

PNACF TAMBULI

ORLANDO

Editor-in-Chief Rose Apostol ▪ Managing Editor Alexis del Fonzo

40th PNAA National Convention Report

By: Noemi Reyes, BSN, RN, CNOR

PNAA celebrated its 40th National Convention last July 24 – 28, 2019 at the Marriott Marquis in Atlanta, Georgia. The delegates from PNA Central Florida were Noemi Reyes and her husband Eddie, Alice Tullo, Ghie Alagano, Manny Ramos and his wife Aurelia Ramos, Ofelia Manaoat and Sigrid Ladores. Our very own Sigrid Ladores was both a speaker and a recipient of the Nursing Excellence Award in Research.

On July 24th, all the chapter presidents of all PNAA chapters reported on their chapter's achievements for the past year with supporting power point presentation. The reports focused



Networking Night South-Central Region

on Education, Membership, Community Outreach and Finance. It was followed by the PNAA Chapter Presidents' Forum which was about sharing of best practices and achievements of the respective chapters. PNACF received a Certificate of Recognition from President Madelyn YU and Membership chair Fely Perlas for exemplary membership recruitment drive and hard work. That is due to increase in membership above 15% from last year. Thanks to all that worked hard to help achieve that goal. The PNACF President received a plate of Appreciation and Service from the SCR VP, Dr. Gloria Beriones.



Atlanta Aquarium Gala

The delegates were welcomed by beautiful Southern Belles on Welcome Night who also escorted them to poster of all the Presidents, past and present in the Skyline Level. The next morning was the Leadership Institute where accomplished speakers like Marilyn Margolis, the CEO of Johns Creek Hospital talked about finding one's influencing style and the tools in achieving results. The president of PNA Georgia, Dr. Mary Dioise Ramos spoke about understanding the mixed generations in the workforce, bridging generational gaps and creating opportunities for mentoring. Michelle Nelson, the President of United Advance Practice Nurses and her team talked about the power of advocacy and the different leadership styles that can affect a healthy work environment.

The 25 graduates of the iLDP were honored with a reception and a graduation ceremony led by our very own Manny Ramos, the iLDP co-lead and online program developer. All the graduates were beaming with pride and joy as they receive their certificates.

There was also a posters presentation with 14 participants and the 3 top scorers received certificate of achievement awards. The evening was highlighted by the Networking Night started with the Parade of Banners from the PNAA and its chapters. The Regional group presentations were a sight to behold as participants gave their best to portray the journey of Philippine nurses from the 70's to the present. It was a night of fun, friendly competition and camaraderie. There was no gloomy face in the house with Dr. Jonathan Gecomio as the emcee. South Central Region won the "Most Creative Award" after they portrayed the departure of nurses from the motherland, the culture shock in a new country and how they got acclimated and proved themselves as resilient and intelligent nurses.

President Madelyn Yu spoke about advocacy and the PNAA history on Education day. The well-accomplished and inspirational speakers spoke about advocating for ourselves and for our patients, transgender transition, public health, cystic fibrosis care, research, and organ transplantation and the need for a healthy work environment for nurses.

Walking up the Trail and watching the Laser Show at Stone Mountain was the highlight of the day. There were lots of pride and feeling of accomplishment as walkers reached the top of the mountain trail. Everyone feasted on authentic Southern cuisine as they sat in front of the carving of General Lee and his troops on the mountainside. Then came the laser light show with fireworks to boost.

The convention finale was at the Atlanta Aquarium where a sea of red was seen when everyone in their finest walked into the ballroom. Awards and recognitions were given, a "rondalla," played nostalgic sounds, several singers took the stage and of course lots of dancing. There was a mass the next day and a memorial prayer for departed PNAA members. That was one amazing and memorable convention.



Stone Mountain

Philippine Embassy Washington D.C. Consular Outreach Mission at PNA Central Florida

By: Noemi Reyes, PNACF President 2018-2020 &
Virginia G. Alagano, PNAA Consular Outreach Coordinator

The Philippine Nurses Association of Central Florida hosted the Philippine Consular Community Outreach to help our kababayan with their consular needs on August 6-7 at Homewood Suites Hotel in Lake Mary, Florida. The Consular Outreach Team rendered total of 378 services to our kababayan. PNACF volunteers worked 11-12 hours on those two days, including the consular team. There were families who stayed at the hotel overnight to make it to their appointment on time. Those who failed to get an appointment waited for hours on the first day hoping to get a spot. Some were given opportunities, but others had to come back the following day and were fortunate to be accommodated. Overall, the applicants were very grateful that PNACF sponsored



PNACF volunteers with the Consular Outreach Program Team

the consular outreach because they did not have to travel to Washington DC to get their documents processed. It was also an opportunity for PNACF to make the Filipino community aware of its existence and to recruit new members. There were sponsors who provided lunch and dinner for the Consular Team and PNACF volunteers. One of our sponsors donated T-Shirts to the Consular Team with embroidered logo of the Philippine Embassy to wear on the second day of Consular outreach.

The services rendered to applicants were passport processing, report of birth or marriage, legalization/authentication of documents and swearing in for dual citizenship candidates. It was a very rewarding experience for all of us PNACF volunteers. It was an attestation of our PNAA President Madelyn Yu's mantra, "Advocate and Make a Difference."

The volunteers maintained a cheerful and friendly environment. All inquiries were entertained and answered promptly. The process went smoothly. Applicants were greeted and registered on the first floor, instructed to sit and wait in the lobby, called according to their appointment time, then escorted to the second floor to the Consular processing room.



The Consular Outreach was coordinated by Virginia Alagano, PNAA Consular Outreach Coordinator.

PNACF Spring General Membership Assembly and Picnic

By: Mary Jane Zamora, BSN, RN-BC, PNACF Education Committee Chair

The Philippine Nurses Association of Central Florida (PNACF) held its Spring General Membership Assembly on May 18, 2019 at Shadow Bay Park in Orlando, Florida. The event was attended by many PNACF members and their families and included a pot-luck picnic and meeting on PNACF/PNAA updates and upcoming committee activities.

The assembly also included an educational seminar that provided current registered nurses with 3.0 contact hours towards their RN license renewal. The contact hours were approved by Dr. Gemma Rios of PNA of Northeast Florida. PNACF had the honor of having three special guest speakers who presented important topics in their respective fields and which nurses could incorporate into their clinical practices and daily lives. The first guest speaker was Mary Janette Sendin, MSN, APRN-CNS who gave a very informative presentation on Cryptogenic Stroke and its prevalence, epidemiology, and secondary preventative measures for high-risk stroke patients. The second presentation was given by Dr. Jay Corzine and Dr. Roberto Potter, distinguished professors and researchers at the University of Central Florida on Human Trafficking and its prevalence at the state and national levels. It was amazing to see everyone interactive and engaged with the speakers and topics throughout the lectures.





PNACF CONTINUES TO SUPPORT HABITAT TO COMMUNITY

By: Alicia Tullo, MSN, RN, CPC

This announcement was published in the local paper and was sent to Habitat Volunteers, “After 5 months of work by Annunciation volunteers the Mattie McCray home will be dedicated on Wednesday, June 26th at 5:30pm. All parishioners are invited to attend and especially all of the parishioners who volunteered their time to work on the home, provided lunch for the workers, donated furniture or helped in other ways. Thank you to everyone for your prayers and support for the project.”



Habitat for humanity partners with people in the community, and all over the world; to help them build or improve a place they can call home. Their mission is: A world where everyone has a decent place to live. Homeowners help build their own homes alongside volunteers and pay an affordable mortgage. Habitat homeowners achieve the strength, and stability and

independence they need to build a better life for themselves and for their families.

Habitat homeowners must be active participants in building a better home and future for themselves and their families. Every habitat home is an investment. It is one answer to a critical need and a belief that stronger homes will create stronger communities.

- Prospective habitat homeowners must demonstrate a need for safe affordable housing. Need will vary from community to community.
- Once selected Habitat homeowners must partner with us throughout the process. This partnership includes performing “[sweat equity](#),” or helping to build their own home or the home of others in our homeowners’ program. Sweet equity can also include taking homeownership classes or performing volunteer work in a Habitat reStore.
- Homeowners must also be able and willing to pay an affordable mortgage. And mortgage payments are cycled back into the community to help build additional Habitat houses.

Anyone can apply to be a Habitat homeowner.

Habitat follows a nondiscriminatory policy of homebuyer selection. Neither race nor religion is a factor.



The PNACF Ukay-Ukay 2019

By: Gloria Dy, BSN, RN

It's summertime, and Fiesta mo sa Florida yearly affair bid not only Filipino-Americans but also multi-cultural audiences within our communities. We continue to where we stopped at, a year ago, to further celebrate friendship, goodwill and entrepreneurship. And thus, in conjunction with the Fiesta's activities, PNACF "Ukay-Ukay" continues! Our very own annual fundraising scheme thru sales of used and unused things that may have been cluttering cabinets or garages in some households. Items like clothing, bags shoes, jewelries, home accessories and all sort of stuff were made available to us through donations made by individuals and various organizations.



Those were the readily items sold at our very own PNACF booth. For sure, no one would complain pricewise when these goods were selling for a buck or two. We were also able to give out health and wellness products to our "kababayans" for a very marginal donation. Minute contributions per se, but soundly affirm to sustain and support our organization. We thank and appreciate Aga Sta Romana for extending a helping hand getting the merchandise in at the venue.



Thank you to all the PNACF volunteers: Aurita Panggat, Rose Apostol, Mila Zamora, Krystine Zamora, Mary Jane Zamora and Yolly Pascual who joined and helped me in making this fundraising a success! Though not too many people showed up for this event compared to previous years, result was indeed auspicious. Your smile ladies, and your selling prowess earned in years prior made a big difference; we were able to achieve if not surpassed our projected objective.

The proceeds of the Ukay-Ukay fundraising will undoubtedly benefit PNACF Communities Outreach Programs now and beyond.