



TANGLAW

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PHILIPPINE NURSES ASSOCIATION OF GREATER KANSAS CITY CELEBRATES



Induction of 2010-2012 Executive Board: (L-R) Chito Belchez (Board member), Mary Aragon, (Board Member) Joy Doolin, (Treasurer) Elvie Leone, (President Elect) Grace Leonzon, (Asst. Secretary), Luz Conde (Secretary) Vicky Herrera, (President), Leila Busch, (Immediate Past President) Emma Florentino, (Board member) Helen Austria, (past Board member), Louicee Benitez Sarol (Board member not in picture) Venir Rivera, (Board member) Cora Zamora, (Board member) Arvin Figueroa, (Auditor) and Babette Boiser Orlich (Vice President)

PNAGKC gives back to the Community



Arvin Figueroa RN BSN and Arlene Tiu RN BSN attends to a patient during the Free Health Fair

On August 14, 2010 several nurse flocked the Filipino Cultural Center in Overland Park and volunteered their services at the 2010 Free Annual Health Fair.

This event is a project of the Filipino Cultural Center Foundation in collaboration with the Philippine Nurses Association of Greater Kansas City, the Philippine Medical Society and the Filipino Association of Greater Kansas City.

A very special thank you to all who have made this event possible and another success story.

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Editorial

I is amazing to see how things have changed since we first published our Tanglaw.

I remember when the editorial staff physically cut and paste pictures and articles to create a publication. Today, you can either, simply drag and drop it or do it with a click of a mouse. Some technological advancement have made it easier to edit, layout and to complete the task of publication , but its essence has not changed.

There are many variables in making a publication, but essentially without its contributors and readers, there is no completed newsletter . Your story has been, is and will always be a crucial entity in our Tanglaw issues. .

We had amazing past editorial teams. They've come and gone, but each has helped grow our publication to what it has become today. To them, we are truly grateful.

To my editorial staff and all contributors, it was my pleasure to share the opportunity to report, amuse and showcase our organization. I thoroughly enjoyed the many years I served as your editor. But my role as an editor has come to an end to face another remarkable role. The time has come to pass the baton.

Please help me welcome Leila Busch as the new editor in chief and I am very confident that together with her Editorial Staff, they will successfully continue where we have left of.

Thank you and sincerely,

Ma. Vicky P. Hererra RN BSN



PRESIDENT 'S MESSAGE

Good day everyone,

It is my honor and privilege to accept the position as your President and I humbly thank you for your vote of confidence. I would like to present to you, and congratulate the 2010-2012 Executive Board and leadership team for stepping up and accepting their respective roles and responsibilities for the next two years. Thank you for your pledged commitment; we have established our goals, set the course and now it will take all of us to accomplish it.

President Elect- Elvie Leone
Vice president Babette Boiser -Orlich
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Treasurer-Joy Doolin
Asst Treasurer -Cherie Guevarra
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Emma Florentino
Venir Rivera
Eloisa Benitez Sarol
Corazon Zamora

Advisers
Leila Busch
Tess Laoruangroch
Riz Pecana
Beth Rosas
Ernie Rosas
Sonia Tumanut
Irma Labre Wright

In any organization, leadership and membership are equally important and one cannot exist without the other. But an organization is only as good as its fully engaged leaders and members. This echoes PNAA President Rey Rivera's mantra for 2010-2012. To be fully engaged, requires commitment which is not easy because it asks of us, our precious time and a lot of effort on our part. But I'd rather be committed than not.

To all our leaders, members, seasoned, part time, full time or behind the scenes; there is no perfect timing nor will there be enough time for everything. But for making the time when there was none, and for making sacrifices because you believe in something noble and bigger than yourself; I would like to take this opportunity to congratulate and thank all of you for everything that you have done for the Association.

On behalf of the Association as your President, I invite you to renew your support and commitment. Let us not forget where we came from, our humble beginnings and the mentors that helped us along the way to become what we are today. Share your expertise and talents because the challenge to step up is here; the time to give back to our peers, colleagues and the community is now. Our task is to continue this legacy and pledge to do our best to uphold our mission.

Let us inspire one another to do our best to uphold our mission, Let us strive to bring out the best from each one of us. and learn from our past and move forward with renewed spirit of confidence, and enthusiasm ..

With team work and focused synergy, we can direct our course and accomplish our goals. Will you stand by and just watch, or will you be part of our remarkable PNAGKC journey where at the end you can proudly say "Yes, I was there, I was a part of it all."

Have a safe and wonderful day!
vicky



Message from Leila Busch RN BSN

PNAGKC Immediate Past President

*I*t's always hard to say goodbye! For two years, I treated PNAGKC as my own child, took care of it to the best of my ability but the time has come for me to let go. Our PNAA President Leo Jurado's PRISM mantra guided me along the way and our accomplishments here and abroad will speak for itself. We survived amidst all the challenges and we came out strong, standing proud.

My journey ended. I give my sincere thank you to my family, and all the people who walk along with me on my journey. My dearest advisors who gave me their wisdom, the Executive Board who helped me carry on my goals and aspirations for our association and to all the members, I appreciate you all for being there for me.

To Vicky and her Executive Board, Keep the fire burning, carry on my friend. Sometimes the road maybe bumpy and rough, but keep up the spirits and we will all come out a winner.

God Bless,

Leila

Welcome to Our New Members

Cynthia Keller

Bob Griggs

Vilma Suba

Maria Syril

from page 1 ... PNAGKC celebrates DINNER DANCE 2010

PNAGKC NURSE OF THE YEAR RECIPIENT

Souvenir Rivera RN BSN ANP



Del Iloreta, Janette Marshall and Leila Busch



The "BEBOTS"



Ernie Rosas, Rod Herrera, Egay Leonzon, Bong Tumanut, Helen Austria and Riz Pecana



Front Row; (L-R) Babette Boiser-Orlich, Sonia Tumanut, Linda Lisondra, Salome Flor, Gigi Galang
Middle Row (L-R) Anita Cooper, Mary Aragon, Aida Lopez, Febe Navas, Leila Busch, Vicky Herrera, Louicee Benitez-Sarol, Arvin Figueroa, Tess Laoruangroch, Riz Pecana Back (L-R) Yolie Endaya, Amie Valera, Lydia Geroche, Janet Marshall, Emma Florentino, Nerida Perry, Helen Austria, Grace Leonzon, Elvie Leone, Beth Rosas, Lilibeth Irasiri, Stephanie Mullins, Emile Turalba, and Luz Conde



ME, MYSELF, The NURSE

by Elena Sabido RN BSN MSN

(The purpose of this column is to provide a vehicle for potpourri of information, tidbits updates dates whatever topic that somehow affect/ed our lives as a human being especially being a nurse. At the outset, I am forewarning each one of our readers to be prepared to be tapped to be part of this column.)

The first topic requested is regarding **501(c) (3)** status. It was a general consensus that as a member of our organization, it is important that each one of us understands what we are all about. PNAGKC has achieved this status as an organization. It is with this hope that writing this topic can help clarify the nuances of this particular law.

501 (c) is a specific section of The Internal Revenue Code (26 U.S.C. § 501) which provides the 26 types of non profit organizations exemption from some Federal income taxes. A **501 (c)** organization is any non-profit and American tax -exempt corporation or association. Sections 503 through 505 defines the requirements for attaining such tax exemptions. State tax exemptions maybe allowed based on these similar tax codes.

501(c) (3) exemptions apply to corporations, and any community chest, fund, or foundations, organized and operated exclusively for religious, charitable, scientific, testing for public safety, literary, educational purposes, to foster national or international amateur sports competition, promote arts, or for the prevention of cruelty to children or animals.

Under this IRS code, a provision for the donors who make charitable contributions to most types of **501(c) (3)** organizations deductions for the federal income tax purposes. Provisions on certain donations are also regulated. All donations must be verifiable (e.g receipts for donations over \$250) to qualify for deductions. Corporate and foundation matching programs require that an organization has obtained and maintained this status for granting matching funds. Having this status will attract individual donors as well.

To attain and maintain this status, a **501 (c) (3)** entity must comply with the following regulations:

- Organizations must file IRS FORM 1023 to obtain status accompanied by filing fee. Organizations exempted to file are Churches and their integrated auxiliaries and organizations that are not private foundations that have gross receipts that normally does not exceed \$5,000 annually.
- Organization must maintain proper records and file required annual or special purpose tax returns. Previously, annual returns were not required for organizations accruing less than \$25,000 in gross income annually. However, from 2008 onward, organizations must file yearly " e-Postcard" known as Form 990-N or risk losing tax exempt status.
- Failure to file Form 990 (Return of Organization Exempt From Income Tax) could result to monetary fines of up to \$250,000 per year.
- Exempt organizations are required to make their returns, reports, notices, and exempt status available for public inspection including photocopying access of such records.
- Organization may be subject to tax on its " unrelated business income" whether or not the organization actually makes a profit but cannot include sales from donated merchandise or other business or trade carried on by volunteers.
- Disposal of donated goods valued over \$2500, or acceptance of goods worth over \$5000 could trigger special filing and record keeping.

PNAA Nurse Educator of the Year

Chito Belchez has been an active member of PNAA and its Affiliate Chapter, Greater Kansas City for six years. He is a Board Member and Chair, Education Council, 2009-2010, PNA-Greater Kansas City. He is an ANCC Board Certified, Nursing Professional Development.

Currently, Chito is a Director of Education Department at Liberty Hospital, in Liberty, Missouri. He is also an Advisory Board Member for William Jewell College of Nursing in Liberty, Missouri. He has over 10 years of faculty/nurse educator and staff development experience. He has made significant contributions in the field of nursing through his involvement in nursing education as an organizer, participant and lecturer. Some of them were:

- Served as an Adjunct faculty at Kansas University School of Nursing from 2005-2007
- Assisted with faculty with NCLEX Review Class for new grads that unsuccessfully pass NCLEX first time.
- Continuing Education Planning Coordinator, Missouri State Board of Nursing Approved CE Provider, Liberty Hospital Education Department
- Served as an Expert Panel, Pearson Test of English (PTE) Language Proficiency, NCSBN, Chicago 2009
- Organized team to run for Head for the Cure and Heart Walk
- Designed and maintained the National Nursing Staff Development Organization (NNSDO) Heart of America affiliate website

In a letter of recommendation for the DNP program at University of Kansas, one of his colleagues described Chito Belchez as “the future thinker in Nursing Staff Development...always thinking of a better way for presentations and orientation...a proponent of blended learning experiences before they were popular. He developed Odyssey, a program for new graduate RN’s implemented the spring of 2007.”



Chito receives the Nurse Educator of the Year award from Immediate Past PNAA Prism President Leo Jurado and PNAA President Rey Rivera during the Gala Night Celebration held at the Intercontinental Hotel in Miami June 27, 2010

Chito Belchez has received numerous Certificates of Appreciation in the local facility and local professional organizations for his significant contribution in the field of nursing and in the community. Some of them were:

- Henrietta Froelhke Award for Outstanding Graduate Academic Performance, Kansas University Nurses Alumni Association, May 20, 2006
- Pride Committee Award for Recruitment and Retaining Nurses, University of Kansas Hospital, 2006
- Leadership and Academic Excellence to Nursing Practice Award – Sigma Theta Tau International, Delta Chapter, May 2007
- The Heart of America Affiliate of NNSDO received the 2008 Excellence and Quality Award for its educational Program and website design, Chair of Education Committee and Webmaster
- Poster Presentation, “Developing a Hypoglycemia Guideline Using the Iowa Model of Evidenced Based to Promote Quality Care”, 3rd Building a Culture of Quality, Safety and Nursing Professionalism: Evidenced-Based Practice on the Frontline Conference, MU Sinclair School of Nursing, April 22, 2010

article source: mypnaa.org website

SCHOLARSHIP



PNAGKC Scholarship
Update By Elvie Leone, RN,
BSN, CGRN
Scholarship Committee
Chair

After another year of waiting and anticipation, a fine young woman painstakingly submitted her proposal describing how she met the eligibility requirements for the PNAGKC scholarship grant available to students in Greater Kansas City. As her teachers at Rockhurst University and Research College of Nursing have testified, “Shaina Rivera is a mature young woman with a passion for nursing. She is a good student, asks thoughtful questions and a very good problem solver. She is always cheerful and has a wonderful personality that will endear her to her patients. I highly recommend her for this scholarship.” “She is very quiet, mature, enthusiastic, smart and meticulous”, all critical qualities for becoming a great nurse. Shaina is 20 years old, the 2nd of 2 children of our very own Jun and Venir Rivera (PNAGKC Nurse of the Year 2010 and accomplished neonatal nurse practitioner). Shaina not only wants to follow in the footsteps of her Mom and Dad, but has made a career in nursing her dream since she was a young child. She excels in academic, maintaining a GPA of 3.67 as she enters her third year of studies towards a Bachelors of Nursing degree in 2012. She will receive \$250 per semester for the next 2 years contingent upon her continuing to fulfill the PNAGKC scholarship requirements during that period.

Update on our first GKC scholar, Merlynn Atangan is a full pledge RN and works in Olathe Medical Center.

In the Philippines, one of our scholars, Maria Cecilia Hular from Bicol University, continues to do well. She is well into her fourth year of studies and expects to graduate in 2011. And remember Joy Arsenal, one of our scholars who began in 2008 at Adventist University College of Nursing, but was forced to delay her studies due to family hardships? Well, she has remained determined and focused on her goal, initially becoming certified as a CNA, and now returning to Adventists University to complete her BSN degree. Since she continues to excel, her scholarship from the PNAGKC will be re-

Thank you. I will continue to update you with my studies. This year is the toughest of the nursing course. But I know that with people like you around and with God up there supporting me, I know I can finish this course. Rest assured that I will do my best in my studies that your effort will not be futile. No words can express how grateful I am to you and to PNAGKC. True to your words, I am really having fun. I hope that I will be a good nurse someday. I pray that you will be safe always. God bless!

With these thoughts, I would like to express gratitude to our PNAGKC members and the Scholarship Committee. Without your support, these inspiring success stories simply would not be possible. Thank you.



Merlynn Atangan

First Scholar of Greater Kansas City



RESEARCH

Tess Laorangoch, RN, MSN, FNP-BC, APRN, CCRN, MPH

High salt intake and overweight are both health risks. There is no current literature on the effect of sodium restriction on weight reduction. Although nurses are aware of the health risks of high salt diet and overweight, their attitudes and behaviors towards dietary salt restriction are unknown. In addition, there is no reported study that has been done on Filipino women regarding their weight and dietary sodium intake.

Therefore, this study aims:

1. To determine if limiting dietary sodium will lead to weight reduction.
2. To determine the nurses behavior and attitudes towards dietary sodium restriction.

Method:

This is a pilot study (n=11) utilizing a combined experimental and quantitative descriptive exploratory study with a target sample of 20 Filipino women nurses, but only 15 volunteers signed up. Due to exclusion/inclusion criteria only 11 participants were included in the study. Participants were instructed to limit their sodium intake to below 2400 mg per day, and record their sodium intake and weight daily on the log book provided. Participants were also provided with instructions on how to monitor their sodium intake, and literature including recipes and tips to lower their salt intake. The study was conducted over a 2 month period. Baseline and post study data which included blood pressure, weight, and exercise regimen were obtained. Participants were also asked if they have diabetes. A 10-item post-study survey was conducted to determine their behavior and attitudes towards sodium restriction.

Results:

Data analyses reflect only reported responses. Frequencies were used to categorize variables in the responses. The participants had a mean age of 54 years old and BMI of 25.1. More than half walk at least 2-3x/week for 30 minutes, and 72% have normal blood pressure. Three participants have diabetes, and on oral medications. Two of the participants with elevated blood pressure did not complete the study. Of the 11 study participants, only 3 completed the study with the group's average weight loss of 8 pounds. Review of their log books showed that they consumed an average of 2400-2600 mg sodium intake daily. They reduced consumption of Chinese, processed and canned food. In addition, they have also eaten smaller food serving, and responded that they will continue to eat food low in sodium. No participant was able to maintain the study's recommendation of less than 2400mg daily sodium intake. Only 1 participant recorded her weight daily.

Participants who were not able to complete the study found the weight, reading/determining sodium content of food, and recording sodium intake daily difficult to do, especially if they are away from home. More than 50% of the participants found difficulty in preparing food especially Filipino dishes low in sodium due to lack of Filipino recipes and literature showing sodium content of food. They also responded that their favorite dishes are high in sodium.

About 45 % of the participants reported that they are more aware of sodium content of food. A smaller number (36%) responded that they have shared with others and friends the benefits of reduced sodium intake and that "commitment" is needed to follow a low sodium diet. One fourth of the study participant will buy a Filipino cookbook that shows nutrition facts and contents, if available.

Conclusions

The study showed that there is a modest weight reduction by limiting sodium intake below 2600 mg daily. The study also showed inconsistent attitudes and behaviors towards sodium restriction. However, due to the small sample size the results are not conclusive. Despite the fact that there are no compelling conclusions that can be drawn from this study, the following can be implied:

Nurses are aware of the health risks of overweight and high salt intake but they are not "learners" and "doers" with their health practice



COMMUNITY SERVICE REPORT

By Cora Zamora RN, BSN

Chair, Community Service

1. Deliver food to the homebound and elderly of Kansas City with Redemptorist church.
2. Collecting and shipping of goods for the typhoon victims in the Philippines.
3. Helping with flu shots thru the American Red Cross
4. Organizing, packing of supplies for international missions with the Medical Missions Foundation
5. Packing, shipping medical supplies and equipment for medical mission to the Philippines with Philippine Medical Society
6. Medical and surgical mission volunteers to the Philippines with the PMS and Rotary club
7. Volunteer for cultural diversity symposium at Graceland College
8. Walk for March of Dimes
9. Health fair volunteers at St. Luke's Northland Hospital
10. Health fair volunteers at Samuel Rogers Center at Bethany Community Center
11. Volunteers at the golf tournament with the PMS and South Platte Rotary Club
12. Fiesta Filipina volunteers

Total number of hours: 792



St. Luke's Northland Health Fair



5 K Walk/Run at Shawnee Mission Park



International Research and Grant

Dr. Phoebe D. Williams Continues Implementation of ALSF Study Internationally

The Alex's Lemonade Stand Foundation (ALSF) grant recipients in 2009-2010 include nurses at institutions in Philadelphia, Seattle, Houston, and Kansas City. ALSF funds three types of nursing grants: small project grants (for novice researchers), mid-level grants, and nurse researcher grants (for experienced researchers). An experienced researcher at the University of Kansas Medical Center, School of Nursing, Dr. Phoebe D. Williams, PhD, RN, FAAN was awarded a two-year nurse-researcher grant (\$100,000.). Entitled *The Therapy-Related Symptom Checklist for Children (TRSC-C): Systematic monitoring of symptoms to improve oncology interventions*, the study aims to develop a child friendly and clinically usable therapy-related symptom check list. The study also will look at the age group and gender differences for specific symptoms. The ultimate goal is to better track symptoms during treatment, relay symptoms to clinicians and see if this tracking impacts outcomes. In addition to KUMC, four Children's Hospitals are participating in the study: Children's National Medical Center in Washington, DC; Children's Mercy Hospitals & Clinics in Kansas City; Miami Children's Hospital; and Phoenix Children's Hospital.

Recently, Dr. Williams implemented an expanded scope of the study with ALSF funds to explore the symptom alleviation methods used by parents and children with cancer. Thus, in addition to U.S. sites, data were collected also in Bangkok, Thailand, at the Queen Sirikit National Children's Hospital, oncology/ hematology units. Dr. Williams and Thai co-investigators are

Visiting Professor, Dr. Williams also gave workshops and lectures to masters and PhD students at Schools on Nursing in northeast Thailand, and in eastern Thailand. In addition to Thais, several of the graduate students were funded scholars from Vietnam, India, and Bhutan. This August, a pediatric Assistant Professor in Pediatric Nursing at an SON in southern Thailand-- and PhD candidate at Burapha University SON in eastern Thailand -- will come this August to KUSN, for Dr. Williams' help (as co-Chairperson) to write her dissertation proposal. Another PhD candidate will come for a similar purpose, in August next year.

Notably, in 2000, Dr. Williams was a Fulbright senior lecturer/ scholar at a school of nursing in northeast Thailand.

The research she had done in the Philippines and in the USA have been published as a book (Williams P. & Williams A., 2000) by JMC Press and sold by Goodwill Books in Makati, was of great interest to all the Asian students. This is because, it is very expensive to subscribe to foreign journals, and several studies were done in Asia. The textbook [reprints of her peer-reviewed publications in journals published in USA and UK over 20 years] will be used at both schools in Thailand [for content/ substantive information, as well as for models of "how to write refereed articles" for US and other journals].

An active researcher for over 30 years, Dr. Williams publications in 2010 alone include:

Williams, P. et al (In Press). Symptoms monitoring and self-care practices among **Chinese** cancer patients. *Cancer Nursing, May*

Williams, P. Balabagno, A. et al (2010) Symptoms monitoring and self care practices among Filipino cancer patients. *Cancer Nursing* 33(1)37-46

Piamjariyakul, U., **Williams, P.** et al (2010) Cancer therapy-related symptoms and self care in **Thailand**. *European Journal of Oncology Nursing*, April

Wongpiriyayothar, Piamjariyakul, U., **Williams, P.** (2010) Telephone intervention outcomes for patients with heart failure in **Thailand**. *Applied Nursing Research* collaborating in the study. During her 2010 sabbatical as a Consultant and

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People are more likely to reduce their sodium intake for weight reduction, but not to reduce their cardiovascular risks.

New healthy habits can be learned, if there is commitment.

Recommendations Review of current and published research studies in the US showed that there are few studies addressing the health needs of the Asian-American population particularly women. In addition; there are few organizations that address this disparity. One of them is the Center for Asian Health at Temple University which aims to reduce or eliminate health disparity in Asian Americans particularly in preventing cardiovascular

The PNAA is in a position to undertake research using its members as samples. Study findings have potentials to reduce the healthcare disparity for the Filipinos and other ethnic minority who remained under represented in clinical trials and health care delivery. PNAA has researchers who are greatly capable to modify and improve this study to allow greater participation. The following are other compelling reasons to repeat this test to a larger population:

1. African American, Hispanic, and Asian women were less likely to be aware that cardiovascular disease such as heart attack is the leading cause of death, compared with white women.
2. Asian-American women particularly the Filipinos are increasingly getting heavier. Over 40% of Asian American males and 30% of females in California are overweight (10).
3. The children have increased BMI which increased their risk of coronary heart disease in adulthood.
4. There is a growing push to enforce a public approach to reduce salt intake with FDA taking action regarding sodium level in processed food because of strong evidence of the health risk of high dietary sodium intake.
5. The changing US demographics are showing growth in the minority population that will surpass the majority population two decades from now.
6. As health care providers, nurses have the responsibility not only to educate but also develop evidence-based preventive strategies.
7. Opportunity to publish results of the study to enhance visibility of PNAA.

Studies that can be done with Filipino women as subjects have the potential to change the landscape of health care for the following reasons:

- Women in general are living longer than men.
- Women as nurturers/caregiver/mothers impact family's health.
- Women as health and food preparers/consumers impact health promotion.

Majority of Filipino nurses are women.

- Women have increased vascular risks.

Filipino nurses' health has impact on nursing shortage.

References –available upon request.

Thanks to all the participants. Grace Leonzon had the most weight loss and received \$50.00. Irma Labre and Leila Bush will receive movie tickets for completing the study.

Guest Commentor: John Orlich, Jr.



My wife, Babette Orlich, has been a member of the Philippine Nurses Association of Greater Kansas City for many years. As a side result, I have had the good fortune to witness many of their endeavors. I feel very privileged to know such a talented, dedicated and caring group of nurses who are doing great things to help others. In my observation, the members are very passionate about their organization and go above and beyond what is expected of them. While they work hard and do whatever needs to be done, they also enjoy it. I have participated in their fundraising events such as bowling, 5K runs, galas and picnics and always thought they were well organized and fun. Amazingly, I had the high score one year a bowling fundraiser. That was pure luck. There is a lot of work that goes on behind the scenes to make these functions successful. I think the organization is really making a difference in this world. Keep up the good work ladies and gentlemen.



HATS OFF TO THE GRADUATES

Kalthleen Doolin - Bachelor of Science in Nursing, Magna Cum Laude from University of Missouri, Kansas City. She recently passed the State Boards. She is the daughter of our Treasurer, Joy Doolin.

Jessamine Endaya – Bachelor of Science in Nursing from University of Missouri, Kansas City. She is the daughter of Yolie and Archie Andaya.

Jillian Endaya – Blue Springs High School. She is the daughter of Yolie and Archie Andaya.

Henedine Figueroa – Bachelor of Science in Nursing from UMKC. She is now a registered nurse and is working at St. Luke's Northland Hospital's Telemetry unit.

Nicole Herrera – North Kansas City High School. She is the daughter of our president, Vicky Herrera and Rod Herrera.

Cecilia Lopez – Columbia College, Major in Psychology and is now working on Her Master's in Elementary Education at the same college. She is the daughter of Aida and Ruben Lopez.

Lindsey Lopez – Blue Springs High School. She is the daughter of Aida and Ruben Lopez.

Cyrus Pennaroyo – Bachelor of Science in Architecture, Summa Cum Laude from University of Illinois in Chicago. He is the son of Febe and Gerry Pennaroyo.

Ian Rivera – Bachelor of Science in Fine Arts with Specialty in Illustration from the University of Kansas in Lawrence. He is the son of Jun and Venir Rivera.

Mark Tumanut -Bachelor of Science in Nursing ; Research Rockhurts College of Nursing Son of Bong and Sonia Tumanut

Francisco Bautista – Winnetonka High School. Son of Rolly and Luciilla Bautista, and the nephew of Cora Zamora.

CONGRATULATIONS, MAJOR RIZ PECANA

Effective May 26, 2010, Captain Manuel Rizvend Pecaña has been promoted to the rank of Major in the US Air Force Reserves crossing the threshold from Company Grade Officer to Field Grade Officer. Pinning ceremony was celebrated on June 13, 2010 by Col. Jerry Fenwick, Squadron Commander of the 442 Medical Squadron and Maj. Deborah Pease, Nursing Flight Chief. In addition, Major Pecaña is also in the process of transitioning into the position of Demand Reduction Program OIC for the 442 Fighter



PNAGKC SHINES IN Michigan City and Miami , Florida



Delegates to the North Central Regional Convention, Michigan City, Indiana



Chito Belchez PNAA Educator of the Year 2010



Beth Rosas Vice President of North Central Region
Gawad Kalinga and Gawad Kalusugan, Best Builders



Best Performance at the PNAA National Convention in Miami



Circle of President North Central Region



Best regional Fundraiser for the 5K walk run



Amy Valera Second Place Winner , Runner Category
Elvie Leone-Third Place Winner- Walker Category



PNAA UPDATE

by Beth Rosas RN BSN

Vice President

North Central Region

Chapters and Sub-Chapter Formation

The PNAA Executive Board officers of 2008-2010 led by PNAA Pres. Leo-Felix Jurado had their last teleconference last June 3, 2010 and their term of office will ended June 30, 2010. The past 2 years, PRISM President Leo led the organization to its highest peak creating the most chapters and sub-chapters. To date, PNAA has 41 chapters with PNA Alaska (Western), PNA Sacramento (Western) and PNA New Hampshire (Eastern region) as the new addition and youngest chapters. We also gained PNAA Central Florida (South Central region). The North Central region is working on getting PNA Minnesota to become an official member of PNAA. PNA Ohio of the North Central Region has added two sub-chapters, the PNAO-Cincinnati/North Kentucky and PNAO-Central Ohio. Other sub-chapters that were formed in the past 2 years are: in 2009-PNAVA- Richmond, and PNANE- Rhode Island, and (4) in 2010, PNA Metro Houston (East Valley), PNA Arizona (Golden Triangle) and PNAMD-Southern Maryland. New Jersey lost one of their sub-chapters therefore, they have 10 this year. PNAA has a total of 41 chapters and 17 sub-chapters in the US.

PNAA Nomelec and Election 2010

Ballots were sent to each selected electors of all the chapters last spring. Each elector represents 20 registered members of their chapter. Candidates running for each national position met all the criteria set forth by the Nomelec Committee and were presented to and approved by the Executive Board. Each region will have a Vice President to represent their respective region in the PNAA Executive Board and they will be elected by the general membership. Beth Rosas from PNAGKC was elected as the new VP for the North Central Region. The new set of PNAA officers were inducted at the 31st Annual PNAA National Convention in Miami last June 26, 2010. This 5-day convention was held at the Inter-Continental Hotel with the theme, "Reflections of PRISM, Achievements and Future Directions", June 23-27. The Incoming PNAA President, Rey Rivera's from PNA New York is implementing his Mantra, "Be Engaged and Make a Difference" for his 2 year term of office.

The Journal of the Philippine Nurses Association of America

The first issue of the JPNAA was launched last Fall 2009. This is the official international publication of the PNAA on nursing practice,

education, administration and research. A free copy of this first issue was mailed to each paid PNAA member. The following was copied from the first issue.

JPNAA Mission: To promote scholarly discourse with the ultimate aim of promoting culturally competent nursing care for clients and their families and enhancing professional development of nurses.

Vision: To be the influential voice for the professional excellence and contribution of nurses to healthcare and society.

Values: A set of your SERVICE values underlies the activities of JPNAA. Through the editorial staff and its representatives, the JPNAA: Promote high quality Standards. Focuses on promoting Excellence. Relevance in the healthcare community.

Values transparency, humility, caring, compassion, integrity and dedication. Espouses Inclusiveness of diverse cultures. Assures Credibility of discipline-specific concepts and content. Supports Exceptional leadership.

The members of the JPNAA Editorial Board are Nelson Tuazon, Editor in Chief; Remedios Solarte, Executive Editor; Sofe Bole, Managing Editor; Rose Estrada, On-Line Editor. Call 1-888-PNAAORG or write to the Editor at 5113 Longview Drive Troy, Michigan 48098-2374, for more information or comments about this publication.

PNAA Ways and Means- PNAA/PNAAF 5K Walk/Run Healthy Challenge

This committee spearheaded by Ernie Rosas from PNAGKC not only raised awareness to healthy walking and promoted fitness and fun for the delegates at the National Convention in Miami but also raised funds (over \$35,000.00) for the PNAA Foundation to benefit the many initiatives of PNAA such as Balikturo Turo, Education, Leadership Institute, Human Rights and Community Outreach. The delegates wore their respective tie-dyed colored T-shirts and walked and ran the 3.1 mile 5K route around the Bayfront Park. Amie Valera won 2nd place among the runners and Elvie Leone won 2nd place in the walkers. Trophies were awarded to the 5K winners. The 5K Rosas Cup was awarded to the first place region, Eastern region who was the top fund raiser led by Eastern Regional VP Vicky Navarro and ER COP Dino Doliente, both from PNA Maryland. PNAGKC won the 1st place for the top most chapter who raised the most funds.

continue from page 11 ... Dr. Phoebe Williams

Among Dr. Williams' honors and awards are: The 2008 Diamond Jubilee Distinguished Alumna of the University of the Philippines College of Nursing; 2007 Distinguished Alumna of the University of Pittsburgh, in Pennsylvania; and NCEMNA mentor by the National Coalition of Ethnic Minority Nurses Associations in 2006-2009.

Dr. Williams joined the University of Kansas School of Nursing in 1992, after teaching as Professor at the University of Florida for a decade; and, the University of the Philippines College of Nursing in Manila for over a decade where she was Professor, and the first Research Department Chair. A majority of her time at KUSN is dedicated to research in several areas. She also teaches graduate and honors research and dissertation advising. Dr. Williams has received multiple funded research grants focused **on care of families and children with chronic illness; on oncology; on instrument development such as the TRSC, TRSC-C, and the MMDST**; and on growth and development. She completed a three-year \$1.3 million grant from the National Institutes of Health-National Institute of Nursing Research, in Bethesda, Md., for a study on interventions for siblings and parents of children with chronic illness. Two Fulbright awards funded her studies on child development in Asia.

She has published numerous books, chapters, articles, and many other educational materials dealing with pediatric nursing and research. She also has extensive experience as a reviewer; she had chaired the review groups on Fulbright grants for the Council for the International Exchange of Scholars, Washington, D.C. Prior to this assignment, she successfully completed a Fulbright Regional Research Grant in Indonesia and the Philippines; and a second award, to Thailand. Dr. Williams also is a reviewer for the Scientific Review Group, National Institutes of Health. Widely recognized in her field, Dr. Williams has served as a consultant for national and international organizations. In addition to these activities, she has presented at numerous research conferences. She is a member of Sigma Theta Tau International and Phi Beta Delta Honor Society for International Scholars; she is a Life Member of Sigma Xi (Scientific Honor Society), since 1986 and Phi Kappa Phi Honor Society (International), since 1962.

Education

BSN, University of the Philippines
MA (Psychology), University of the Philippines
Nursing, University of Pittsburgh, PA



continued from page 6

Limitations:

- Organizations are prohibited on engaging political activities.
- Organizations are prohibited from conducting political campaign activities to intervene in elections in public office.
- Organizations are prohibited to contribute for political funds political statements of opposition (verbal or written) made in behalf of the organization.
- IRS monitors whether organizations are complying with the prohibitions.

Under **501(c) (3)** status, organizations are permitted to conduct limited lobbying to influence legislation. Certain activities and expenditures may not be prohibited. Providing voter education and other activities that are intended to encourage people to participate in the electoral process are not prohibited as long as the activities are no-partisan manner.

(Above information was retrieved from "[http://en.wikipedia.org/wiki/501\(c\)](http://en.wikipedia.org/wiki/501(c))). For detailed and specific information visit <http://www.irs.gov>.)

from page 1 ...**HEALTH FAIR 2010 : AUGUST 14, 2010**



Beth Rosas, President FCCF , Billy Iway, President Philippine Medical Society Malou Nix-President Filipino Association of Greater Kansas City and Vicky Herrera., President Philippine Nurses Association of Greater Kansas City



**Our sincerest THANK YOU to the PLANNERS,
MOVERS, SHAKERS , VOLUNTEERS AND
PROVIDERS in making this HEALTH FAIR
ANOTHER SUCCESS STORY**

MEDICAL MISSION 2010 San Jose del Monte Bulacan, Philippines



Bukol Team:Surgery : Dr Fred and Del Iloreta RN BSN



Donated Nursing Books to a local School of Nursing in the Philippines



Provided snacks and Donated School supplies, Crayons, Toot brushes ,Stuffed Toys Beanie Babies for



SAVE THE DATES

2010 BOWLING FUNDRAISING EVENT

AMF Northland Bowling

217 NE Vivion Road

KCMO 64118

September 25, 2010

2:00 pm- 4:00 pm

\$50 per person or

\$250 per lane (up to 6 players)

(Includes T-shirt, game, shoes, pizza and drink)

Prizes will be awarded to winners

WE need DONORS/SPONSORS

Please Send Check (Payable to PNAGKC)

to Arvin Figueroa before September 15, 2010

4105 N. Charlotte Ct.

KCMO 64116

Phone (816) 452-1721

For more Info: Contact Cheri Guevara (816) 587
6087

Vicky Herrera (816) 419-4158

PNAGKC Fall Education Program

Achieving Balance of Body, Mind and Spirit

October 16

St. Joseph Medical Center

1000 Carondelet Drive KCMO 64132

07:30 am - 12:30 pm

4.25 Contact Hours

Continental Breakfast provided

Fees: \$5.00 for members

\$5.00 for students with ID

\$10.00 for non members

Topics;

*Horizontal Violence-Carol Mulvenon MSRN-BC
CCN,ACHRN*

*Pain management- Nance Walrafen RN BSN
Conflict Management-Michelle Noble MN,ARNP,RNBC
Parish Nursing Joyce Boyeur RN
Secondary Stroke Prevention-Wanda J. Stipek -PharmD,
BCPS*

Please Mail Checks to Joy Doolin

12512 Slater Lane

Overland Park, Kansas, 66213

Tri fold brochure available in yahoo groups mail

Please feel free to print and distribute

Prepared by Education Committee:

Never too early to think about

CHRISTMAS PARTY

December 10, 2010

Place: Rockhurst High School

Time: 0600 pm to 11:00 pm

More information to follow

UPCOMING EVENTS

September 25	Bowling Fundraising
October 7	General Meeting 7pm NKH
October 12	MMF Golf Tournament
October 16	Education program Medical Mission packing
October 25-30	Isabela, Medical Misison
December 2	General Assembly meeting NKCH 0700 pm
December 10	Christmas Party
January 27	General Assembly Meeting
February 7-11,2011	Cavite Medical Mission
April 16 ,2011	Annual Dinner Dance
April 29 -May 2,2011	NCR, St Louis

MEMBERSHIP

Current members

New members/renewals \$50

Mail payments to

Babette Boiser Orlich (Chair)

*3631 N. Park
Kansas City, Missouri 64166*

Committees:

Community Service	Bylaws
Membership	Awards
Education	Scholarship
Ways and Means	Human Rights
Social	Publication
Nomination and Election	Research

**Please renew membership for
2011**