



TANGLAW

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

Spring 2021 - Summer 2021 / Volume XLII



In this issue... PNAGKC Health Initiative • Why Community Outreach • 2021 PNAGKC Scholars

table of contents

Editor's Note	2
President's Message	4
PNAGKC Executive Board	5
Committee Reports	6
Member Appreciation and Nurses' Day Celebration Picnic	8
PNA-Greater Kansas City Health Initiative	12
As I See It — Entering the New Normal	14
Congratulations Babette Orlich!	15
Save Haven Mother's Day 2021	15
PNAA National Excellence Achievement Award	16
Why Community Outreach?	17
Member Spotlights	18
Membership Application	19
Philippines Nursing Scholarship	21
PNAA Community Outreach Committee	21
PNAGKC Volunteers for Special Olympics	22
PNAGKC Bylaws Summary of Changes	23
Gardening With PNAGKC	24
Benefits of being a PNAA Member	25
MYPNAGKC.ORG	26
Upcoming Events	27

editorial staff

editor-in-chief

JESSAMINE DALEY

editorial board member

**LEILA BUSCH
ANNA LIZA DEWHURST
YOLLIE ENDAYA
CORA ZAMORA**

photographer

SONIA TUMANUT

layout designer

JESSICA ENDAYA KEEFER

www.jessica-ek.com

VISIT US ONLINE:

WWW.MYPNAGKC.ORG

EDITOR'S NOTE

For the last year and a half COVID 19 seems to be in the forefront of all our minds. We've mourned the loss of our loved ones and feared the future. We made sure to pack our masks and ensure that our hand sanitizer containers were refilled when we walked out of the house. We are consistently washing our hands and keeping our distance from one another. After the authorization for emergency use of the Pfizer, Moderna and Johnson & Johnson/Jansen vaccine came out, we were starting to see the light at the end of the tunnel. Those who were fully vaccinated were no longer required to wear masks indoors and were able to gather safely. We were taking a step forward in the right direction. But with the Delta variant and other potential virus mutations, we're now taking two steps back. Indoor mask mandates are being reinstated, even if you've been fully vaccinated and the number of those hospitalized infected with COVID 19 in the hospitals are rising again. From my own personal practice, I have had many patients ask me what would be their best defense against COVID-19 and I confidently say: Get Vaccinated.

These are the three main questions I get asked:

THE VACCINES CAME OUT SO FAST, ARE THEY SAFE?

Although the mRNA vaccines are new, researchers have been studying and working with mRNA vaccines for many years. The mRNA vaccines are Pfizer-BioNTech and Moderna. The mRNA vaccines have been studied for other viruses like flu, Zika, rabies and cytomegalovirus (CMV). The mRNA vaccines are held to the same safety and effectiveness standards required of all other types of vaccines produced in the United States. The Food and Drug Administration approves or provides emergency use authorization if the vaccines meet those standards. As COVID-19 was deemed a pandemic, using the knowledge we had available, researchers were able to produce an effective vaccine.

HOW DO THE VACCINES WORK?

First of all, the mRNA vaccines do not use the live virus of COVID 19. The vaccines are injected into muscle tissue and the muscle tissue produces a protein that is used to begin the process of producing an immune response based on the instructions the mRNA vaccine has. Then the cell breaks down the mRNA after it is done using the instructions provided. Our body recognizes that the protein produced is unfamiliar so the immune system starts to create antibodies (fighter cells). The vaccine does not interact with our DNA in any way. The mRNA never enters the nucleus (where our DNA is stored) of the cell.

EDITOR'S NOTE

WHAT ARE MY VACCINE OPTIONS?

Pfizer-BioNTech

Who can get this vaccine: People 12 years and older

How many shots will you need: 2 shots given 3 weeks (21 days) apart

When are you fully vaccinated: 2 weeks after your second shot

Moderna

Who can get this vaccine: People 18 years and older

How many shots will you need: 2 shots given 4 weeks (28 days) apart

When are you fully vaccinated: 2 weeks after your second shot

Johnson & Johnson's Janssen

Who can get this vaccine: People 18 years and older

How many shots will you need: 1 shot

When are you fully vaccinated: 2 weeks after your shot



The CDC does not recommend one vaccine over another. You should try to get your shot as close to the recommended 3 or 4 week interval in the two dose series vaccines. However, your second shot may be given up to 6 weeks (42 days) after your first dose, if necessary. Be sure to discuss further with your healthcare provider to determine individual health factors that may need to be taken into account.

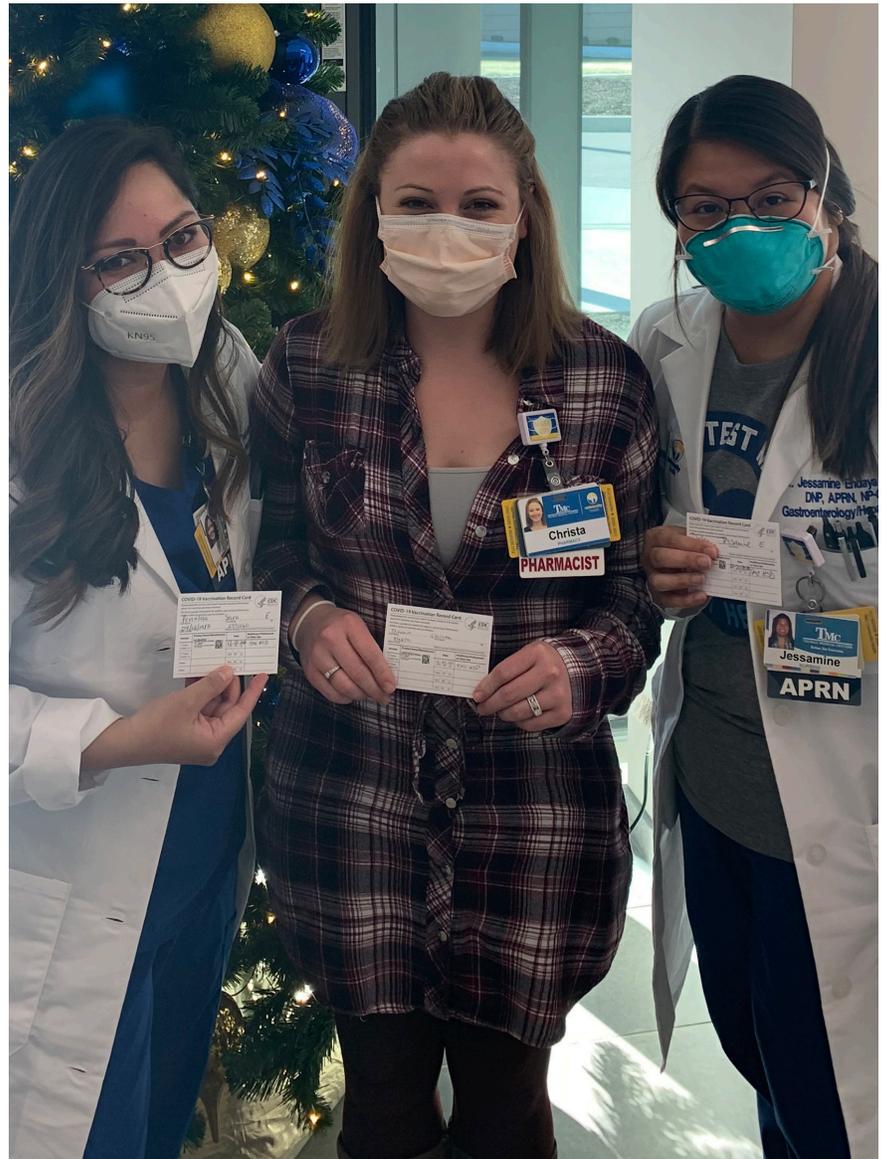
If you have more questions about the vaccine, please don't hesitate to ask a healthcare provider you trust or visit the Center for Disease Control and Prevention for up to date information.

Jessamine E. Daley DNP, APRN, NP-C

References

Center for Disease Control and Prevention (2021, August 19). Types of vaccine available. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>

Center for Disease Control and Prevention (2021, March 4). mRNA Vaccines. Retrieved from https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html



President's Message

Chapter President's End of year Report Presented at the North Central Region meeting on June 1, 2021.

Goals and Action Plan:

Membership Engagement:

Increase membership by 10% recruitment and retention

As of this writing PNAGKC has received a certificate of recognition from PNAA for exemplary recruitment drive and hard work in achieving membership percentage growth of 10% or more in July 2020 - July 2021. The goal to increase the membership was achieved by phone calls, Facebook messages and face to face meetings during our monthly health initiatives

Educational Opportunities, Personal and Professional Development

We participated in PNAA educational community events and our educational committee chair posted available seminars and symposiums for free CEU. Our goal is to have in person educational symposiums or seminars.

Visibility and Advocate

Our community service committee has been very active and engaged in various organizations in the area including Synergy Battered Women's Shelter, United Way Neighbor to Neighbor and Project Cure. All the hours that our members volunteer have been logged in and submitted to PNAA.

Business Infrastructure and Financial Stability

PNAGKC continues to be fiscally responsible and tries to stay within our annual budget approved by the Executive Board and members.

Interagency Collaboration

PNAGKC collaborates with Synergy agencies, United Way Agency, and Project C.U.R.E. (Commission on Urgent Relief and Equipment). Our chapter also collaborates with the Filipino Association of Greater Kansas City and the Kansas City World Outreach Club in their activities and projects.

I am very proud to report one of our members, Luz Conde (PNAGKC President 2018 - 2020) was recognized as one of PNAA's Nurse Excellence Awardees during the 42nd PNAA National Convention in July 2021.

Babette Orlich BSN, RN

2020 - 2022 PNAGKC President





PNA Greater Kansas City

EXECUTIVE BOARD

Terms of Office: 2020-2022



POSITION	NAME	EMAIL
President	 Babette Orlich	boiser2@sbcglobal.net
Vice President	 Irma Labre Wright	ilabre@kc.rr.com
Secretary	 Anna Liza Dewhurst	annaliza.dewhurst@gmail.com
Assistant Secretary	 Magnolia Figueroa	icu_ccurn@yahoo.com
Treasurer	 Luz Conde	luzpconde@gmail.com
Assistant Treasurer	 Corazon Zamora	ccz1955@prodigy.net
Auditor/Membership Chair	 Yollie Endaya	jpendaya@juno.com
Public Relations Officer	 Vicky Herrera	mariavickyperla@gmail.com
Board Member	 Regina Ancola-Upton	magayon53@yahoo.com
Board Member	 Chito Belchez	chitobelchez@yahoo.com
Board Member	 Tess Laoruangroch	kcyuppy@yahoo.com
Board Member	 Elvie Leone	elvira.leone@aol.com
Board Member	 Sonia Tumanut	soniatumanut@gmail.com
Immediate Past President	 Luz Conde	luzpconde@gmail.com

Regional Vice President: Leila Busch, MSN, RN, CEN lexilzb@aol.com // Note: President Elect - Vacant

Committee Reports



Irma Labre-Wright
**Bylaws • Policies
& Procedures Chair**

PNAGKC 2021 Revised Bylaws were ratified July 19, 2021 during the General Assembly meeting. It will be available at the PNAGKC website for reference. Policy and Procedure Manual will be completed soon.



Jessamine E. Daley
Communication • Website Chair

The new website (www.mypnagkc.org) was launched in May 2021 during the Membership Appreciation and Nurses

Day celebration picnic. We are looking forward to showcasing what our association has been doing in addition to being more accessible to our members.



Yollie P. Endaya
Membership Chair

As of July 2021-our membership count was 67 compared to July 2020 of 54.

We had achieved the goal of 10% of membership growth. PNA did award a certificate of recognition to PNAGKC during the 42nd Annual Convention. Our August membership baseline is 67. The July 2022 goal for PNAGKC (10% growth) is 74. The process of notification of membership expiring the current month is still the same (30 days prior to /repeated at the 15th of the month) through the email. We will be trying to reach out to those members that expired from January 2021 to July 2021 through the mail during the month of August. The membership renewal and application forms have been modified and will be reflected on our website along with the issue of Tanglaw.



Irma Labre-Wright
Scholarship Chair

Philippine and local PNAGKC Nursing Scholarship is up and running. Jillian Sinosa is a two-time PNAGKC grant recipient who will be graduating BSN in May 2022 from Pittsburg University in Kansas. Laleine Anne Asuncion is a 3rd year BSN student in Mariano Marcos State University. She will receive the full tuition scholarship until she graduates in May 2022.



Tess Laoruangroch
Education Chair

Nothing new to report at this time. Various educational offerings are being sent via the PNAGKC google group. There was a scheduled non CEU dinner program on August 12, 2021.



Sonia Tumanut
Awards Committee Chair

Congratulations to Luz Conde who was awarded the PNA Volunteer Award 2021. She was awarded during the PNA National Convention that took place in July 2021.



Luz Conde
Nominations / Election

We are still in need of a President-Elect. Babette Orlich was inducted for another year term (2021-2022) during our Membership Appreciation and Nurses Day picnic this past May. All executive board members are automatically part of this committee as stated in our bylaws.



Maggie Figureroa & AnnaLiza Dewhurst
Social & Hospitality

We are hoping our Christmas Party will be in person this year. COVID, please go away! More details to come. We have a date! Our Annual Gala is set for April 2nd 2022 at the InterContinental at the Country Club Plaza. Stay tuned... That's all folks!



Elvie Leone
Human Rights

No report.



Chito Belchez
Research

It was suggested that anyone can present a research abstract during general assembly meetings that are relevant to the mission, vision and goals of PNAGKC. Also encouraged that we mentor nursing students, like our PNAGKC scholars, with any research projects.



Vicky Hererra
Community Outreach

Despite the unpredictable COVID-19 pandemic, PNAGKC was able to continue serving our community. We continue to volunteer at Street Medicine Kansas City and Health Outreach Foundation and Project Cure / Franciscan Sisters Mission Warehouse. In addition, we have distributed face masks, helped organize church food pantries and participated in food drives, delivered and distributed meals and volunteered at Safe Haven for the Battered Women and Children’s Shelter. Our community outreach program initiatives target health, acts of kindness and education.

July 2020 - December 2020	280.5 hours
January 2021 - June 2021	845.5 hours
TOTAL HOURS	1125 hours



Cora Zamora
Ways and Means Chair

The Bowling Fundraising event is up in the air because of COVID but the planned date is Sunday October 17, 2021 at Gladstone Bowl. Updates to come!



Irma Labre-Wright
Archives Committee

The committee is collecting the following documents for archiving:

- President’s annual report
- Officers and members directory
- Minutes of official meetings and committee meetings
- Annual Treasurer’s report
- Exhibits of projects and activities - flyter and photos if not published in the newsletters
- Newsletters, legal documents/communications, and newspaper clippings.
- By-laws, policies and procedures if there are any changes/amendments.



Jessamine E Daley
Publication • Tanglaw Chair

TANGLAW IS DIGITAL!

TANGLAW is available online but if you would still like to receive a hardcopy, please email your home address to: jessamine.endaya@gmail.com

for the next issue:

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



As a member of PNAGKC, you are invited to join any of the committees you may be interested in serving. Please contact the specific committee chair for any additional questions

Member Appreciation and Nurses' Day Celebration Picnic

Written by: Yollie Endaya, Membership Chair | MSN, RNC-OB, C-EFM



May is known as a month of transition. Cold winds are gone, the rains of early spring have passed and as May comes around, flowers are blooming and life is starting to seem a little more joyful with each passing day.

May is also a month of many celebrations. For some of us, we are showered with love and gifts on Mother's Day. For us, it is the month that nurses are celebrated.

After a tough year and an isolating winter, we safely gathered at Sar-Ko-Par Trails Parks on May 8, 2021 to celebrate our careers with our close friends and families. The event was MC'd by new member, Janessa Endaya, who kept the our Membership Appreciation Picnic energetic. As a thank you to our supportive members, we hosted a delicious luncheon, raffled off door prizes, and played games! We were even able to recruit new members and get lapsed members to renew their membership.

We received an update on our brand new website (www.mypnagkc.org), inducted our 2022 president, Babette Orlich, and presented a showcase of community service events and introduced the executive board. It was a nice change of pace from seeing each other through a computer screen. We were able to share a meal with close friends and once again, laugh and dance together. We look forward to hosting more membership events in the future. Hope to see you there!





Membership Appreciation Picnic

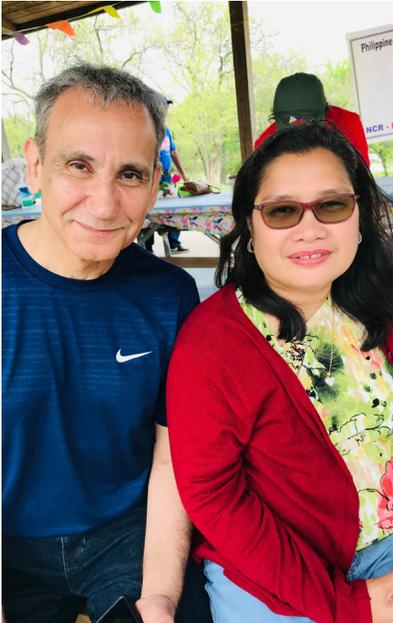
**SATURDAY, MAY 8, 2021
10:00AM-2:00PM**

**SAR-KO-PAR TRAILS PARK • MEADOWLARK SHELTER
WEST 87TH STREET PARKWAY & LACKMAN RD
LENEXA, KS 66215**

You and your family are invited to celebrate Nurses Day with PNAGKC! We are grateful for the endless support of our members and would like to thank you with a family-friendly luncheon. We look forward to hosting you safely, in an outdoor, socially-distant gathering.

TEXT BABBETTE 816.807.9173 OR YOLLIE 816.695.6681 WITH ANY QUESTIONS







Embracing the Nursing profession through Leadership, Collaboration and Service



PNA-Greater Kansas City Health Initiative

Photos Submitted by Emilie Turalba BSN, RN

The PNAGKC Health Initiative was completed in coordination with the PNA / PNAAF Annual Walk / Run on Saturday June 27, 2021. It took place at Macken Park in North Kansas City. Our first place walker was Cora Zamora and first place runner was Regina Ancola. After the walk / run we gathered together to celebrate a successful health initiative. We were also able to recognize two of our honorary members, Cesar Conde and John Orlich, who continually support our association.





As I See It — Entering the New Normal

Written by: Yollie Endaya, Membership Chair | MSN, RNC-OB, C-EFM



We became strong and resilient over the last 18 months as we struggled through the pandemic. We learned to adjust our daily lives and expectations in big and small ways.

As the vaccines became available and some people became fully vaccinated - we gradually started living the new norm. Restaurants started opening up, vacations were being booked, liturgical services made their way to full capacity, social gatherings both outdoor and indoor started happening, and people were once again in stores and social venues. Masks are not being mandated but encouraged for those who are unvaccinated.

The Center for Disease Control and Prevention (CDC, 2021) reported “in late June, our 7-day moving average of reported cases was around 12,000. On July 27, the 7-day moving average of cases reached over 60,000. This case rate looked more like the rate of cases we had seen before the vaccine was widely available”

On July 27, 2021, the CDC (2021) released updated guidelines and recommendations for everyone in areas of high transmission, like Kansas City, to wear masks in public indoor areas, whether the individual is vaccinated or unvaccinated. In Kansas City, wearing masks indoors is mandated, at least until the end of August 2021.

The Delta variant of the COVID-19 virus is more contagious and is currently the predominant strain of the virus in the United States, even in those individuals who are vaccinated. Those who have been vaccinated and contract the COVID Delta variant are noted to have what is called a breakthrough infection. Breakthrough infections happen less often than infections in unvaccinated individuals. Individuals infected with the Delta Variant, whether vaccinated or unvaccinated, can transmit the virus to others. The Delta variant produces

the same high amount of virus in both unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people. That means that fully vaccinated people are likely infectious for less time than unvaccinated people. The CDC continues to assess data obtained to determine whether fully vaccinated people with asymptomatic breakthrough infections can transmit the virus. The greatest risk of transmission noted is among unvaccinated people who are more likely to contact and transmit the virus.

The COVID-19 vaccines authorized in the United States are found to be highly effective and prevent severe disease and death even against the Delta variant. Like all other vaccines, they are not 100% effective but for those who have been vaccinated the vaccine provides a strong protection against serious illness and death. Millions of Americans have been vaccinated and the risk of breakthrough infection is low. There are still thousands of fully vaccinated people who become infected and have the possibility of infecting others, particularly with the surging spread of the Delta variant. This can be attributed to the low vaccination coverage in many communities leading to large surges of Delta variant cases.

With the new data from the CDC, we just have to be more in control of ourselves and the situation. As the COVID-19 vaccines have proven effectiveness it is important to continue prevention strategies including wearing masks, social distancing, and hand hygiene to reduce the transmission of infection and stop the epidemic- then maybe we can truly slowly transition to the new normal.

References

Center for Disease Control and Prevention (2021, August 6). Delta variant: What we know about the science. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>

Congratulations Babette Orlich!

On May 8, 2021 during the PNAGKC Membership Appreciation and Nurses Day Picnic, Babette Orlich was inducted as the PNAGKC President for 2021-2022. The induction was conducted by PNAA North Central Regional Vice President Leila Busch.



Safe Haven Mother's Day 2021





***PNA
GREATER KANSAS CITY
CONGRATULATES***

LUZ P. CONDE

BSN RN CCRN

RECIPIENT OF THE 2021

**PNAA NATIONAL EXCELLENCE ACHIEVEMENT AWARD
IN THE CATEGORY OF COMMUNITY AND POPULATION
HEALTH NURSING**



Why Community Outreach?

Written by: Vicky Hererra, Community Service Chair | BSN, RN



Volunteers have been asked many times why they spend their precious time serving others? Does it stem from an eagerness to feel needed or does it arise from a yearning to preserve bonds and connections?

What is volunteerism and why do it?

Volunteerism is an unselfish, meaningful and deliberate act of giving one's time and talents on behalf of someone else. It is the process of giving without an expected personal gain or compensation. It is a noble experience that can transform and inspire volunteers with a renewed mission and vision in their personal and professional lives. It is the glue that bonds communities together, the fire that fuels a cause and the force that ignites a passion.

Studies show that there is more benefit to the giver than to the receiver when it comes to volunteerism. Here are a few reasons why people volunteer:

1. Volunteerism gives you the opportunity to try and experience a new career without long term commitment. You can gain new skills with hands-on experiences in a career you are passionate about.
2. Volunteerism strengthens communities, saves them money and preserves their resources. When utilized, communities unite, save money and divert resources to build or accomplish other community projects.

3. Volunteerism builds bonds, creates new friends and strengthens the old ones. It helps build closer relationships, enhance powerful connections and solidify deeper bonds.
4. Volunteerism helps enhance the emotional stability and self-esteem of volunteers. It can provide a boost to one's self esteem by providing a natural sense of purpose, pride, accomplishment and life satisfaction.
5. Volunteerism is good for you. Stress reduction is one of the benefits of volunteerism because focusing outside self breaks the pattern of tension. Current research shows that social engagement is associated with a stronger immune system and improves better brain health. People with more social support are less likely to develop dementia than those who are more isolated,

Others have committed to volunteerism, so why not? Simply put, volunteering can be fun and fulfilling. We can make a difference to create change in the lives of the helpless or those in dire need, locally and globally.

Together with all our PNAGKC volunteers, I feel blessed, grateful and humbled to experience volunteerism through our organization.

Our sincerest thank you to all our leaderships, volunteers, and supporters through these years of unselfish volunteerism. It is because of you, that in terms of projects accomplished per year, diversity, sustainability, and number of hours served, the Philippine Nurses Association of Greater Kansas City's Community Outreach is second to none.

KUDOS and let us continue to make a difference.



Member Spotlights



Josephine Norton

BSN, RN

- Earned her BSN from the University of Missouri Kansas City
- Charge Nurse at Ashton Court Long Term Care from April 2011 to March 2016
- Charge Nurse for Rehab & Alzheimer's Unit
- Currently a Medical/Surgical Staff Nurse at Truman Medical Center - Hospital Hill

Hannah Victoria Gatdula

BSN, RN

- Earned her BSN from Saint Luke's College of Health Sciences 2019
- Currently a Operating Nurse at Centerpoint Medical Center



Jan Reynald Gatdula

BSN, RN

- Earned his BSN from University of Missouri Kansas City 2014
- A Daisy Awardee
- Currently a Medical/Surgical Orthopedic Staff Nurse at Centerpoint Medical Center



Mavic P. Gatdula

BSN, RN

- Earned her BSN as a second degree in Manila, Philippines
- Immigrated with her family to the USA in 2007
- Staff Nurse at Menorah Medical Center in Orthopedics, Neurology, Oncology, General Surgery from 2007 - 2018
- Currently a staff nurse on the Rehabilitation Unit at Centerpoint Medical Center



Member Spotlights



Lou Magtibay Mendoza RN

- Earned her nursing degree in the Philippines
- She was in the first group that Truman Medical Center sponsored under H1 visa in 1977
- Mother/Baby (Perinatal Services) staff nurse at Truman Medical Center - Hospital Hill
- Retired from nursing in September 2019

Janessa Endaya BSN, RN, CNOR

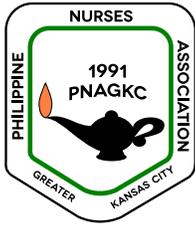
- Earned her BSN at Saint Luke's College of Health Sciences 2012
- Currently working in the Operating Room as the Davinci Coordinator at Saint Luke's East Hospital



Alexis Pacis MSN, AGACNP

- Earned her BSN at Saint Luke's College of Health Sciences
- Currently working as a Neuro Nurse Practitioner at North Kansas City / Meritas Health





What is the Philippine Nurses Association?

The Philippine Nurses Association of Greater Kansas City is a tax exempt, non-profit 501(c) (3) organization which was established in 1991 as a constituent chapter of the Philippine Nurses Association of America.

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!

Membership to the Association is a privilege and is contingent in compliance to the requirements as specified in the bylaws. Your membership includes local and National Membership.

Websites: www.mypnagkc.org www.mypnaa.org

NAME: _____ E-MAIL: _____

ADDRESS: _____

TELEPHONE: _____ GENDER: _____ BIRTHDAY: _____

HIGHEST LEVEL OF EDUCATION/TITLE: _____

PRIMARY NURSING PRACTICE: _____

MEMBERSHIP STATUS: NEW MEMBERSHIP RENEWAL

REFERRED BY: _____

COMMITTEES YOU WISH TO SERVE:

- MEMBERSHIP SOCIAL EDUCATION WAYS/MEANS
 EDUCATION/RESEARCH COMMUNITY SERVICE BY-LAWS

Active Member- a professional RN of Philippine ethnic origin

Associate Member – a professional RN of Non-Philippine Ethnic Origin

Member at Large – a professional RN residing in a state where a Local Chapter does not exist

Membership Level: Active (1 Year): \$70.00 Active (2 Years): \$140.00

Preferred method of membership payment thru www.mypnaa.org

If paying by check, write to PNAGKC and mail to:

Luz Conde, 16211 W. 80th Place, Lenexa, KS 66219

Philippines Nursing Scholarship Awardee Update

In June 2021, the scholarship committee chair received an email from our scholarship awardee from the Philippines, Laleine Anne Asuncion. She informed us that she and her clustermates successfully defended their thesis. Dr. Elmer A. Santos, her research adviser and one of the members of the panel, congratulated Laleine on receiving a scholarship from PNAGKC. She

was informed by her clinical instructors and faculty members that they would be completing a summer class/affiliation in Manila hospitals but due to the pandemic this may be cancelled. She states she will continue to keep PNAGKC. From our scholar “Thank you very much, ma’am! May almighty God continue to bless us all everyday!”



PNAA Community Outreach Committee

Written by: Cora Zamora | BSN, RN, CCRN



For the last two years, I have served as the regional representative of the PNAA Community Outreach Committee for the North Central Region. I was appointed by our Regional Vice President, Leila Busch. Our goals are aligned to the current slogan of the PNAA administration, committee programs and initiatives. We are recording and monitoring activities in addition to collaborating with other programs within PNAA. The PNAA Community Outreach Committee meets quarterly. We created the PNAA Community Outreach Committee Charter that was approved by the PNAA executive board.

PNAA Community Outreach Committee Goals Include:

1. Identify the program initiatives of the PNAA chapters in the regional, national and international levels.
2. Collaborate with the other PNAA committees that share the same goals with the Community Outreach Committee.
3. Develop a collective quarterly monitoring and report of chapter and regional program initiatives.
4. Recognize the people with stories of kindness and achievements related to community outreach initiatives.

PNAGKC Volunteers for Special Olympics of Kansas

Written by: Anna Liza Dewhurst | RN



The Philippine Nurses Association of Greater Kansas City (PNAGKC) volunteered in a Health Promotion Event for Special Olympics of Kansas (SOKS) on May 22, 2021 in Wichita, Kansas. “SOKS is part of a global organization that changes lives of the intellectually disabled individuals by promoting acceptance, understanding and inclusion among people through sports training and athletic competition year-round” (Special Olympics Kansas, n.d.). Unfortunately, the intellectually disabled population are at a higher risk for health issues. Based on the statistics from SOKS health screenings from 2007-2016, 59% of adults are obese, 38% of the youth are obese, 40% have been exposed to second-hand smoke, and 38% of athletes are physically active less

than 3 days a week (Special Olympics Kansas, n.d.). The Health Promotion Program goal is to enhance the overall health of athletes through various health screenings. It encourages athletes to choose healthy behaviors and attempt to identify potential health issues (Special Olympics Kansas, n.d.). PNAGKC nurses along with other volunteers’ setup health promotions booths and educated athletes in between their sports competitions. During the screenings, volunteers measured and provided interactive education on height, weight, blood pressures, bone density, bone health, sun safety, proper hand washing, tobacco & smoking cessation, physical activity, and hydration. Caregivers were educated and encouraged to follow up with the athlete’s primary care provider if any health issues were identified. Due to COVID, volunteers served about 50 athletes with ages ranging between 6 to 40 years old. Small gifts were given for their participation at each station.



PNAGKC Bylaws Summary of Changes

Written by: Irma Labre-Wright | MPA, BSN, RN



Summary of Major Changes to PNAGKC Bylaws of August 6, 2016. These changes have been approved by the PNAGKC Executive Board on May 6, 2021

1. Sequencing of articles are changed to coincide with PNAAs.
2. Table of contents rearranged to reflect above.
3. Article II: Mission Statement was changed:
Old: The association shall uphold the image of Filipino/Filipino American nurses in the United States by providing charitable services, education and research.
New: As the official professional organization of Filipino/Filipino-American Nurses in the United States, PNAGKC will uphold the positive image and welfare of its constituent members, promote professional excellence, provide innovative leadership and contribute to significant outcomes to healthcare and society through charitable services, education, and research.
4. Article III: Added Subchapter Formation
5. Article IV: Section 2: C. Honorary membership – more specific.
6. Article IV: Section 5: A. Expiration of membership – one year from the date of initial payment of membership dues. (Old: Jan 1- Dec 31 of calendar year).
7. Article V: Section 5: Added duties of:
 - a. President-Elect – Chairperson of Policies and Procedures Committee
 - b. Treasurer – Chairperson of Budget and Finance Committee
8. Article VII: Section 1: A. Added Executive Board meeting; and B. made changes to General Assembly meeting.
9. Article VIII – Nominations and Elections;
 - a. Added Section 1: C – terms of office of appointees;
 - b. added Section 4 and 5 - Terms of Office and Vacancies
10. Article IX: Added to the standing committees:
 - a. Archives
 - b. Budget and Finance
 - c. Ethics
 - d. Policy and Procedure
11. Article XVII: Changed place of business - 501(c)(3) official address

Despite being intellectually challenged, most athletes were able to make healthy decisions after visiting each station. It was fun to see the athletes come through each station, excited and ready to learn. All the volunteers were highly motivated and enthusiastic to educate the athletes. This was a great opportunity to network with other nurses and medical students from Kansas and learn about their passion to care for the intellectually disabled. This experience has made a positive impact on all the athletes and volunteers. Thank you to the volunteers who selflessly gave their time, talent, and skills in making the world a better place.

References

Special Olympics Kansas. (n.d.). Retrieved 8 5, 2021, from <https://ksso.org/overview/our-mission/>

Special Olympics Kansas. (n.d.). Retrieved 8 5, 2021, from <https://ksso.org/outside-of-sports/healthy-athletes/>



Gardening With PNAGKC Written by: Tess Laoruangroch | MSN, RN, APRN, FNP- BC, CHFN, MPH



What is it: A Health Initiative

Purpose: To promote physical, mental and social wellness

Background: Several studies have shown the health benefits of gardening:

1. Digging dirt, planting, weeding, lifting, bending, twisting, watering, walking hundreds of steps, and other physical activities related to gardening will make you sweat and surely give you sore muscles at end of day but all these garden activities are great aerobic exercises from moderate to vigorous whole body workout giving you physical strength, fitness and flexibility.
2. Can lower blood pressure and promote weight loss thus cutting risk of heart attack or stroke, and prolonging life by 30%.
3. Let the sunshine in and get free vitamin D for your bones and immune system.
4. Improve cognitive function and reduce risk of dementia by 36%.
5. Gardeners are life-long learners; learning about plant's growth, propagation and maintenance.
6. Gardening is a pill- free mood booster and stress reducer. It has been found to improve sleep, increase self- esteem and fulfillment. Gardeners take pride in their accomplishments especially when others appreciate their gardens. They look forward to the future to see the products of their efforts or find themselves relaxing in their secret garden or green oasis.



7. Planting ornamental plants or vegetables are good for your senses and body. Harvesting vegetables from the ground to your table is the freshest food you can get. Composting helps reduce food waste and improves soil.
8. Community gardening has been found to be fun and a great place for socialization and connection especially for those retirees with limited socialization.
9. Gardening has been used in addiction recovery programs.
10. More green planting, the better for the environment.

Activities: At least twice a year, PNAGKC will have potluck garden tours at a member's or non- member's garden. These tours will provide opportunities for plant swapping, sharing gardening experiences and socialization. Alternatively, the garden tour can be at a botanical garden or arboretum. The time, day and number of attendees that the garden can accommodate will be determined by the garden host. To ease the burden on the host, tour attendees will potluck the food, drinks and help with clean-up.

References

Wang, D. & MacMillan, T. (2015) The Benefits of Gardening for Older Adults: A Systematic Review of the Literature. *Activities, Adaptation & Aging*, 37:2, 153-181, DOI: [10.1080/01924788.2015.784942](https://doi.org/10.1080/01924788.2015.784942)

Stanborough, Joy. *Discovering the Many Healthful Benefits of Gardening*. Downloaded 7/10/21



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>]

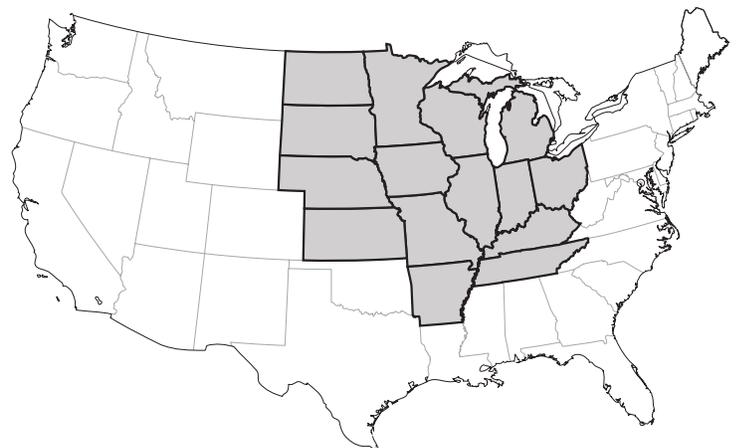
Check out the website! www.mypnaa.org

NORTH CENTRAL REGION

Join us for the next
NCR Conference

*Per the PNAA, the regions
will be hosting their
conferences every other year.*

*For up-to-date information
regarding happenings of PNAA,
please go to mypnaa.com*



*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*

MYPNAGKC.ORG - THE NEW HOME OF PNAGKC

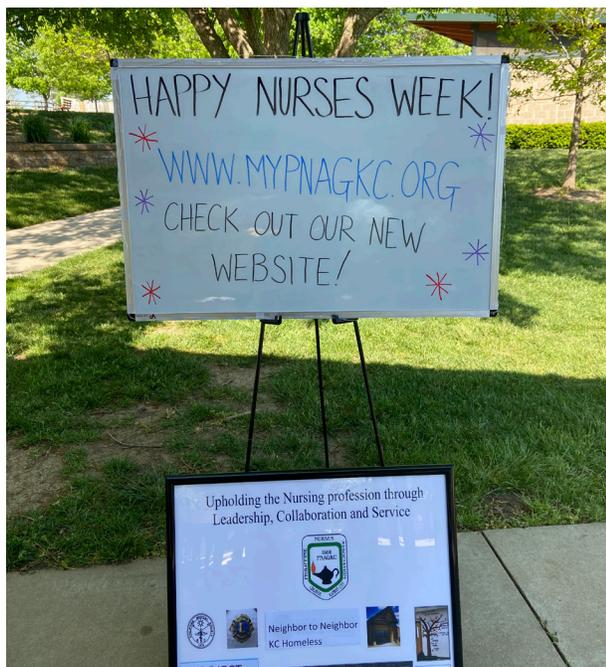
Written by: Jessamine Endaya Daley | DNP, APRN, NP-C



Over the last year, more people have turned to the internet to obtain updated information for what is going on in their community and around the world. We are spending more time in front of our computer screens, both for work and for personal reasons, than we were before due to the COVID pandemic and work from home recommendations. What better time to update our PNAGKC website than now!

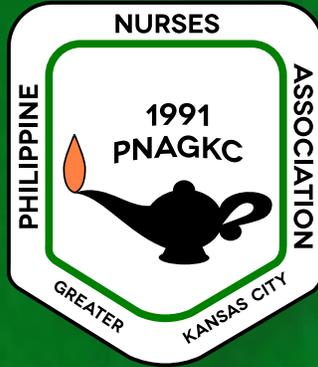
The updating process of our website was over a year long process as we researched for a website domain to host our website, surveyed members about what they would like to see on the website and determined what aspects of other websites we could incorporate into ours that would make it a user-friendly site.

On March 23, 2021, the website committee members met and previewed the website. Color schemes were chosen and information was added to the homepage particularly the mission and objectives of our association.



After a month and a half of information gathering and extracting of information from our old website, the official website launch was announced at the Membership Appreciation and Nurses Week Celebration picnic on May 8, 2021.

On behalf of the website and communication committee, we'd like to thank you all for your patience as we continue to work on our website and make it an information hub for our association.



2021 Upcoming Events

September 18: PNAGKC September Affair

October: PNAGKC Bowling Fundraising Event

2022 Upcoming Events

April 2: PNAGKC Dinner Dance

May 5 - 9: NCR Conference

Recurring Events

Every 2nd Thursday of every other month: General Assembly Meetings

Every Saturday 8-12 pm: Street Medicine Kansas City Homeless Clinic
(contact Cora Zamora)

Franciscan Mission Warehouse
(contact Luz Conde or Irma Labre-Wright)