapter Report

By Rebecca Graboso

- Lolita Jacob - received her Doctor of Nursing Practice degree from UMDNJ
- Alda Valenzuela received her National Certification in Gerontology
- Rocel Besa - winner of poster presentation at the March, 2009 regional Meridian Health Stroke Symposium for her study on Perceived Barriers of NIH Stroke Scale among RNs in ICU, ED and Stroke Unit at Riverview Medical Center.
- Rebecca Graboso - won the 2009 Lloyd Family Nursing Scholarship, the highest honor that can be bestowed upon a nurse at Meridian Health 2009 PNAA Scholar; Doctorate Program
- Victoria Ambong - won the 2009 Elizabeth Kellog Award for nursing excellence, Riverview Medical Center
- Josie Bubello, Orly Gimotea-2009 nominees for Clinical Excellence
- Jun Allanigue - Promoted to Clinical Scholar, Riverview Medical Center
- Laarni Degala, Glynda Daradar and Bernardo Besa- Promoted to CARE Scholar, Riverview Medical Center
- Edna Agura, Myrna Ramas, Mary Paz Basinang, Abraham de Leon - promoted to CARE Resource Riverview Medical Center
- Agnes Reyes, Estrella Padama, Nenita Medina, Robert Delrosario- Promoted to CARE Fellow, Riverview Medical Center

Upcoming Events:

October 31, 2009- Educational seminar, "Nursing Competency: Bridging the Gap Towards Patient Care Safety and Quality" at Riverview Medical Center, Red Bank, NJ.
Christmas Party- December 18, 2009, West Park Recreation Center, Ocean, NJ.

Activities in the past year:

- Health Fair: Filipino- American Community of Old Bridge, NJ
- 2009 Annual Summer Picnic and Fund raising
- 2008 Christmas Party and Fundraising
- Contribution to Norma Lao Scholarship Fund
- Contribution to Sisters of Charity, Cebu

City to benefit orphans

- Contribution and program participation at the Filipino Cultural Show, Holy Innocents Church
- Contribution to the Tricia Hallum Defense Fund
- Participated in the Annual Ocean fest 4th of July Celebration in Long Branch

PNANJ Atlantic-Cape May Counties Subchapter Report

By Rachel B. Baldomar, RN, BSN, CCRN

This year is a good year for our subchapter. We have recruited 25 new members since the year started. As of July, our subchapter remains #1 in membership count among all PNANJ subchapters.

PROFESSIONAL LINKAGES

- Atlanticare Regional Medical Center in Atlantic City and Pomona, New Jersey had awarded Nursing Excellence awards to seven subchapter members- Cynthia Padilla, Sue Monahan, Lily Diccion, Mary Grace Yankovich, Janet Boger, Rosemarie Grio and Victoria Roque.

REGULATORY AND LEGISLATIVE AGENDA

- Our subchapter supported the PNAA Human Rights Committee and had contributed to the TH Legal Defense Fund.

INTER- AGENCY COLLABORATION

- Atlantic- Cape May Counties subchapter members participated in "Asian Pacific Heritage Celebration" in ARMC last May 12 and 15, 2009.
- Our subchapter joined forces with other Filipino groups to unite the Filipinos in Atlantic County. On August 2, 2009, a FILIPINO FIESTA was held in Egg Harbor Township, New Jersey. Our subchapter dancers showed off their dancing skills and danced the KAPA MALONG-MALONG, a Philippine ethnic dance showing various ways of wearing a malong.
- Some other members participated in the ARMC Community Outreach Program by doing free blood pressure, blood sugar and cholesterol screening during that day.

SERVICES AND PROGRAM DEVELOPMENT

- Our subchapter was well represented during the PNANJ Leadership Training in May 12, 2009 in Hackensack, NJ. As a subchap-

Continued on the next page....

PNANJ Spring Convention Focuses on the Economic Crises and its Impact on Nursing



"Meeting the Economic Challenges in Nursing Through PRISM" was this year's spring convention topic that aimed to enlighten the participants to the global factors of the financial crises that brought down the US economy to its present recession state and its impact on the overall healthcare delivery system ergo the nursing profession. Dr. Don Zimmerman, Ph.D. and currently the Vice President of the College of Health Sciences at the Walden University was the keynote speaker who eloquently presented the interrelationship of the global economic decline and the state of recession in the USA and its impact on the healthcare system. He predicted that the future is not bleak for the healthcare profession precisely because while the healthcare system utilizes a good portion of the national budget it too is the highest gross earner. Dr. Maureen Schneider gave a very compelling review on the overall state of the hospitals that equates to loss of jobs, increasing uninsured clients, tighter reimbursements, increasing charity services, decrease in advancement services directly affecting capital investments and loss of revenue from bad debts and investment losses equals to the need for the hospitals to redefine their economic strategies to survive the climate of instability. Ms. Judy Schmidt in her talk gave tips on how to survive these crises by highlighting that knowledge is power and therefore encouraged the nurses to know all the essential information and legal issues and its implication to nursing practices that nurses should be equipped with to practice their profession safely and efficiently. She also emphasized that higher

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ter president with the highest membership, I had the opportunity to talk about "Successful Member Recruitment" during the training.

- A 5.25CEU educational program, "It Takes Two- Learning the Dance Steps of Mentoring," was offered in Atlantic City last June 13, 2009.
- Representatives from our subchapter went to Baltimore, Maryland last July, 2009 to attend the 30th PNAA national convention.

MANAGING ORGANIZATIONAL RESOURCES EFFECTIVELY AND ETHICALLY

- Our subchapter had a yard sale as a fund-raising event last April 25, 2009. Another fund-raising event is planned before the year ends.

Morris County Subchapter Report.

By Elisa P. Green, RN, MSN, APN, BC

Spring opened with an educational presentation on March 28 at Saint Clare's Hospital. Barbara Martucci, Director of Educational entertained the group with her presentation entitled "Presenting with Pizzazz." She emphasized that believing in yourself can lead to the greatest performance of your life, while enhancing your self esteem will enable you to present with pizzazz. The three simple rules for this are; know your stuff, know who you are stuffing and know when they are stuffed. Mrs. Blance Bonifacio, owner of Merry Heart Health Care Centers gave away her secrets of being a successful entrepreneur. She stated that the entrepreneurial dreamer always dreams bigger than education, environment and experience dictate. The dreamer requires passion, desire and power to keep on believing the dream. The dreamer does not allow discouragement or disappointment to crush them but continues the learning process. The officers treated everyone to a delicious breakfast. The program was well attended and we were honored to have the presence of NJ PNA President Madelyn Yu who presented PNA updates locally and nationwide. She challenged those present to be active members of the organization, and to continue to recruit new members. Recruiting remains a goal of our sub-chapter for 2009. The Morris County Sub-chapter received a very heartwarming thank you letter from one of our member for the donation of relief goods collected and donated by the PNA members and officers for the flood victims in Aklan. . Lastly, we hosted a spring dance fund-raising event May 30th, 6:30 pm at Hannover Manor. It was a fun event that generated us income to support our cause.

Somerset County Sub-Chapter Educational Offering

By Joe Merida, RN BC

On March 21, 2009, the Somerset County Sub-Chapter of the PNA of NJ held a four-hour seminar entitled, A Closer Look at Current Clinical Nursing Practices. The seminar, which was held in the conference room of Somerset Medical Center, Family Practice Building, featured a talk on the topic of "Management of Patients with Chest Pain/Acute MI" by Andrea Walborn-Haynie, MSN-RN, as well as a presentation on Stroke by Dr. Nimer Mian, D.O., and a talk on the role of the Rapid Response Team by Cecilia Alvarez, DNP, RN. The officers of Somerset County Sub-Chapter were particularly grateful for Dr. Alvarez's commitment to speak on this program in view of the fact that this date was her birthday. Dr. Alvarez expressed delight when the officers presented her with a cake in honor of her birthday. In addition to many positive comments on the overall quality of the day's educational program, the officers of the Somerset County Sub-Chapter were pleased to receive kudos regarding both the ambiance of the seminar facility and the quality and variety of the foods served to the attendees. Aside from providing vital clinical information and current practice trends to the seminar attendees, the speakers demonstrated dynamic presentation skills, which added to the quality of their presentations. The Somerset County Sub-Chapter's officers were very pleased to have been able to provide a worthwhile educational experience that enabled attendees to receive CEUs.



Andrea Walborn-Haynie MSN- RN, APN-BC



Lunch Reception



PNANJ Somerset County Sub-Chapter Officers



Seminar Attendees

The Dream, The Reality, The Promise : Looking through the PRISM **

By Leo-Felix Jurado PNAA President



Let's Celebrate PNA America! It is a singular privilege to be the national president of our association as it turns 30 years old. And what a fitting theme we had with our national convention this year----"The Dream, The Reality, The Promise---- Looking Through The PRISM." The theme forces us to reflect on 'where we have been', 'where we are now' and 'where we are going' as an association.

The Dream: Our founding mothers were dreamers long before they finally made it happen 30 years ago to formalize the National Federation of Philippine Nurses Association in the United States which is now the Philippine Nurses Association of America.

The Reality: Since April 21, 1979, fourteen presidents have realized their dreams and each one of them made a legacy that is indelibly marked in the annals of this great organization's history. Today, PNAA continues to champion in promoting the welfare and advancement of Filipino-American Nurses in the US.

The Promise: Our responsibility is to make sure that PNAA is sustained for the future generations to come. This year's regional leadership programs were all focused on Leadership Succession with the end in mind to prepare the Gen Xers and Millenials to make the promise come true. Our vigilance, level of engage-

Continued on page 11....

From page 2 ... The President's Report

- December 16, 2008-Christmas party, Monmouth & Morris Subchapters
- December 19, 2008-Simbang Gabi, Ocean County Subchapter
- May 2, 2009-Madelyn Yu participated in panel discussion on "Nurse Leadership in the Minority Community: the Audacity of Hope, A Panel Discussion" hosted by the Minority Nurse Leadership Institute
- June 7, 2009- PIDC parade, New York
- June 8, 2009-Ocean County Subchapter parade

Managing Organizational Resources Effectively & Ethically

Leadership is very important in this huge organization, and the PNANJ Executive Board has exemplary leaders. Communication is ongoing: quarterly Executive Board meetings, conference call meetings on a prn basis, and subchapter meetings on a monthly basis are important to keep track of the individual subchapter's activities, coordinated with the state & national goals & mission. PNANJ utilizes all types of communications: newsletter, letters, telephones, electronic mailing, and teleconferencing. PNANJ's Advisory Board continue to be actively involved with PNANJ activities by mentoring the Executive Board, by being guest speakers in conventions, by offering their place of business to host PNANJ activities, and by continuing to be cheerleaders for the organization.

1. PNANJ & its subchapters have presented 12 educational conferences since July, 2008 to June, 2009 totaling 40 contact hours.

- Oct. 2008- educational conference, Bergen County Subchapter
- Nov. 2008-educational conference, Ocean County Subchapter
- Nov. 2008- educational conference, Atlantic/ Cape May Subchapter
- Jan. 2009- educational conference, Somerset County Subchapter
- Feb. 19, 2009-educational conference, Middlesex County Subchapter
- Mar. 7, 2009- educational conference, Bergen County Subchapter
- Mar. 13, 2009- educational conference,

ference, Essex County Subchapter

h) Mar. 21, 2009-educational conference, Somerset County Subchapter

i) April, 2009- PNANJ annual spring convention

j) May 16, 2009- PNANJ leadership training

k) May 28, 2009-educational conference, Ocean County Subchapter

l) June 13, 2009-educational conference, Atlantic/Cape May Subchapter

2. PNANJ sent its Executive Board to attend the PNAE Eastern Regional Conference in South Carolina.

3. PNANJ offered leadership training on May 16, 2009, at Hackensack Medical Center.

4. PNANJ has partnered with the media such as ABS-CBN in its April spring convention, which was followed by a Public Service Announcement (PSA) on swine flu that aired in May, 2009 in the U.S., in the Philippines, and in the Middle East; The Nursing Spectrum and Kean University in holding a conference with one of its Subchapters, Essex County, on cultural competency; The Filipino Reporter in reporting the plight of the New Jersey nurse who was detained for visa issues; The Asian Journal, The Minority Nurse, The Filipino Nurse, the Institute of Nursing, and individual hospital newswires.



From page 3 ... PNANJ Spring Convention

education is key to nursing job stability. Mr. Rey Rivera, President Elect of PNAE briefly gave an update on the organizations activities based on the PRISM mantra of Mr. Leo Jurado. Mr. Felix Vinluan, Esq. and Ms. Joy Dia of PNANY together with Archiel Buegas, RN, Sentosa spokesperson, gave an update on the human rights current cases and its progress. A panel of staff nurses from different specialty areas were highlighted as they gave an account of their experiences in dealing with the hardships of the times and how they cope with it. The convention ended with the annual general assembly meeting presided by Ms. Madelyn Yu.

Held at the Marriott Liberty Hotel on April 18, 2009 the CEU'd convention was once again a success with over 200 participants.

From page 10 ... The Dream, The

ment and our willingness to take calculated risks predict the future

The PRISM provides framework where the national, chapters and even subchapters agenda are in unison in making sure that PNAE advances for the future as it becomes a premiere ethnic association. Our Professional Linkages continues to grow. We initiate and support Regulatory and Legislative Agenda that are favorable to our goals and objectives as an association. Interagency Collaboration with the communities we serve, here and our native land as well as other ethnic associations are abounding. Services and Program Development is the most important component of the PRISM because it drives membership growth. To cap the PRISM, it is the primary obligation of all membership to protect the association by Managing PNAE Effectively and Ethically.

My profound gratitude to the PNAE Executive Board and all the committees for giving your best in making things happens. You serve as the engine of this association. To all the chapter presidents and their respective officers, thank you for catching the dynamism and for serving with gusto. I can see that the members of our advisory council are all watching us with a smile.

No turning back! I look forward to your endless support and friendship.

**With permission to reprint: Original President's Message PNAE Website.



From page 7 ... AWARDEES

tural diversity in the workplace, and more, and has been an invited speaker at over a dozen nursing conferences in the U.S. and abroad.

Ms. Chamberlain has received several research grants, and has published articles in Imprint magazine, Nursing Spectrum, and New Jersey Nurse. She has been a reviewer for the American Journal of Nursing, Journal of Nursing Education, and the Online Journal of Undergraduate Nursing Scholarship, and is on the editorial advisory board for Advance for Nurses. Ms. Chamberlain obtained her doctoral degree at Widener University, Chester, PA, her MSN from the University of Pennsylvania and her BSN from Stockton State College, Pomona, NJ.



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