

THE FILIPINO NURSE



A MESSAGE FROM THE PRESIDENT

by Angel Deguzman, RN

What is volunteerism and why is it important? Volunteerism involves devoting time and skills to a cause one is passionate about, without monetary compensation. This idea enriches our society by bringing people together to better our community. Taking part in this selfless practice, especially in times of great need (e.g. natural disaster), is one of my greatest accomplishments as a leader.

On January 12, 2020 we attended our 57th High School reunion at the Mayor Halili's residence in Tanauan Batangas. The MC suddenly announced the Taal Volcano had just erupted without warning, just twenty kilometers from where we were located. This announcement shortened our party, resulting in my wife and I returning to Cavite. Our drive back involved a dark scene of rain, mud, and heavy ash-fall, with our wiper blades worsening our view. We were scared to death, but with the Grace of GOD, we returned home safe to Cavite.

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My relatives from Tanauan Batangas informed me of the government's evacuation of many people located in a 14-kilometer range from the volcano. Evacuees experienced major disruption, and chaos and panic ensued. They asked me if I could help with the immediate need of hot meals and moral support, and I did not hesitate to offer my assistance.

There was a small group of youth club members willing to volunteer their assistance. Within twenty-four hours, they were able to provide the PNAA and PNAVA banner, shirts, and food. The next morning, everything was ready to go. While preparing for this mission, I contacted PNAA and PNAVA to inform them of the plan and they agreed to support our mission. A handful of PNAVA members pledged money to feed the evacuees. One of our former presidents, Perry Francisco, organized a collection of personal monetary contributions for our cause.

Our mission was very successful, providing over a thousand meals to the evacuees. I devoted my extra time speaking with children, parents, and the evacuees. I believe this was one of the most rewarding missions I have experienced. I saw in their faces and responses that they were appreciative with what we did for them in a very short time.

We soon had to return to the U.S. due to a family medical emergency. Our son was visiting from Japan and was emergently hospitalized and required lung surgery. For all the members of the PNAA and PNAVA who prayed for our son's emergent surgery and supported the mission, we thank you all very much. Although we missed the fun in Boracay and other medical missions in the Philippines, we are happy our son is now recovering well at home after eighteen days in the hospital. Again, thank you all for your prayers. I believe if you provide help to our fellow human race, GOD will repay you.

The year 2020 is a very short one for the Philippine Nurses Association of Virginia, but a long battle for survival. We started the year strong by assisting the evacuees of the Taal Volcano eruption in January. However, globally, we have encountered challenges because of COVID-19, with uncertain and alarming economic downfalls and the loss of so many lives, including more than 137 Filipinos here in the United States.

This long quarantine recommended by the CDC is affecting us all, physically and mentally. We need to stay very strong and continue to support each other to survive. We are grateful for all our members and supporters in devoting their valuable time and helping each other to fulfill our mission. We do not know what the future holds with businesses and other establishments reopening, some prematurely, but we will continue to pray together and have faith that this deadly pandemic will pass.

**"JUST REMEMBER, "WE ARE ALL IN THIS TOGETHER." Stay safe and may GOD bless us all!
President Angel Deguzman, RN**

On April 24, 2020 The Eastern Shore Migrant Ministry conducted a local initiative to adapt to the situation of the pandemic through UnQuarantined Grace," a mass that provided spiritual support to the essential workers who are greatly affected and vulnerable to the Covid Virus. In collaboration with the PNAVA, Fr. Michael Imperial, Director of Eastern Shore Migrant Ministry offered UNQUARANTINED GRACE through a healing Mass for the wellbeing of the healthcare workers. The intention was to serve as a support mechanism for the health workers and their families as they face the challenges of their vocation to serve in various areas in the medical field amidst the mounting fear and growing hazard of their line of work. The mass was offered through ZOOM platform which is a videoconferencing tool to reach any interested people. The participants were able to contribute in the liturgy through the Mass Readings and Music. Thank you Father Mike Imperial for bringing this together.



Taal Volcano helping hands



Many thanks to the following Pnava family members for their immediate response, support and generosity during the Taal Volcano Eruption that made it possible to provide hot meals to the evacuees.

Our Nurses Rock!

Special mentions: Nora Cabero, Veronica Biala, Norma Williams, Norma Bariso, Sol Aguinaldo, Roberta Bernardini, Aida Limcauco, Peregrin Francisco, Zarah Servidad, Isabelita Paler, Angel and Alma Deguzman, Amor Collera, Nancy Dimaano, Arnel and Marilyn Rodriguez, and Bella Nocon

Nurses Week: May 6 - 12 Every year the city of Virginia Beach proclaims a Philippine Nurses day during the month of May. The executive assistant stated that the mayor suspended issuing proclamations and certificates due to COVID-19 crisis. Through the kindness and the mayor's strong support to the Philippine Nurses of Virginia, he approved and signed an electronic version of the proclamation. The attached copy of the proclamation is now official that May 9, 2020 is Virginia Beach Philippine Nurses Day. On behalf of the PNAVA members, we thank Mayor Robert "Bobby" Dyer for his kindness and support to our heroes during this pandemic crisis. HAPPY NURSES WEEK TO MY PNAVA family. Be safe everyone! We will have our "face to face" celebration soon as the "Stay at Home" rule is lifted and the Mayor can personally present the proclamation to us.

"THE YEAR OF THE NURSE"

Angel Deguzman, RN



THE PHILIPPINE EMBASSY CONSULAR OUTREACH

by Catherine Paler and Justine Ford

On January 11 & 12, 2020, The Philippine Embassy in Washington, D.C., World Affairs Council (Greater Hampton Roads), and the Philippine American Chamber of Commerce (Hampton Roads) hosted a Townhall Meeting and Economic Briefing at the Philippine Cultural Center of Virginia. An inter-agency Embassy Team headed by Consul General Jose Victor V. Chan-Gonzaga discussed with the Filipino-American community the Embassy's priorities and programs for 2020. They also provided a briefing about current economic developments in the Philippines and on-going transformative reforms that are expected to further power Philippine progress. A discussion of the trajectory of Philippine economic development impacted by the trends and worldly developments was also a topic.

The Philippine Embassy Consular Outreach program was sponsored by the PNAVA in partnership with the Council of United Filipino Organizations of Tidewater (CUFOT). Many thanks to our volunteers who assisted with the event. The services rendered include processing of applications for issuance or renewal of Philippine passport; processing of civil registry documents (reports of birth and marriage); processing of authentication acknowledgment of legal documents; and administration of oath by the Consular General to former Filipinos under the Dual Citizenship.

On January 12, 2020: Members of the PNAVA had a chance to MEET & GREET with Minister & Consul General Jose Chan-Gonzaga & Attorney Angela Librado-Trinidad. The members present were Catherine Paler (President-elect), Justine Reyes-Ford (PRO), Zarah Servidad (Treasurer), Norma Williams (Secretary), Peregrin Francisco (Past president), Isabelita Paler (Past president), Guia Caliwagan (Past president), and Teresa Gonzalvo (Health & Wellness Chair). The Consul and Lawyer explained their mission to provide outreach service to those "new arrivals" under some "working visa". They also raised awareness for us to be cognizant of any help we can provide for the "new arrivals" and families to ease their adjustments. They also discussed to sign up for social media, such as Facebook page ConGenwpc For updates for any disasters, preparedness, news about consular affairs and repatriation if needed.

LIVING WELL WITH DIABETES WORKSHOP AND COMMUNITY HEALTH FAIR- A SUCCESS IN PARTNERSHIP

by Carmina Bautista FNP-BC, BC-ADM

A Living Well with Diabetes workshop and community health fair was held on February 16, 2020 from 1:00 -4:30 PM in the Philippine Cultural Center in Virginia Beach. The workshop offered opportunities to learn about how a person can make a difference in diabetes -whether it is in the management of their own personal health or others. It offered fun ideas to stay fit and plan a healthy meal. The workshop was coordinated by Carmina Bautista FNP-BC, BC-ADM Diabetes Nurse Consultant and Arnel Rodriguez RN. Verlita Delima RN and Justine Reyes Ford RN engaged the participants in fun moves in line dancing and Zumba muscle stretching and strengthening exercises.

The community health fair provided the following services for health and wellness: Doctor is in – provided opportunity to ask local medical/dental experts your burning health questions; Diabetes screening – FREE HgA1C testing; flu vaccinations foot and eye/retina screening; and receive information about home health services and public health services.

Twenty five people participated in the diabetes workshop with an additional 57 people attending the health fair. The activity received positive comments from many participants. A future event is planned.

This event was made possible through the participation of the following organizations and people: Age Advantage Senior Care Services, Southeastern Virginia Lions Club, Eastern Virginia Medical School, Wagner Macula & Retina Center, Philippine Medical Association of Southeastern Virginia, Philippine Nurses Association of Virginia volunteers, Department of Health City of Virginia Beach, South University Nursing Students, Cebuano Speaking Association of Tidewater(CSAT). A special thank you goes to Ester and Lito Parilla for providing the audio and lively music for the event.

The diabetes workshop and community health fair was made possible through the partnership and health alliance of the Philippine Nurses Association of Virginia, Philippine Medical Association of Southeastern Virginia and the Council of the United Filipino Organizations of Tidewater(CUFOT). Members of the planning committee were Carmina Bautista FNP, Angel Deguzman,RN, Zarah Servidad RN and Dr Cynthia Romero. We would like to thank @ Heart Home Health Agency, Best & Dependable Home Health Company and Interim HealthCare of Virginia Beach for their commercial support.



Sharing updates on the Petition for Rule Making and the amendment for Regulations Governing the Practice of Nursing [18VAC90-19-130]. 1. Applicants who practice nursing as provided in this subsection shall use the designation "foreign nurse graduate" "RN applicant" on name tags or when signing official records.

The petition for rule making had completed review by the Secretary of Health and Human Resources on May 31, 2020 and is currently under review for approval by the office of the Governor. Once the review process is completed, the regulation will be sent for publication in The Virginia Register of Regulations where it will be opened for public comments. The regulatory information is subject to change until 10 days before it is published in the Register. - Carmina Bautista

A GREAT DAY AT THE VIRGINIA BOARD OF NURSING

by Hilo Laxa

In December of 2019, PNAVA filed a petition to change the requirement for an applicant from another country to use the designation of "foreign nurse graduate" on a name tag to the designation of "RN Applicant". It was a collaborative effort of our sister chapters of the Philippine Nurses Association America, University of Virginia, Virginia Humanities, colleagues, relatives and friends resulting in 328 posted comments within a 30-day time frame.

On January 28, 2020, six past presidents (Hi-lo Laxa, Verlita Delima, Bella Nocon, Guia Caliwagan, Peregrin Francisco, and Isabelita Paler) attended the meeting of the Virginia Board of Nursing to listen to the response to petition for rulemaking regarding Licensure Applicants from other Countries.

We received a warm welcome from the President of Board of Nursing, Mrs. Louise Hershkowitz and Board Executive Director, Mrs. Jay P. Douglas. The Executive Director recognized the presence of Isabelita Paler, Board president 1997, Perry Francisco and Guia Caliwagan past Board members and acknowledged the contribution of Filipino nurses to health care and thanked us for coming. The petition was passed by a unanimous vote of the board members. It was a great experience for all of us, the 6 Presidents of PNA Virginia.



Our presence was also noted in the minutes and special Recognition was made to honor our past presidents and past president of the Board of Nursing. Please click on the following link to find the PDF for the board minutes. https://townhall.virginia.gov/L/GetFile.cfm?File=meeting\27\30079\Agenda_DHP_30079_v1.pdf "F3 Respond to Petition for Rulemaking regarding Licensure Applicants from Other Countries (18VAC90-19-130) Ms. Yeatts stated that comments received were all in favor of the petition. Ms. Yeatts said that the Board has three options: • Reject the petitioner's request and state its reasons • Adopt and initiates rule-making by publication of a Notice of Intended Regulatory Action (NOIRA) • Adopted via Fast Track Action. Ms. Douglas provided history of how this regulation and terminology was put in place initially. Mr. Monson moved to amend 18VAC90-19-130 by Fast Track Action. The motion was seconded and carried unanimously. Ms. Hershkowitz and Ms. Douglas acknowledged representatives from the Phillipine Nurses Association of Virginia in the audience including those former Board of Nursing Members, one of whom was former Board President."

~Together, we can move mountains with dedication and compassion on advocacy and collaboration.

Hilo Laxa



A SPOTLIGHT ON COMMUNITY SERVICE

SUPPORTING OUR SENIORS: THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY

by Teresa Ignacio-Gonzalvo, RN

I am a senior and proud of it! The silver hairs, memory lapses, wrinkles, extra pounds, joint pains pay testimony to our aging process. The fine print that came with retirement is now rearing its head! We are entering this chapter of our lives with more wisdom, resilience, humility, courage and quiet strength. While we most certainly appreciate our families, friends, church and community support systems, this pandemic has brought to light more of our needs. We have to be more aware of where we can reach out for assistance, most especially those who live alone. Senior Services of Southeastern Virginia (SSSEVA) is the regional organization that serves as the lead advocate for older adults residing in South Hampton Roads and Western Tidewater. Now more than ever before, this team has changed the lives of region's seniors for the better by providing easy access to high-quality programs and services, designed to help individuals age in place in their communities.

With the current Coronavirus pandemic, SSSEVA is here to provide seniors and their caregivers with the resources they may need. Seniors over 60 years of age, who may be self-isolating during this COVID 19 outbreak, are encouraged to call this agency at (757) 461-9481 for support and assistance. Many services are available to include transportation (I Ride), Meals on Wheels, Nutrition, Care Transitions, many Wellness Programs and Services, Medicare Benefits and Counseling while keeping the senior community informed.

Steve Zollos, CEO of SSSEVA, together with the leadership team and our Board Members, has prepared and implemented a comprehensive COVID 19 response plan. Partnering with Mercy Chefs, the YMCA and the FoodBank has resulted in making sure that our Meals on Wheels clients continue to receive home delivered meals and our Senior Center clients are getting emergency meals delivered to their homes.

For the past couple of years, I have been excited to be part of this community organization. As a Board Member, a volunteer, a nurse and a senior, I find it of great significance to be able to pay it forward, providing insight to the mission and strategic plan of this group. While volunteering has its many rewards, utilizing many years of healthcare leadership experience, traveling similar paths of aging, supporting care transitions, soliciting cloth mask donations through networking and community outreach have definitely proven that this is a symbiotic journey. It is indeed a privilege to be part of this team!

How can you help? Due to these difficult circumstances, we need your support now! We are proactively working on strategies to meet the needs of our seniors safely for this "New Normal." As Filipino-American nurses, we all work with, live with, friends with and know seniors in our respective circles. Please consider becoming a volunteer! Many opportunities are available. Make a donation to help our non-profit organization- Senior Services of Southeastern Virginia at www.ssseva.org or on Facebook at www.facebook.com/SSSEVA.

Join me, as a volunteer, in making the lives of the elderly in our communities, safer, healthier, preserving and honoring our legacies for a brighter tomorrow, for our children and grandchildren.

VIRTUAL ZUMBA WITH JUSTINE

by Justine Ford

To keep the normalcy during this COVID-19 pandemic, I started a free Virtual Zumba class during the same class schedule, Monday, Wednesday and Thursday at 7:00pm. Health and Wellness plays an important role in keeping our sanity while staying home. Zumba not only can help you physically by being fit and healthy but it is also good mentally. While others are watching Netflix, most of the Zumba instructors are offering free virtual Zumba classes via Zoom which is a virtual meeting platform. Zumba is a form of fitness where dance and fitness are combined in a 60 minutes class. I usually get most of my energy from the energy of my students, their response to the music, the fitness moves, and the dance moves. I find that teaching virtual Zumba via Zoom is not the same because you can't hear their response nor see their moves well on the live screen. All you see is yourself. It is definitely not the same as a live class. Zumba has partnered with the Global Food Banking Network where One Class = One Meal. A campaign was started, "When The World Stopped, We Kept Moving." Your moves matter. One class can feed a family in need. Together we can make a difference.

"When The World Stopped, We Kept Moving."



The Global FoodBanking Network
ONE CLASS = ONE MEAL

WHEN THE WORLD STOPS, WE KEEP ON MOVIN'.

ZUMBA® VIRTUAL CLASS

@ [7:00 Pm Eastern Time] on ZOOM
MEETING ID: 4697491915
MONDAY, WEDNESDAY, THURSDAY



"NEW YEAR NEW YOU"

by Catherine Paler



On January 11, 2020 at Sentara Princess Anne Hospital we had our first educational inservice providing the "New Year New You" goals on nutrition coordinated by Catherine Paler and Joanna Rosacia Fernandez. The speaker was Jessica Edmonds, registered dietitian and certified diabetes educator. Her inservice entitled, "Using nutrition to achieve your goals" focused on popular diet strategies that can be used in healthcare and community settings. She discussed fad diets that are not recommended for weight loss and control of diseases, recommendations for good health and lifestyle habits, and how to read new food labels. One contact hour was provided by Sentara Healthcare and is an accredited approver by the American Nurses Credentialing Center's Commission on accreditation.



NURSING SCHOLARSHIP

by Peregrin Francisco

Pnava is looking for rising senior nursing students and/or graduate study nursing students. How would you like to graduate with your nursing degree with financial help from pnava? This is your opportunity to apply for the 2020 PNAVA scholarship.

As the Chair of the PNAVA scholarship committee, I encourage you to check out our available scholarship requirements for application. Read the requirements and apply. Complete and submit before the October deadline to be considered. It is simple and easy. Share this information with your friends and family for this untapped opportunity. The scholarship award is \$1000 per qualified selected recipient(s). A copy of the scholarship form can be requested at the email below.

Any questions can be addressed with the committee chair Perry C. Francisco, RN, MSA via email peregrinfrancisco@gmail.com and phone 757-495-5875.

Election committee update on the 2021-2022 Electoral

by Hilo Laxa

We hope that everybody is safe from coronavirus and remains healthy as we go through this pandemic crisis. We, the NOMELEC Team: Mia Padua Malasa, Donnie Sapalicio, and Hi-lo Laxa, are working together to facilitate a smooth electronic voting process for our upcoming September election. Our website is not capable of online voting so we will be sending you via e-mail information on how to cast your nominees, voting and election process, and election timeline. We made these changes to implement COVID-19 restrictions and to enhance accessibility to our members.

The first stage of election is nomination. Nomination of candidates for a position is now open until June 5. Please email nominations to: pnavanomelec@outlook.com Nominees will be forwarded to the executive board for review.



MEMBERSHIP NEWS



Membership is an integral part of our organization, and we're proud to say that in 2020 PNAVA had a great start gaining new members. Some of us had a pleasure of meeting them at our first Membership Drive this year on February 22, 2020 at Susan's Kitchenette. Let's recognize and welcome them into our PNAVA family!

We would also like to recognize and thank the following: Virilita Delima and Carmina Bautista (membership sponsors for two of our new members this quarter) and Beth Sodusta and Ben Equitan who sponsored two new members in 2019. Thank you all so much for your generosity.

Why join PNAVA?

by Ruv Inocencio

Professional organizations offer development and connections with others in your field and enhance your professional profile. Being with a professional organization on your resume says you are very committed to your profession and actively participating in its advancement.

Getting involved with PNAVA can benefit you in many ways! From networking, volunteering, mentorship, leadership, scholarship, and developing lasting personal and professional relationships.

Are you looking for educational opportunities, certifications and seminars that will further your industry knowledge?

Well, you can get all that being an active member of PNAVA.

Find Your Passion!

Join PNAVA!



MEMBERSHIP NEWS

NAMNAMA JOY MATIAS is also an international nurse from the Philippines. She currently works at Davita Dialysis Princess Anne. Joy graduated from St. Jade College Manila in 2006.



MARILOU FREDERICKS works in the stroke unit at Sentara Virginia Beach hospital. She earned her degree at Tidewater Community College in 2008.



MARIFE PACIO works in Sentara Princess Anne Hospital's Mother and Baby unit. She earned her nursing degree from Bicol University in the Philippines in 1990. She loves singing, arts and crafts, and event organizing.

KRISTINE SO is an international nurse from the Philippines hired by Davita Dialysis over a year ago. She graduated in 2008 from St Joseph's College in Quezon City. Christine loves to play badminton and hanging out with friends.



NENA ACEVEDA retired from Tidewater Community College Bon Secours DePaul Medical Center. She earned her BSN at De Ocampo Memorial University Manila in 1974. One of her favorite things to do is hang out with her 4 year old granddaughter, Lunden.

GRACE ESTEPA retired from Virginia Beach Rehabilitation Center. She also worked in the Sentara Health System for over 30 years. Grace earned her degree in 1973 from Santo Tomas University in Manila.





Proud Aunt, Teresa Gonzalvo shares the work of her nephew, BJ Gonzalvo: Mental Health Care For Self And Kapwa During The Pandemic

In 2018 in the Philippines, the Mental Health Act was signed into law. In the United States, professional membership in the Asian American Psychological Association Division on Filipino Americans (DoFA) has grown exponentially in recent years. In colleges, many young Filipinos are studying psychology and paying special attention to the needs of their community. Increased Filipino mental health awareness is shown by a greater discourse on staying not only physically healthy, but also mentally and emotionally. The pandemic presents the opportunity to amplify further mental health consciousness in the community. The pandemic impacts Filipinos in at least three important areas of mental health: caring for the self; seeking help, and caring for others.

Link to full article:

<http://www.positivelyfilipino.com/magazine/mental-health-care-for-self-and-kapwa-during-the-pandemic?fbclid=IwAR341ay3AJ5yIKKZdBhZVqmaOL9TiNcgDl2Qf6TwPoP7aonzlbfFXvKQT6Bc>

BJ Gonzalvo, PhD, is a psychology researcher, consultant, and writer about faith and culture. He is currently collecting and archiving histories, stories, kuwentos, images, narratives, and reflections on what faith means to Filipinos in America today.

Visit <http://www.saintlynest.com/> to learn more.



A MESSAGE FROM THE EDITOR

by Catherine Paler

Dear PNAVA!

I hope you enjoy our 11th edition of the Filipino Nurse.

This edition of the Filipino Nurse is dedicated to the memory of Norma Bariso, our historian, colleague, and friend.

We haven't lost our vision during this period of social-distancing. PNAVA continues to aim towards learning how to adjust during these challenging times. This issue aims to share with you the stories of how our members continue to support people within the community we serve.

Let us continue to pray for our community, our country, and our world!



Ren Capucan, MSN, RN CNL

Since the end of the Virginia Humanities event last August, Ren Capucan has been busy with school and continuing his work as a nurse historian.

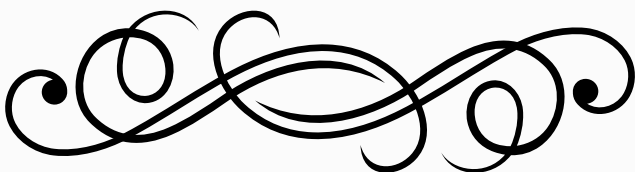
At the American Association for the History of Nursing (AAHN) 2019 Conference in Dallas, Texas, he presented a paper entitled American Dreaming: The History of Filipino nurses in Seattle, 1900-1950. He was also awarded the AAHN Student Scholar Award for best paper abstract. The Library of Virginia displayed the A Culture to Care Exhibition: The History of Filipino Nurses in Virginia exhibition from November 2019 to December 2019. The exhibition is now permanently stored at the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry at the University of Virginia and is set to be on display Fall 2020.

A Spotlight on our Nurse Historian

During February this year, he presented a paper, White as necessary Across the Greater US: Transregional Migrations of Filipina/o nurses to Seattle, 1920-1940, at the New Perspectives on Nursing History: Women & Care in East Asia Conference at Duke University. He also was named the 2020 Alice Fisher Society Fellow at the University of Pennsylvania Barbara Bates Center for the Study of Nursing History to examine the experiences of pioneering Filipino nurses who first arrived in the US to study at Philadelphia in 1911. Despite the Canadian Association for the History of Nursing (CAHN) 2020 Conference was canceled, he won 1st place in the graduate category of its Photovoice contest using Araceli Marcial's photograph of her graduation at the Chinese General Hospital School of Nursing in 1959.

This month, his manuscript "Beyond Western Expectations: Filipina Leaders Anastacia Giron-Tupas and Julita Villaruel Sotejo" was published in the Online Journal of Issues in Nursing, the official peer-reviewed publication of the American Nurses Association for the topic commemorating the 200th birthday of Florence Nightingale through the exploration of the history of nursing. Currently, he is writing a chapter, "Cultural Aspects of Self-care for Ethnically Diverse Nursing Students," for the Sigma Publishing textbook, Caring for Ourselves, Caring for Others: A Self-Care Handbook for the Student Nurse.

He will begin working full-time as a transitional care pediatric nurse at the VCU Health System this month.



PNAVA EXECUTIVE BOARD & COMMITTEE CHAIRS



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Angel Deguzman - President 2019-2020
Catherine Paler - President-Elect
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Mia Padua Malasa - Asst Secretary
Veronica Biala - Corresponding Secretary
Verlita Delima - Corresponding Secretary
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Arnel Rodriguez - Education
Perry Francisco - Scholarship
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Catherine Paler - Policy & Procedure
Merle Mendoza - Sunshine
Teresa Gonzalvo - Health & Wellness

Connect with us:

- www.pnava.org
- pnavanewsletter@gmail.com



UPCOMING EVENTS:

- Online registration for PNAA 41st Annual Convention & 1st Virtual Convention - Leadership and Education Day Only July 02, 2020 July 03, 2020 EDT is now open.

Click here to register:

<https://mypnaa.org/EmailTracker/LinkTracker.aspx?linkAndRecipientCode=ktgn%2fGyQ1JkbZcxkUIPuCXomSbZSBKwffYjnNV2szHnuX%2beiXvYsHbVLKIuwM%2bGVS4mSFZoa5drk41L%2fUE7P%2fvAHasiHPBS3E%2fSyrzEpy4%3d>

PNAA 41st Annual VIRTUAL NATIONAL CONVENTION JULY 2-5, 2020 as follows.

All events start at 12:00pm EST in consideration of the time zones of other regions: Registration Fee of \$50.00 (whether you attend 1 day or the whole 4 days). Register either via website or check payable to PNAA then mail to: PNAA Treasurer - Aster Vargas

Schedule of VIRTUAL Activities: DRESS CODE: Wear in Red, White, or Blue colors

- July 2, 2020, 12:00pm EST - Leadership Institute
- July 3, 2020, 12:00pm EST - Education Day
- July 4, 2020, 12:00pm EST - General Assembly until 5:00pm ONLY
- July 4, 2020, starts 6:00pm Virtual Gala and Induction: Dress Code: Filipiniana or Gown in Red, White, or Blue
- July 5, 2020 - Sunday VIRTUAL MASS - info to follow

FACE 2 FACE NATIONAL CONVENTION in San Diego has been canceled, please email BOTH below to get your refund:

A. treasurer@pnasd.org

B. lutapc@gmail.com

C. Manchester Grand Hyatt Hotel - call 1-800-233-1234 to cancel reservation as soon as possible

D. DO NOT FORGET TO CANCEL YOUR FLIGHT





Norma "Inday Ma" Doronila Bariso, RN, BSHS, went to the Lord peacefully, just short of her 80th birthday on April 24th, 2020, after battling cancer for almost 3 years.

She was born on July 9, 1940, in Iloilo, Philippines to Carlos & Remedios Doronila. She graduated Nursing school in the Philippines, an Associate Degree in Business Administration and a B.S. in Health Sciences from ODU. She began her nursing career in Ontario, Canada, worked in Boston and worked as an ICU Registered Nurse at Chesapeake Regional Medical Center for 11 years.

Norma was active with St John The Apostle Catholic Church and charitable interests throughout the Hampton Roads community and the Philippines.

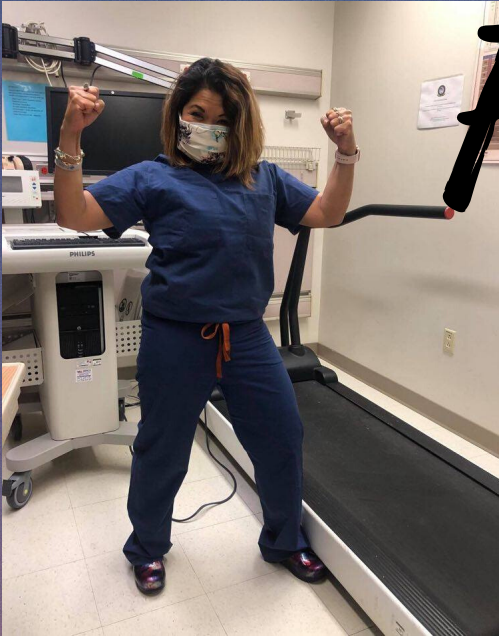
Norma was a successful entrepreneur as Co-founder and President of Best and Dependable Nursing Care & Home Health from 1988-2000. She was also a strong member of the Philippine Nurses Association of America and the Philippine Nurses Association of Hampton Roads for 38 years, served as President in 1986, received the Excellence in Entrepreneurship Award in 1994, and was the first recipient of the Most Outstanding Member Award in 1995.

Norma is survived by her husband of 51 years, Gener Reyes Bariso from Imus, Cavite, Philippines; daughter Melanie Lynn and son-in-law Emil Agustin and granddaughter Mariana; and her son, Gerard Ray and daughter-in-law Melinda and granddaughters Kira and Emma; and a large, loving and supportive extended family in Hampton Roads and across the U.S.

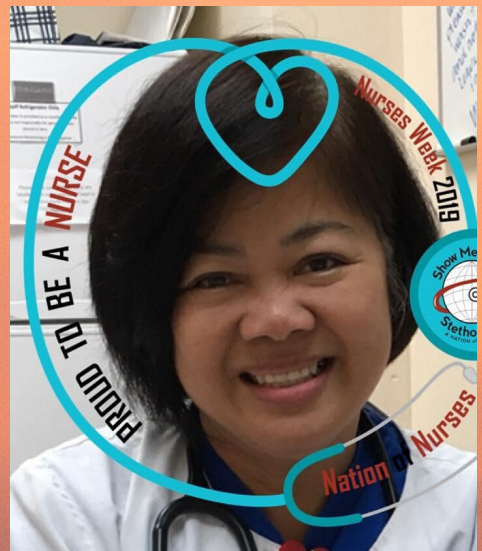
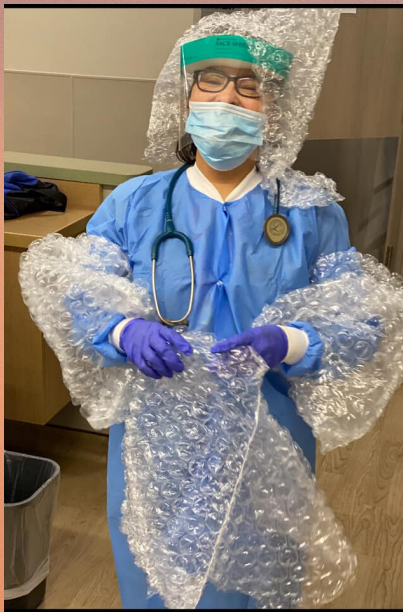
A Mass of the Resurrection and a "Celebration of Norma" will be held at St. John the Apostle Catholic Church in the near future, once social gatherings are deemed safe for everyone. Norma's request was that donations be made to the Philippine Nurses Association of Virginia or Operation Smile in lieu of flowers. Norma's family asks that any anecdotal or photo memories you have of Norma to nbariso@gmail.com or at <https://legacy.com>. <https://www.legacy.com/obituaries/pilotonline/obituary.aspx?n=norma-doronila-bariso&pid=196073252>

Frontliners

PNAVA NURSES IN ACTION



2020 VISION



The Year of the Nurse 2020

Lead-Innovate-Excel

