



Spring 2011

PNASD Bulletin

Official Publication of
the Philippine Nurses Association
of San Diego County

Making Strides Against Cancer

By: Marlon Garzo Saria

The headline on Fox 5 San Diego's website on October 17, 2010 was: "Thousands walk in rain for breast cancer awareness". A picture caption read "rain doesn't faze breast cancer walkers".

While the statements above describe the resilience of the walkers at the American Cancer Society's (ACS) Making Strides Against Breast Cancer Walk 2010, they very well be

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PNASD 36th Anniversary

By: Merlie Ramira, MSN, RN, NP-C, CEN

The Philippine Nurses Association of San Diego (PNASD) celebrated her 36th anniversary, scholarship awards, and induction of newly elected officers on September 11, 2010 at Doubletree Hotel, San Diego, California. The theme of the event was "Pillars of Success, Engage and Make a Difference" with emphasis on Community Partnership, Practice Development, Financial Responsibility, and Membership Engagement. Dr. Rey Rivera who is the president of the Philippine Nurses Association of America (PNA) was the guest speaker. Ms. Beth Rose, PNA Vice-President for Western Region also attended the event.

Jamie Manuel sang the United States National anthem and Connie Mirasol sang the Philippine National anthem. Deacon Manny Porciuncula offered the invocation.

Maria Camilon, PNASD President 2009-2010 gave her presidential message, followed by the acceptance speech of Chona Lutap, the newly elected PNASD President for 2010-2012.

Dr. Rey Rivera and Beth Rose inducted the newly elected PNASD officers.

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PNASD 2010 – 2012 Elected Officers taking their oath.

PNASD's 36th Anniversary Celebration, Cont...

PNASD President..... Chona Lutap
President Elect Erlinda Ortin
Vice President Marlon Saria
Recording Secretary..... Fe delos Reyes
Corresponding Secretary..... Linda Mascardo
Treasurer..... Tessie Porciuncula
Assistant Treasurer Lorna Herce
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Press Relation Officer Dorothy Brown

The eight newly elected Board of Directors are:

Cece Echon, Vickie Berbano, Elvie Magsarili,
Gerry Garcenila, Merly Ferrer, Elaine Soliven,
Maria Camilon and Norma Baladad.

Eight PNASD Nursing Scholarship Award recipients under the chairmanship of Vickie Berbano were presented with scholarship financial awards:

Diana Alcasid-Alcova University of San Diego
Radcliffe Corpus..... Southwestern College
Therese Mendoza Azusa Pacific University
Carissa Nagtalon..... Indiana University
Analyn Palma..... University of Phoenix
Famela Ramos..... Indiana University
Hazel Tanga Gonzaga University
Mark Villamil..... Southwestern College

The Nurse Excellence Award Recipients for Clinicians of the Year, Administrator of the Year, Educator of the Year, and Community Service Awards under the leadership of Cece Echon were also recognized with flowers and plaques.

Clinicians of the Year

Amparo Marzan, BSN, RN, CCRN, Patient Care Coordinator
NICU-Naval Medical Center San Diego
Agnes S. Guanzon, Clinical Nurse II ICU –
VA Medical Center
Evangeline Guarnes, BSN, RN, Clinical Nurse Specialist/
Level III Charge Nurse, Adult Medical/Surgical
Oncology Unit- Naval Medical Center San Diego

Administrators of the Year

Marites Arendon, RN, MSN, Asst. Department Administrator,
Maternal & Child Health – Kaiser Permanente,
San Diego

Carmencita Cabalic, RN, MSN, Adjunct Nursing Instructor -
Azusa Pacific University, National University
& Cal State University San Marcos; Clinical Nurse, Labor
& Delivery, High Risk OB – Kaiser Permanente

Community Service Award

Crisabel Ramos, BSN, RN, Pediatric Case Manager,
Naval Medical Center, San Diego

Staunch awards were given to Paradise Valley Hospital,
University of California San Diego Medical Center, Scripps
Health, Sharp Healthcare, Kaiser Permanente, and Promise
Hospital.

The emcees of the event were Lourdes dePerio and Beth Pulido. It was a successful event, attended by more than 200 guests and friends of PNASD. Everyone enjoyed the night comprised with recognition awards, raffles, dances, and delicious food. It was such a nice feeling seeing the younger generation participating and supporting the event.

As the chair of this event, I would like to thank my committee members for a job well done. Your commitment and dedication made this event a memorable and a grand celebration. Congratulations to all the newly elected PNASD officers and to all the Scholarship and Nurse Excellence recipients. We will see you again next year for the PNASD 37th Anniversary and Scholarship Ball Awards.

PNASD Mission Statement

PNASD's mission is to promote, uphold and enhance the professional image of Nurses of Philippine descent in the County of San Diego, through education, research, professional and health advocacy, mentorship, community collaboration and respect for human right and diversity.

*Chona
Lutap*

President's Message



We welcomed 2011 with zest! The members are engaged, possibilities to generate more members truly inspires me to channel these creative energy so we can achieve our goals together. Our upcoming seminar, "iNURSE: CREATING NEW CONNECTIONS" is something we all look forward to and if the members "click" into our website you can see changes that will truly make you feel connected as part of the organization. The members who are part of the panel were the scholars of 2010 as well as new members. The seminar brings to the table an array of speakers whose expertise will keep you knowledgeable in information technology which no longer will be the language of health care professional but also the patients we care for in the hospital and in the field.

I do have a different perspective of how the social network helps in the recent disaster in Japan so I am looking at it at a different angle mostly to communicate and use it for the advantage of our organization.

PNASD is engaging in new projects to fund our goals for our members. It would be awesome to do these with you as part of PNASD. What is in it for you? As nurses, we do CARE. As members, we are COMMITTED, and we are proud to introduce our brand, "Heritage of Caring", that is what's in it for you!



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Editor : Roland Estrella, MSN, RN

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As determined by the Editorial Staff

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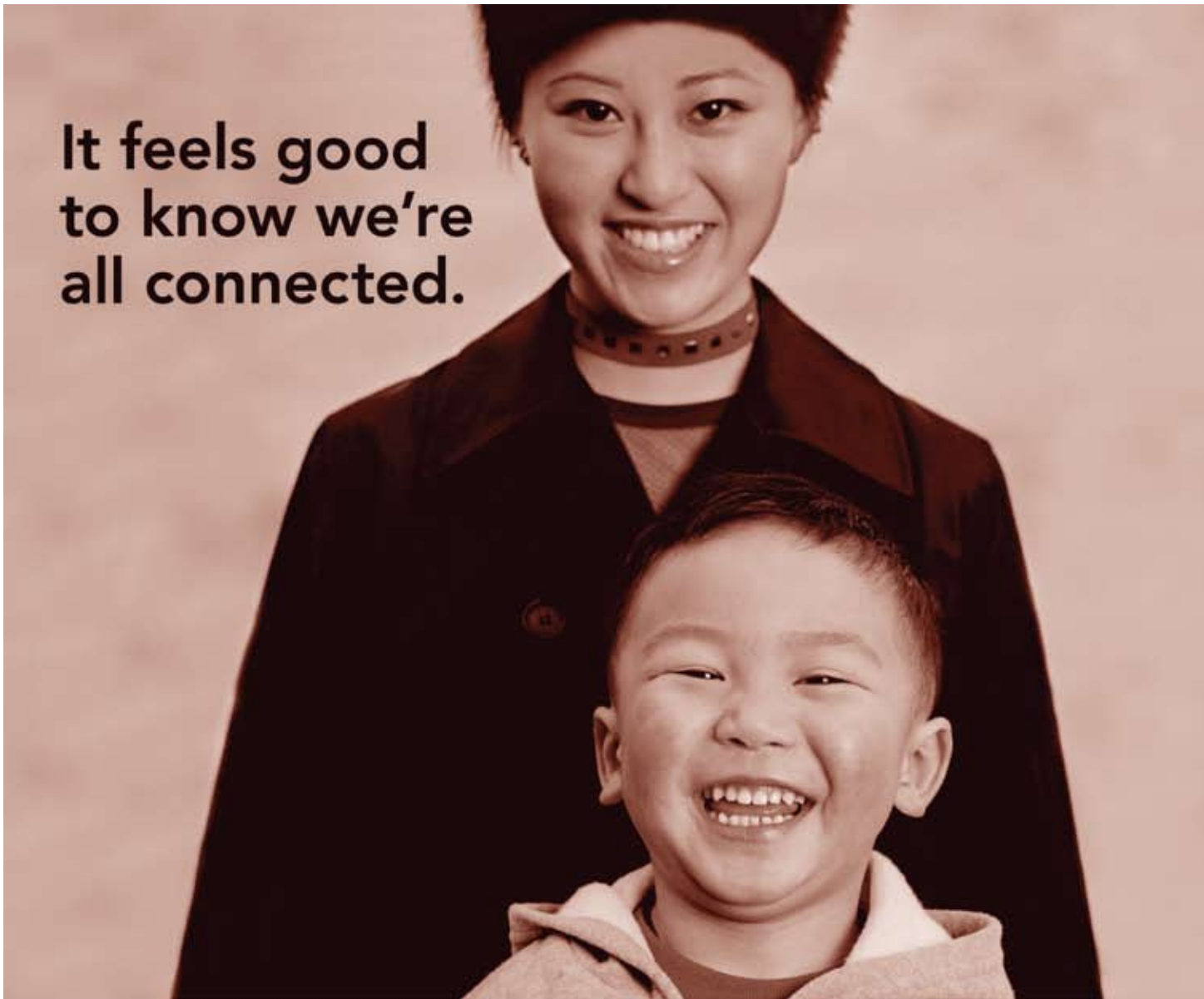


Scholarship Awardees 2010



Nurse Excellence Award Recipients 2010

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Roland Estrella
Editorial

I believe in...what? Can someone remind me!

By Roland Estrella

I believe that somewhere, sometime, someone said that “the more things change, the more they stay the same”. Well it seems as if we have come full circle again. We are all waiting for the economy to recover. Many of us are tightening our belts a little bit more due to the rising costs of living, and starting to hear about jobs being harder to find. Work duties seem to become more intense and the discussions with our peers frequently include more negative than positive stories.

Some of our new favorite stories include, “getting gas cheaper than the other place” or “have you heard about so-and-so losing their home”? As a fellow Registered Nurse, I can bring up ideas such as “displacement”, “projection”, or maybe these examples are ways that help us deal with the seemingly increasing problems that we encounter. Speaking for myself, I feel that the ride home from work is getting longer and that many times I feel too tired to follow through with my family duties e.g. playing with my kids and taking out the trash.... well maybe that may be a side benefit.

I’ve written editorials in the past to include examples of inspiration that I have found through the science and art of Nursing. In 1859, Florence Nightingale wrote

something to effect that the most important practical lesson than can be given to nurses is to teach them what to observe. I remember that when I was working my way up to becoming an R.N., I would always try to learn when I could not actively participate e.g. giving medications and watching for effects. I used this lesson when dealing with patients, family, and staff. We tend to pick up subtle clues that could come in the form of non-verbal cues, body mechanics, verbal tones, and critically thinking and questioning if I am doing everything I can for patient advocacy.

I continue this practice during my current position in academia. I observe the changes in my students, understanding that the effect of the economy, etc., has an effect on their learning and my ability to accomplish my objectives for them. I also observe the interactions between the staff nurses in the hospital/clinics/specialty areas and the students. Stressors are increased on both sides and sometimes we can forget for a short time why we are really there for and what they believe in. For these reasons, everyone involved needs someone to remind him or her from time-to-time.

Patient advocacy may be your default answer and you may be thinking, “Roland, that is the right answer isn’t it?” Well, thanks for asking! A good friend of mine tells students something to affect that if caring was all it took to become a nurse, anyone can be one. Can you honestly say that every single minute that you are caring for a patient(s), that you show caring and compassion? With the uncooperative patients or families? Physicians with whom you don’t understand their current plan of care for your patient? Or changes within your facility environment? I believe we can all say that we want to show those attributes but we are too busy or something else prevents you from providing “Ivory Tower” nursing 100% of the time.

In 2010, I became very ill and found myself in a critical situation. I happened to end up in a Medical Intensive Care Unit in a hospital that I have trained students at. I had many visitors, to include professional acquaintances,

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Making Strides Against Cancer, Continued...

describing the resilience of patients who are forced to battle breast cancer. Just as the organizers did not choose to have rain fall on what was to be a beautiful Sunday morning, patients do not choose to be diagnosed with cancer. And just as that Sunday's rain didn't stop hundreds in Balboa Park from putting on their walking shoes to help in the fight against breast cancer, cancer does not stop patients and their families from hoping, dreaming, loving and living.

Everyone at the event had a story to share. Patients who are in the middle of treatment are walking with hope that a cure will be found. Families and friends of patients with breast cancer walked to show their support to their loved ones. Babies on strollers, grandmothers on wheelchairs, children on rollerblades, skaters with their boards, and the muscular dudes in pink tutus are some of the common sights that I can guarantee will be seen every year.

Last year, the Philippine Nurses Association of San Diego participated as one of the local teams. I am proud to report that we have met our goal of raising \$1,000 earning us a pink ribbon award from the ACS. Many of our members came out on a damp Sunday morning to walk and needless to say, we had a great time. Yes, we got wet... but the friendship and camaraderie between us warmed our hearts.

We hope to see you in October of this year for the 2011 Making Strides Walk. We promise to be there, rain or shine! And we will bring the sun with us, that symbol that is so prominently displayed on our native country's flag.

*It is not how much
you do but how much love you
put in the doing.*
– Mother Theresa



PNASD members at the finish line.

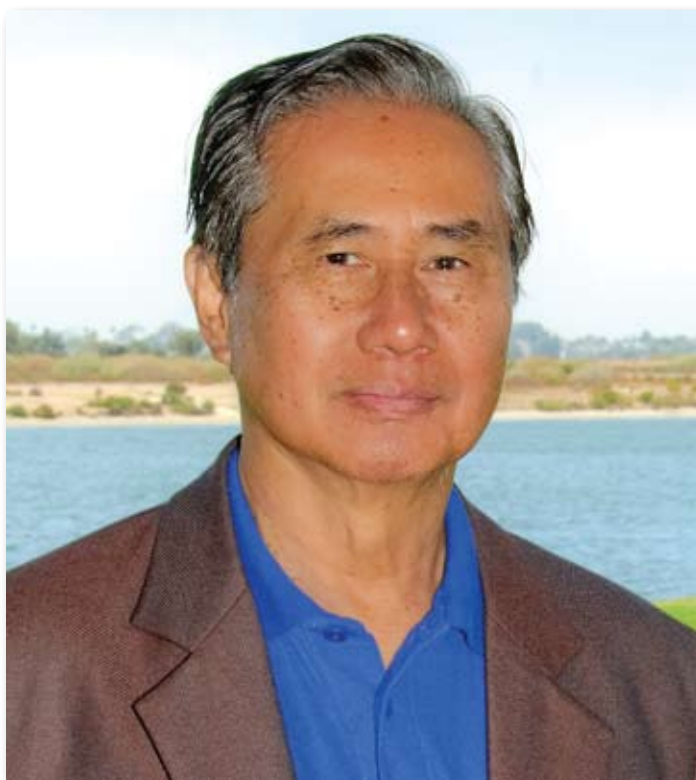
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Elaine Soliven - Chair

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A Farewell Message



Our past PNASD president and former newsletter editor is leaving the San Diego area. Gerry Garcenila and his wife Lisa, who is also a former PNASD officer, are locating to the state of Florida after residing in San Diego for many years. They both retired from the Veterans Administration Medical Center a few years ago.

Gerry joined PNASD in 1981 and took over as newsletter editor in 1982 until 2006. He was PNASD president from 1994 to 1996. As editor, he organized the quarterly newsletter edition at the time and assigned articles to the officers and members that featured activities of the association at the local level, as well as, the PNA National Conventions. He volunteered at community health fairs, manning first aid booths, and providing needed assistance. At one of the VA Medical Center's health fairs, he put his "Therapeutic Touch" into action, which was also his award winning master's degree thesis at San Diego State University. Gerry also spearheaded the collection of donations to victims of the devastating typhoon "Ondoy", in the Philip-

pines.

In 2003, at the "Networking Night" of the PNA National Conference held in San Diego, he was chosen to personify the actress and singer Diana Ross in "The Supremes" song. The performance elicited much applause and laughter from the audience. There will never be another performance like it.

We will miss Gerry not only because of his contributions to PNASD, but most of all, we will miss the friendship of a man who is always willing to lend a helping hand. We at PNASD will miss Gerry and Lisa within our midst and wish them the best in their new home and endeavors.

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I believe in...what? Editorial Continued...

colleagues, and former students. A recurring question was, "Don't you teach this topic, what happened?" My response was that I am only human and currently a patient under their care (I also humored some by saying that I was doing "undercover" research for future lectures). I received excellent care and was proud of my past students. My recovery was painful and continues to this day. This added to my stress and at times I considered quitting (post-traumatic stress disorder, medications, depression? Maybe I should stop self-assessing myself). I also found out about another very important member of the PNASD having an illness as well.

We shared many conversations via phone or text messaging, as we were both too weak to meet in person. I started to doubt what I believed in as my role as a nurse. I kept dwelling on reasons why I should reconsider continuing as a nurse. One of the thoughts that kept circulating in my mind was, "I have worked so hard, helped many people, and is this what I deserve? Isn't there any justice out in the world?" Sound familiar, perhaps a different time or

situation? These words are not musings and I believe many readers can relate to the overlying inferred topics.

The end result is that in the case of the economy, episodes of stress, etc. these things seem to come and go with time. We survived before and were able to deliver excellent care and show caring and compassion to our patients. How did we survive then? Did we just find that "happy place" and mentally lived there throughout the trying times? I shared some of my private life to illustrate an example of a critical stress point that could have ended in a negative outcome, but this isn't about me. It is about us learning from our past, things that don't kill us makes us stronger...hmmm, still waiting for that full strength, but I'm a patient nurse. Remember the positives e.g. family and friends, not for what they can do for you but the happiness they bring to you. Find a way to reward yourself and don't forget you have support.

One of my teaching philosophies is my goal of leaving the student in a better position than what I was in, when I was at their point in education. Meaning, I want them to

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Dorothy B., RN, Clinical Nurse

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Fil-Am Fest

October 2, 2010

By Anna Melendez

Amidst the perfect mix of sun and a cool breeze over Paradise Hills on the 2nd of October 2010 are over 10,000 Filipinos (and Filipinos at heart) immersed in the overflowing cultural celebration of the 6th Annual Filipino-American Festival.

The San Diego Fil-Am Festival is said to be the "largest intergenerational arts and culture event in the County of San Diego". This one-day event, chaired by Dennis-Michael Broussard, featured various vendors demonstrating culinary, visual art, fashion, and businesses infused by Filipino culture.

But, it wasn't only the palette stimulating attractions that kept the attendees wanting more, can I forget the talents that graced the stages with their presence? A showcase of performances from cultural dance groups to hip-hop artists to (can I get an 'O-M-G'?) YouTube superstar AJ Rafael!

The Philippine Nurses Association manned the First Aid Booth station together with our generous volunteers. Thanks to the efforts of our colleagues from Naval Medical Center, Grossmont College, Asuza College, and our very own scholarship recipients, the First Aid Booth successfully provided immediate noninvasive emergency care, general health teachings, as well as conducted free blood pressure readings.

PNASD is proud to have taken part of this festivity and it is always gratifying serving and caring for this familiar community of people!



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I believe in...what? Editorial Continued...

be a better nurse than I was when I finished school. Upon returning to work, I believe I have made positive life-long learning contributions, evidenced by positive outcomes from tutoring and student-patient interactions that brought credit to themselves, the facility, and our nursing program. Their feedback to me is gratifying and reminds me why I went into teaching. Wait a minute, that's one thing that reestablishes my belief in my professional direction. Now I need to add that to the things that keep me going.

I shared a couple of my mantras that promote my practice; I invite all of you to share yours with me. Please feel free to email me a mantra or quote that drives your success as nurse. My email is rolandrn@cox.net, I would like to hear from you and possibly share your mantra/quote in a future issue of the PNASD Newsletter. Can some of you help to remind me of topics to believe in? Sharing with the PNASD community gives you a voice to be heard, and may inspire another colleague to improve their role as an RN as our fellow member has helped me.

PNASD: Celebrating Christmas Party on a Rainy Day!

By Diana Alcova

How fun to mingle with lots of jingle bells on December 19, 2010!. It was raining at the Admiral Bakers Field Clubhouse, but we still had a lot of fun at our Christmas party. There were some games, exchange of gifts, caroling, picture taking sessions, raffle drawing, dancing, singing, and great foods. It was obvious that everyone's having a good time and their faces were marked with a smile. It was a blessed day and that everyone greeted each other "Maligayang Pasko!". It was a lovely day and could not wait for the 2011 Christmas party...hopefully it will be a sunny day!



PNASD Celebrating Christmas Party on a Rainy Day

18th Annual Spring Seminar



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PNASD Members Lend a helping hand at the Paradise Valley Hospital Wellness Fair

By Roland Estrella



PNASD members with Efren Penaflorida CNN Man of the Year.



PNASD President Chona R. and Past President Elaine S. with Nathan Fletcher author of Chelsea's Law at the FACE Induction Dinner.



Paradise Valley Hospital Health and Wellness Fair Oct. 30 2010.



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