

# PNACF TAMBULI

ORLANDO



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## PNACF Step Up to Leadership ... My Perspectives

By Gloria Lamela Beriones, Ph.D., RN, NEA-BC

Congratulations to PNACF under the leadership of Manny Ramos, President and Mary Jane Zamora, Chairperson Education Committee for a very successful Leadership Workshop and Education Day at the Hilton Garden Inn Orlando, Florida on October 21, 2017. It was indeed a full day for nurses' continuing education with 9.25 Contact Hours, through the Philippine Nurses Association of America Foundation an approved provider for continuing education by the California Board of Registered Nursing.



Overall, the program was exciting, filled with fun, laughter, and it allowed each participant to know more about each other as leaders of PNACF and/or various organizations and settings. Additionally, they learned more about advances and management of diabetes and biliary /pancreatic disorders that result in positive patient outcomes.

The leadership workshop on Leadership: Beyond Leading and Managing was so engaging and fun particularly in identifying each leader's communication style: Amiable, Analytical, Driver, and Expressive.

Lessons learned were clearly identified by the leaders. It is essential to know one's communication style to be an effective leader and know when to use appropriate communication style as situations arise. The positive note through this group exercise is understanding and respect for each other.

These are pearls of wisdom for leaders: Leadership is Everyone's Business, Leadership is about Relationship, the Five Practices of Exemplary



Leadership: Model the way, Inspire the vision, Challenge the process, Enable others to act, and Encourage the Heart. Finally, the best-kept secret of leadership is to stay in LOVE: staying in love with leading, with the people who do the work, with what the organization produce, and with those who honor the organization by using its products and services (Kouzes & Posner, 2007).



The Advances and Updates in Diabetes Management by Elisa Mesa, MSN, RN, CDE has definitely provided new knowledge for the nurses to enhance care and management of

diabetic patients. She was very knowledgeable and dynamic speaker. Dr. Vriti Avanti, MD brought her passion and expertise on her presentation "Updates and Advances in Management of Patients with Biliary and Pancreatic Disorders." She explained this topic in a clear and simplified manner and best practices how to take care of these patients.

The La La Land of Leadership by Lorelie Sta Ana -Perez, BSN, RN was fun, creative, and innovative way of demonstrating a team without a leader providing clear instructions and roles and responsibilities of the members will not accomplish the desired goal. Finally, Manny Ramos, MSN, RN, concluded the education day with Call to Action for Leaders to Step Up to Leadership. What a day to



remember ... we all need to continue to update our knowledge by attending leadership and education day such as this! Thank you to PNACF for your consistent quest to enhance your leaders' and members' leadership Knowledge, Attitude, and Skills.

## Habitat for Humanity...My Experience

By Rosemarie Apostol, BSN, RN

Habitat for Humanity is one of PNACF Community Outreach Programs. It is a non-profit organization that builds a decent, safe and affordable housing for qualified low-income families. It brings the families and communities together thru donated money, resources and volunteers' labor in building houses. Its purpose is to eliminate homelessness and poverty housing.



There's a variety of ways of how we can render our time and service to our community. In Habitat for Humanity, if you don't have the skill to build a house, you can still volunteer. PNACF opted to provide lunch for the volunteer builders. I am glad that I said yes when PNACF asked for assistance in feeding the volunteers. I went to Habitat for Humanity Orlando at Apopka. I met with the PNACF President Manny Ramos and co-EB Ofelia Manoaat. There were 10-15 volunteers working together, giving their time and services free of charge. It was a scorching hot day, but I did not see nor hear any complaints from them.

As we prepared the table, the volunteers came with a smile on their faces and were very grateful that PNACF provided them a sumptuous lunch. Manny's baked barbeque ribs was a hit to the point that many of them



were asking for the recipe. They were also served with chicken salad croissant sandwiches, chips, cold drinks and refreshing slices of watermelon. They surely enjoyed it.

My experience with the Habitat for Humanity Volunteer Builders was amazing, joyful and humbling one. I went home with a smile on my face because, in my own little way, I was able to give back to my community. Thank you, PNACF for this opportunity. I would definitely do it again in a heartbeat.

“Not all of us can do great things. But we can do small things with great love.”

-Mother Theresa

# Ukay Ukay of PNACF

By Merlene M. Ferrer

UKAY-UKAY is derived from Tagalog verb " HALUKAY " which means to dig through or sift through. In Ilocano " WAGWAGAN " meaning to sift through and in Spanish " SEGUNDA MANO " which means secondhand. It originated in Baguio City and in Cebu City and now spread throughout the country.

The concept of UKAY-UKAY is buying secondhand or used things such as clothing, shoes, accessories and some other stuff at a meager and bargained price.

Surprisingly, a lot of these things are imported from outside the country, which attracts the younger generation even more with the colonial mentality "imported " and those with the fashion inclinations.

Another wisdom about this is in line with the bible verse in 2 Corinthians 8:14 - " at the present time what is your ABUNDANCE is the DEFICIENT of others " meaning that those in abundance will want to get rid of their surpluses, in which those that are in need will willingly take it to meet their needs.



PNACF (Philippine Nurse Association of Central Florida) has our UKAY-UKAY Corner yearly at the Fiesta Mo Sa Florida in Heritage Park Kissimmee, Florida. Members just donated their "used" and "not being used things" in their homes for this purpose. We then display them attractively in our booth and persuade people to buy for a GOOD CAUSE. We had raised some hundreds of dollars this year. The proceeds are dedicated to supporting our Association's Cancer Network Project and in any way that PNACF can serve the community.

**Sepsis with PNACF**  
By Christina Powers, BSN, RN, PCCN

This May, I had the honor of being the guest speaker at the Philippine Nurses Association of Central Florida Chapter. I was warmly welcomed to the pavilion at Shadow Bay Park by many smiling faces and even some embraces. My nerves that had been high were quickly relieved by



the friendly reception. Introductions were made, and I was soon sitting at a table with several PNACF members and a large plate of homemade Filipino cuisine.

After lunch, and of course dessert, I presented my sepsis PowerPoint. Everyone was engaged and interactive during the lecture. We reviewed sepsis definition, stages of sepsis,

assessment and treatment for sepsis, and finally 2 sepsis case studies.

I left the meeting full in the belly and in the heart. I was told that one does not have to have a Filipino background to join the PNA and I must confess, after such an enjoyable experience, I am considering joining. Thank you to all the members that were in attendance for making my time with you so memorable. I am happy to return in the future.

