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THE FILIPINO NURSE

The Philippine Nurses Association of Virginia, Inc Newsletter



August 10, 2019

A CULTURE TO
CARE
EXHIBITION
BY REN
CAPUCAO

A Culture to Care Exhibition and Documentary

PUBLISHED WITH PERMISSION FROM PROJECT DIRECTOR REN CAPUCAO

The Virginia Humanities (VH) grant provided to the Philippine Nurses Association of Virginia (PNAVA) supported the creation of the A Culture to Care: The History of Filipino Nurses in Virginia event and traveling exhibition. The history of Filipino nurses in the United States has great relevance for understanding the globalization of nursing and the social construction of race.

Experts in the fields of both Filipino American and nursing histories lent their time and knowledge to the project, specifically scholars from the Bjoring Center for Nursing Historical Inquiry and the Filipino American Historical National Society chapters in Seattle and San Francisco. The project is indebted to the support from Dr. Barbra Mann Wall, Dr. Mary Gibson, Dr. Albert Acena, and Dorothy Cordova. This project would not have been possible without their guidance. (continued on page 4)

A MESSAGE FROM THE EDITOR



Taking Immunization to Public Officials

[HTTPS://WWW.ODU.EDU/NEWS/2019/12/SHOT_LIFE?
FBCLID=IWAR13FYIAVISMUYJ
GN9U6PPIIVKKYO7ABOKLCRJ
2QJXYN2O3X1USBWJAE3I8#.X
HPLFNZKHXC](https://www.odu.edu/news/2019/12/shot_life?fbclid=IwAR13FYIAVISMUYJGN9U6PPIIVKKYO7ABOKLCRJ2QJXYN2O3X1USBWJAE3I8#.XHPLFNZKHXC)

2020 The Year of the Nurse!

WE CELEBRATE THE 200TH ANNIVERSARY OF THE BIRTH OF FLORENCE NIGHTINGALE, 2020 HAS BEEN DESIGNATED THE INTERNATIONAL YEAR OF THE NURSE AND THE MIDWIFE. THIS DESIGNATION BY THE WORLD HEALTH ORGANIZATION (WHO) IS A SUBSTANTIVE ONE.

The headlines are everywhere! Nurses voted #1 again as the most trusted profession 18 years in a row according to the most recent Gallup poll. According to the National Council of State Boards of Nursing, Virginia holds almost 96,000 licensed Registered Nurses! My question is... how many Philippine nurses are there in Virginia? Why are there so many Filipino Nurses in Virginia? To answer this question we have highlighted the works of Ren Capuciao, PhD student who unravels some of the notable history of Filipino nurses here in Virginia.

PNAVA continues to take the lead in volunteerism in the region and in the nation by championing childhood vaccines and impacting change in legislative issues.

On Legislative News

BY CATHERINE PALER

Thank you PNA Virginia for stepping up to the challenge. The public comments for rule making to change the label of foreign graduate nurse to RN applicants on name tags closed with 328 comments of support from our local friends and family, PNAA sister chapters located nationally and Virginia Humanities!

In accordance with Virginia law, the petition will be published on November 25, 2019 in the Register of Regulations and also posted on the Virginia Regulatory Townhall at www.townhall.virginia.gov to receive public comment ending December 25, 2019.

Following receipt of all comments on the petition to amend regulations, the Board will decide whether to make any changes to the regulatory language. This matter will be on the Board's agenda for its first meeting after the comment period, which is scheduled for January 28, 2020.

Link to view comments:

https://mailchi.mp/536de0b50721/petition-for-rule-making?fbclid=IwAR0T5_vp04aZrzBEn-7QuezcReBrQXaU3tyoRV_huwOW8uZY198gv8MdgAc

Stay tuned to our next issue of the filipino nurse for an update on this petition!

News on Advocacy highlights a Shot at Life: Shot@Life, a United Nations Foundation organization, rallies members of the public, public officials, businesses, and others - through education, grass roots advocacy, and fundraising - to support and invest in the global childhood immunization programs offered by UNICEF, the WHO and the Global Alliance for Vaccines and Immunizations (GAVI). Hawkins and other School of Nursing faculty have welcomed the organization's advocacy training, which is producing a growing number of "Shot@Life champions" among their students. Thus far, nearly 200 students and faculty at ODU have been trained as advocates.



The traveling exhibition consisted of an interactive migration map of Filipino nurses travels before settling in Virginia, The Empress of Russia gallery depicting a vignette of the early twentieth century Filipino nurse migration to American hospitals, The Mobile Pursuit history banners portraying a thematic history of Filipino nurses in the United States, and the A Culture to Care documentary contextualizing collected oral histories of Filipino nurses within American history.

Upon the completion of the project's event on August 10, 2019, the sponsoring organization, the PNAVA, lauded the success of the event and shared its success with the governing body, the Philippine Nurses Association of America (PNAA). Indeed, every year, the national organization creates a theme for its local chapters to follow as a way to contribute back to the community, and this past year's theme was advocacy. The exhibition utilized public history to demystify the ubiquity of Filipino nurses around healthcare institutions, specifically in Virginia. It provided an intimate setting to unearth professional and racial barriers in immigration and nursing. In addition, to incentivize attendance, the event was provided free continuing nursing education (CNE) hours, approved by the PNAA through the California Board of Nursing.

The general audience included community leaders and scholars. Each shared how they found the presentation insightful and how it was relevant to their field. Virginia Beach Mayor Robert Dyer shared his appreciation for the event. The Hampton Roads Chapter of the Filipino American Historical National Society attended have been supportive of the PD and the project since its inception, specifically Allan Bergano. Beverly Anderson, School Board Chair, approached the PD, to speak at the Virginia Beach Technical and Career Education Center to high school students in the licensed practical nurse program to inspire future critically thinking nurses. Peggy Braun, Vice President Patient Care/Nurse Executive Administration at Sentara Virginia Beach General Hospital, also approached the PD, requesting access to the film to educate hospital staff on cultural humility, as the project comes at a time of heightened recruitment of internationally educated nurses at Sentara Healthcare System.

Based on feedback from the audience, the project was a worthwhile investment as attendees found the information insightful. It connected the relevance of historical inquiry in nursing to contemporary issues and provided awareness on the impact of race and immigration on health. In addition, the project shed light on the lack of knowledge and understanding surrounding Asian Americans, especially in Virginia and the East coast.

More work is needed to portray an inclusive and holistic history by including minority voices and to carefully examine the impact of U.S. policies locally and internationally. Indeed, the century-long history intertwining the United States and the Philippines instilled an American identity within the inhabitants of the latter and inevitably supported the diversity in Virginia, seen through its Filipino American population today—the densest Filipino community on the East coast.

Please check out the news coverage on Ren Capucao's work:

- <https://news.virginia.edu/content/new-exhibit-uncovers-history-filipino-nurses-virginia>
- <https://www.nursing.virginia.edu/news/filipino-nurses/>
- RadiolQ <https://www.wvtf.org/post/virginia-man-documents-history-filipino-nurses-america#stream/0>
- Hampton Road <https://www.13newsnow.com/article/news/nurse-historian-aims-to-uncover-hidden-history-of-filipino-nurses-in-hampton-roads/291-7ca897b3-6a9f-4654-b39d-d37d91c4be96>
- PI <https://youtu.be/tLFhJDCS4WU>

Community Health Committee News

WRITTEN BY ZARAH SERVIDAD AND RUVI INOCENCIO

On October 8, 2019 the Community Health team led by Zarah Servidad assisted with the Montero Mission Health Fair for Veterans. Pictured here: Vince Medina, Maria Roma, Ruvi Inocencio, Justine Ford, Jennifer Kiggans (US Senate), Dr. Juan Montero, Zeny Sapalicio, and Virlita Delima.



Community Health committee
First aid booth at FilFest USA Rudy
Loop in Virginia Beach, Va
September 21, 2019

Did somebody said Fiesta? FilFest
celebrated and showcased Local
Filipino talents and food tents last
Oct 27 2019 at Rudee Circle,
Virginia Beach. PNAVA
volunteers proudly man the First
Aid Tent. This is how we look after
our own in the community.

(pictured left to right: Virlita Delima, Ruvi
Inocencio, Zarah Servidad, Marge Agbisit)





Halloween Party

PNAVA's Halloween Party last year was held at Philippine Cultural Center on October 25, 2019. The fundraising event was very successful. It was attended by over 100 people and was filled with lots of fun. One of the highlights of the party was the costume party where 4 winners were announced for Most Scary, Most Sexy, Most Original and Most Outrageous respectively. Guests enjoyed dining and dancing the night away while some went home winners from the event's door prizes and 50/50 raffles.

WAYS & MEANS

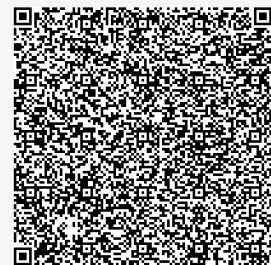
by zarah servidad and ruvi inocencio

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Trick or Treat!



Zeny Sapalicio, Donnie Sapalicio, Angel Deguzman, Arnel Rodriguez, and Marilyn Rodriguez

PNAA 20TH EASTERN REGIONAL CONFERENCE

Charleston, South Carolina



**Advocate for
self, patients
and
community...**

**OCTOBER 31 -
NOVEMBER 3,
2019**

PNA South Carolina host with Southern Hospitality

WRITTEN BY HILO LAXA AND CATHERINE PALER

The Philippine Nurses Association of America's 20th Eastern Regional Conference (ERC) was hosted by the PNA South Carolina (PNASC) from October 31-November 3, 2019. Members who traveled near and far were welcomed with southern hospital and served with sumptuous homemade food as they arrived at the hospitality suite of the Francis Marion Hotel. Leadership Day commenced our first official conference day where President Madelyn Yu illuminated PNAA's advocacy as an organization throughout the years. Networking Night consisted of a parade of regional banners and chapters. Everyone dressed in their best Halloween costumes. The Highlight of the night was the awarding of leadership recognitions of members who performed beyond the call of duty. One of those awarded was our very own past president Zenaida "Hi-Lo" Laxa who received the 2019 ER Outstanding Leader Advocate for Community Service. (continued on page 8)

Education day was packed with excellent speakers that covered topics such as The Journey to Patient and Family-Centered Care, the Art of Resilience, Pain Management, Patient Advocacy in the Tele-ICU, Advocacy for Minority Representation in US Nursing Education, and LGBT+ Care Inclusion. The conference concluded with a gala themed "PNAA ER at 20: An Emerald Night to Remember" in the ballroom of the Francis Marion Hotel. The national anthem was led by our PNAVA President Angel Deguzman. Hilo adds "Attending the PNA Eastern Region Conference was the most enjoyable method in extracting tons of information in just three days of networking, presentation, workshops, professional learning, and of course, exploring the heart and beauty of Charleston, South Carolina. The conference theme: advocate for self, patients, and community, rekindled my enthusiasm for my nursing profession."



the English Rose Tea Room

OCTOBER 13, 2019

The English rose is the nostalgic idea of beauty, virtuosity, modesty, and dignified. Each year the current and past-presidents come together in a meeting of the minds to celebrate each others successes and to discuss what is yet to come for PNAVA.



PNAVA Annual Christmas party was held December 7, 2019 at The Greens, Virginia Beach National Golf Club. It was well attended. One of the highlights was our guest, Malia Diaz, featured in several plays such as Miss Saigon and the Hunchback Of Norte Dame. She sang "Gods Help The Outcast" so strong and powerful. Aida & Ben Limcacao graced us with a beautiful ballroom dance performance. A special performance was also presented by the Team OA's known as Over Achievers who also organized & decorated the Venue. PNAVA Carolers also performed their Christmas songs to our family & friends. 12 days of Christmas song game was played and it was truly a competition of who's group was the loudest. The food was excellent and the "Generic DJ" played all the favorite songs. Everyone enjoyed the event and took home poinsettias & lots of door prizes. It was a great camaraderie between these hard working nurses, family and friends.

Written by Justine Ford



Education

BY CATHERINE PALER

PNAVA Educational Event was held on
11/23/19 titled

Heart Failure: The Heart of the Matter
presented by our very own Joanne Fernandez-
Rosacia MSN, RN BC past Education
Chairperson. It was an
excellent presentation held at Sentara
Princess Anne Hospital.

2020 will be a great year for the Nursing
profession, for nurse educators and for the
people we serve. There is the Nightingale
Challenge, which asks health care employers
around the world to provide training in
leadership for young nurses and midwives and
demonstrate that these are exciting and
rewarding careers.



PNAVA Executive Board

Angel Deguzman - President 2019-2020
Catherine Paler - President Elect 2021-2022
Norma Williams - Secretary
Mia Padua Malasa - Asst Secretary
Veronica Biala - Corresponding Secretary
Verlita Delima - Corresponding Secretary
Marilyn Rodriguez - Corresponding Secretary
Zeny Sapalicio - Corresponding Secretary
Zarah Servidad - Treasurer
Rui Inocencio - Asst Treasurer
Aida Ilmcaoco - Auditor
Nora Cabero - Asst Auditor
Olivia Angeles - Business Manager
Alma Deguzman - Asst Business Manager
Justine Ford - Public Relations Officer
Arnel Rodriguez - Public Relations Officer
Ren Capucan - Public Relations Officer

Committee Chairs

Zarah Servidad - Community Health
Arnel Rodriguez - Education
Perry Francisco - Scholarship
Rui Inocencio - Membership
Hilo Laxa - Nomination & Election
Olivia Angeles - Ways and Means
Catherine Paler - Constitution & Bylaws
Catherine Paler - Website
Bella Nocon - Legislative
Catherine Paler - Policy & Procedure
Merle Mendoza - Sunshine
Teresa Gonzalvo - Health & Wellness



Connect with us!

www.pnava.org

fb.me/thefilipinurseofvirginia

m.me/thefilipinurseofvirginia

Reach us at pnavanewsletter@gmail.com

Upcoming Events

SAVE THE DATES!

- **41st Annual PNAA National Convention 2020**
<https://pnasandiego.wildapricot.org/event-3632992>
- Groupraise at the California Pizza Kitchen Thursday February 27, 2020
11:00am-9:30pm 200 Central Park Avenue Virginia Beach, VA Donating Back: 20% Click here to RSVP to Commit to Eat:
<https://www.groupraise.com/events/130112>
- **PNAA National Convention 2020 Hyatt** <https://www.hyatt.com/en-US/group-booking/SANRS/G-PNAA>
- Community Health Fair: Living Well with Diabetes Workshop Sunday February 16, 2020 at the Philippine Cultural Center of Virginia
Free but you must register to attend!
<https://www.eventbrite.com/e/living-well-diabetes-workshop-and-community-health-fair-tickets-89757831089>

"Groupraise dine and raise: Thanks for coming out and supporting the Philippine Nurses Association of Virginia, Inc at Firebrew Bar & Grill! November 7, 2019



Pizza with a purpose

Bring in this flyer, present it to your server
and we'll donate 20% of your check to the organization listed
below. Purchases include dine-in, takeout, catering and
all beverages.

Fundraiser in support of:
Philippine Nurses Association
(PNA Virginia)



Valid at the following location: _____

California Pizza Kitchen Town Center of Virginia Beach
200 Central Park Ave, Virginia Beach, VA 23462
(757) 456-2630

Join us ALL DAY on February 27th, 2020 from 11AM – 10PM!
GO GREEN & show your server this flyer on your smart device!

Join the **CPK Rewards™** program and receive a **free Small Plate** on your next visit after registering. Register today at **cpk.com** or download our new app today!



california
PIZZA KITCHEN