



# TANGLAW

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

*Winter 2016 - Spring 2017 / Volume XXXVIII*



*Members at PNAGKC Annual Dinner-Dance Gala*



*Above: Members volunteering at the Franciscan Mission Warehouse  
Below: Members volunteering with Battered Women and Children*



*Above: Nurses' Day Celebration*

*In this issue...* President's Message • 2017 Mindoro Medical Mission Summary • Member Spotlights

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*for the next issue:*

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

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## EDITOR'S NOTE



“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform” -Roy T. Bennett

I recently stumbled across this quote while I was perusing a magazine at the library. It got me thinking about how many of our founding members of the association came to the United States in the late 1970s - early 1980s to pursue a nursing career. They left the familiar comforts of their homelands to embark on a new adventure in a country with promises of great opportunity. I cannot imagine the type of courage and strength it took to leave their loved ones and the only life they knew to start a new life. But because of them, the Greater Kansas City community has benefitted from their service, loyalty, and undying drive to help those in need. PNAGKC has provided countless hours sorting medical supplies, manning first aid booths, fundraising, organizing community events, and providing education.

The founding members have been the rock in which our association has grown, changed and transformed not only the nursing profession, but the well-being of those in our community and internationally. It is a great honor to be part of an association that has continually grown, changed, and transformed over the last 26 years. I am excited to see where the future has in store for us as we continue to evolve.

Jessamine P. Endaya, BSN, RN, CCRN



## TANGLAW IS GOING DIGITAL!

*Tanglaw will only be available online. If you would still like to receive hardcopies of Tanglaw, please e-mail your address to:*

**[JESSAMINE.ENDAYA@GMAIL.COM](mailto:JESSAMINE.ENDAYA@GMAIL.COM)**

# President's Address at the 2017 Dinner Dance



On behalf of the Philippine Nurses Association of Greater Kansas City Executive board and members, it is my greatest honor and pleasure to welcome you to our 26th Anniversary Dinner Dance celebration.

It is always exciting to come together every year to share experiences, memories and make plans to move the association into the future. When we were first developing our catch phrase, we were inspired by the catch phrase “Music is the power, love is the message and truth is the answer” by Graffiti Bridge. However, this can't fit on an invitation. So it became, Get enchanted by Love, truth and music. We were captivated by this because it spoke to us as nurses and the passion we have for our profession.

Our profession is about integrity and compassion towards our patients and our fellow man during the most difficult times in their lives. Our members has done this through manning the first aid booth at Fiesta Filipina, providing care at the homeless clinic at Hope Faith Ministries every Saturday morning, serving food and providing necessities to the Battered Women and Children at Safe Haven, volunteering countless hours during the medical mission in Carcar, Cebu, Philippines, and Mindoro, Philippines, volunteering every 3rd Saturday of the month sorting medical supplies at the Franciscan Mission Warehouse and helping the Lions Club with a small health fair in Raytown, MO. Music is our feelings translated into a harmony. Music awakens our soul and uncovers our deepest parts of our humanity. In the words of Bono “Music can change the world because it can change people”. It is a reminder that anything is possible. Love, truth and music clarifies who we are as nurses and what our purpose is.

I would like to make some special acknowledgments because without them, this event would not be possible. First, I would like to Thank our Heavenly Father for bringing us all together to celebrate another successful year. I like to express our sincere gratitude to all our benefactors, underwriters, patrons, sponsors and donors for your generosity. Your kindness is beyond measure. Thank you for your contributions and supporting our organization. A good part of this evening I give credit to Kevin Bautista. Although he works for Westin, Kevin practically knows the InterContinental hotel staff. It is through his close connections, effective negotiating and eye for details that we can celebrate in this beautiful venue tonight. Kevin, you are true event professional and I appreciate your guidance and working with the hotel to help make our event a success! There is simply no one that can do what you can do. Thank you for everything! I would like to thank my Gala committee co-chairs Luz Conde and Leila Busch for your stepping up and taking charge of this event. To everyone who has helped put this event together, there is so many of you, I apologize if I don't not mention you all. From all the members of the Gala committee, the Filipino Cultural Center and Helen Austin for hosting our practice sites, to our performers, solicitors and table host, thank you all for taking time to make evening a reality. To the InterContinental Hotel staff thank you for hosting our event. To our DJ, thank you for coming, May your DJ skills enchant everyone to the music. To my husband and my family, thank you for being my biggest cheerleader supporting my presidency this past year. I couldn't do it without you all. To my executive board and members of the association, thank you for making this a strong and vibrant organization it is today. Never forget that you do make a difference, because here we are, 26 years later and more to come. Most importantly thank you all for being here today and for your continued unwavering support towards our association. God bless you all and Mabuhay!

Respectfully yours,

A handwritten signature in black ink that reads "Anna Liza Dewhurst". The signature is written in a cursive, flowing style.

Anna Liza Dewhurst

# PNAGKC Christmas Party: *December 3, 2016*



# PNAGKC Dinner-Dance: *April 29, 2017*



# 2017 Mindoro Medical Mission Summary

Written by: Leila Busch | MSN, RN, CEN



One hundred kilometers south of Manila lies Mindoro, the site of the 2017 World Outreach Foundation's (WOF) Medical Mission. Mindoro was discovered by Miguel Lopez de Legaspi in 1565 and members of the Spanish Mission described the province as "Mina de Oro" (goldmine).

On January 19, 2017, a group of volunteers that included physicians, members of the Philippine Nurses Association of Greater Kansas City and other healthcare personnel from Kansas, Missouri, California and Pennsylvania left the comfort and safety of their work and home life to provide medical and surgical care to the poorest and underserved population of Oriental Mindoro.

WOF's commitment to sustainability is the key to the success of the medical mission programs. In addition to providing the needed health care during the mission, WOF seeks to help in a way that it will create a lasting impact to the community. This year, WOF obtained some laparoscopy equipment from Stryker Company which gave the U.S. surgeons the ability to equip the local surgeons with better equipment to attain sustainability and self-sufficiency in their community.

The medical mission team was divided among two venues. The surgical team stayed at the Provincial Hospital. For five days, the team tirelessly did procedures including gall bladder surgeries, hernia repairs, goiter surgeries, breast mass excisions and other minor surgeries. The medical team stayed in a nearby town of Naujan where adult and pediatric medical consultations, dental consultations/extractions and minor surgeries were done. On the third and fourth day, the medical team headed to the foothills of Mt. Halcon, the home of the native Mangyan tribes. There, the medical mission team practiced medicine in a very austere setting and met the most grateful people, many who have not previously been reached by any medical care.

Other accomplishments of the WOF medical mission included:

1. Providing abdominal laparoscopic equipment and supplies.
2. Training local surgeons on the use of the laparoscopic equipment and supplies
3. Conducting high blood pressure and diabetic classes.
4. Creating a diabetes/ hypertension program called "WOF at LGU para sa Diabetiko" where patients can get free follow up and medicines upon enrollment on the program.
5. Providing health care to two Mangyan Communities at the foothills of Mt. Halcon.

There were many generous donors to the medical mission including:

- The Franciscan Medical Mission Warehouse
- Stryker Corporation (Anthony Guile)
- Applied Medical System
- SP Medical System (Chad Barber)
- North Kansas City Hospital








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## PNAGKC EXECUTIVE BOARD 2016 - 2018

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# North Central Region Convention



## Member Spotlights: *Anita Cooper & Rizvend Pecana*



### **Anita Cooper, BSN, RN**

During our 26th Anniversary Celebration, Anita was awarded the 2017 PNAGKC Nurse of the Year award. She was nominated by her peers and per the nomination form, Anita is appreciated, respected, and recognized not only by her employer, immediate managers, and peers but importantly by those she provides direct care: her patients and their families. Numerous kudos and Daisy award nominations are written for the exceptional bedside care she has provided in her nursing career. Anita has participated in several committees at her place of work. She participates in shared governance, interview and retention committee and is the official preceptor of the cardiothoracic unit at Centerpoint Medical Center. She has been doing this for over 20 years. She is entrusted by her clinical manager to educate, orient and train new nurses to acclimate in the cardiothoracic unit. She continuously shares her wealth of nursing knowledge and experiences with her peers and future nurses. She provides a sincere commitment daily to promote excellent patient care. Anita has received many well-deserved accolade, awards and certificates, upholding the image of Filipino nurses at her place of work.



Anita has been a contributing member of PNAGKC for many years. She participated in PNAGKC's annual health fairs, co-chaired the education committee and has been actively soliciting funds from area hospitals and businesses to support our association.



### **Rizvend Pecana, MSN, RN**

This past spring, Riz earned a Master's Degree in Nursing Informatics from the University of Kansas School of Nursing. Riz stated that there is a lesson to be learned for pursuing his Master's degree over the last 8 years.

“There are those who start and never give up. There are those who never even start. Be it may that we are busy or bear many obligations, learning is a lifelong tool and gives you a better vantage point for healthcare delivery. A better view offers more options for improving the system. It takes commitment and a whole lot of support from family and friends such as those I have from the PNAGKC to egg me on!”

# PNAGKC / PMSGKC Education Program: *A Joint Effort*

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



Operate or not in a patient encountered in a medical mission? This was a topic discussed during the educational program titled “Medical Mission Outreach: A Practical Approach to Common Disorders” presented on Sept 10, 2016 at the Filipino Cultural

Center, Overland Park, Kansas. Although nurses do not make the decision whether to operate, screening patients who may need surgery and caring for them before, during and after surgery does fall under the role of the nurse volunteers in a medical mission. Thus, the program identified the educational needs of mission volunteers, as well as providing education to medical, nursing and allied health professionals - a goal that is consistent with the objectives of PNAGKC.

Dr. Lillian Pardo from the Phillippine Medical Society of Greater Kansas City coordinated the program. PNAGKC members Luz Conde and Tess Laoruangroch were part of the education planning committee. The program speakers were mostly physicians who had volunteered their time to present on diseases and conditions seen or likely to be encountered in a medical mission. The topics of education included tropical diseases in the Americas, surgical decision-making skills, safety aspects of anesthesia in under-sourced locations and urology in the tropics.” Tess Laoruangroch was the nurse speaker who discussed “Hypertension and Common Cardiovascular Conditions in Developing Countries: Management and Prevention.”

The program was free to attendees and they received 3 CEUs through KU Medical Center, breakfast and lunch. Financial support for the program came from a partial through the Jack Hill Medical Education Foundation and industry vendors were given the opportunity to display and discuss their products during the program.

Post survey comments of attendees found a successful program brought together by the joint efforts of PNAGKC and PMSGKC - 2 local organizations that have partnered together in medical missions for over 20 years. The program was also supported by the following PNAGKC members: Babette Orlich, Irma Wright, Joy Doolin, Marilyn Castillo, Riz Pecana, Cora Zamora and Anna Liza Dewhurst, our current PNAGKC president.



# Franciscan Mission Warehouse: *Transforming the World*

Written by: Luz Conde | BSN, RN, CCRN



Where exactly does the medical supplies and equipment utilized for medical missions overseas come from? Where is there a facility big enough to house these donated medical supplies and equipment?

The answer to those questions is the Franciscan Mission Warehouse. The Franciscan Mission Warehouse is located in Independence, Missouri. It is organized by the Sisters of St. Francis of the Holy Eucharist and has been in operation for the last 18 years.

The mission of the Franciscan Mission Warehouse is to transform the world by bringing resources and lifesaving medical supplies to different parts of the world. Local hospitals and clinics have been providing the medical necessities needed for medical missions. Once the supplies have been brought into the warehouse, community volunteers donate their time to sort and pack the supplies.

The warehouse fills shipping containers with the most needed supplies and equipment, in addition to other items communities can use and prepares them to be shipped prior to when the missionaries arrive at the medical mission site. One of the biggest challenges the warehouse faces is how to obtain the funds to ship the numerous supplies to the medical mission destination. To cover the cost of shipping the filled containers, the Franciscan Mission Warehouse coordinators rely on the contributions of individuals and organizations. Another means of obtaining funds to ship the supplies, they do fundraising events such as their annual spaghetti dinner.

PNAGKC is very involved with the Franciscan warehouse. Our nurses, friends and families volunteer at the warehouse every third Saturday of the month. Most of the supplies that we use for the annual medical mission to the Philippines come from the warehouse. We have a strong relationship with them. They allow us to collect the items we need for our medical missions and openly welcome our requests for the medical supplies and equipment that we need the most.

There are many great benefits of volunteering at the Franciscan Mission Warehouse. It is a humbling experience to think how a few hours sorting medical supplies can benefit so many people from all over the

world. Volunteers get to know the coordinators and other volunteers leading to a sense of friendship and camaraderie when spending time at the warehouse. Health care provider volunteers get the opportunity to network with other volunteers from other health care facilities. It is during those interactions that volunteers realize that they all have the same goal: provide resources and supplies to those in the world that need it the most.

If you are interested in volunteering at the warehouse with other PNAGKC members, please contact Cora Zamora, PNAGKC Community Service Chair, for more information.



# COMMUNITY SERVICE: *Battered Women and Children*

Written by: Cora Zamora, BSN, RN, CCRN | Jessamine Endaya, BSN, RN, CCRN



The National Coalition Against Domestic Violence (NCADV, 2015, p. 1) defines domestic violence as the intentional intimidation, physical, emotional, sexual assault, or any other abusive

behavior as a means of power and control by one intimate partner against another. Domestic violence is more common in women between the ages of 18 – 24 years old and approximately every 9 seconds in the United States, a woman is assaulted or beaten (NCADV, 2015). Domestic violence not only affects the individual inflicted by the actions, it can also have economic effects including a reduction in paid work each year and victims losing their jobs (NCADV, 2015).

On November 19, 2016, the Philippine Nurses Association of Greater Kansas City spent an afternoon with the battered women and children thru the Synergy Service Safe Haven. The members of the association served dinner consisting of vegetable and meat lasagna, meatballs sandwiches, fresh vegetables, brownies, candies and a variety of soft drinks. This was a huge treat to the residents of Safe Haven. The children were overjoyed with the balloons and assorted gifts that were given to them. The women of the shelter enjoyed picking items for themselves from the wish lists. These items included purses, jewelries, make-up and lotions donated by our members and community partners.

PNAGKC members have been donating their time to the Battered Women and Children's shelter for many years now and were excited to introduce a new service to them. We presented them with a 20-minute yoga session led by a PNAGKC supporter who is also a yoga instructor. We hoped that by doing simple yoga exercises, it would help them appreciate the miracles of the human body in addition to shedding negative habits and feelings from their lives. We had five women who participated in the yoga session and from the verbal feedback, they enjoyed it and felt it was helpful.

We also shared other exercises that would help to reduce stress. Some of these exercises included:

1. Extended Exhale Breathing. This encourages deep energizing inhales for three seconds and a 6 second exhalation.
2. Chair Swivel. This exercise helps to release back tension.
3. Head Down Time. This helps to calm oneself.
4. Eyebrow Massage Acupressure. This maneuver helps release facial strain and counteracts overthinking.

Promotion of health through education is one of the goals of PNAGKC volunteers when visiting the battered women and children. During this visit with the residents, we were able to raise their awareness of breast cancer, the importance of early detection, and other breast cancer awareness resources in the community. PNAGKC nurse volunteers also

checked residents' blood pressures, discussed prevalence of hypertension including risk factors, causes, prevention and treatment.

On May 21, 2017, PNAGKC nurse volunteers paid another visit to the women at the shelter. Our volunteers were greeted by some of the previous residents as well as new ones. We served them a home style dinner, complete with fried chicken, coleslaw, corn on the cob, cookies, and cake. The PNAGKC volunteers provided a special treat for the residents including ice cream and soda.

Each of the residents received a gift bag of summer needs items including towels, umbrellas, body lotions, sunscreen lotion and cream, in addition to being able to choose some summer outfits from the clothing brought to the shelter from our volunteers and donors. The children at the shelter received art supplies and craft kits, swimming pool toys, lotions and sunscreens. There was a volunteer hair dresser who provided haircuts, complete with style, to the residents of the shelter as a bonus.

At the end of our two visits with the shelter residents, we did some Zumba style dancing! Per their synergy coordinator, the residents are usually timid and are often hesitant to mingle with the volunteers, but with our group of volunteers, they joined in the fun and were very appreciative of the time we spent with them. The residents sent us a hand-made card to express their gratitude for our presence and expressed how they look forward to our biannual visit to the shelter.

On behalf of the Community Service committee, we would like to thank our gift donors and volunteers for making our visits to the shelter a successful event.



Reference

NCADV. (2015). Domestic violence national statistics [PDF]. Retrieved from [www.ncadv.org](http://www.ncadv.org)

# Membership Update

Written by: Emma Florentino | BSN, RN



On May 27, 2017, the PNAGKC membership committee hosted a Membership Appreciation and Drive Picnic. It was well attended by our current members and potential members despite the predicted stormy weather. The committee thanks all of those who braved and weather and spend the evening enjoying each other's company.

Our current membership number is 46, with two new members who joined during the picnic. If you are needing you renew your membership or know of a fellow nurse who would like to join our association, please check our website ([www.pnagkc.org](http://www.pnagkc.org)) or the membership application in this edition of Tanglaw.



# 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](http://www.mypnaa.org)

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## NORTH CENTRAL REGION

### Join us for the next NCR Conference

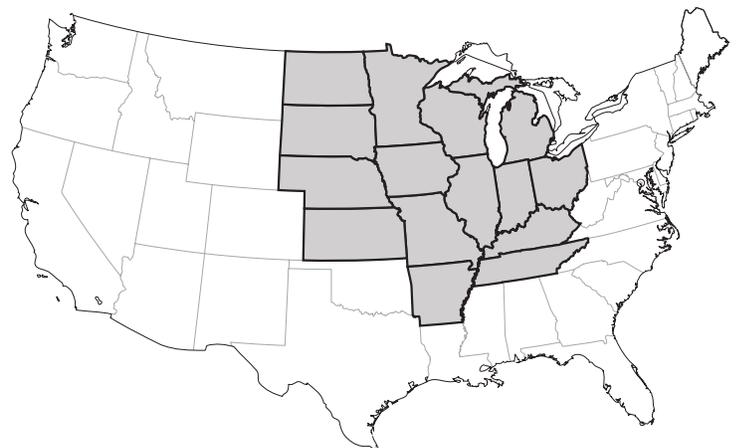
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*Per the PNAA, the regions will be hosting their conferences every other year. The next NCR conference will take place in 2019.*

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SEE YOU IN 2019!

*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*

# 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.

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## 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

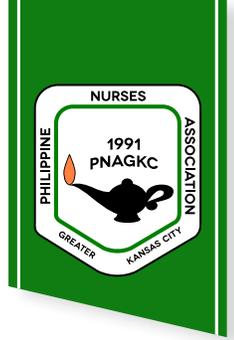
COMMUNITY SERVICE

RESEARCH

PUBLICATION

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

# UPCOMING EVENTS: 2017-2018



## 2017

**July 23-30: 38th PNAA National Convention**

HOSTED BY PNACF - ORLANDO, FLORIDA

**August 3: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**August 26: Education Day** RESEARCH MEDICAL CENTER

**September 23: PMS/PNAGKC Medical Mission Golf Tournament**

**October 5: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**November 9-11: PNAA Eastern Region Conference** BALTIMORE, MARYLAND

**November (TBD): Battered Women and Children Volunteer Event**

**December 2: PNAGKC Christmas Party/Membership Drive** FILIPINO CULTURAL CENTER

**December 7: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**December 9: FAGKC Christmas Party/Membership Drive** FILIPINO CULTURAL CENTER

## 2018

**January 25-26: International PNAA Convention** MANILA, PHILIPPINES

**January 28-February 2: Medical Mission** MANILA, PHILIPPINES

**February 8: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**April 6: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**April 7: PNAGKC Annual Dinner Dance**

**June 7: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**July 25-29: PNAA 39th National Convention** HOSTED BY PNANJ, JERSEY CITY, NEW JERSEY

**August 2: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**October 4: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI

**December 6: General Assembly Meeting** NORTH KANSAS CITY, MISSOURI