



TANGLAW

THE OFFICIAL PUBLICATION OF THE PHILIPPINE NURSES' ASSOCIATION OF GREATER KANSAS CITY

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U.S. Delegates at the 10th International Nursing Conference in the Philippines



Members welcoming attendees of PNAGKC's 25th Anniversary Celebration

In this issue... Immediate Past President's Message • Annual Dinner Dance • Education Program Survey

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table of contents

Immediate Past President's Message	3
Membership Update	4
Education Program Survey Results	4
Annual Dinner Dance	6-8
Nurses of the Year	9
ACCKC celebrASIAN	10
Credentials After Your Name	11
Volunteerism	12-15
NCR Conference 2016	14-15
Save the Dates	16
What is PNAGKC?	17
Benefits of Being a PNAA Member	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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WWW.PNAGKC.ORG

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IMMEDIATE PAST PRESIDENT'S MESSAGE



What's that saying? Time flies when you are having fun! Two year has flown by in regards to my presidency of PNAGKC. It does not seem that long ago that the outgoing executive board and I were standing in front of our membership, community members and supporters, in addition to representatives from NCR and PNAA, pledging our oath to uphold the mission and vision of PNAGKC. The association went through a lot of growing pains these past few years as a shift from one generation to another started in regards to the progressive plan of the organization.

The newest chapter of the PNAGKC history book will begin before we know it. The flame has been passed on to the capable hands of our newest president Anna Liza Dewhurst and her visionary executive board. There is no doubt in my mind that our association will continue to flourish in the upcoming years all because of the strong foundation created by our tenacious past presidents, executive boards and loyal members.

During our 25th anniversary celebration this past April, I had the opportunity to talk with many of the attendees who only had great things to say about our organization, specifically the committed members. On a regular basis, I get the chance to witness the undying commitment of our members to the community through PNAGKC, but I was humbled to hear the amazing things our members are doing beyond our association. Our 25th anniversary celebration was more than just a celebration of the organization as a whole. It was a celebratopm of each and every one of you who make the association the staple of generosity in the Greater Kansas City community.

As my term comes to an end, I would like to thank my amazing parents, sisters, extended family and friends for being my support system and keeping me grounded. Without their love and support, I would not have been able to take on this role for the last two years. A special thank you to the past and present leaders and members for upholding our mission and vision locally and overseas. Most importantly, I would like to thank the PNAGKC membership. Thank you for trusting me to be your leader. But a leader is nothing without dedicated and motivated members to lead. Thank you for taking the chance on a young college graduate and being open-minded to the transitional ideas for the association. Thank you for taking me in as your own and showing me the true festive spirit of Filipinos. It has truly been an honor and indescribable experience.

Jessamine Endaya RN, BSN, CCRN
PNAGKC President 2014 - 2016

Membership Update

Written by: Emma Florentino | BSN, RN

As of May 20, 2016, PNAGKC has 54 members. This includes those who renewed at the beginning of the year (January 2016) and those who completed a mid year membership (June 2015). If you have any questions regarding your membership or membership status, please contact the 2016-2018 Membership Committee Chair (Emma Florentino: eflorentino@kc.rr.com) You can join or renew your membership on the application found in this edition or you can complete it online at www.pnagkc.org



Education Program Survey Results

Compiled by: Tess Laoruangroch, RN, MSN, MPH, FNP-BC



During our education program last October, attendees participated in random survey, and these are the results:

- 26 PNAGKC members attended, 15 were non members: n = 41
- 75% were 51 years old and older
- 63% working full time
- 41% were overweight
- Attendees with the following chronic diseases:
 1. Diabetes Mellitus – 10%
 2. Hypertension = 37%
 3. Dyslipidemia = 27%
- 99% of female participants perform breast self-examination
- 44% walk at least 30 mins 5x/week

Above findings will be used to plan our next education program.

2015 Holiday Party

This past year's PNAGKC Holiday Party took place on December 5, 2016 at St. Gabriel's Church in North Kansas City. It was a potluck dinner shared by members, friends and families. The 2015 Holiday Party committee put the well-attended event together and it was one to remember as Santa made an appearance, accompanied by his very special elf-helper! The night was spent with music in the air and holiday cheer in everyone's heart.



Annual Dinner Dance: *An Evening Written In The Stars*



Annual Dinner Dance: *An Evening Written In The Stars* (cont.)



Annual Dinner Dance: *An Evening Written In The Stars* (cont.)



Nurses of the Year



Helen Austin & husband, Jim Austin

Helen Austin, BSN, RN

Administrative director Ryan Hallenbeck and John Sheldon Medical Director wrote, “she is dedicated, hardworking and respected by her peers and physicians that work with her on a daily basis.”

She is an active member of our organization and she has held various positions in the executive board. She served as Ways and Means Chair and Social Committee Chair. She was a contributor at the PNAA Regional Conference educational program in 2014.

She has volunteered her time in a Medical Mission in 2011 in Tagbilaran City, Bohol, Philippines, health fairs, Battered women and children and other service projects



Yollie with family (L to R): Janessa, Jessica, Yollie, Archie, Jill & Jessamine

Yollie Endaya, MSN, RN, RNC-OB, C-EFM

She has been a committed member of PNAGKC since its inception in 1991. She took the responsibility of being the By-laws chair during a time when the by-laws were looking for a great update.

She guides and supports her weekend shift members at Truman Medical Center where she has been an employee for the last 28 years.

She has been nominated for leadership awards at Truman Medical Center and also in the Greater Kansas City area. She was honored as a 2015 finalist for the march of Dimes award in maternal nursing.

Her contributions to the nursing profession and our association are above and beyond, and are great examples of why she is one of PNAGKC’s Nurse of the Year awardees. She is a remarkable individual, both professionally and personally.

ACCKC celebrASIAN

On May 9, 2016 at the Sheraton Overland Park Hotel, the Philippine Medical Society and the Philippine Nurses Association of Greater Kansas City were honored as one of the Asian American Chamber of Commerce of Kansas City's 2016 CelebrASIAN awardees. At the 13th Annual CelebrASIAN awards gala, the Filipino Medical Mission was honored as the Civic Leader of the Year. Representatives from both associations attended to accept the award on our behalves.



Credentials After Your Name: *What is the Order?*

Written by: Yollie P. Endaya | RNC-OB, MSN, C-EFM



The letters behind nurses' name badges and/or signature blocks can be confusing, especially to someone who does not understand the meaning of all those letters. Most nurses are used to seeing all the credentials on their name badges and their colleagues

badges. As for the seasoned nurses, they have seen the credentials numerous times and truly understand what those credentials mean. Those who are just now joining our work force or those who are advancing their career, credentials and how they are displayed are essential. Those letters signify the education that one has attained along with the certifications of a certain particular field or specialty of nursing.

The American Nurses Credentialing Center (ANCC), a subsidiary of the American Nurses Association (ANA) states that having a standard way to display these credentials ensures that everyone— including nurses, healthcare providers, consumers, third-party payers, and government officials— understands the significance and value of credentials (2013).

In order to eliminate confusion as to which designation comes first, there is a specific procedure for displaying the credentials in a uniform way. The ANCC (2013) has recommended a step-by-step guide to understanding the process of displaying the nursing credentials.

Preferred Order of Credentials

Highest earned degree

- This credential goes first because it is a credential that cannot be taken away except under extreme circumstances.
- These degrees include doctoral degrees (PhD., D.Ph., DNS, Ed E., DNP), master's degrees (MSN, MS, MA), bachelor's degrees (BS, BSN, BA), and associate degrees (AD, ADN).

Licensure

- Requirement to practice, including RN and LPN

State designations or requirements

- Recognize authority to practice at a more advanced level in a state

- This includes APRN (Advanced Practice Registered Nurse), NP (Nurse Practitioner), and CNS (Clinical Nurse Specialist).

National certifications

- Voluntary
- Awarded through accredited certifying bodies such as the American Nurses Credentialing Center (ANCC), including RNBC (Registered Nurse-Board Certified) and FNP-BC (Family Nurse Practitioner-Board Certified).

Awards and honors

- Voluntary
- Recognize outstanding achievements in nursing such as FAAN (Fellow of the American Academy of Nursing).

Other Recognitions /Certifications

- Non-nursing certifications that recognize additional skills.
- EMT-Basic/EMT, awarded by the National Registry of Emergency Medical Technicians.

There are times when there are conflicting credentials that may not be as easy to determine the order in which they should be listed. This includes:

More than One of the Same Type of Credential

- List the highest education degree first. For example, Judy Smith, PhD, MSN.
- If the second degree is in another relevant field, it may also be listed. For example, Jane White, MBA, MSN, RN.

Other tips in regards to listing credentials include:

- Highest non- nursing degree is listed first followed by the highest nursing degree.
- If you have a doctorate and a master's degree, omit your baccalaureate degree.
- Multiple nursing certifications may be listed in the order you prefer, but consider listing them either in order of relevance to your practice or in the order they were obtained, with the most recent first. Always list non-nursing certifications last
- Credentials should be separated from the individual's name with a comma and does not include periods.

REFERENCE: American Nurses Credentialing Center. (2013). How to display your credentials [PDF]. Retrieved from <http://www.nursecredentialing.org/displaycredentials-brochure.pdf>

Why should I volunteer and do community service?

Written by: Cora Zamora RN BSN CCRN



Volunteerism is defined as the practice of volunteering one's time or talent for charitable, educational, or other worthwhile activities in the community without financial gain. Not all volunteer positions fit everyone. It is one thing to log hundreds of hours for the sake of fulfilling your career ladder, completing schools requirement or simply impressing your manager but the actual goal should be to maximize your utility. Everyone tends to be busy with his or her job or daily routine, so finding a non-profit organization that clicks with you may be the first step in getting started with volunteerism.

Where can I volunteer?

There are various local or international organizations in the community that provides community service opportunities. Some organization in the Kansas City area that can provide opportunities include:

- The Lions Club
- Rotary Club
- American Red Cross
- Harvesters
- Synergy
- Local churches and schools
- Events sponsored by the Filipino Association of Greater Kansas City, Philippine Nurses Association of Greater Kansas City
- Charitable foundations like the Medical Mission Foundation and the World Outreach Foundation

Why volunteer?

• Building career options. Community service gives students the opportunity to test out a desired career path. By creating new connections and gaining new experiences, volunteers are able to visualize following an intended career path. Even if the organization they are involved with has nothing to do with their intended career path, they are still able to make the most of their experience by learning how to problem solve, work more efficiently, deal with uncomfortable or below ideal environments, and interact with people with people different from themselves





- It's an investment in you. Volunteering is aimed at helping a person grow personally and professionally. For students, volunteering allows them to get involved with new things that would develop technical, social and academic skills that could not be learned in a classroom setting. For adults, especially for nurses, allows us to make good clinical judgment without the use of instruments or machines that we normally use in our workplace.

- Connection with passionate people. Volunteering will strengthen connections to friends, neighbors, and acquaintances. It also helps form meaningful relationships that will last a lifetime. No matter how young or old we are, building relationships with other people is crucial. Not only does the volunteer work you do show who you are as a person, it also reflects many positive character traits that other people want to see. Volunteering allows us to meet a wide variety of people from all walks of life.

- Change peoples lives. You will have the opportunity to act upon the greatest needs of your local and global community. Volunteering in medical missions abroad can help one realize that there is still a lot of underprivileged people out there hoping for a group of missionaries to come and provide them with medical and

surgical care. Locally, it is fulfilling to be engaged in volunteer services that improve the health and stability of people experiencing homelessness and despair.

As nurses, I hope we can get out and become involved in community service. It is a rewarding service and it can also be fun! You will be surprised how much you can enjoy giving your time and talents back to the community. Volunteer is meant to be more than what most make it out to be.

PNAGKC volunteer opportunities for 2016.

1. Homeless Clinic: Every Saturday from 8am to 12pm
2. Packing medical equipment and sorting medical supplies for the 2017 mission trips to be held in Mindoro and Cebu
3. Battered Women and Children: Saturday May 28 and in November TBD
4. Urban Plunge: June and July
5. Fiesta Filipino First Aid Booth: June 25 and June 26, 2016
6. The Harvesters in cooperation with Kansas City World Outreach Lions Club

North Central Region Conference – April 21-24, 2016

Guest writer: Bessie E. Schiroky, NCR RVP

April 21, Thursday

- Arrival of conference attendees
- A welcome dinner compliment of our host, PNAM – food was delicious!
- NCR F2F meeting with PNAA EB members in attendance – Chapter leaders reported their activities/ accomplishments for the year; NCR RVP reported on regional accomplishments and future plans; town hall meeting with the PNAA Pres., Dr. Letty Hermosa, and plan summary by the incoming PNAA Pres., Dino Doliente – members got to ask their questions.



April 22, Friday

- AM - Leadership Institute moderated by Dr. Gloria Beriones; Lolita Compas' "TED Talk" was well received and the "Marshmallow Challenge" was thoroughly enjoyed by everyone as a means of developing teamwork.
- PM – Break-out sessions on use of EXCEL, how to apply for 501 C-3/C-6 tax exempt status, new HHC regulations and TKB (Turong pang Kalusugan nang Bayan).
- Zumbathon fund-raiser held indoor with a professional Zumba instructor – everyone enjoyed "sweating it out" to the music!
- Networking Night with "Sports" theme – the NCR choral group led by the RVP sang the National Anthems and "Shine, PNAA Shine"; all chapters presented in pairs during the talent show; 2016 Chapter Leadership Awards presented by all the chapter Presidents; recognition awards were given by Letty Hermosa and Bessie Schiroky to PNAM Conference Planning Committee Chairs and members; the super excellent DJ made everyone in the mood to stay on the dance floor all night!



April 23, Saturday

- Education Day – with excellent speakers on topics ranging from "Transformation Through Effective Leadership and Self-Empowerment", "Heart Failure, Basics and Beyond", "Infectious Diseases Common in Hospital Settings", "Women and Healthcare: Trends and Issues" and "Compelling Communication and



North Central Region Conference – April 21-24, 2016

Workshop”. Relevant questions were asked after each presentation and discussions were lively throughout.

- PNAA Presidential Debate – a historic first in the history of PNAA! It was well organized by Vicky Navarro and Sofy Bole and both of them also served as the debate moderators. Don't miss watching the You Tube recording of this event! For the electors who aren't sure of their choice for Pres. Elect yet – this is a good tool to judge the 3 candidates – Mindy Ofiana, Jeanette Livelo and Madelyn Yu.
- Gala Night – the NCR choral group led by the RVP sang the National Anthems with a trumpet accompaniment; the Philippine Arts and Culture Ensemble of MI played rondalla music during dinner and provided the music for the folkdance presentations of their members; the septuagenarian and octogenarian nurses who were present (led by Dr. Miraflor and Merlita Valasquez) were fully recognized.



PNAM EB members for 2016-2018 were inducted by Dr. L. Hermosa and the new PNAM Pres., Maria Wolfinbarger, gave her acceptance speech; PNAM scholarship and excellence awards were given out by the RVP in place of Sonia Montano; presentation of 2016 Mr./Ms. NCR chapter candidates and coronation of the winner, Dohben Farley from PNANWIN – the winner also sang a Visayan song!; recognition of all members of the NCR COP group by the RVP; PNAM turn-over of the hosting plaque to PNACin/NKY, the 2017 NCR conference host; lots of dancing to the music mix of the excellent DJ! The long table filled with native Filipino desserts for all was a great “treat” to everyone!



April 24, Sunday

- Catholic mass in a hotel conference room
- Sunday brunch compliment of PNAM – delicious barbecues, pansit gisado, crispy asparagus, kare-kare, bistek, chicken apriteada and various desserts were enjoyed by everyone. We all headed home well fed and satiated!

It's always pleasurable to see everyone. Our NCR conference is indeed the venue of our NCR family reunion! It is a time to see each other face to face once a year, a time to renew friendships and enjoy the camaraderie. The monthly con-calls cannot substitute for the delight of seeing one another and meeting face to face. For all of our guests – thank you so much for your presence and support of our conference!

We invite you to attend our next NCR conference to be held on April 21-23, 2017 in Cincinnati, OH to be hosted by PNACin/NKY. Save the date and see you all there!

SAVE THE DATES




PHILIPPINE NURSES ASSOCIATION
CINCINNATI-NORTHERN KENTUCKY CHAPTER




North Central Region
CONVENTION
2017

April 21-23 2017
Holiday Inn West Chester Ohio
5800 Muhlhauser Road West Chester, Ohio 45069 United States

Philippine Nurses Association of America, Inc.
37th Annual National Convention
July 20 - 24, 2016

Leading The Way To Innovation Excellence Through



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GRAND HYATT WASHINGTON - 1000 H STREET NORTHWEST, WASHINGTON, DC 20001

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):

MEMBERSHIP

SCHOLARSHIP

AWARDS

EDUCATION

WAYS / MEANS

HUMAN RIGHTS

SOCIAL / HOSPITALITY RIGHTS

NOMINATION / ELECTION

BY-LAWS

COMMUNITY SERVICE

RESEARCH

PUBLICATION

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

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 Association 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

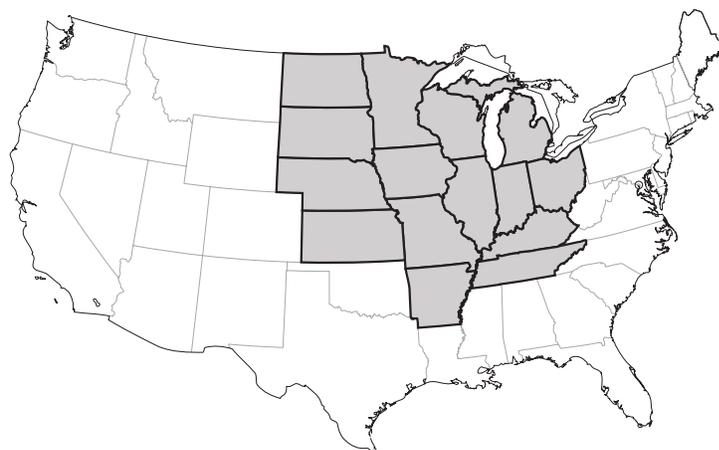
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NCR Conference

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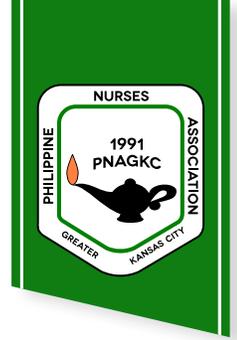
APRIL 2017

Details to come soon.



*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*

UPCOMING EVENTS: *2015-2016*



June 2, 2016: General Meeting NORTH KANSAS CITY

June 4, 2016: Parents' Day Celebration OVERLAND PARK, KANSAS

June 25-26, 2016: Fiesta Filipina OVERLAND PARK, KANSAS

July 20-24, 2016: PNAA National Convention WASHINGTON D.C.

August 4, 2016: General Meeting NORTH KANSAS CITY

August 19-21, 2016: Ethnic Enrichment Festival KANSAS CITY, MISSOURI

September 10, 2016: FAGKC September Affair KANSAS CITY, MISSOURI

October 6, 2016: General Meeting NORTH KANSAS CITY

October 29, 2016: New Orleans Nights OVERLAND PARK, KANSAS

December 2, 2016: General Meeting NORTH KANSAS CITY

December TBA: Holiday Party KANSAS CITY, MISSOURI

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