

42ND
ANNIVERSARY &
VIRTUAL INDUCTION

CONNECT
CREATE
COLLABORATE

Saturday the 21st of November 2020

PHILIPPINE NURSES
ASSOCIATION OF VIRGINIA, INC



Araceli Marcial, Leonor Sabado, Nancy Dimaano, Levy Paler, Sol Aguinaldo, Bella Nocon, Beth Reyes, Beatrice Sazon, Alma Deguzman, Justine Ford, Hilo Donato Laxa, Verlita Delima, Angel Deguzman, Merla Marcelo, Rosalinda Quiambao*, Cecile Incognito*, Peregrin Francisco*, Precilia Custodio*, Norma Bariso*, Victoria Constante*, Carmina Bautista*, Lolita Labugen*, Venus Tomaneng*, Ciony Gamboa*, and Guia Caliwagan,* Catherine Paler (Incoming President) and Teresa Gonzalvo (President-Elect) *not present

PNAA
Circle of Presidents



The Philippine Nurses Association of Virginia, Inc

President's Message



Greetings family, friends, colleagues, and distinguished guests. It is indeed a special honour and privilege to become the 26th president and celebrate the 42nd anniversary of the Philippine Nurses Association of Virginia with you. I am deeply humbled to follow in the footsteps of so many outstanding Filipino nurse leaders.

During my terms as Education Chair, Webmaster, Newsletter Editor, and President-elect in 2016-2020 I have had the pleasure to work with some of the most dedicated members and leaders on projects that promoted pride and engagement. Ren Capucan, past newsletter editor and UVA PhD student directed "A Culture to Care" exhibition that unveiled the professional and racial barriers in immigration and nursing and further revealed the answer of "Why are there so many Filipino nurses in Virginia?" In public policy and advocacy, Hilo Laxa, past president 2016-2018 and Araceli Marcial, Founder and president 1978 noted the Virginia Board of Nursing declared that all foreign educated nurses should be identified as a foreign educated nurse while awaiting board licensure. Hilo and Carmina Bautista filed a successful petition that changed 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". Angel Deguzman took the helm on advocacy by championing childhood vaccines and rescue efforts during the Taal Volcano crisis.

Over the next two years we have the capability to advance the mission, vision and values of the PNA Virginia in multiple settings. Nurses are natural educators, advocates, and volunteers with a genuine passion for service. We are known for being the most trusted profession for 10 years in a row according to the latest National Gallup Poll. Together, we are a powerful voice.

Being a nurse on the front line and riding the wave of this pandemic has brought many challenges, fears, and anxieties. I believe I speak for many that as nurses and community servants we continue to unselfishly take the risks to care for others. Covid-19 has not altered our mantra and mindset. Now, more than ever, our greater community depends on our ability to engage, remain focused, and be ready for what lies ahead in our immediate and long-term future. Now is the time to usher in the next era with a vision to Connect, Create, and Collaborate.

- Let us encourage member participation with similar interests in committees, elected office, and other volunteer opportunities.
- Let us increase the relevance of PNA Virginia to nurses and be seen as the professional nursing association of Filipino American nurses.
- Let us educate nurses to understand how decisions are made at the local, state, or national level that impact the ability to practice.
- Let us connect and build relationships with our members and highlight stories of their experiences. Let us create opportunities to spread kindness through philanthropy.
- Let us collaborate in partnerships to support legislative and public policies that have an impact on healthcare.
- Let us amplify PNA Virginia's advocacy on behalf of nurses and our community.

To the incoming officers, with every mission or goal, there must be a mantra or a positive direction that helps us stay the course. With the words of Napoleon Hill, "whatever the mind can conceive and believe, the mind can achieve. If you cannot do great things, do small things in a great way." You are volunteer visionaries and inspirational change agents!

To my past nursing graduates and soon to be RN's, stay focused and always keep learning! You are proof of commitment and resilience through this pandemic.

Past presidents, I thank you for your never ending inspiration, compassion, dedication and promotion of excellence to nursing. As the youngest president I can only humbly hope to impart similar traits of leadership and encouragement.

My sincere thanks to all our generous sponsors and members of the induction committee for your collaboration in making this induction a successful virtual event.

Catherine M. Paler, MSN, RN, PCCN
26th PNAVA President 2020-2022

Outgoing Presidential Speech

Good afternoon fellow members, friends and special guests. Two years ago I accepted the helm as the first male president of the Philippine Nurses Association of Virginia after four decades of existence. The mantra of “Let’s Make a Difference in Advocacy: Engagement of Membership and Promotion of Leadership Towards Practice and Organization Excellence” have guided my two-year term. Thank you Madelyn Yu, immediate past president of the Philippine Nurses Association of America (PNAA) for your mantra of advocacy as this is fundamental in our practice.

Our association accomplished numerous things in the past year and please indulge me in mentioning them:

- We provided a total of 100 hours in community health services at the Philippine Cultural Center, San Lorenzo Spiritual Center, Montero Medical mission, various events like Fil-fest, Polynesian Fest, Fil-am Friendship day, and Asian Fest.
- PNAA gave all chapters a goal to increase their membership to 15%, through our membership drives, I am proud to share that PNAVA surpassed it with a 30% increase which earned our organization monetary incentives twice.
- 16 hours total contact hours was awarded in the first year.
- We honored our forebears, nurses who paved the way for us. Last year, PNAVA was instrumental in the showing of the “A Culture to Care” exhibit, a historical account of the struggles and success of the Filipino nurses in Virginia by Ren Capucao.
- PNAVA was represented in the PNAA National Convention in Atlanta, Georgia; Eastern Region Convention in Charleston, South Carolina and in the Nurse Global Summit in Aklan, Philippines.
- We advocated!! Locally, PNAVA successfully petitioned for bill 18vac90-130-d-1 the change of the designation for applicants from “foreign nurse graduate” to “RN applicants” and we also assisted and mentored the “passport nurses” from the Philippines who sought employment in the Tidewater and peninsula areas of Virginia.
- Nationally, PNAVA spoke to some government officials in Washington, DC for the importance and continued support for child immunizations.
- Internationally, PNAVA was the first chapter who responded to the immediate needs of the Taal volcano eruption victims and evacuees. My wife Alma and I experienced the hardship of our fellow countrymen as we organized the distribution of food and relief goods in the first 24 hours after this event. This was possible due to the fast response from PNAVA members.
- Our treasury increased through the different successful fundraising activities like bowl-a-thon, casino bus trips, different themed fundraising dances, dine-in fundraising, Christmas caroling and dance fitness.
- Several PNAVA members were appointed to key positions: Carmina Bautista - Executive Director, PNAA 2020-2022 member, Virginia Board of Health Professions, 2020-2024, member, Virginia Nurses Association and Virginia Nurses Foundation; Justine Reyes-Ford, Health Services Advisory City of Virginia Beach 2020-2023, member of PNAA Ethics committee, 2020-2022; Zenaída Laxa Chairperson, PNAA Ways and Means committee 2020-2022; Catherine Paler, member of PNAA Policy & Procedure committee 2020-2022; and Teresa Gonzalvo, Chairperson of PNAA Ethics committee 2020-2022.
- PNAVA members were featured this month in the “Virginia Nurses Today”, the official publication of the Virginia Nurses Foundation.

The year 2020 was designated as the “Year of the Nurse”, indeed, it turned out to be a challenging year for all of the nurses globally. We became the frontliners in the fight against the Covid pandemic. This event changed our way of life and the way we conducted business. Because of this, we had a lot of “first” virtuals - election, fundraising, meetings and induction of officers. We’ve come to the close of another two years presidency of the PNAVA.

As we prepare to welcome incoming president and newly elected officers, I would like to take this opportunity to thank our outgoing executive and advisory boards, board of directors, standing committee chairpersons and its members and the entire PNAVA membership for your continued commitment, support and dedication. We accomplished our mission and goals. Very shortly I will be stepping down and passing the role of president over to Catherine Paler. Her powerful mantra of “Connect-Create-Collaborate” will guide us all into a very successful organization. I have no doubt that she will perform an excellent job as our new leader.

Let me share some of the things we have learned for the last two years. We have learned respect for the individual and to care for the well-being of others. We have learned not only the value of tolerance but to celebrate diversity. We have learned to listen to others, to value their opinions and to work together in cooperation towards a common goal. We have learned to be better persons through volunteering and advocacy. During our volunteer effort in feeding the evacuees during the Taal volcano eruption was an unforgettable experience. We have learned that every person, regardless of their situations or circumstances, has something to offer to humanity. Every individual has the capacity for caring and the capacity for working in solidarity to alleviate human suffering and contribute to human dignity.

Thank you PNAA, under the leadership and guidance of Dr. Mary Joy Dia, current president for supporting the PNAVA in accomplishing our goals and for making us spark. Last but not least ... actually the most important person in my life..... my wife Alma Deguzman who held this position 15 years ago, for mentoring me to be a good leader, for your patience, moral support and undying love. I will endeavor to support Ms Catherine Paler throughout her presidency and wish her best wishes. In conclusion, it is my hope that the PNAVA will continue to thrive and the only way for this to happen is for the younger members to take an interest and become active in PNAVA activities.

Thank you and God bless us all.



Angel Deguzman, RN
PNAVA 25th President 2018-2020



PHILIPPINE NURSES ASSOCIATION OF AMERICA PRESIDENT'S MESSAGE



It is with great privilege to welcome all of you to the Philippine Nurses Association of Virginia (PNA-VA) in celebrating its 42nd Anniversary and first virtual induction of its new officers and executive board for 2020-2022. As a PNAA officer, I have officially visited PNA-Virginia since 2016 and I was looking forward in keeping my commitment this year. However, COVID-19 had changed our interaction and we have to abide with social distancing rules at this time. Despite this limitation, I am still excited to join PNA-Virginia virtually.

During my term as National Secretary in 2006-2008, I had the pleasure in working with esteemed leaders from PNA-Virginia through Peregrina Francisco who was the Chair for Education Committee and Carmina Bautista who was the Development Chair. I had fond memories visiting Perry who hosted myself and my daughter in 2010. While I was the Region Vice President in 2016-2018, Justine Ford was gracious to continue her term as the Eastern Region Treasurer. Your chapter had accomplished so much during the term of Virilita Delima focusing on community work. It was no surprise when Hilo Laxa continued the good work and engaged with PNAA's advisory & executive board. I witnessed PNA-Virginia chapter's hospitality and kindness. I formed friendships with many of your leaders and members and I am grateful for your trust and endorsement when I run for office as President-elect in 2018.

I commend the outgoing PNA-VA officers under the leadership of Angel de Guzman 2018-2020. They possess the tireless commitment hosting and organizing excellent educational events, community engagement, presence and support at the National conferences. We are proud of Angel de Guzman's bayanihan spirit and kindness when the Taal Volcano erupted in the Philippines. PNA-Virginia was front and center helping the victims through food donations.

As we enter the 4th quarter of 2020, we will all look back at these stories and remember our spirit of unity as Filipino-American nurses. These stories hold memories that are much more meaningful during this new normal and virtual interaction. I know that I can rely upon your leaders in going through this challenging times together. I am grateful for everyone's support and stepping up to the plate. Three leaders from PNA-Virginia are actively engaged and serving at the National level: Executive Director Carmina Bautista, Ethics Committee Chair Teresa Gonzalvo and Ways and Means Committee Chair Hilo Laxa. PNA-Virginia is a powerhouse of PNAA leaders and highly accomplished members!

I am excited to welcome Catherine Paler, PNA-Virginia President for 2020-2022. Her theme "Connect, Create, Collaborate" align with PNAA's SPARK: Stories of People, Achievement, Resilience, Kindness. The word "connect" is associated with maintaining relationships with our members and share their stories. The second word "create", provides opportunities to spread kindness through philanthropy and paying it forward (create opportunities to build scholarship funds and grants for education and advanced degrees). The last word "collaborate" foster unity and advocacy partnerships in supporting legislative and public policies that have an impact on healthcare. These are all core values supporting PNA-Virginia's core mission statement.

My sincere gratitude to Catherine Paler and the new PNA-VA Executive Board (2020-2022), all the sponsors, benefactors, and members for your engagement and collaboration in making this Gala and Virtual Induction a successful event. On behalf of PNAA, we sincerely thank PNAVA officers and members for supporting our endeavors in advancing the nursing profession and ensuring the future of nursing for the next generation. Mabuhay!

Mary Joy Garcia-Dia, DNP, RN, FAAN
21st PNAA President 2020-2022



Warm greetings & congratulations from the 11 Chapters of the Eastern Region & its 1,381 members (PNAA, 11/2020). I am excited to welcome the Officers of the 2020-2022 Executive Board, under President Catherine M. Paler but equally thankful for the strong contributions & leadership of retired Captain & Immediate Past President , Angel de Guzman, the “ nightingale voice” of the Eastern Region.

Tonight’s theme of PNA-VA 42nd Anniversary & Induction of Officers 2020-2022 theme: Connect, Create, Collaborate, demonstrates nurses’ commitment in supporting front-liners who are experiencing what Bruce Feiller calls “life-quakes”- a massive source of change that lasts for years. That’s what we are all in now with Covid- 19 pandemic.

Yet in all of these life-quakes ,PNA-VA has proven steadfast In delivering professional & cultural influences, community service & visitations so admirable to be noticed nationwide.

I salute Madam Araceli Marcial founder of PNA - VA in 1978, who surmounted struggles of racism then, so that, the young, professional nurses are ushered into the Modern World of NursIng. Thank you Ren Capucao for your great work in “ A Culture to Care”, highlighted at the Philippine Cultural Center in Virginia , with a photo exhibition & an oral history film.

To all nurses of PNA-VA, I commend you for bringing President Mary Joy Garcia-Dia’s mantra SPARK (Stories of People Achievement, Resilience & Kindness) to life! Your commitment & resolve inspire us all to do more for PNAA, the nursing profession & each other. I thank President Angel de Guzman & his Executive Board 2018-2020 for their incredible work facing bravely the difficulties of our times.

I challenge the new President Cat Paler & her Executive Board 2020-2022 to steer your aspirations to new heights of solidarity & collaboration! I wish you all strength, peace & success in the fulfillment of your dreams & duties.

Keep shining PNA-VA! Godspeed & Mabuhay!

Sincerely ,

Victoria A. Pike MS/ MSN RN- BC, CPHQ
PNAA Eastern Region Vice President 2020-2022



SENATE OF VIRGINIA

JEN A. KIGGANS
7th SENATORIAL DISTRICT
PART OF THE CITIES OF
NORFOLK AND VIRGINIA BEACH
POST OFFICE BOX 5453
VIRGINIA BEACH, VIRGINIA 23471
(757) 990-3080



COMMITTEE ASSIGNMENTS:
GENERAL LAWS AND TECHNOLOGY
LOCAL GOVERNMENT
REHABILITATION AND SOCIAL SERVICES

November 13, 2020

Dear Philippine Nurses Association of Virginia:

It is my pleasure to congratulate the new PNAVA officers as you begin to serve the Philippine Nurses Association of Virginia. As healthcare professionals, it is vital that we continue to encourage professional growth while at the same time advancing clinical practices. It brings me great pride to know that organizations such as yours can come together to make a real impact on the lives of our patients and their families.

Nursing leaders like yourselves are more important now than ever, especially during these unprecedented times. I applaud you for your efforts to help make the world a better place. I am proud that you are all members of our wonderful community and our nursing profession.

I offer you my best wishes and I want you to know that my office is always open to you. If you need anything from us in the future, I encourage you to reach out.

Sincerely,

A handwritten signature in blue ink, appearing to read "Jen A. Kiggans".

Senator Jen A. Kiggans
7th District- Senate of Virginia
Virginia Beach and Norfolk



MARK R. WARNER
VIRGINIA



UNITED STATES SENATOR
WASHINGTON, D.C.

November 21, 2020

Dear Friends,

I am pleased to extend warm greetings to the members of the Philippine Nurses Association of Virginia, Incorporated as you celebrate the induction of your new officers and the 41st anniversary of your organization.

This virtual event provides an important opportunity to celebrate the work of your organization to provide professional development opportunities and promote health and wellness through community education and advocacy efforts. The individuals who you have selected as officers for 2020-2022 have demonstrated their longstanding commitment to these goals. I commend each of you for your service and leadership.

2020 have been extraordinarily difficult, and so many Virginians have experienced great hardship. In the face of this suffering, your work as a nurse has acted as a critical lifeline to your neighbors. It is the expertise, compassion, and courage of our health care professionals that will help us get through this crisis. I am incredibly appreciative of your efforts.

I send my best wishes for a fulfilling event and continued progress in the years to come.

Sincerely,

A handwritten signature in blue ink that reads "Mark R. Warner".

MARK R. WARNER
United States Senator



ROBERT M. "BOBBY" DYER
MAYOR

City of Virginia Beach

VBgov.com

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November 21, 2020

***Philippine Nurses Association of Virginia's 42nd Anniversary and
Induction of New Officers***

As Mayor of the City of Virginia Beach, I extend a warm welcome to all those involved with the Philippine Nurses Association of Virginia, especially the newly elected officers.

The COVID-19 pandemic has changed lives for all Americans, but during this unprecedented time, true heroes emerge. That's you! I offer a special congratulations for being appointed to the 2019-2020 PNAVA as an officer. Thank you for the outstanding work you've accomplished and will do in the future in promoting health and wellness in our community through education. Your contributions elevate the quality of life in our diverse City and cultivates a sense of community, tradition, and pride.



Very best wishes to each and every one of you. I hope the 42nd Anniversary and Virtual Induction of New Officers will be enjoyable and memorable for all.

Have a wonderful event!

Sincerely,

Robert M. "Bobby" Dyer
Mayor, City of Virginia Beach



Nov. 21, 2020

Hello, Everyone!

On behalf of the Officers, Board Members, Board of Trustees and member organizations of the Council of United Filipino Organizations of Tidewater, Inc. (CUFOT), I congratulate the Philippine Nurses Association of Virginia (PNAVA) on your 42nd Anniversary and Virtual Induction of Officers.

As the Philippine Cultural Center of Virginia (PCC) celebrates the 20th Anniversary of being built and opening its' doors our theme has been *Sama Sama Tayong Lahat* "We Are In This Together, Unity in Cultural Diversity". The PNAVA has been a significant part of PCC's history as an organization and with many individual members. Thank you for your leadership and collaboration especially in the efforts of improving the health of our community.

We look forward to a brighter 2021 when we can gather again at our beloved PCC to celebrate our shared Filipino American culture, identity and values. We will get through this time together – stronger & optimistic. Best wishes to PNAVA for continued success. Mabuhay!



Sincerely,

Cynthia C. Romero, M.D.

Cynthia C. Romero, M.D., FAAFP
Chairman, CUFOT, VA Inc.

Hello our Health Care Heroes of the Philippine Nurses Association of Virginia!

On behalf of South University – Virginia Beach, I would like to congratulate Mrs. Catherine Paler on her induction of President for the Philippine Nurses Association of Virginia (PNAVA). South University has enjoyed our relationship with the PNAVA for the past few years and are very honored to have Mrs. Catherine Paler as an esteemed Adjunct Faculty for South University. Mrs. Catherine Paler is dedicated to the quality and success of our future nurses, and a valuable member of our team! We are also fortunate to have Dr. Narissara Tran, newly elected Assistant Public Relation Officer for the PNAVA as our full-time faculty member and Simulation Coordinator. Both of these women are excellent educators and pillars of our nursing community. We have no doubt that under the leadership and guidance of Mrs. Catherine Paler, the PNAVA will continue to be an amazing resource for our community.

We wish Mrs. Catherine Paler and the PNAVA amazing success and many more years of collaboration with the Nursing programs of South University – Virginia Beach!

Congratulations to all!

Best Regards,



Dr. Jessica Parrott DNP, RN, CPNP-PC, CNE
Program Director, BSN Programs
South University - Virginia Beach



12 November 2020

Catherine

On behalf of the School of Nursing at Old Dominion University, I would like to offer congratulations as you assume the office of President of the Philippine Nurses Association of Virginia. We are proud of you as an ODU alumna as well as current Adjunct Clinical Faculty Member.

As I look at the members of your incoming Executive Board, I am pleased to see many familiar faces that are ODU alumni, faculty, or clinical partners. We are proud to continue sharing the PNAVA announcements with our undergraduate and graduate students. We wish you, the board, and organization much success in your efforts to provide Filipino-American nurses continued professional growth through education, research, and advanced clinical practice.

Again, congratulations on your elected position as President. The ODU School of Nursing is proud to have you as an alum and faculty member.

A handwritten signature in dark ink that reads 'Lynn L. Wiles'.

Lynn L. Wiles, PhD MSN RN CEN
Associate Professor
Undergraduate Program Director
School of Nursing
Old Dominion University

EXECUTIVE BOARD

2020-2022



Catherine Paler
President



Teresa Gonzalvo
President-Elect



Ruvi Inocencio
Treasurer



Vivian Dulce
Secretary



Donnie Sapalicio
Auditor



Joanna Colasito
Business Manager



Eileen Babb
PRO



Narissa Tran
Asst. PRO



Marife Pacio
Corresponding
Secretary



Julie Paler
Corresponding
Secretary



Joanna Rosacia
Corresponding
Secretary



Vida Donnette
Corresponding
Secretary



Maria Alburo
Asst. Treasurer



Marissa Mayor
Asst. Auditor



Ailleen Tell
Corresponding
Secretary



Stephanie Deguzman
Asst. Business
Manager

ADVISORY BOARD

2020-2022





COMMITTEE CHAIRS

2020-2022



Joanna Colasito
Ways & Means
Committee Chair



Teresa Gonzalvo
Constitution & Bylaws
Committee Chair



Maria Alburo
Membership
Committee Chair



Mia Malasa
Community Health & Health
and Wellness
Committee Chair



Myleen Calderon
Legislative & Ethics
Committee Chair



Eileen Babb
Newsletter & Website
Committee Chair



Joanna Fernandez Rosacia
Education & Research
Committee Chair



Bella Nocon
Policy & Procedure
and Sunshine
Committee Chair
Past-President 2001-2002



Peregrin Francisco
Scholarship & Awards
Committee Chair
Past-President 1987

pnaa

42
years

42nd Anniversary & Virtual Induction *Programme*

Emcees	Joanna Colasito & Justine Ford
Invocation	Isabelita Paler President, 1993
National Anthem	<i>Star Spangled Banner/Lupang Hinirang</i>
Opening Remarks	Alex & Viviana Antonio
History of PNAVA	Angel Deguzman President 2018-2020
Introduction of Guest Speakers	Nancy Dimaano President 1988
	Carmina Bautista President 1994
Message of Keynote Speaker	Mary Joy Dia Garcia PNAA President 2020-2022
Message of Guest Speaker	Victoria Pike Eastern Region VP
Message of the Outgoing President	Angel Deguzman President 2018-2020
Introduction of Incoming Officers	Hilo Laxa President 2016-2018
Induction of Officers	Mary Joy Dia Garcia PNAA President 2020-2022
President's Message	Catherine Paler President 2020-2022
Presidential Passing of the Gavel & Plaque	Virtual Video
Scholarship Award & Memoriam	Peregrin Francisco President 1987
Entertainment	Esterlinda Parilla & Angel Deguzman
Closing Remarks	Joanna & Justine
A Toast to the New Executive Board	Teresa Gonzalvo President-Elect
Healing Mass	Father Imperial

Invocation

Isabelita Paler



Let us bow our heads in the presence of the Lord.

Lord, we come with hearts deeply thankful for all the blessings we have received; for this virtual gathering of our members, family and friends and members of the Philippine Nurses Association of America to celebrate the 42nd Anniversary ; and induction of officers of the Philippine Nurses Association of Virginia.

Lord, bless the outgoing officers who inspired us with their accomplishments and whose work paved the way for this moment.

Lay your hands on our sick members and their families. Give them comfort and healing.

Lord we ask you to guide and bless the incoming officers. Guided by the theme “connect, create, collaborate” empower them to bear their responsibilities of leadership with utmost integrity and determination to lead PNAVA, and our members to continue to learn and practice competently.

May they be reminded that the success of the Philippine Nurses Association of Virginia will not be measured solely by the number of members but, the lives we touch, our work in the community and advancing Nursing.

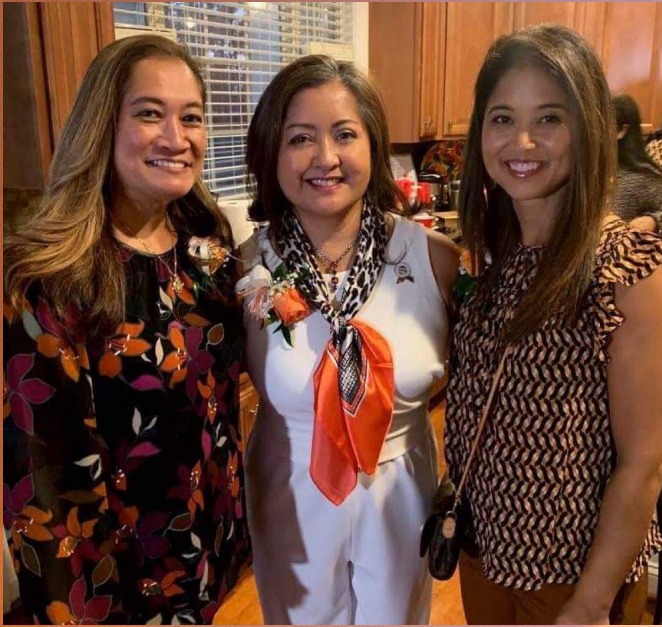
In these challenging times brought about by the Covid19 pandemic and the chaos in this country fill our hearts with love and hope that this too shall pass. Keep all front liners safe.

Lord, keep the United States of America safe and strong and lift the lives of the people of the Philippines and the world.

Lord, help us to use this remarkable celebration to move forward to live our lives fully in this new normal. These we ask in the name of the lord Jesus, Amen.















CONNECT - CREATE
COLLABORATE

Team Virginia 2020-2022

As Charles Dickens stated...

"It was the best of times,
it was the worst of times,
it was the age of wisdom,
it was the age of foolishness."

Yes indeed!

This classic quote reflects what we are experiencing in our lives today, in our healthcare environment and more globally, in our nation. May we, be the courageous, resilient and compassionate nurse leaders of PNAVA, shining and sparkling through the best of times ahead. Charge your glasses and let us all toast the new PNAVA movers and shakers! Let us all, Connect, Create and Collaborate! Cheers to brighter tomorrows! Salamat at Mabuhay!

by Teresa Gonzalvo, President-Elect 2020-2022





OUR MISSION

We, the Philippine Nurses Association of Virginia (PNAVA), believe that patients have the right to expect quality health care. As health care providers, we accept responsibility to provide such care by actively seeking opportunities for continued professional growth through education, research, and advanced clinical practice. We believe that a Filipino-American nurse has unique cultural needs that must be met to ensure professional success in a diverse society while preserving cultural identity. We believe that as a member of the community and the nursing profession, we have the responsibility to be involved in activities that promote health and wellness through community education. We believe that as health care practitioners it is our duty to respond to legislative and public policies that have impact on the health care agenda.

OUR HISTORY

HISTORIANS: Norma Bariso & Isabelita Paler

Sometime in September 1978 in a casual friendly chat, Cely Marcial, Rose Daria, and Mary Ann Ramos planned to organize a professional organization that was later named the “Philippine Nurses Association of Tidewater” (PNAT). The response from the Filipino nursing community provided enough members to form the necessary committees. The organization’s goals and objectives reflected the desire of Filipino nurses’ for personal and professional growth and to assist the pre-board applicants. Levy Paler, Rose Daria, and Cecile Incognito volunteered to conduct review classes. Soon it became evident that leadership was necessary to facilitate the growing demand for the organization. Araceli Marcial was elected as the 1st president on December 19, 1978. The major accomplishments in its early years were the strong bond among Filipino nurses and the attempt to seek charter membership with the Philippine Nurses Association of the Philippines.

Rosalinda Quiambao was elected as the 2nd president on November 16, 1980. Increased professional involvement of the Filipino nurses in the community was the highlight of Linda’s leadership. Each president brought her unique leadership style that shaped the organization’s culture and values. Victoria Constante served as the 3rd president in 1985 with fundraising as her goal. Norma D. Bariso served as the 4th president in 1986 and catalyzed the PNAT membership to the National Organization of Philippine Nurses in the United States (NOPNUS). Soon, NOPNUS became the Philippine Nurses Association of America (PNAA). A collaborative relationship between PNAT and PNAA began. The PNAA president was Emma Nemivant. A renewed interest in preparing nurses for licensure brought about review classes with positive outcomes.

The PNAT participated in various community health programs in Tidewater, the Eastern Shore, and Tangier Islands. Educational materials, medical equipment, and medical supplies found their way across the ocean to the Northern Christian College in the Philippines. Operation Smile holds a special place among the PNAT members and became the first recipient of the annual donations.

Peregrin C. Francisco, the 5th president, succeeded Norma in 1987. Perry focused on strengthening the in-service education programs. In 1988, Nancy A. Dimaano took the helm as the 6th president. The need to create a stable financial portfolio prompted this leadership to focus on fund raising activities. The president launched a successful raffle to finance its projects. The involvement of the PNAT members extends beyond local bounds. In June 1988, Linda Quiambao was elected auditor and Perry Francisco a member of the PNAA Board of Directors at the national convention in Louisville, Kentucky. Norma D. Bariso wore three hats as the PNAA Assistant Treasurer, Co-Chairperson of the Budget and Finance Committee, and Chairperson of the Membership Committee. The PNAA president was Remedios A. Solarte.

Priscilla (Precy) Custodio became the 7th president in 1989. This was a busy year for the organization. The PNAT hosted the 10th PNAA National Convention in Virginia Beach. The PNAA president was Filipinas J. Lowery. A scholarship program was established during Precy’s presidency to provide financial assistance to students interested in a nursing career.

Leonor Sabado was elected the 8th president in 1990. She brought to the organization members who were motivated and goal oriented. The lifetime membership was approved. The PNAT Constitution and By Laws were revised as we face the challenges of the 90’s. Continuing education was highlighted by a nursing seminar entitled “The Nursing Challenge: Developing Competency.” The “PNAT Newsletter” was revamped to reflect the professionalism and ongoing growth of the organization.

Cecilia Incognito became the 9th president in 1991 and brought the organization closer to the community with health programs such as health screening for the elderly and life saving CPR skills for families. Lolita Labuguen became the 10th president in 1992. Lolita spearheaded the volunteer work for the Chesapeake Care Clinic and became a member of the clinic's Board of Directors. The year was highlighted by the election of Norma D. Bariso as the Treasurer and Chairperson of the Finance and Budget Committee of the PNAA.

The year 1993 set the stage for the leadership of the 11th president, Isabelita (Levy) Paler. The organization changed its name to the Philippine Nurses Association of Hampton Roads (PNAHR) to accommodate our expanding membership. Brochures were developed to showcase the activities and mission of the organization. The newsletter was published under the new banner, "The Filipino Nurse".

As we brought 1994 to a close, PNAHR stood tall with its accomplishments under the guidance of the 12th president, Carmina Bautista. History was made as Levy was appointed to the Virginia Board of Nursing and the Board of Health Professions, the first Filipino nurse to gain a prestigious position on the Board. She was the first nurse educated from the Philippines to serve on the Board. This was written in the "Virginia Board of Nursing History 1903-2003", authored by Corinne Dorsey, Executive Director of the Board of nursing. Levy provided an in-service on the role of the Virginia Board of Nursing and shared legislative updates that affect nurses in Virginia. At the national level, Norma D. Bariso was awarded the "Excellence Award as the Entrepreneur of the Year" by the PNAA at the Las Vegas National Convention. Carmina was elected to the Board of Directors and Norma kept her position as Treasurer and Chairperson of the Finance and Budget Committee of the PNAA. The PNAA president was Beatrice Miranda.

In 1995 PNAHR amended the Constitution and Bylaws to accommodate a two-year term of the officers. Venus Tomaneng, the 13th president from 1995 to 1996, provided strong leadership with a focus on commitment to the community. The formation of

the Filipino Health Alliance made up of PNAHR, The Philippine Medical Association of Eastern Virginia (PMASEV) and Philippine Association of Medical Technologist (PAMET) solidified our coexistence and expansion of the health services to the community. The appointment of PNAHR members to different boards and commissions at the local, state, and national level is a testament of our strong capabilities: Levy Paler, was elected vice president of the Virginia Board of Nursing; Perry Francisco, Member of the Board of Health Profession representing Audiology, Speech, Language Pathology and the Mayor's Committee on Health of Virginia Beach; Carmelita Pineda, the Commission on Human Rights; Mary Ann Ramos, Board member of the Virginia Nurses Association; Venus Tomaneng, the Mayor's Committee on Aging of Virginia Beach. Lolita Labuguen, received The Volunteer Achievement Award of Hampton Roads for her work at the Chesapeake Care Free Clinic. Other accomplishments included: Norma D. Bariso first recipient of the PNAHR Most Outstanding Member Award; the formulation of policies and procedures to operationalize the bylaws; and the expansion of the scholarship program to members pursuing BSN and MS degrees. Norma continued as PNAA Treasurer and Chairman of Budget & Finance Committee. The PNAA president was Carmen T. Galang.

Ciony Gamboa, the 14th president from 1997 to 1998, committed the organization to host the PNAA 18th annual convention on July 13, 1997 held at Sheraton Hotel in Virginia Beach. The theme was "Exploring New Horizons in the Changing Health Care Environment." The Legislative/Policy Forum presented issues that affect the regulation of nursing in Virginia. Levy Paler presented the PEW Report and its implications to Nursing. Carmina Bautista and Ciony Gamboa were elected in the Executive Board of the PNAA for the next two years. The PNAA president was Ampy Dela Paz. Levy Paler was elected President of the Virginia Board of Nursing in 1997 for one term. She received the PNAA Nursing Excellence Award in Nursing Administration at the PNAA National Convention in San Diego. The fall issue of the "Nursing Notes" showed the president's message to all nursing licensees noting the strategic plan, multi-state licensing initiatives and tele-health. Leonor Sabado was the second recipient of the Most Outstanding Member Award.

Sol Aguinaldo, the 15th president from 1999 to 2000, initiated the PNAHR's membership with the National Federation of Filipino American Association, a national civic organization and the Council of the United Filipino Organization of Tidewater (CUFOT), an umbrella of several Filipino organizations in Tidewater. Diosa Dimalanta and Levy Paler represented the organization as members of the Board of Directors of CUFOT. The ties between PNAHR with CUFOT was short-lived. Levy continued as Board of Director of CUFOT representing her regional organization. The PNAA president was Lolita B. Compas. Levy was re-appointed to the Virginia Board of Nursing and the Board of Health Professions for the years 1998 to 2002 and served as a member of the Board of Health Profession's Research Ad-hoc Committee on Telehealth. She was the third recipient of the PNAHR Most Outstanding Member Award.

Bella Nocon took the helm as the 16th president for 2001 to 2002 with the theme "Bridging Health Care in the Millennium" through Commitment, Accountability, Respect, and Excellence. The PNAA president was Pete-Reuben Calixto. The PNAHR applied for 501C3 tax exempt status. The Annual Miles for Smiles was established to continue our support for Operation Smile. To increase health awareness, PNAHR started a walkathon wellness program for the members. On the national level, Carmina Bautista was elected the PNAA Secretary and Norma D. Bariso was appointed Chairperson of Human Rights Committee. Seny Lipat was the PNAA president. Governor Mark Warner appointed Nancy Dimaano to the Council of Maternal & Child Care. Prescilla Custodio received the fourth PNAHR Most Outstanding Member Award.

The 17th president, Elizabeth Cuento Reyes, led PNAHR in 2003 to 2004 with the theme "Visibility, Vitality and Viability." Lyndon Remias, CPA, expedited the 501C3 status and its new name Philippine Nurses Association of Virginia (PNAVA). The Constitution and Bylaws were revised with guidance from our legal adviser Atty. Greg Montero. Beth was re-appointed to the Advisory Board of the Virginia Beach Department of Human Services. Jeanne Tolentino received the outstanding award of the "Top 40 under 40" for excelling in the business

world and for community volunteerism. Nancy Dimaano was elected to Region 6 Virginia Association for Home Care Board of Directors. The PNAA president Mila Velasquez appointed Carmina Bautista as Chairperson of the Membership Committee and Perry Francisco as Co-Chairperson of the Education Committee. PNAVA hosted the 6th PNAA Eastern Regional Conference in 2004 at the Sheraton Virginia Beach and culminated the two-day event with a successful dinner and dance.

"Partnership in Leadership" was the theme as Alma DeGuzman became the 18th president from 2005 to 2006. Education Chairpersons, Carmina Bautista and Perry Francisco presented seminars on leadership. Rey Rivera, PNAA Education Chairperson was the keynote speaker in March 2005 presenting "Leaders: Managing Oneself." Venus Tomaneng, 13th president, was honored as one of the "Twenty Outstanding Filipinos Abroad" in United States and Canada at a gala in Washington DC. Luz Jusayan was awarded the National Neonatal Nurse of the Year for 2006 in Las Vegas. PNAVA took active participation in the PNAA 26th and 27th National Conventions and in the Eastern Regional Conferences. Carmina Bautista remained as PNAA Membership Committee Chairperson and received the PNAA Excellence Award as "Clinical Nurse of the Year" in July 2006 in Boston. Perry Francisco was co-chairperson of the PNAA Education Committee. Guia Caliwagan participated in the Mentee/Mentor program of the National Coalition of Ethnic Minority Nurses Association. Jeanne Tolentino was awarded the 5th PNAVA Most Outstanding Member Award.

The theme "Stronger Foundation Through Vision and Action" described the presidency of Guia Caliwagan, the 19th president from 2007 to 2008. Seminars were organized by Margie Agbisit. The speakers, Perry Francisco, Carmina Bautista and Maggie Constante elicited participation and enthusiasm. In October 2007, Carmina filed a petition for rule making with the Virginia Board of Nursing on behalf of PNAVA to amend regulation 18VAC90-20-210 Section 120 to waive the requirement for a credential review by the Commission on Graduates of Foreign Nursing School (CGFNS) and examination of English Proficiency. The PNAVA Constitution and Bylaws was realigned with the PNAA.

Perry Francisco was appointed to the Virginia Board of Nursing, the second PNAVA member appointed to the Board. In December 2007, Perry was awarded the first PNAVA Presidential Award; Leadership Award was awarded to Merla Marcelo, and Margie Agbisit received the Outstanding PNAVA Member Award. Nancy Dimaano and Jeanne Tolentino received the Old Dominion University Achievement Awards for Professional Achievements and Exemplary Service, respectively. PNAVA expanded membership by inviting subchapter membership in Richmond. May Mayor was PNAA president. Carmina Bautista wore several hats: PNAA Assistant Treasurer, Chairman of the Membership Committee, and Chairman of the Infrastructure Committee, 2007-2010, and was elected to the PNAA Executive Board for 2008 to 2010. Perry Francisco was appointed Chairperson of the PNAA Education Committee. Hats off to Perry, the recipient of the PNAA Excellence Award as Nurse Educator presented at South Padre Island, Texas on July 19, 2008. On September 13th of the same year, Levy Palar was honored by the Filipino Image Magazine as one of the "Twenty Outstanding Filipinos Abroad" in the United States and Canada at a gala in Marriott Hotel, Washington DC. The "Dina Estaris Scholarship Fund" was established with the support of Roy Estaris (Dina's son).

The years 2009 to 2010 were led by our 20th president, Merla Marcelo, with the theme "Committed to make the difference through involvement and passion." Merla's term saw financial stability and increased membership. The PNAVA Richmond chapter under the presidency of Marge Mohta sponsored successful seminars and fundraising activities. On September 15, 2010, the Virginia Board of Nursing approved the waiver of the CGFNS exam. Acknowledgements went to Carmina Bautista for leading the petition in 2007 and to Perry Francisco for working with members of the Board. The PNAVA Presidential Award was presented to Gloria Castillo and the Nursing Excellence Award to Carmina Bautista. Members received awards at the PNAA National Convention in Baltimore Maryland in 2009: The PNAA Excellence Award as entrepreneur of the year was awarded to Nancy Dimaano; Cely Marcial received an award from PNAA as PNAT co-

founder and its first president. Perry Francisco, was elected Secretary of the Virginia Nurses Association (VNA) in 2010. PNAVA support to PNAA continued: Perry as co-chairman of the education committee and member of the PNAA Board of Trustees and Carmina, chair of the PNAA website and infrastructure. The PNAA president was Leo Jurado of New Jersey. The PNAVA's benevolence was extended to Operation smile, Gawad Kalinga, and the "Habal-habal Project" in the Philippines under the oversight of Precy Custodio. Cecille M. Quinn received the PNAVA scholarship award.

The 21st president, Beatrice Sazon, started the years 2011 to 2012 with the theme "Diversity making a difference in global health." The quarterly in-services were managed by Zenaida Limon, Chairman of the education committee. We remained active with the PNAA as Perry Francisco remained as education committee co-chairperson. The PNAA president was Rey Rivera. PNAVA hosted the PNAA 15th Eastern Regional Conference "Developing Competency for Healthcare Disparity" held in Colonial Williamsburg, VA on November 9-10, 2012.

"Together We Can Make A Difference" was the theme as Justine R. Ford took the helm as the 22nd president for 2013 to 2014. Justine, the energetic "Queen of Zumba", led us to several fund-raising events to keep PNAVA financially stable. Zumba classes and walkathons made it possible to continue quarterly education and scholarship programs. The organization joined the community to support the Yolanda typhoon victims in the Philippines. Support to Operation Smile and the Habal-habal project continued. Zenaida Laxa, remained as chairperson of the PNAVA Education Committee. Guia Caliwagan was appointed to the Virginia Board of Nursing in 2013. She was a participant in a program on "Cultural Diversity in Academia and the Workplace" at the University of Richmond. Justine was recognized as the Top Cardiac Nurse by the International Nurses' Association. Justine was one of the candidates in the Level 1 Leadership Foundation Scholars of the 2014 PNAA Leadership Scholar Program. Nancy Dimaano was appointed auditor of the PNAA. Victoria Navarro was the president of PNAA.

Virlita Delima became the 23rd president for 2015 to 2016. The theme "Empowerment Through Education, Community Service & Leadership" guided PNAVA for

the next two years. Virilita maintained all PNAVA activities such as the quarterly continuing education chaired by Dana Garcia, community involvement, health screening, and fundraising activities. Zenaida Laxa, president-elect, sponsored the first reunion of the Circle of Presidents held at Perry Francisco's residence on August 21, 2016. Justine Ford was appointed secretary in the Eastern Regional Chapter of PNAA. The PNAA president was Dr. Letty Hermosa.

Hilo Laxa took the helm in 2017 through 2018 as the 24th president. In keeping with the theme "Dynasty: Preserving Tradition, Empowerment, Inspiration," Hilo harnessed the energy and talents of its members. She reactivated the circle of presidents to keep the past presidents engaged and appointed talented members to various committees. Catherine Paler, editor of the Filipino Nurse served as the webmaster and chairman of the education committee. The quarterly publication of the newsletter kept the members informed and connected. Continuing education units were offered to working members while retirees took advantage of programs to maintain a healthy lifestyle and healthy aging. Hilo's leadership earned the organization several accolades at the national level. The 300% increase in membership was recognized at the PNAA National Convention in 2017 held at Baltimore Maryland with a Rookie of the Year Award and an incentive bonus of \$750.00 from PNAA. In addition, Hilo was recognized for her outstanding leadership in PNAA Membership Recruitment. Our Superhero Line-dancing group was hailed as the most energetic group with their dancing prowess and costumes that added to the mood of the evening. Hilo was the recipient of an exemplary leadership award at the Filipino Nurses Global Summit and PNAA Convention in Manila in 2018. Catherine Paler, editor of "The Filipino Nurse" launched the first quarterly publication in May, 2017 which eventually became digital. The Constitution and Bylaws and the Policy & Procedure were revised to provide the organization with clear guidance for organizational governance. The PNAVA scholarship award was given to Yedda Descalzo in 2017 and Ren Capucan in 2018. The outreach programs were worth noting: The Operation Smile was given a \$1000.00

donation; Habal-habal project received \$400.00 and Gawad Kalinga a \$ 200.00 donation.

As we celebrated the 40th anniversary of PNAVA, Inc. we welcomed the first male president, Angel DeGuzman, during his induction on November 9, 2018. Angel serenaded the group with a classic song, "What a wonderful world." His mantra "Let's make a difference in advocacy: engagement of membership and promotion of leadership towards practice and organization excellence," guided his presidency. Catherine Paler, president-elect was presented the PNAVA Presidential Award for her work during the Laxa presidency at the inaugural ball. Cat continued to serve as webmaster and Editor of the Filipino Nurse. She also chaired the education committee when an unexpected vacancy occurred. The newsletter was robust with a variety of news and articles focusing on health issues, past and incoming events. PNAVA celebrated Nurses Week which highlighted "The year of the Nurse" proclaimed by Mayor Bob Dryer, City of Virginia Beach. PNAA encourages ongoing leadership of its members. Several members of PNAVA Executive Board attended the 40th PNAA Annual Convention in Atlanta Georgia on July 24-28th, 2019. Cat Paler president-elect was one of the 25 graduates of the PNAA iLeadership Development Program (iLDP) for emerging leaders, the first one from our chapter. Cat received the iLDP pin and a certificate of completion of an eight week online program at the ILDP Pinning Ceremony on July 27, 2019.

A Culture to Care: An Exhibition of the History of the Filipino Nurses in Virginia was presented by Ren Capucan, a doctoral student at the University of Virginia School of Nursing. It was supported by a grant from the Virginia Humanities and hosted by PNAVA on August 10, 2019 at the Philippine Cultural Center. Cely Marcial, Levy Paler, Perry Francisco, Estelita Davis and Teresa Gonzalvo shared their experiences in America and the challenges they faced as foreign nurse graduates during their interview with Ren. Teresa served as the mistress of ceremony and facilitated the panel discussion that followed. Hilo, Cat and Cely worked behind the scene to promote this program. This presentation was the first of its kind and displayed a great sense of pride for our collective efforts in support of a promising Filipino nurse historian.

Advocate for self, patients and community was the highlight of the 20th Eastern Regional Conference in South Carolina from October 31st through November 3rd, 2019. Leadership awards were presented to four pillars of leadership. Hilo Laxa, our past president received the 2019 ER Outstanding Leader Advocate for Community Service.

Led by Carmina Bautista, Hilo Laxa and Catherine Paler, PNAVA petitioned the Virginia Board of Nursing to amend 18-Vac-90-19 requiring foreign nurse graduates to display Foreign educated nurse (FEN) on their name tags and after their signatures in nursing documents. On January 28, 2020, a group of PNAVA past presidents, Hilo, Verlita, Levy, Perry and Guia attended the Board meeting in Richmond. The Board unanimously approved the petition on a fast track mode. The amendment became effective on October 15, 2020. From that date forward foreign educated nurses who are waiting for results of licensure examination display "RNA" (registered nurse applicant) on their name tags and after their signatures on nursing documents.

Our organization experienced many adversities. The Taal Volcano in Batangas Philippines, erupted on January 12, 2020. It affected many, including families of our members. The president was at the center of the disaster while on vacation in the Philippines. He led the effort to provide food, clothings and shelter to the victims. PNAVA joined the community led by the Batangas Association of Hampton Roads to send financial support to the Batangas province. PNAVA was saddened by the death of Norma Bariso on April 24, 2020, after 3 three years of battling with Cancer. She was our president in 1988, our historian for forty-two years and chairman of the policy and procedure committee. A week prior to her passing, Norma asked Levy to continue to tell the story of PNAVA. The Filipino Nurse, June 2020 edition was dedicated to Norma a friend and colleague who left her footprints of love, kindness and dedication to PNAVA.

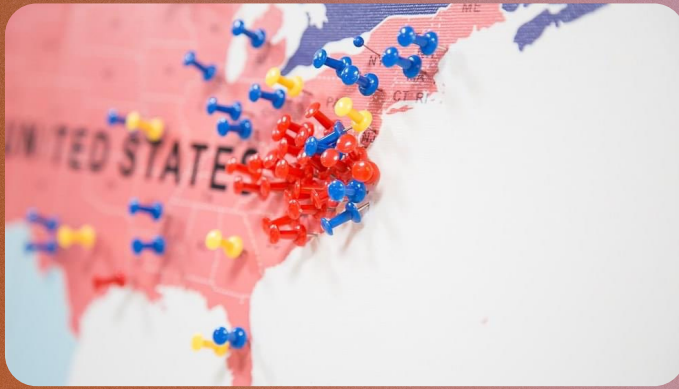
COVID 19 came to America. Our members remained connected to one another and with other chapters for mutual support and information on CDC guidelines. PNAA and PNAVA

distributed masks to all members. This tragedy made us closer. We keep in contact with our sick members, pray together and stayed committed to our mission. Our bond is strong. Virtual meetings and small group gatherings kept the organization operational. It is still a wonderful world, as the outgoing president passed on the gavel and the traditional plaque to the new president.

The "Virginia Nurses Today" featured several PNAVA members in its fall edition namely: Catherine Paler, Perry Fransisco, Teresa Gonzalvo, Justine Ford and Angel DeGuzman. Carmina Bautista was commissioned as a citizen member at the Virginia Board of Health Professions, 2020-2024. The following members were appointed to the PNAA leadership positions and committees for 2020-2022: Carmina Bautista Executive Director, Hilo Laxa Chairperson of the Ways and Means committee, Catherine Paler, member of PNAA Policy and Procedure committee and member of PNAA Ethics committee, Teresa Gonzalvo, Chairman of PNAA Ethics committee and Justine Ford, member of PNAA Ethics committee. Justine was appointed to the Health Services Advisory Committee of the City of Virginia Beach, 2020-2023.

Catherine Paler was inducted as the 26th president at a virtual ceremony on November 21, 2020. The theme "Connect, Create, Collaborate" captures the essence of what PNAVA will focus on the next two years. Her inaugural speech was forward looking and ambitious. Kudos goes to all program participants and the induction committee for a successful virtual induction. A new team has arrived with president elect, Teresa Gonzalvo. They are visionaries with impeccable credentials, energy and determination to actualize the theme. Joanne Colasito was awarded the PNAVA Scholarship Award.

History is always moving replete with memories. It will be written through the eyes of a new historian, a promise to a friend she vowed to keep. We thank the Lord every day for keeping us mission-focused, healthy, and optimistic. What the Philippine Nurses Association of Virginia, Inc. has become, and will be, remains our thrust. From whence we came, through time after time, year after year, we will continue to shape its destiny.



A CULTURE TO CARE: THE HISTORY OF FILIPINO NURSES IN VIRGINIA

Oral History Project,
Panel, & Photo Exhibit

August 10, 2019
Philippine Cultural
Center of Virginia
10-2pm

FREE & OPEN TO THE PUBLIC





LOOKING BACK AT 2018-2020

iLeadership Development Program 2019 by Manny Ramos and Mindy Ofana

The 25 graduates of the Philippine Nurses Association of America (PNA) Leadership Development Program (iLDP) were recognized at the iLDP Pinning Ceremony last July 27, 2019 at the 40th PNA National Convention in Atlanta, GA. The graduates received their iLDP pins and certificates of completion with eight contact hours of continuing education.

The iLDP is an eight-week online program that consisted of four modules on leadership in complex organizations, communication and effective meetings, project management, and fiscal responsibility and balanced budget. The iLDP participants included PNA chapter leaders who interacted online in learning the tools, resources, and concepts of organizational leadership.

The iLDP participants collaborated and shared their views and experiences on leadership through online discussion boards. A significant outcome of the program is the creation of project management plans (PMPs). Each PMP was created to address particular chapter priority needs and issues. Carol Manilay-Robles earned the Best PMP Award, president-elect of PNA Metropolitan DC, and the Exemplary PMP Awards were given to Wally Remegio, president-elect of PNA New York and Gemma Riso-Rio, President of PNA Northeast Florida. The PMPs of Carol and Wally were presented on the podium and featured as posters at the Leadership Institute of the 40th PNA National Convention.

The iLDP faculty are Mindy Ofana, Lead; Manny Ramos, online program developer; Amelia Guzman, Education Chair; Pete Calixto, Adviser, Dr. Danilo Bernal, Dr. Gloria Beriones, Dina Doliente, Dr. Jonathan Gecomo, Luz Newell, Dr. Leli Pedro, Victoria Pike, Cleo Robinett, Maria Sagun, Roland Santos, Cherina Tinio, and Dr. Nancy Atmospera-Walch.

Our heartfelt thank you to the immediate past president, Dina Doliente III, who shared the vision. The program is a continuing commitment by our current leadership under the auspices of Madelyn Yu, PNA president 2018-2020, to become a partner in delivering and documenting meaningful leadership growth and development of PNA's emerging leaders. Due to the overwhelmingly positive feedback from the successful candidates, iLDP will provide an additional opportunity to interested parties.

Congratulations to the 2019 iLDP team on this tremendous accomplishment!



25 successful iLDP graduates

Trinidad C. Alair, President, PNA Michigan
Myma Joy Arellano, Board of Director, PNA Metropolitan DC
Gina Cascolan, President, PNA South Riverside County
Melissa Jarque-Conanan, President, PNA North Texas/ Dallas
Emily Danuco, President-Elect, PNA Northern California
Pinagala Fernandez, President, PNA Texas Golden Triangle
Aleli R. Frias, President-Elect, PNA Maryland
Marjorie Soriano Gamino, President Elect, PNA Greater St. Louis
Erinda B. Gonzalez, President Elect PNA Ohio
Lozel Solar Greenwood, President-Elect, PNA New England
Sherwin Imperio, President-Elect, PNA Orange County California
Maria Agnes Kirtan, President, PNA Richmond Virginia
Regila Pogado-Laput, President-Elect, PNA Michigan
Jan Lim, Co-Chair Ways & Means Committee, PNA North Houston
Priscilla B. Molas, President-Elect, PNA Miami South East Florida
Catherine M. Palar, President-Elect, PNA Virginia
Janelia Puyot, President, PNA Gulfcoast Florida
Wally Remegio, President-Elect, PNA New York
Hersley V. Bartolome-Reyes, Assistant Treasurer, PNA Tennessee
Gemma Riso Rio, President, PNA Northeast Florida
Carol Manilay-Robles, President-Elect, PNA Metropolitan DC
Gloria Simon, President PNA Illinois
Maria Famela Stutzman, President-Elect, PNA Nashville Tennessee
Ma. Siony Tamon, President, PNA Nashville Tennessee
Jayson Valerio, President, South Texas Rio Grande Valley

Awards and Recognition



The highlight of the night was the awarding of leadership awards and recognition of individuals who work beyond the call of duty. Below were the deserving members:

Victoria Pike, MSN, MS, RN-BC, CPHQ "2019 ER Most Valuable Player"
Wally Remegio, MS, RN-BC, NEA-BC, CCRN-CSC "2019 ER Rookie of the Year"

.... the Four Pillars of Leadership:

Marie Lou Arocena, BSN, RN "2019 ER Outstanding Leader Advocate for Membership Engagement"

Marie Ortaliz, EdD, MS, RN, CCRN-K "2019 ER Outstanding Leader Advocate for Education and Professional Development"

Rosemarie Rosales, DNP, MPA, RN, CCRN, CPHQ "2019 ER Outstanding Leader Advocate for Financial Engagement"

Zenaida "Hi-Lo" Laxa, MSN, RN, CNS "2019 ER Outstanding Leader Advocate for Community Service"

..... and recognition goes to:

Marie Ortaliz, EdD, MS, RN, CCRN-K "2019 ER Atlas Award" (Above and Beyond the Call of Duty)

The ER RVP also recognized the hard work and hospitality of the host officers and members. The night concluded with more dancing.



Community Health



ZARAH SERVIDAD

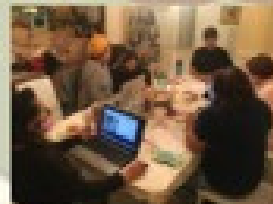
Community Health Chairman

Community Health



What a wonderful world!

Behind the Scene Virtual Induction Committee *Team OA (Over Achievers)*



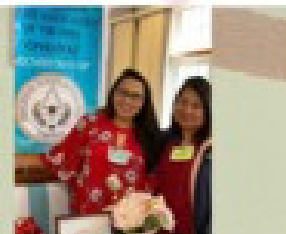


WHAT A WONDERFUL WORLD!!!

Membership Drives



RUVI INOCENCIO
Membership Chairman



Founder's Inw

NOVEMBER 17, 2018

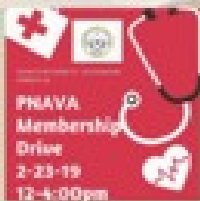
Membership Drives



Suzan's Kitchenette

FEBRUARY 2020

Membership Drives



Suzan's Kitchenette



What a wonderful world!!!



FUNDRAISING



OLIVE ANGELES

Business Manager



Bowlathon



ALMA DEGUZMAN

BUSINESS MANAGER

FUNDRAISING



2 Casino Bus Tripps



FUNDRAISING



Spring Dance

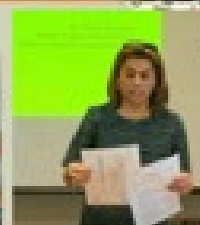


what a wonderful world!!!!

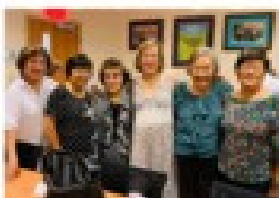
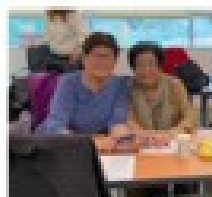
EDUCATION



JOANNA COLASITO
Education Chairman



EDUCATION



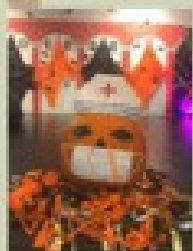
Culture to Care



What a wonderful world!!!



FUNDRAISING



Halloween Dance



Dine & Raise



FUNDRAISING



Christmas Carolings



What a wonderful world!!!



Participated in Walks for a Cause



Healing Mass 2019



Christmas Party 2019





What a wonderful world!

PNAA National Convention Atlanta, Georgia



Eastern Region Convention Charleston, South Carolina



shot
@life

Invest in a healthier world.
Immunize a child.



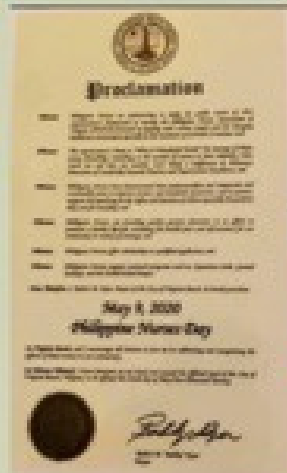
What a wonderful world



Free masks HAND DELIVERED with Love



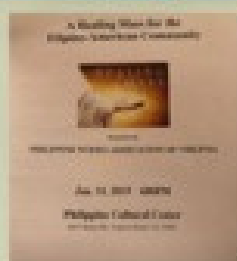
Proclamation of Philippine Nurses Day/ PNAVA Picnic



Proclamation of Philippine Nurses Day/PNAVA Picnic



oh what a wonderful world!!!



Healing Mass 2019



Christmas Party 2019



Philippine Cultural Center- Consular Outreach



Visiting our homebound members

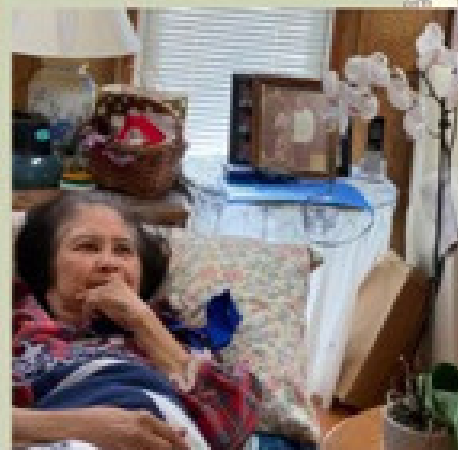


MERLITA MENDOZA

Sunshine Committee Chairman



Visiting our homebound members



Visiting our homebound members



WHAT A WONDERFUL WORLD!!!



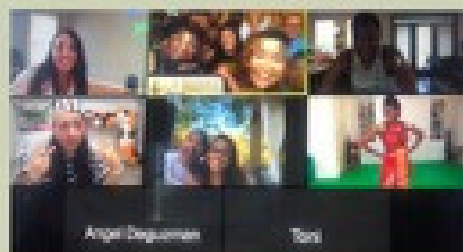
*We got featured in
Virginia Nurses Today!!!*



*Most Participation in 5K Award
PNAVA Virtual Fundraising 2020*



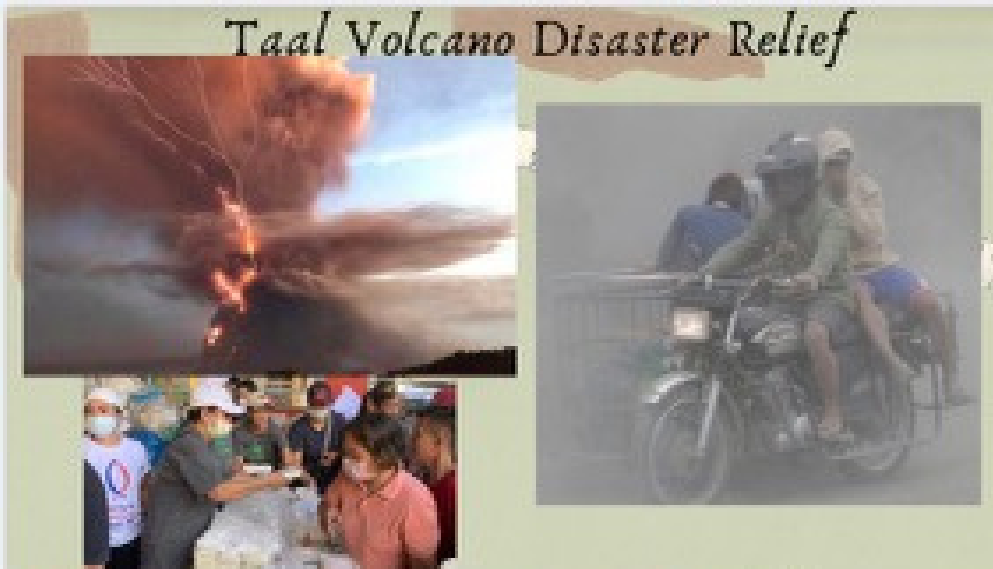
*First Virtual Fundraising
2020*



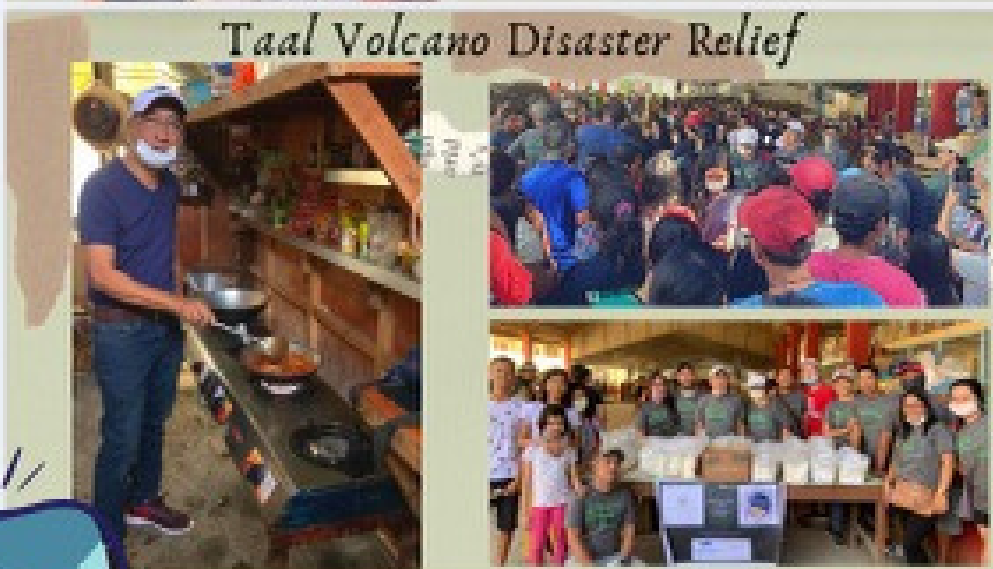
Taal Volcano Disaster Relief



Taal Volcano Disaster Relief



Taal Volcano Disaster Relief

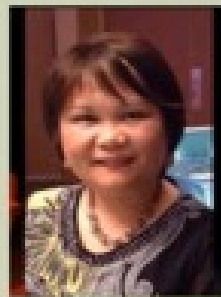


What a wonderful world

*Free masks HAND
DELIVERED with Love*



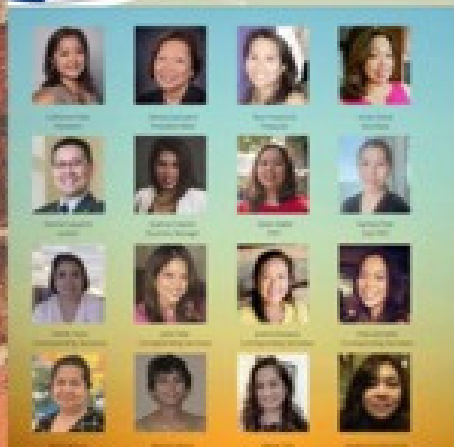
*First Electronic Election of
Officers*



HILO LAXA & MIA MALASA
NOMELEC COMMITTEE CHAIRMEN



*First Virtual Induction of
Officers*



ELECTION





Looking back to the theme of "What a Wonderful World"
 Pictures tell the story of people, events, and collective
 accomplishments of PNAVA, Inc. We thank Angel Deguzman and
 the phenomenal virtual production of the induction committee.



Congratulations to the new Executive Board!
 Jen Kiggans



Congratulations Catherine Paler, President of
 PNAVA 2020-2022. Good luck & May God bless you
 always! ~ Thelma Isberto



42nd Anniversary and first Virtual Induction

November 21, 2020



Congratulations to PNA-Virginia President Catherine Paler & the Executive Board 2020-2022



Mary Joy Garcia-Dia, DNP, RN, FAAN
PNAA President
2020-2022
PNA-New York President
2006-2008



Carmina Bautista, MSN, FNP-BC, BC-ADM
PNAA Executive Director

First President



1978



FOUNDING PRESIDENT

Create, Connect
Collaborate

CONGRATULATION
TO THE NEW PNA VIRGINIA
EXECUTIVE BOARD
& COMMITTEE CHAIRS 2020-2022



Araceli T. Marcial

PNAVA EST 1978

*Araceli T.
Marcial*

With all our best wishes for a happy 42nd
Anniversary of PNAVA. Your theme speaks to the
future of our organization.

Nancy Labuguen, Tim Andrews and children, Alli
and Aiden and lola.

Lolita Labuguen, 10th President 1992





Congratulations to Catherine Paler, President and the new officers! Your journey has just begun. Bernie and I thank Angel de Guzman, and the outgoing officers whose collective energy moved PNAVA forward and ensured a smooth transition of leadership. My hope is for us to achieve satisfaction in our personal and professional lives.

*"Coming together is the beginning,
Keeping together is progress,
Working together is success".*

Henry Ford

Isabelita Paler, MSPN 11th President, 1993

Congratulations to Catherine Paler, PNAVA President
and the incoming officers. I trust you to continue
to put into action the mission of the Philippine Nurses
Association of Virginia, Inc.

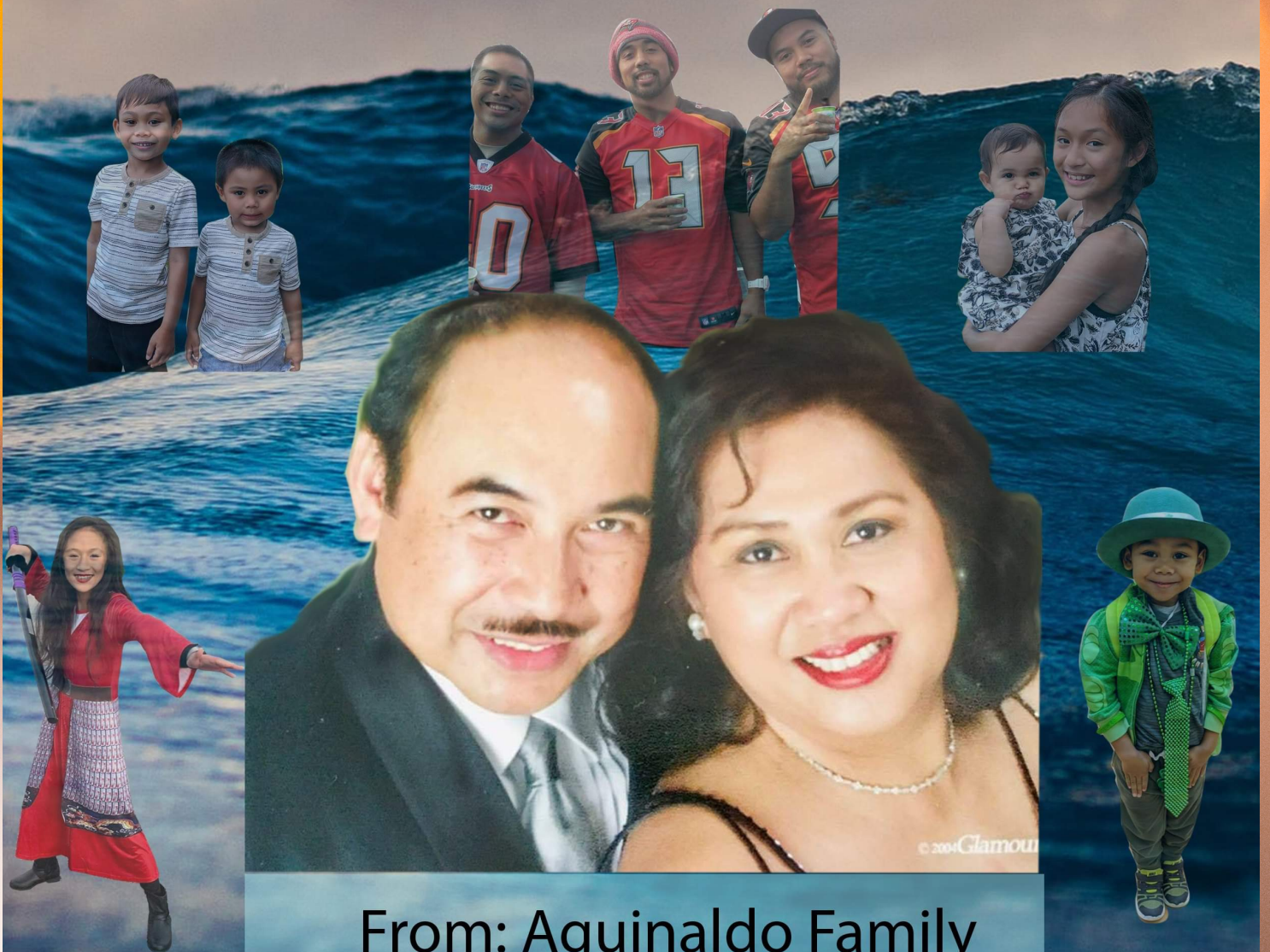
Abe and I wish you success as new leaders of our
organization.

Venus Tomaneng, 13th President 1995-1996



Congratulations

to Catherine M.Paler, MSN, RN, PCCN
And all the newly elected officers of PNAVA.



From: Aguinaldo Family



Best Wishes to the PNAVA Officers!!
Good Luck in all of your future
endeavors!

The Nocon family
Bella Nocon, 16th President 2001-2002

**Congratulations
Catherine Paler and
the new Executive
Board & Committee
Chairs 2020-2022**



Hi-lo Donato Laxa

Nurse Specialist

PNAA Ways & Means Committee Chairman

CRC Campaign Team Charter

PNAA President 2016-2018

Charter President SouthEastern Virginia Filipino

American Lions Club

Lady Shriner Zulekia Court #35

ABBOTT Instructor

Society of Pinay Book Lovers

hilodonato@yahoo.com

Hi-lo Donato Laxa



Thank you,
PNAVA family
for your love &
novena prayers

*Gene,
Raynor,
Melinda,
Melanie, Emil
Mariana,
Kira &
Emma*

**In Loving Memory of
Norma Bariso, BSN
1940-2020**

*A life well - lived and a heart full of love
4th President, 1986*



In Loving
memory of
Nore Sabado
1945-2018

*For everything
there is a season,
and a
time for every
matter in
Heaven...
Ecclesiastes 3: 1,
R.S.V.C.E*

LENORE SABADO
8th President, 1990

A Journey Remembered



**Evelyn Daria Data, RN
1944-2020**
**Chairman, Mrs. Philippines &
Court Society**
**Member, Board of Directors
CUFOT**
**Nurse Manager at
Sentara Leigh
Memorial Hospital**
**Staff nurse, Portsmouth
Naval Hospital**
**Volunteer, Philippine Cultural
Center and School of Creative
and Performing Arts**
**President, Botolan
Association**



**Cynthia Mendoza, BSN, RN
1951-2020**

**A native of Lucena City,
Philippines, Cynthia came to
the United States in 1973.
She worked at Sentara Leigh
Hospital for over 35 years in
the med-surg unit and Labor
and Delivery where she was
well known as "Minnie." She
loved traveling, ballroom
dancing, cooking,
hot yoga, and shopping. Her
vibrant personality, sense of
style, and caring
nature are missed by many.
She was preceded by the
death of her husband,
Fidel, and is survived by her
only son, Dennis Mendoza, a
nurse anesthetist in
Arlington, Virginia.**



**Norma Bariso, BSN, RN
1940-2020**
President, PNAT, 1986
Historian for 42 years
**Chairman, PNAVA Policy &
Procedure**
Treasurer, PNAA, 1992
**Chairman, PNAA Budget &
Finance, 1992**
**Founder, Best and
Dependable
Entrepreneur of the Year
Award, 1994**
**PNAVA Outstanding
Member, 1995**



Congratulations to
Catherine and the New
Executive Board

Dimalanta Family
Ben, Diosa, Oliver & Muning





Congratulations
on the 42nd Anniversary and
Virtual Induction of the
Incoming Officers of the
Philippine Nurses
Association of Virginia, Inc.
We are honored to be a part
of it and look forward to its
success and continued
growth.
Let us celebrate us ... the
NURSES

-Tony and Jo Sabile





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*Wishing all the Best to the incoming Officers &
Members of the Board of the Philippine Nurses
Association of Virginia for 2020-2022*

From Diane Kelly O'Neal



Congratulations
and Best Wishes
to the 2020
Philippine
Nurses
Association of
Virginia Officers

Catherine Paler
Teresa Gonzalvo
Joanna Colasito
Ruvi Inocencio
Vivian Dulce
Donnie Sapalicio
Eileen Babb
Narissa Tran
Marife Pacio
Julie Paler
Joanna Rosacia
Vida Donnette
Stephanie Deguzman
Alleen Tell
Maria Alburo
Marissa Mayor

**DIPLOMATE IN PSYCHIATRY
AMERICAN BOARD OF
PSYCHIATRY & NEUROLOGY**

**LIFE FELLOW, AMERICAN
PSYCHIATRIC ASSOCIATION**

From Luis F. Ignacio, MD

To the PNAVA Movers & Shakers
Wishing the Executive Board &
Committee Heads the very best of the coming years!

Cheers from...

*Jaime & Teresa Ignacio Gonzalvo
Matt, Monica, Maleah, & Miles Deluhery
Jay, Polly, Araceli Hamm & Jasmine Gonzalvo*





Congratulations
to President
Catherine!
Best wishes also
on the 42nd
Anniversary and
Virtual Induction
of the Incoming
Officers of the
Philippine Nurses
Association of
Virginia, Inc!
Do great things!



*The Paler Family,
Tony, Julie, Dean,
Carmela, & Olivia*



Congratulations to
our dearest
daughter! We are
so proud of you!
Best Wishes to the
New Executive
Board!

Abe & Nory
Mangune

Congratulations to President Catherine Paler
and the New Officers of PNAVA!

Best wishes and
love from Tita
Cynthia and Tito
Nilo Tarin





Happy 42nd Anniversary of the Philippine
Association of Virginia, Inc.

Congratulations to Catherine Paler, president and all
new Officers. Our best wishes for your continued
growth and success in the coming years.

To your health and safety

Fred and Nilda Mendoza

Alfredo.mmendoza@gmail.com

Marketing Director, ECOSPAN, Insurance Services, Inc

The *HiRam* Club

Congratulations to the Incoming and Outgoing Officers of
The Philippine Nurses Association of Virginia, Inc. (PNAVA)
on the occasion of your 42nd Anniversary and 1st Virtual
Induction of Officers. We wish you continued success and
best wishes for the coming year.

Bro. Ariel Alcantara
President 2019 - 2021

Aguilar, John & Lily
Alcantara, Ariel
Alcantara, Rayman & Geraldine
Acaray George & Anita
Aldea, Chris & Rissy
Ancheta, Mark & Caroline
Rey & Maria
Balason, Doming & Juanita
Balot, Cesar & Marilou
Ballazar, Gary & Lynne
Barlaan, nLen & Liberty
Bautista, nButch & Lourdes
Bautista, nRey & Evelyn
Buensuceso, nMain & Faye
Bulasan, Willie
Burguillos, Pablo & Violeta
Cadua, Erik & Crissie
Cantada, Eddie & Leta
Castillo, Rick & Fely
Cuadra, Mel & Gigi
Delara, Fristan & Marilyn
Dela Cruz, Boyet & Lita
Dela Cruz, Chito & Boggie
Dela Cruz, Ross & Rejean
Delorito, Andy & Lumi
Diay, Cesar & Margie
Dualan, Lito & Letty
Dumalag, Laser & Crystal
Ecalnea, Lester & Sheryl
Elfane, Manny & Amy
Elicerio, Joy & Ninpha
Escalante, Winfred & Tessie
Felias, Rene & Cecille
Fernando, Tony & Gloria
Florendo, Annie



Gamboa, Emmy & Anatolie
Garcia, Ben & Dulce
Gelle, Cesar & Janet
Gervacio, Odie & Guy
Gutierrez, Rey & Marilyn
Hofilena, Ernie Balagtas,
Lancaon, Jun & Judith
Malabanan, LJ
Manalansan, Charlie & Hana
Mariano, nJun & Norma
Masana, Alex & Virgie
Mina, Moi & Marge
Molina, nBernie & Pinig
Morales, nBong & Rose
Nobels, Jose & Liza
Obsuna, Oscar & Violey
Pakingan, Lito
Paler, Bernie & Levy
Paler, Joselito & Catherine
Panelo, Roger & Lydia
Paule, Jess & Beth
Pechera, Art & Eva
Pena, Joel & Ann
Poblete, Mike & Girlie
Reyes, Paul & Linda
Rull, Rey & Joy
Salud, Flor & Sheran
Santero, Jessy & Tessie
Sapinosa, Gary & Anna Marie
Soriano, Ernie & Tessie
Villanueva, Ray & Ferry
Villanueva, Ted & Sofie
Voces, Elias & Linda
Young, Al
Young, Robert

Congratulations to the incoming
2021-2022 PNAVA Officers



Best wishes from the Manuel family



**Congratulations
Philippine Nurses Association of
Virginia**

Congratulations to President Cat Paler and the new officers! You have an awesome responsibility that comes with your respective roles. Let us work together to make our community a safe place for all and the next generation. To your success!

*On behalf of The
BAPHR Family,
Ben Baylosis
President
Batangas
Association of
Hampton Roads*



November 21, 2020

**CONGRATULATIONS TO
THE PHILIPPINE NURSES ASSOCIATION OF VIRGINIA, INC.
ON ITS 42nd ANNIVERSARY and
FIRST VIRTUAL INDUCTION OF OFFICERS!**

Best Wishes for continued success!

From the Officers, Board of Directors and Members of
The Philippine Medical Association of Southeastern Virginia, Inc. 2020 -2021

Dr. Florence Paragas
President

Dr. Faustino Reniva, Jr.
President-Elect

Dr. Alfred Fernandez
Imm. Past President

Dr. Valiant Tan
Treasurer

Dr. Cynthia Romero
Secretary/Social Chairman

Dr. Laarni Bibay
Board Member

Dr. Cresenciano Lopez
Board Member

Dr. Rodrigo Romulo
Board Member

Dr. Felix Tiongco
Board Member/CME Chairman

Best Wishes to the PNAVA FAMILY

Congratulations to
Catherine Paler, President

*Fely Blanco &
family*



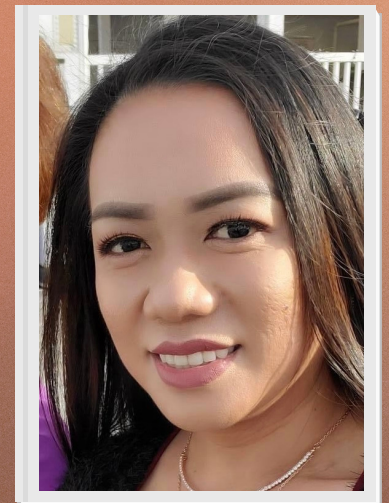
Congratulations to the
New officers and the
President
Catherine M. Paler
Nurses are the heart
of health care.

*Warm wishes from
Danny and
Mayette Mendoza*





Congratulations to
Catherine Paler & Vida Donnette
Best Wishes from your 4A Team!
Jocelyn, Julie, Eulie,
Diana, Eva, Fe & Aimee
Sentara Princess Anne Hospital 4A Medicine Oncology



Congratulations



Virginia Oncology Associates

Celesteann Bremer, M.D., F.A.C.P.

Hematology/Medical Oncology

Direct: 757.368.5007

CelesteAnn.Bremer@USOncology.com

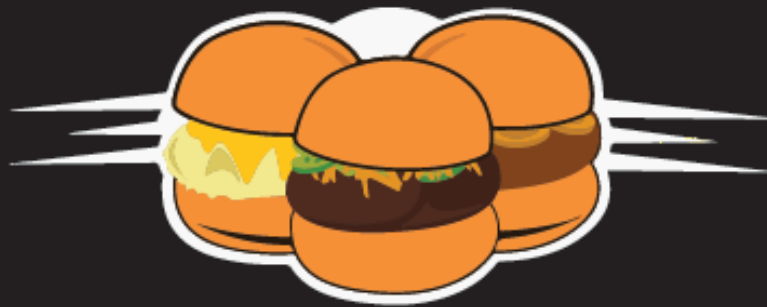
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CONGRATULATIONS



PHILLIPINE NURSES ASSOCIATION OF
VIRGINIA 2021-2022 OFFICERS

*Thank you for being an inspiration in kindness and dedication
while comforting strangers and loved ones, including ours.*



MARIFE PACIO
JULIE PALER
JOANNA ROSACIA
VIDA DONNETTE
MARIAALBURO
MARISSA MAYOR
AILLEEN TELL
STEPHANIE DEGUZMAN

CATHERINE PALER
TERESA GONZALVO
RUVI INOCENCIO
VIVIAN DULCE
DONNIE SAPALICIO
JOANNA COLASITO
EILEEN BABB
NARISSA TRAN

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FOR LIFE



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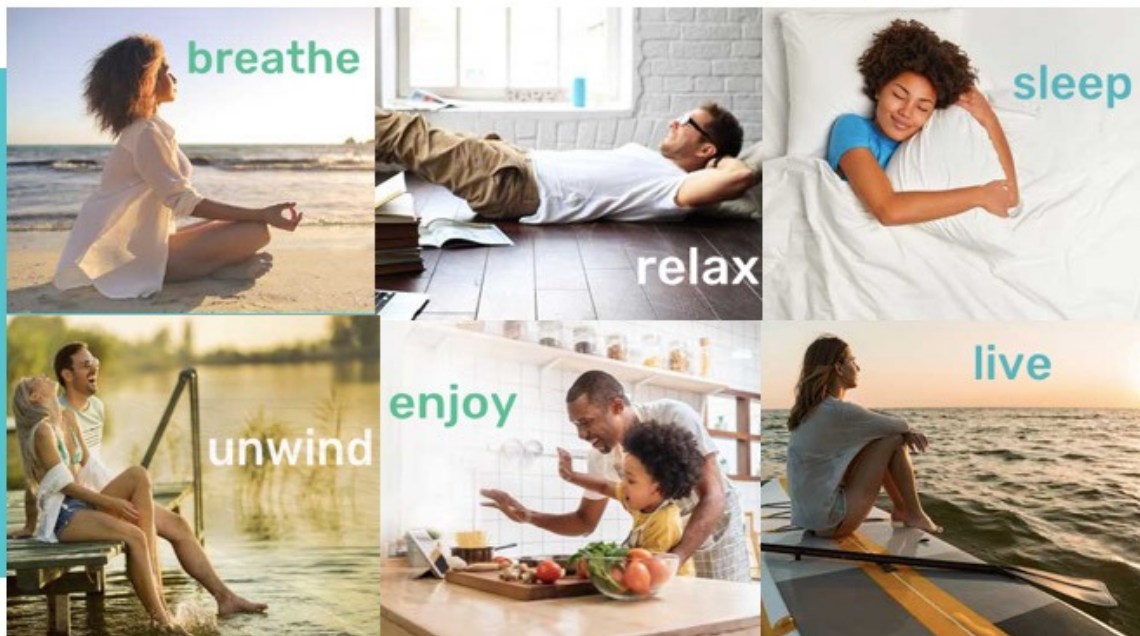
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SAMPLE ONLY



Commonwealth of Virginia
The Honorable Kelly Thomasson - Secretary of the Commonwealth
(Seal used Jan 15, 2015)

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(Convention de La Haye du 5 octobre 1961)

1. Country: **United States of America**
This public document is authentic and shall be given the same effect as the original.
2. Has been signed by: **Roy Nicholas Estaris**
Notary Public
3. Acting in the capacity of: **Notary Public**
4. Bears the seal - stamp of: **Roy Nicholas Estaris - Commonwealth of Virginia**
Notary Public

Certified

Notary Public

5. At: **Richmond, VA**
6. On: **4th day of October 2018**
7. By: **The Secretary of the Commonwealth**
8. At: **2000010-2**
9. Seal / Stamp:
10. Signature: **Roy Nicholas Estaris**

Void if Duplicated

SAMPLE ONLY



For Professional Notary and Apostille Service

Roy Estaris 757 449 2576 or email

restaris3@gmail.com

Apostille Authentication of Documents

Republic of the Philippines

As of May 2019 the Republic of the Philippines has replaced the Red Ribbon Authentication to the Apostille Seal by the Secretary of the Commonwealth. Any documents that require the Apostille Seal for the Philippines

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- Affidavit of Documentation
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- Extra-Judicial Settlements
- DUAL CITIZENSHIP ASSISTANCE

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Roy N Estaris

Accredited Notary for the
State of the Commonwealth of Virginia
Embassy of the Philippines

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(Specialization in Adult-Gerontology
Primary Care Nurse Practitioner) (MSN)

Master of Science in Nursing

(Specialization in Family Nurse Practitioner) (MSN)

Master of Science in Nursing

(Specialization in Nurse Administrator) (MSN)

Master of Science in Nursing

(Specialization in Nurse Educator) (MSN)

Master of Science in Nursing

(Specialization in Nursing Informatics) (MSN)

Nursing (RN to MSN)

Post Graduate Certificates

Adult-Gerontology Primary Care Nurse Practitioner (PGC)

Family Nurse Practitioner (PGC)

Nurse Educator (PGC)

Nursing Informatics (PGC)

Doctoral Degrees

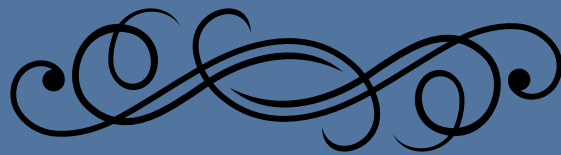
Doctor of Nursing Practice (DNP)

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Thank you

We sincerely appreciate our friends and families, government leaders, PNAA executive board, chapters, our PNAVA officers and members, their families, sponsors and the communities we serve. Your commitment and ongoing support of our mission, vision and values, taking pride in our Filipino-American heritage and nursing roots are indeed commendable. We are looking forward to joining hands in true partnership, as we continue to Connect, Create and Collaborate with growth and healthcare opportunities, making a difference in the coming years.

Salamat at Mabuhay!



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