



TANGLAW

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top: Members at the health fair sponsored by the Filipino Cultural Center Foundation & FAGKC in collaboration with PMSGKC, PNAGKC, Lions Club and Our Lady of Perpetual Help Redemptorist Church.

middle: Jessamine Endaya's induction as the new president of PNAGKC.

bottom: PNAGKC attends various conferences, one of which was the National Convention held in Las Vegas, Nevada.

In this issue...

- President's Message
- One's Journey To Nursing
- Community Service: A Year In Review

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table of contents

President's Message	5
A Journey To Nursing	4
PNAA Presidential Acceptance Speech	6
14 th NCR Education Day	7
Institute of Medicine's Future of Nursing	8
PNAA National Convention	9
North Central Regional Conference	10
Health Fair	12
Volunteer Hours & Report	13
PNA Membership Comparison	14
Benefits of Being a PNAA Member	15
Scholarship Information	16
Membership Application	17
Save The Dates	18

for the next issue:

Please send your 1/2 - 1 page articles
(with *.jpg pictures) to jessamine.endaya@gmail.com

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PRESIDENT'S MESSAGE



First and foremost, I want to express how important this association is to me. I have always believed in the importance of the group and how every single individual impacts the group.

Our past presidents, my mentors, inspired me and I hope that I can inspire members to become future leaders of our association. I am not planning for just my term. I am planning for the future of our association and for the sustainability of our chapter long after us. We need to tap into our membership's potential. What's your passion in life? What do you love doing that we can incorporate into what we love so much about our chapter?

As a leader, I hope to clearly communicate my plan with our association, not just at the local level but also at the national level. In order for this to be beneficial and effective, every one of our members must have some basic understanding of the plan and what they can do to help support and achieve these goals.

Goals and plan for the 2014-2016 Term

- I. Increase PNAGKC's visibility in the community
 - a. Continued collaboration with area organizations
 - b. Postcards, volunteering in new events, become ambassadors for the association
- II. Maintain, retain and recruit new members
 - a. Revision of membership packet
 - b. Uncover what members and potential members want from association
 - c. Focus group in the membership committee
 - d. Acknowledge members and reach out to potential members
- III. Offer healthcare related education to members in addition to the community
 - a. Survey community regarding basic healthcare educational needs
 - b. Survey current membership in regards to what educational offerings they are interested in

We can't move forward without understanding our past. I am grateful to Ms. Irma Labre-Wright who has so graciously offered to be our chapter's historian. I hope you will all join me as we immerse in our chapter's history and the great achievements we have accomplished.

Learning about the history of our chapter and how we became the powerful chapter we are today will continue to pave the way to our chapter's future. It is the past leaders of our chapter that made this association so wonderful. Without them I would not be here today. But most importantly, it is the members, the grass root members of our chapter that has brought prestige and honor to chapter and city. We are two states, joined together by a common goal to create the wonderful Greater Kansas City chapter. It is a great honor to serve as your newest president and I hope to be worthy of my position.

Jessamine Endaya
RN, BSN, CCRN

PERSPECTIVE: *A Journey to Nursing*

Written by: Anna Liza Samilin RN



People come into your life and they were meant to be there to serve some sort of purpose. They were meant to help you figure out who you are and what you are meant to become. It only takes a moment to brighten someone's day. Sometimes those moments change one's life as I discovered several years ago.

I was a student at Central Missouri State University in Warrensburg, Missouri. I had just recently been discharged from the US Army and decided it was time to pursue my degree in Medical Technology. The college experience was great but it was hard because I was missing my family who were thousands of miles away. Unfortunately, living in close quarters also means illness is easily spread. I got a cold that I thought would be relieved by simple rest and salabat. That is how my mom always takes care of my colds. After a week of no relief, I decided that it was time to try over the counter cold medications. After a week of no relief there, I decided it was time to visit the campus clinic. I visited the campus clinic and they gave me some antibiotics for a week. After a few days of antibiotics, I began to feel some relief. Once all the antibiotics were done, all my symptoms had returned. I was getting frustrated because I had been sick for three weeks. I went back to the campus clinic and informed the campus doctor that I had been sick for at least three weeks and had no relief. I had some blood work drawn. I was relieved that my complaint was heard and something was being done. I was given two different antibiotics for two weeks. I figured this should take care of this. I began to take the medications and again had felt some relief. My roommates noticed that I had become more fatigued than normal and losing weight. I have rationalized that I had been sick for over three weeks and I have always been thin and ignored their comment. A week later, I realized that I couldn't walk up to our third floor apartment without being short of air. A ten-minute walk to class was taking me an hour to get there on time. I was still taking all my medications. I began to doubt the competency of the campus doctor. I rationalized that I haven't given the antibiotics enough time to do its job. I just needed to finish the antibiotics. I decided

that if this was ineffective it was time to go back to the clinic.

It was October 25th, 2005. Central Missouri State University was having homecoming weekend. I was still sick and finished all my antibiotics. I was feeling better than usual and figured the medicine was finally working. One of my roommate's boyfriends was visiting for homecoming weekend. I was able to talk my roommate's boyfriend into letting my roommates and I go to Whitman Air Force Base commissary. All four of us left for the commissary. We took two grocery baskets and filled it with our necessities. We knew well it was hard to get a ride anywhere. I was with my roommate hovering over the ice cream because I was short of air. Then all went black. I remember waking up on the floor. Multiple military personnel were in my face asking multiple questions. All was a blur. I remember getting placed on a stretcher and being sent to Western Missouri Medical Center. While in the Emergency Room, all kinds of blood work and x-rays were being done. Finally, a doctor walks in the room to give me results. He called me the "girl that shopped till she dropped" and began telling all kinds of jokes. He got me to giggle and laugh for a while. He then asks all my visitors to leave the room and closed the door behind him. I began to worry since the mood has changed from cheerful to despair. He pulls a chair next to me. With a straight face, he tells me "You have leukemia". I was in total shock and disbelief. I recall my brother's classmate was diagnosed with this same thing and he had died from it. I listened to him explain that the hospital does not have the capabilities to take care of it and I would have to be transferred to the city. He continued to give me instruction but I had a difficult time absorbing it. There were so many things running through my mind. As I said goodbye to all my friends, I asked them to notify my family back home. I was taking another ambulance ride to Research Medical Center in Kansas City.

I was admitted to the seventh floor Oncology Unit and placed in isolation at Research Medical Center. Everything was so surreal. I couldn't accept that this was really happening. That this was happening to me. More blood work, more tests and more procedures. I was overwhelmed. I was trying to be strong as the Army had taught me to be. I agreed to everything the doctor has ordered, like any good soldier following orders, yet did not have a full understanding the seriousness of the cancer. I was numb to the situation. I wasn't awakened

until the nurses hung the chemotherapy bags. As I watched the chemo infuse into my veins I knew this was the real deal.

I was able to contact my family and give them the grave news. I felt I had given my parents another burden to carry. My younger brother had just passed away a year prior to my diagnoses. Our family hadn't recovered since his death was so sudden. I was at the lowest point in my life. My parents had made arrangements to come to Kansas City, leaving my two brothers behind. Once they arrived to the hospital, I knew things were going to get better. My parents failed to mention that my dad had lost his job to come to Kansas City and left most of his earnings for my two brothers back home.

As I was progressing with treatment, my parents had run into the first Filipino in Kansas City, Ms. Tess Laoruangroch. My parents were excited to meet her and I was later introduced. She had told me she was a member of the Philippine Nurses Association of Greater Kansas City (PNAGKC). I was just excited to hear that there were Filipinos in Kansas City. My parents and Tita Tess had a short conversation since she was still on duty. My parents were later introduced to Tita Cory Sorio, who later introduced us to Tito Cito and Tita Tacing Jalbuena. My dad told me that Tito Cito was a previous President of the Filipino Association for Kansas City. I felt a sense of community and it was uplifting. There were lots of discussions, but it's all now a blur.

Even though meeting all these people was wonderful, there were barriers that needed to be addressed. First and foremost, where was I going to stay once I got discharged? Secondly, how would I be able to make it to my appointments without compromising my health? Thanks to the great social workers, I was able to get a place set up at the American Cancer Society Hope House in downtown Kansas City. Unfortunately, transportation was still a pending issue. The manager of the floor, Sheri, had told my parents that they needed to meet to discuss my treatment plan. We had waiting for an hour and not a single doctor or nurse entered the room. I was beginning to think that they had forgotten then my phone rang. I answered the phone and the woman said she was from a radio station. My first thought was, why is a radio station calling me? I thought it was a prank call. She had told me that Sheri had written a letter to Cars for Christmas and they were going to give me a car for Christmas. I was in total shock and didn't believe anything she said. Immediately after I gotten off the phone with her, a group made up of the hospital directors and staff came

to my room to tell me that I would be receiving a free car. I was still shocked but very thankful. I later found out that my conversation on the phone was on live radio and was totally embarrassed that I didn't believed the lady on the radio.

Once I was well enough to discharge, my parents and I moved to the HOPE house. I was making preparations for my stem cell transplant at St. Luke's Hospital. After multiple appointments, I was surprised to find my room full of groceries, toiletries and even some clothes. I asked where they had come from, since most of the money we did have was spent on my very expensive medications. I was told that the Philippine Nurses Association in addition to Tito Cito and Tita Tacing donated it. I have never been so blessed to have an organization donate something to help our family. I became more determined that I needed to fight for my life. Cancer was not going to get the best of me. After a successful transplant, I had moved to the northland to find a place to call home. PNAGKC continued to bless my family with food, toiletries, dishware, blankets and even a microwave. Tita Amie Valera let my dad borrow her typewriter to type some formal letters to immigration for extension of stay. Members of PNAGKC would call my mom periodically and check on my health status and us. Tita Tess would even drive to our neighborhood area just to go grocery shopping with my mom. Even though I had lots of visitors, most of them were nurses.

I have never been so moved by the generosity and compassion of all the individuals and PNAGKC who interceded in my life. I have never experienced a group of random individuals who were willing to go above and beyond their call of duty to provide intentional acts of good will. I decided that Medical Technology wasn't what I was meant to do with my life. I decided to get my degree in nursing. It was nurses that inspired me to become the person I am today. I may not remember everything that was said and done but I remember how everyone made me feel. If I didn't say it 10 years ago, I am saying it now. Thank you to all the individuals and PNAGKC for being there for me when I needed you most. Words cannot express my true appreciation. I wouldn't be here today had you not lent a helping hand to my family and me. This experience has taught me to appreciate what you have because you don't know its value until it's taken away. Persevere through all obstacles and challenges life gives you. They are only minor detours to your march of success. Love unconditionally because there is good in humanity. What I thought was worst days of my life turned out to be one of the greatest journeys I will never forget. ■

PERSPECTIVE: 2014-2016 PNAA Presidential Acceptance Speech

Written by: Leticia C. Hermosa | PNAA President 2014-2016



His Excellency, Ambassador Jose L. Cuisia Jr.; PNAA Executive Board and Advisory Council; State Chapter Officers and members; my fellow nurses, distinguished guests:

I stand before you tonight to accept the task as President of the Philippine Nurses Association of America. I am

grateful for the trust and confidence that you have bestowed upon me to lead our organization.

I thank Victoria Navarro and the PNAA 2012-2014 Executive Board and her Cabinet for their services to PNAA during the past two years. I thank the Chapter Presidents and Officers for their continued dedication and generosity in contributing their times and talents, as well as their families and love ones who supported them in carrying out the mission of PNAA.

Seventeen PNAA presidents have now taken the presidential oath since 1979. Over the years, PNAA has carried on, because our leaders remained faithful and committed to PNAA's mission to promote the interest of our fellow Filipino-American nurses throughout the United States and the Philippines.

As we consider the challenging responsibilities that unfold before us, we remember with humble gratitude our PNAA Advisory Council, who at this very moment, continue to guide us so that we may continue to follow the path that they once paved for us. We honor them not only because they are the guardians of our organization, but because they embody the spirit of commitment to service -- the willingness to find meaning in something greater than themselves.

When I declared my oath of office and accepted the responsibilities that go with it, I also pledged that I will continue to carry the same spirit and commitment that our past presidents have done before us. I shall work with the PNAA Executive Board and Chapter leaders, so that together, we shall continue to build and sustain the strength of PNAA and move it forward to greater heights.

Today, we all know that we are challenged by the changing landscape of our times: be it healthcare,

economics, politics, world news, social responsibilities. Our challenges may be new, and the instruments with which we confront them may be new, such as new technology, new knowledge, new people, but the values upon which our success depends: hard work, accountability, courage, tolerance, curiosity, teamwork: these things are not new. The challenging part is putting these values into action.

With guidance from colleagues and a vision of where we are heading as an organization, I chose three action words as the theme during my tenure: "Lead, Empower, Transform." Three simple words, but powerful, challenging, dynamic, and energizing. These are not new concepts. We had leaders since the start of mankind.

We have heard "empowerment" a million times. Transformation of healthcare was reconceptualized, when congress passed and the President signed into law, the comprehensive health care legislation. These three powerful words will only have true meaning when we put them into action.

As president, it is my responsibility to lead our organization with purpose and a clear vision of where PNAA should be heading to. Alongside with the Executive Board, we need to examine and reevaluate our mission, goals and Bylaws, to ensure that they continue to be relevant to today's changing landscape and still meet the needs of the wide spectrum of generations and backgrounds of our fellow nurses. To lead is to empower our leaders, especially our Regional Vice Presidents so that they can lead their regions with confidence and good sense of direction, but still maintain the autonomy of individual chapters.

As an organization, we have the opportunity to play an active role in transforming our healthcare delivery system and the quality of care. When the Institute of Medicine and Robert Wood Johnson issued their recommendations on the Future of Nursing in 2011, a year after the enactment of Health Care Reform, they issued bold national recommendations, including transformation of the nursing workforce, and nursing education system. They defined a clear agenda and blueprint for action, including changes in public and

institutional polices at the national, state and local levels.

During the next two years, we will work in collaboration with other professional nursing organizations across the country, and join the coalition for action to transform health care through nursing. At the anniversary of the Institute of Medicine, Dr. Risa Lavizzo-Mourey, President and CEO of the Robert Wood Johnson Foundation in her speech said, and I quote:

"Nurses are always there for us during our tough times. They are the ones we turn to and trust, whether we are in hospitals looking to improve safety, physicians looking for a greater understanding of our patients, or parents looking for guidance on how to raise a healthy child. And, of course, we rely on nurses when we are patients. For all those reasons, nurses belong exactly where the IOM recommendations place them: at the center of transformative change in health and health care."

So with all the creative energy and talent in our hands, we will begin an era of action: Lead, Empower, Transform: Let's Do It! Let us renew our determination, our courage, and our strength. And let us renew our faith and our hope - For The Future of Nursing; for the Future of PNAA.

In the days and months ahead, we will remove roadblocks that have slowed our creativity and have reduced our productivity. Steps will be taken aimed at restoring the balance between autonomy and responsibility. I have seen the strength of our leadership. We can and we will lead, empower and transform whenever and wherever we have the opportunity.

In closing, let me say this: I will do my best, but I will not do it alone. We have to work together. To my fellow nurses, let your voice be heard. Whenever you have a chance, say something good about your colleagues. It is time for us to join hands and commit ourselves together and strengthen the value of engagement and professionalism. Find something meaningful, something greater than yourselves.

Lead, Empower, Transform: Let's do it!

Thank you. God Bless us all. God bless PNAA. Mabuhay ang Pilipino. Mabuhay ang Pilipinas! ■

RESEARCH/EDUCATION:

14th NCR Education Day

Written by: Tess Laoruangroch RN, MSN-FNP, FNP-BC, CCRN, CHFN, MPH



One of the objectives of PNAGKC is to provide free to low-cost education to nurses to update their knowledge and sharpen their skills. Ultimately, the goal is to improve the health of the community. Last April, PNAGKC presented "Nursing Excellence through Strategic Empowerment, Synergistic

Collaboration and Social Action" as the education program for the 14th North Central Regional Conference of the PNAA. The education program has varied topics: foreign nurses' recruitment, dealing with difficult people, nursing documentation, blood transfusion, and clinical topics such as acute coronary syndrome, hepatitis C, and atrial fibrillation. PNAGKC was able to provide this education program free to PNAGKC paid members because of the generosity of the speakers who presented without compensation and by the support of product vendors. The education day planning committee members responsible for recruiting the speakers and vendors were Elvie Leone, Irma Labre-Wright, Luz Conde, and Tess Laoruangroch. A week before the program, Helen Austin recruited her husband, Atty. James Austin as a replacement speaker for an out of town speaker who could not make it on the day of the program.

Attendees of the education program received more than 6 hours of continuing education. They highly rated the program as very educational with a variety of topics, great speakers, and very organized. This education program was a collaborative effort of PNAGKC, North Central Region, and PNAA leaders. PNAGKC was able to deliver this caliber of education program because of the following members who assisted in various ways, in addition to the above names: Leila Busch, Chito Belchez, Jessamine Endaya, Beth Rosas, Riz Pecana, Elena Sabido, Amie Valera, and Marilyn Dizon. ■

PERSPECTIVE: *Institute of Medicine's Future of Nursing Summary*

Written by: Jessamine Endaya RN BSN CCRN

There has been a lot of discussion about the future of nursing since President Obama signed the Affordable Care Act back in 2010. We have all heard about the Institute of Medicine (IOM) and its recommendations for changes in the nursing profession. It is important, as nurses, to understand what these recommendations are and how we can lead the way in implementing changes in the healthcare system.

Various healthcare disciplines must come together to create the changes needed to improve how healthcare is administered and managed (IOM, 2010, p. 4). The IOM, in collaboration with the Robert Wood Johnson

Foundation (RWJF), produced a report with recommendations for the nursing profession in response to the changes in healthcare (IOM, 2010). Numerous recommendations were made in the report that can be summarized in the four key messages. The key messages of the report and discussion are as followed:

1. Nurses should be practicing to the full range of their education (IOM, 2010, p. 2). This key message addressed scope of practice differences from state to state and how it affects nursing practice (IOM, 2010, p. 2). It also addresses the need for proper transition-to-practice programs for new graduate nurses to alleviate the high turnover rate (IOM, 2010, p. 2).

2. Nurses should receive training and education that promotes advancement in their professional career (IOM, 2010, p. 2). Advances in health care management require that nurses be able to take on new roles in patient care (IOM, 2010, p. 2). All these changes request that nurses increase their knowledge by advancing their education to meet these demands (IOM, 2010, p. 2).

3. Nurses should be team members with other health care disciplines to create changes in the system (IOM, 2010, p. 3). Nurses should also become leaders in their profession by collaborating efforts with other health care providers to provide quality care to patients (IOM, 2010, p. 3). Nursing education should incorporate leadership skills and competencies to begin training nurses early on (IOM, 2010, p. 3).

4. Nurses should promote innovative ideas on how to meet the increasing demand for healthcare providers (IOM, 2010, p. 2-5). Nurses can assist in determining what healthcare providers are needed at this time and what can be done to meet the increasing need (IOM, 2010, p. 3). ■

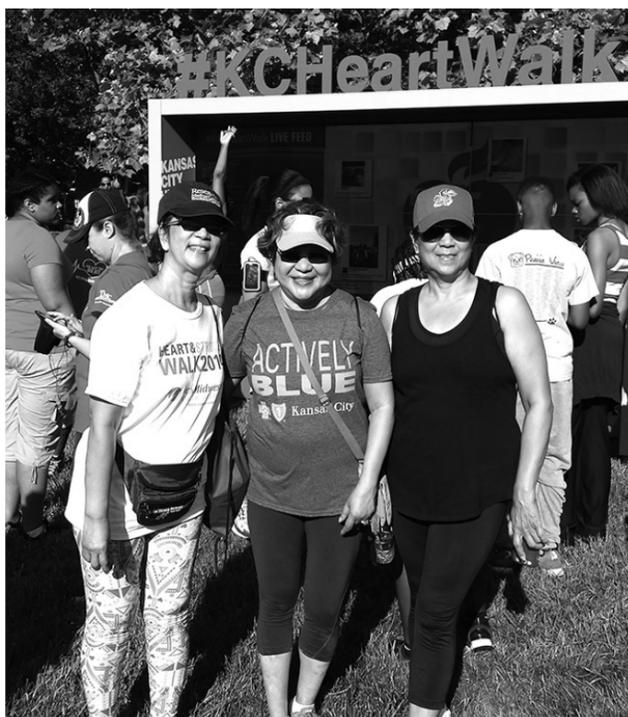
For more information about this IOM report, check out the website (http://books.nap.edu/openbook.php?record_id=12956) to read the full report for free!

Reference

Institute of Medicine. (2010). The future of nursing: Leading change, advancing health [Report brief]. Retrieved from <http://iom.edu/~media/Files/Report%20Files/2010/The-Future-of-Nursing/Future%20of%20Nursing%202010%20Report%20Brief.pdf>

COMMUNITY SERVICE: *PNAGKC Walking for Healthy Heart*

Picture Submission By: Tess Laoruangroch RN, MSN-FNP, FNP-BC, CCRN, CHFN, MPH



2014 National Convention

Written by: Jessamine Endaya RN BSN CCRN

What happens in Vegas...for once, isn't going to stay in Vegas! The 35th Annual PNAA convention was hosted by PNA Nevada. It took place at Caesar's Palace Hotel and Casino on June 24-29, 2014. The theme for the convention was "PNAA Social Construct: Sustaining Global Health, Empowering Collaborations." It was attended by 4 PNAGKC delegates: Leila Busch, Beth Rosas, Ernie Rosas and myself. A good majority of the first day in Las Vegas was filled with national and regional meetings. After a late morning and afternoon of meetings, a welcome night gathering took place. It was a nice, relaxing evening getting to know the other delegates.

The Road to Relevance presented by Dr. Marlon G. Saria was presented for the first half of the Leadership Institute followed by Leadership Scholars Program (LSP) scholars project presentations. Shortly after leadership institute finished, networking night took place. Networking night was filled with all the glamour and glitz that Las Vegas has to offer including Vegas Showgirls! How they were able to walk around in those high heels and dance with those headpieces is beyond me! A national convention networking night would not be complete without a little friendly competition! Unfortunately the NCR did not place in the top three but we showed all the delegates how to have a good time!

Friday was education day with a variety of topics ranging from treatment of traumatic brain injuries to incorporating learned strategies to local program in the community. Friday evening was a free night out on the town to enjoy the Las Vegas nightlife.

Saturday was an early start with the PNAA/PNAAF 5K. The morning started with a vigorous round of Zumba and then the runners and walkers were off! The Las Vegas sun can quickly wear a person out, so we were very fortunately

that the 5K occurred in the Forum Shops at Caesar's Palace. After everyone freshened up from the race, we attended the general assembly meeting presided by Victoria Navarro, the 17th president of PNAA. Throughout the meeting, national and regional achievements were exhibited in addition to the state of the association. After the meeting was adjourned, the results from the election were revealed. Two of our very own members were asked to serve the board: Leila Busch (Board Member) and Beth Rosas (Community Outreach). During the awards gala, the induction of our 18th PNAA president, Leticia Hermosa and the incoming executive board took place. His Excellency ambassador of the Republic of the Philippines to the United States of America, Jose Cuisia, was the keynote speaker and inducted the incoming officers. Various performances by Las Vegas showgirls and a couple of Polynesian dancers bridged between this national convention and the 2015 conference to be held in Hawaii. After dancing the night away, we gave thanks and praise during mass on Sunday morning that was followed by a farewell brunch.

Mark your calendars for the 36th Annual PNAA National Convention to take place July 22-26, 2015, Honolulu, Hawaii! ■



2014 North Central Regional Conference

Written by: Jessamine Endaya RN BSN CCRN

Delegates from various part of the country came to Kansas City April 24-27 for the 14th North Central Regional Conference. Delegates from the national chapter and other regional chapter arrived for a weekend of leadership, education and, of course, some good old fashion midwest fun! The conference took place at the Westin Crown Center in downtown Kansas City. Delegates arrived on Wednesday evening and enjoyed an “Early Bird” gathering in one of the Westin Crown Center suites hosted by the conference hospitality committee. Thursday was Leadership Institute where the following topics were discussed: transforming the association into a relevant one for the future, servant leadership, and using nursing skills to get your way to the top. After a day of leadership education, the delegates actually got the opportunity to dress down and participate in the networking event: ZUMBA NIGHT.

The traditional parade of banners took place in addition to the NCR leadership award presentation. After the delegates enjoyed a delicious sit down dinner, a Zumba instructor came and presented a short class. The fun continued with presentations from different chapters with some presentations comprised of delegates from different chapters. Friday started bright and early for the delegates with a jam-packed day of education. The theme “Nursing Excellence through Strategic Empowerment, Synergistic Collaboration and Social Action” guided the topics that delegates engaged in during the educational offering. After a long day of education, delegates and members of the Kansas City community got all dressed up for “Guys and Dolls: An Evening on Broadway.” This evening was specifically special to me because it was my presidential induction and the induction of the 2014-2016 executive board. The 2012-2014 PNAA president, Vicky

Navarro inducted me as the new president of PNAGKC and I was given the honor of inducting our chapter’s newest executive board. There was a lot to celebrate! Mary Aragon was awarded the PNAGKC Nurse of the Year award and Elvie Leone was recognized for dedication to PNAGKC during her presidential term. Ian Rivera, Paco Vitug, Venir Rivera and Alexis Snyder coordinated the evening’s entertainment. The Broadway Revue made all the attendees believe they were attending a Broadway musical. Everyone left the dance floor that evening with sore feet, happy hearts and great memories. On Sunday, conference delegates had the opportunity to attend mass at Our Lady of Sorrow Catholic Church. After mass, a farewell brunch was held at the beautiful European villa of Dr. Fred and Delia Iloreta, who graciously allowed us

to spend the afternoon with them. Traditional Filipino dishes were prepared and enjoyed by all who attended the brunch. This concluded a great regional conference hosted by our chapter!

Delegates from the other NCR chapters, in addition to the representatives from the national chapter spoke very highly of the PNAGKC membership quality. They were very impressed with all your hospitality and kindness during their stay in Kansas City. I could not be prouder to be a PNAGKC member! ■

Our conference was also featured in an edition of the Kansas City Nursing News. Check it out!

http://www.kcnursingnews.com/features/article_90b0cbcf-ea15-55b1-9d6c-5dfe6ce1215e.html



COMMUNITY SERVICE: *Health Fair 2014*

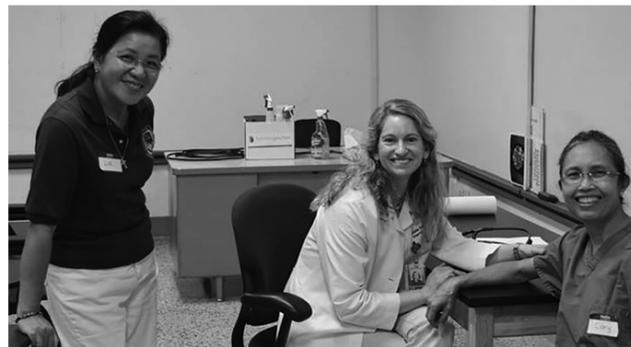
Written by: Anna Liza Samilin RN

Get ready to get your health on! We all know that staying healthy is very important but doing so is often easier said than done. This health fair was sponsored by the Filipino Cultural Center Foundation/Filipino Association of Greater Kansas City in collaboration with the Philippine Medical Society of Greater Kansas City (PMSGKC), the Philippine Nurses Association of Greater Kansas City (PNAGKC), Lions club and Our Lady of Perpetual Help Redemptorist Church. This was a great educational and interactive event that provided basic preventative medical screenings to the people in the community. It took place on August 2 at the banquet hall at Redemptorist Church. Our objective was to provide awareness, educate, and promote healthy habits and lifestyles among the community. The health fair was free and open to all.

On a sunny Saturday morning from 10am to 2pm, dozens of individuals and families of diverse nationalities from all over Kansas City availed themselves to the free medical screenings provided by volunteer healthcare professionals. There were long lines in each booth waiting to see a volunteer healthcare professional. Multiple booths provided plenty of informational and educational material ranging from early detection of potential preventable diseases to good health practices. Volunteer health professionals provided the following free screenings: height/weight, BMI, blood pressure checks, blood sugar checks, stroke and hypertension education and prevention, diabetic education and counseling, nutrition education and counseling, vision and hearing screening and sport physical exams for students. To add to the fun, there were free giveaways and door prizes that were given to the health fair participants.

Through screenings, healthcare professionals were able to determine which individuals were at low risk versus participants who needed follow up care and education on health improvement measures. We, healthcare professionals, recognize that early detection of preventable and manageable diseases ultimately result in improved health, fewer complications and decreased overall health care costs. "I enjoyed talking to all the health professionals who were all knowledgeable and friendly. It was great to be able to get all this information in one place" said one health fair participant. "I like how it was a casual environment for our families to learn how to live healthier. It was a great opportunity to examine our health and the health of our families" said another health fair participant.

Overall, this year's health fair was a great success. It was a valuable service to our community. It was an exciting and rewarding experience to all who participated. Help make a difference in someone's life. We encourage healthcare provider and volunteers to join us next year. Hope to see you there! ■



Total PNAGKC Volunteer Hours By Event

Written by: Cora Zamora RN BSN CCRN



Patient examination during the Dental and Tuli Mission

Homeless Clinic APRIL - JULY

200 hours

Dental and Tuli Mission MAY

40 hours

Fiesta Filipina First Aid. JUNE

41 hours

Deliver meals to North Kansas City Homebound EVERY THURSDAY

16 hours

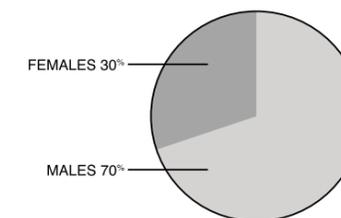
Free Health Fair at Redemptorist Church AUGUST

72 hours

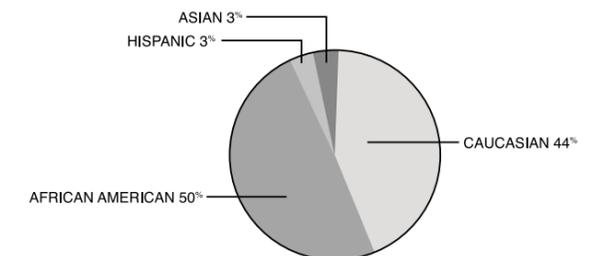
Homeless Clinic Report

There have been 717 patients since PNAGKC started volunteering at the clinic. The breakdown of the patients are shown in the below charts. The statistics are through June 21, 2014.

PATIENTS SEEN SINCE HOMELESS CLINIC STARTED



PATIENTS BY ETHNICITY



New Developments

In addition to the medical clinic, a dental clinic has been opened. Dental screening and initial treatment began May 2014. World Outreach Foundation is still developing these services and the logistics of working with the patients at Hope Faith Ministries. Opening a pediatric clinic was also requested by Hope Faith Ministries and was taken into consideration so a medical and pediatric clinic can run simultaneously.



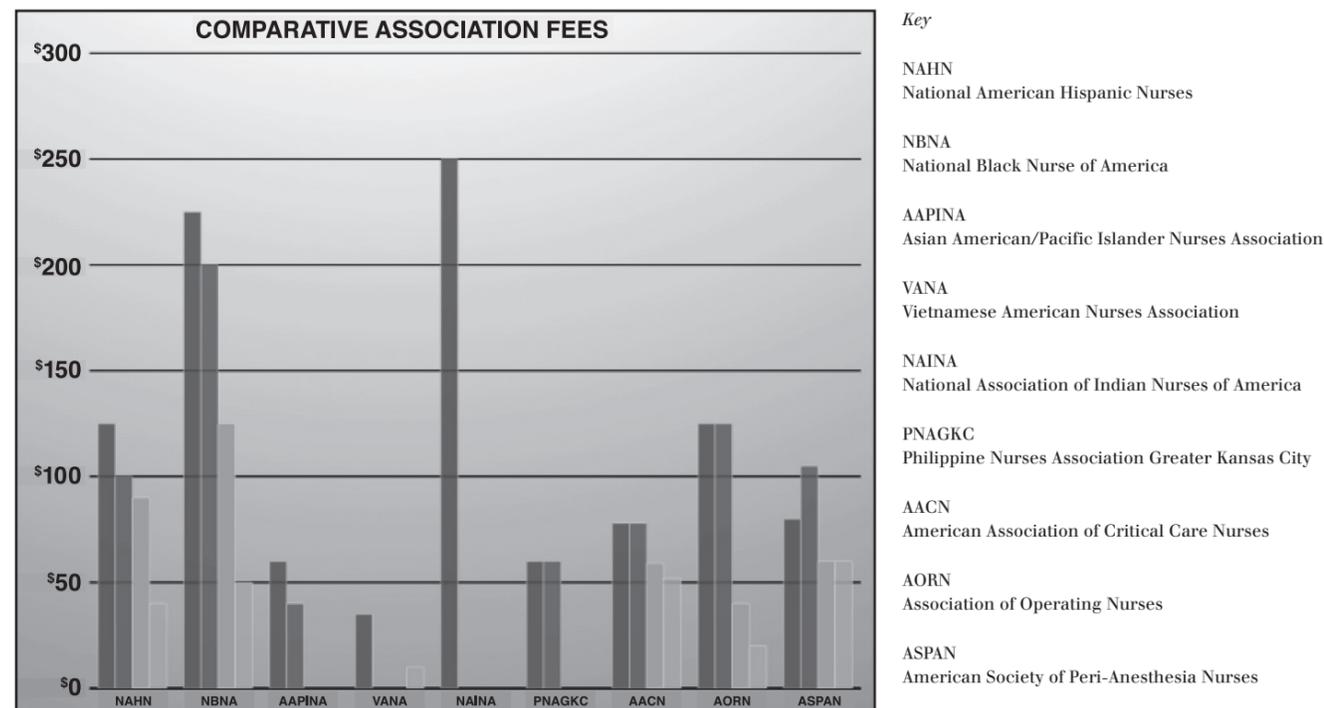
PNAA MEMBERSHIP COMPARED TO OTHER ASSOCIATIONS

Written by: Anna Liza Samilin RN

The listed ethnic association fees are for both national and chapter levels. The listed specialty fees are at a national level. Membership benefits for NANH, NBNA, NAINA and PNAGKC include networking, community service, and subscription to association's journal, scholarship and leadership opportunities, and continuing education at discounted rate and provide assistance and needs to their designated ethnic group. AAPINA membership includes grant opportunities, association's newsletter, join forum and discussions among AAPINA members, opportunity for be included in membership directory. VANA membership includes leadership opportunities, networking, discounted

subscription to association's newsletter and conferences. Membership benefits for specialty associations include discounted rates to subscriptions to association's journal, continuing education, products, and community, scholarship and networking opportunities.

The membership cost for PNAGKC includes membership to the national chapter. The membership fee for PNAA will increase in 2015, so the membership cost for PNAGKC/PNAA in 2015 will be \$70. Compared to other national organizations, PNAA is the least expensive. The programs and services offered by PNAA/PNAGKC. It is the only organization in the US that is specifically there for Filipino nurses. ■



PNAA ACHIEVEMENTS

- Currently 48 chapters with various subchapters in each region
- Raised \$85,901.58 for the Haiyan Typhoon Relief Fund. Fund recipients included UNICEF, Foundation of the Orphanage of the Virgin of Guadalupe, and the US-Philippine Society
- Initiated bringing the National Council Licensure Examination (NCLEX) to the Philippines.
- PNA New Jersey's subchapter PNA Middlesex is currently in the process of mentoring St. Luke's Medical Center in the Philippines in their pursuit of obtaining an ACCN Magnet Hospital designation.
- There are currently four schools of nursing in the Philippines with a JCAHO accreditation

Benefits of being a PNAA Member as stated on the PNAA website

Privilege of Representation:

As a member of the Philippine Nurses Association of America, along with the 10,000 Filipino-American nurses in the United States, you are represented in various professional organizations, government agencies, community groups and other coalitions.

Networking:

Opportunities for networking with experts in your own field of specialty when participating in our professional activities at the local, state, national and international level.

Educational Opportunities:

Discounted fees to educational programs at the chapter, regional, national and international levels.

Leadership Development:

Various opportunities to develop your leadership skills.

Interactive Website:

Gain access into members' only sections of the PNAA website.

Subscription to the Journal of the Philippine Nurses of America:

As a paying member of the PNAA, you will receive updated information about PNAA activities.

Serving Your Colleague:

You will have the privilege of serving as a delegate, officer or committee member at the national level. You'll vote on important issues, decisions and actions that affect Filipino-American nurses and the Asian community at large.

Staying in Touch:

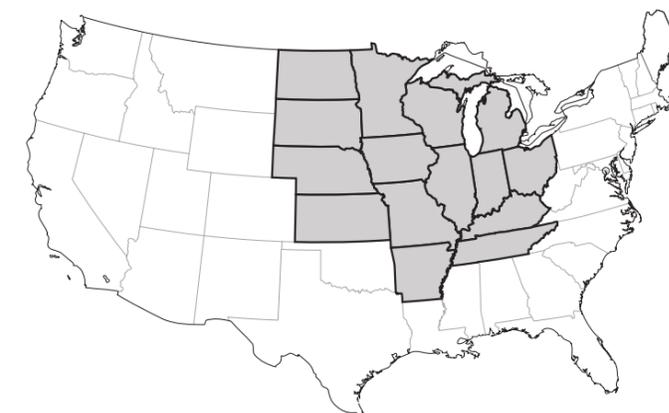
Members are alumni of various schools and colleges of nursing in the Philippines. Activities are featured in the Website and in the Journal of Philippine Nurses Association of America.

[Philippine Nurses Association of America (2010). Membership benefits. Retrieved from <http://mypnaa.org/membership/membership-benefits.html>]

Check out the website! www.mypnaa.org

NORTH CENTRAL REGION

The North Central Region (NCR) currently has 11 chapters. Three of the newest chapters are PNA Northwest Indiana, PNA Minnesota, and PNA Cincinnati-Northern Kentucky. During the 2014 PNAA general assembly meeting, the achievements of our region were presented by the 2012-2014 regional vice president, our very own Beth Rosas. Some of our achievements included chapters becoming emerald sponsors for the PNAA Foundation Legacy fund, participation in various medical missions encompassing the theme of social action, and hosting the 34th National Convention in our region in Cleveland, Ohio.



above: States included in the North Central Region: Missouri, Kansas, Ohio, Indiana, Minnesota, Michigan, Wisconsin, Illinois, Arkansas, Tennessee, Kentucky, Iowa, Nebraska, North Dakota, South Dakota

***Join us for the next NCR Conference in Chicago, Illinois!**

Details to come soon.

SCHOLARSHIP: *PNAGKC Nursing Scholarship Program*

MISSION

The purpose of the PNAGKC Scholarship Program for the Kansas City Region is to:

- Promote nursing education and raise the visibility of the PNAGKC within the local community.
- Provide new educational opportunities for particularly qualified and deserving Filipino American students.
- Promote new membership growth for the PNAGKC.

ELIGIBILITY

To qualify for a PNAGKC nursing education scholarship, students must be:

- Enrolled in an accredited BSN program as a third year student.
- Enrolled as a full time student.
- A Filipino-American resident of greater Kansas City.

APPLICATION PROCESS

To apply for a scholarship, students must:

- Complete a PNAGKC Scholarship Application.
- Submit 2 written recommendations from college-level professors.
- Submit an essay of 500 words describing their reasons for choosing the nursing profession and pursuing a PNAGKC scholarship.
- Submit all application materials no later than June 15TH.

TO REMAIN ELIGIBLE

To remain eligible for the scholarship, students must:

- Maintain a minimum 3.0 GPA and no failing grades, as confirmed by written transcripts from the school.
- Complete a minimum of 50 hours of community service per school year, and confirm the service hours in writing from the organization(s) served.
- Maintain good moral standing and behavior within the university and community at large.

OTHER INFORMATION

- Scholarships are renewable yearly pending compliance with the above criteria.
- The maximum award is \$250/semester, and \$500/year.
- Scholarships may be used for tuition, books, or required fees.

SELECTION PROCESS

- The PNAGKC Scholarship Committee will meet no later than July 15 to review scholarship applications and select the scholarship award winner.
- Award notifications will be mailed to the scholarship recipient and university administration officials no later than July 30.
- University officials must confirm student enrollment and status no later than August 15.
- Upon receipt of confirmation from university officials, the PNAGKC will remit a check to the scholarship.

If you have further questions, please e-mail the PNAGKC scholarship chair: Luz Conde (luzpconde@hotmail.com)

PNAGKC: *What is the Philippine Nurses Association?*

The Philippine Nurses Association of Greater Kansas City (PNAGKC) is a non-profit organization with the mission of upholding the image of Filipino nurses in the United States of America by providing charitable services, education and research.

Philippine Nurses Association of Greater Kansas City objectives include:

- Providing professional expertise, manpower and resources without compensation to various non-profit agencies and medical missions to impoverished areas
- Provide scholarship to qualified and deserving nursing students in the Philippines and United States of America to assist them in completing their nursing education.
- Network with professional organizations and agencies in developing and implementing programs relevant to nursing practice and education to increase the knowledge, skills and professional competencies of nurses so they can deliver safe and excellent care to the public.
- Provide a forum for exchange of information, exploring issues and problems and to develop educational tools and strategies to solve nursing issues.
- Provide free/low cost education to the public about health maintenance, preventative care and basic life support.
- Develop and implement research programs focusing on the health care needs of the Filipino-Americans in the Greater Kansas City area.
- Promote activities that will unify Filipino nurses in the Greater Kansas City area to achieve the associations major goals.

JOIN US TODAY!

NAME: _____ POSITION / SPECIALTY _____

ADDRESS: _____

HOME PHONE: _____ CELL: _____ E-MAIL: _____

BEST WAY TO CONTACT YOU: _____

EMPLOYER/BUSINESS: _____ WORK PHONE: _____

POSITION & SPECIALTY: _____

MEMBERSHIP STATUS: NEW / RENEWAL

COMMITTEES YOU WOULD WISH TO SERVE (check all that apply):

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> MEMBERSHIP | <input type="checkbox"/> SCHOLARSHIP | <input type="checkbox"/> AWARDS |
| <input type="checkbox"/> EDUCATION | <input type="checkbox"/> WAYS / MEANS | <input type="checkbox"/> HUMAN RIGHTS |
| <input type="checkbox"/> SOCIAL / HOSPITALITY RIGHTS | <input type="checkbox"/> NOMINATION / ELECTION | <input type="checkbox"/> BY-LAWS |
| <input type="checkbox"/> COMMUNITY SERVICE | <input type="checkbox"/> RESEARCH | <input type="checkbox"/> PUBLICATION |

Make checks payable to PNAGKC (¢70) and send to: Emma Florentino (Membership Chair); 8500 Lakeview Ave | Lenexa, KS 66219

SAVE THE DATES

FILIPINO CULTURAL CENTER FOUNDATION
cordially invites you to 
NEW ORLEANS NIGHTS

 A FUND RAISING EVENT TO SUPPORT THE CULTURAL PROGRAMS OF THE FILIPINO ASSOCIATION OF GREATER KANSAS CITY
 DINNER, ENTERTAINMENT AND DANCING
 SATURDAY, OCTOBER 11, 2014
 6PM - 11PM
 \$35.00 12 yrs old and above
 \$15.00 5 yrs old to 11 yrs old
Auction and Door Prizes Included
 FOR TICKETS AND FOR MORE INFORMATION,
 CALL ERNIE ROSAS @ 816 - 213 - 4017
 ARPEE'48

SAVE THE DATES

 PHILIPPINE NURSES ASSOCIATION OF AMERICA & PHILIPPINE NURSES ASSOCIATION OF NEW JERSEY, INC.
17th PNA Eastern Regional Conference
PNA and the Future of Nursing: Leading Change and Advancing Health


The planners and speakers have declared that they have nothing to disclose. There is no commercial support for this activity. Accredited status does not imply endorsement by the Institute of Nursing, NISNA, or ANCC of any commercial products or services.
Philippine Nurses Association of New Jersey, Inc. is an approved provider of continuing nursing education by the New Jersey State Nurses Association, Inc. Accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number: 0182-3713-16
BALLY'S HOTEL & CASINO
 1900 Pacific Avenue, Atlantic City, New Jersey 08401
 November 7 & 8, 2014
 For more information, please contact Belle Villafuerte at belle115@gmail.com

SEPTEMBER AFFAIR 2014

under a Harvest Moon
 September 13, 2014
 A BENEFIT FOR THE
 FILIPINO ASSOCIATION OF GREATER KANSAS CITY


3rd PNAAF International Collaborative Conference on January 22-23, 2015, Kapis Mansions, Roxas City, Philippines.
SEA FOOD CAPITAL OF THE PHILIPPINES
 THEME: CHANGING HEALTH CARE SYSTEMS: OPPORTUNITIES IN NURSING PRACTICE AND LEADERSHIP.
Additional Offer!
 Take a trip to Iloilo and have a view of the "DINAGYANG"
 Visit the Paradise Island "Boracay"
 For more information:
 Call: (650) 324-7581 / (650) 799-7006
 OR Email: ernie.rosas@gmail.com; Araceldantonio@aol.com; Calixtopr@comcast.net; tedraylasos@yahoo.com




   
SAVE THE DATES
15th SOUTH CENTRAL REGIONAL CONFERENCE IN JACKSONVILLE FLORIDA
Hosted by the Philippine Nurses Association of Northeast Florida, Inc
 March 13 – 15, 2015
 Hyatt Regency Jacksonville Riverfront Hotel
 225 East Coastline Drive, Jacksonville Florida 32202
 South Central Region comprises the PNA America chapters from Florida, Texas and Georgia
 More details to follow.

UPCOMING EVENTS: *2014 & 2015*

September 13: September Affair KANSAS CITY, MISSOURI

October 2: General Meeting RESEARCH MEDICAL CENTER

October 11: New Orleans Night FILIPINO CULTURAL CENTER

October TBD: Fundraising Event

November TBD: Safe Haven Battered Women & Children Volunteer Opportunity

December 4: General Meeting RESEARCH MEDICAL CENTER

December TBD: PNAGKC Christmas Party FILIPINO CULTURAL CENTER

January 22-23: 3rd PNAAF International Collaborative Conference PHILIPPINES

February TBD: Medical Mission PHILIPPINES

July 22-26: PNAA National Convention HONOLULU, HAWAI'I



JESSAMINE ENDAYA
2609 NE Quail Walk Trail
Blue Springs, MO 64014