



Na Leo O Kahumai

PNAH Annual Newsletter 2019



President's Message:

Aloha All,

December will be our month for Holiday events; that will surely put you in the Christmas spirit! I am hoping that you will reflect on what happened this year and look forward to the new year. It has been a very busy but productive 2019. We have accomplished so much and these are something we should be proud of.

My tenure as your president will come to end in May 2020. I feel so blessed and fortunate to be surrounded by a fantastic group of dedicated and passionate professionals who look forward to do the right thing every day. I am also grateful for the leadership of our Executive Board and the Past Presidents, the guidance from our various committees and the overwhelming support of the members!

Membership remains paramount to our continued success as an organization. For PNAH to continue to thrive, it will require continuous membership growth and sustainability. Please continue to invite your friends, co-workers, associates to join our PNAH Ohana! Share with us your ideas on how we can retain our best members.

During this holiday season, it is our hope that you will feel the Aloha spirit and experience the joy of Ho'okipa. Mele Kalikimaka, Hau'oli Makahiki Hou and Mahalo for continuing to embrace Aloha and the Aloha Spirit of the PNA-Hawaii!

Erlinda Ferrer



PNAH Leadership Team



Erlinda Ferrer, President



Violet Sadural
President Elect



Cielito Matias-Schwartz
Vice-President



Jacqueline Dardeen
Secretary



Virginia Baptista
Treasurer



Lourdes Marcelo
Asst. Secretary



Norgen Dalit
Asst. Treasurer



Edel Matias
Auditor

Perie Danao
Parliamentarian

Bea Ramos-Razon
Executive Director



Medy De Lara
Board Member

Emely Eala
Board Member

Brenda Monegas
Board Member



Roselyn Pattugalan
Board Member

Bob Gahol
Board Member

PNAH Past Presidents



Tina Salvador
Founding Pres 2000-2002,
2002-2004, 2012-2014



Emilyn Ramones
2004-2006



Tessie Oculito
2006-2008



Jose Jacob
2008-2010



Marianela Jacob
2010-2012



Ramon Sumibcay
2015-2016, 2016-2018

PNAH Activities & Events:

PNAH participated in the SICO Garage Sale to help Empower Women

On January 5, 2019, Lou Vergara Marcelo represented PNAH in the Soroptimist International Central Oahu (SICO) garage sale at Mililani High School to raise \$\$ to empower women all over the world to start small businesses, to get education, obtain skills for survival. Lou has also represented PNAH in other SICO events such as the Bon Dance event and the Mililani High School's scholarship awards night.



3rd Annual Education Day

On March 8, 2019, PNA Hawaii (PNAH) hosted the 3rd Annual Education Day Forum at the Ala Moana Hotel. Attendees were engaged by the informative and timely nature of topics presented. Topics included Medical Cannabis as treatment and what the research findings show. Also presented was Management of Gender Dysphoria in the Active Duty US Military and the Medical Aid in Dying Act which recently passed in the state of Hawaii. The education forum was rounded out by a presentation given on Hospice Care and how diabetes impacts Hawaii's Asian

population. The annual event brought PNAH members, colleagues, and subject matter experts together to network, learn, and form new friendships.



PNAH supported the ALS Community in Hawaii

May 3, 2019: Governor's office. The Proclamations by the Mayor and Governor of "May as ALS awareness and ALS Families Appreciation Month" kicks off the celebrations by the ALS Community to bring understanding of ALS as a fatal incurable disease, and the needs of people with ALS and their families. PNAH member, Divina Telan Robillard, is a long time leader in the ALS community having started the first support group, with MDA, in 1998. She is the co-founder and current President of the ALS Foundation of Hawaii, dedicated to facilitating the establishment of an ALS Residence in Hawaii for long-term care of ALS and short-term respite for family caregivers.







PMAH medical mission in Molokai, Hawaii. President Erlinda Ferrer represented PNAH



Great Gatsby with the National Kidney Foundation (NKF)
 June 13, 2019: NKF of Hawaii held a fund-raising party with the Great Gatsby theme at the Honolulu Country Club. Several PNAH members attended this event.



PNAH Maui Chapter was born

June 8, 2019 was a historic moment for members of the 52nd chapter of Philippine Nurses Association of America (PNA) - Maui Hawaii Chapter (PNAMHi) as they celebrated the installation of the officers of their founding Executive Board at an inaugural banquet held at Kahili Golf Course on Maui Hawaii. The PNAH leadership was instrumental in the success of the formation of this chapter.



St. John Apostle and Evangelist Church's Inaugural Family Fun Run and Health Fair

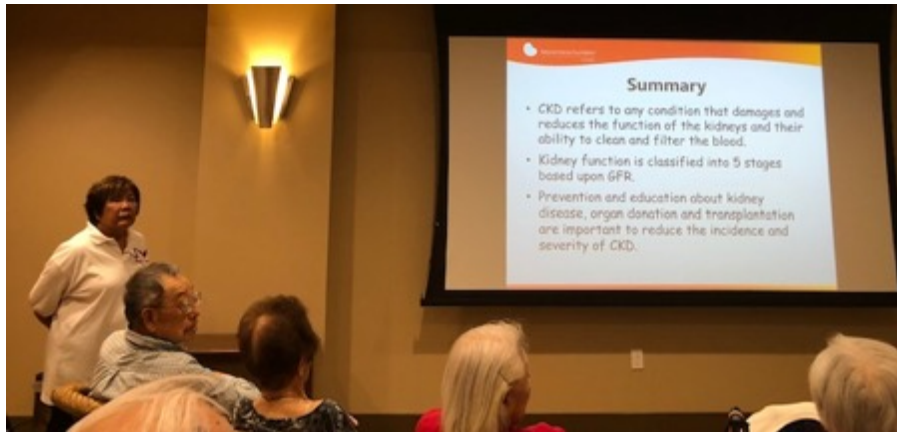
On July 20, 2019, the Philippine Nurses Association of Hawaii, Inc (PNAH) participated in the St. John Apostle and Evangelist Church's Inaugural Family Fun Run and Health Fair. This event is to promote health, wellness and fitness throughout the community. Several PNAH members and officers conducted First Aid and Blood Pressure Screening to the participants. Lou Vergara Marcelo, chairperson of the PNAH Community Outreach Committee served as the event's emcee. Other PNAH members, officers and family members that attended the event are Bonnie De Los Santos, Emilyn Ramones, Emely Eala, Norgen Dalit, Tina Fernandez, Divina Telan Robillard, Lou Vergara Marcelo, Marianela Jacob, Joe Jacob, Vanessa Jacob, Ziza Taclas &

family, Nehemiah Duca, & daughter and Elaine Gibson. This event was held in the Kipapa Neighborhood Park in Mililani, Hawaii.



National Kidney Foundation Inservice at The Plaza

On July 23, 2019, the Philippine Nurses Association of Hawaii, Inc. (PNAH) partnered with the National Kidney Foundation to assist with the “Kidney 101” presentation to the residents of The Plaza, a retirement community located in Waikiki, Hawaii. There were 32 residents that attended the presentation. PNAH representatives Lou Vergara Marcelo, Emilyn Ramones, Sherie Sonomura, and Ruby Sonomura conducted the presentation.



PNAH Members participated in the American Heart Association's Oahu Heart Walk 2019

On August 10, 2019, several PNAH members attended the Oahu Heart Walk, the American Heart Association's premier event in the Honolulu area. About 5,000 people from the Oahu community participated in this event. The event raises money to fund cardiovascular research and education, advocate for health, and save lives. To date, over \$670,000 was raised and AHA's goal this year is \$760,000. Thanks to all our walkers, donors and volunteers who have accepted the challenge to help fight heart disease and stroke.



PNAH Member is actively involved in preserving our Filipino culture and heritage with the new generation

On August 3, 2019, PNAH officer, Marianela Jacob, attended the LAING Hawaii Summer Picnic at the Blaisdell Park in Pearl City, Hawaii. LAING stands for “Language, Acquisition and Immersion for the New Generation,” where Marianela is currently serving as the president. LAING Hawaii is a non-profit organization dedicated to the preservation of the cultural, linguistic, artistic and literary heritages of the immigrant communities of Hawaii. The group is currently sponsoring free Ilocano and Cebuano conversational classes.



PNAH 2019 Nursing Excellence Awards Banquet

September 14, 2019, Honolulu, Hawaii - The Philippine Nurses’ Association of America (PNA) - Hawaii Chapter or PNAH held its 2019 Nursing Excellence Awards Banquet on September 14, 2019, in Honolulu, HI. Every two years, PNAH recognizes outstanding Filipino nurses who excel in their fields of practice. The event was a success with over 180 guests in attendance that night.

The PNAH Nursing Excellence Awardees were given to:

- Jaqueline Sadural-Dardeen – PNAH 2019 Nurse Manager Award
- Lourdes Vergara Marcelo – PNAH 2019 Nurse Educator Award
- Bonnie U. Delos Santos – PNAH 2019 Community Service Award

- Virginia Abella Baptista – PNAH 2019 Nurse Entrepreneur Award
- Francisco Conde – PNAH 2019 Advance Practice Nurse Award

The PNAH Scholars 2019-2020 (Hawaii Community Foundation)

- Ma. Keith Rosario - Sophomore, University of Hawaii at Manoa
- Reyginson Sagayaga - Junior, Hawaii Pacific University

The PNAH Nursing Excellence Awards Committee and the PNAH Executive Board and its members worked diligently in making this event a huge success. The PNAH Nursing Excellence Awards Committee Chair, Ms. Perie Danao, provided the opening remarks. Ms. Danao stated *“that the awards recipients received nominations from their colleagues because of their distinctive and wholehearted involvement in the activities of the organization, not to seek for personal recognition, instead their participation stems from their strong desire to strengthen the image of the Philippine Nurses Association of America, Hawaii Chapter.”*

Ms. Erlinda Ferrer, the PNAH President, welcomed all guests at the event. She used this opportunity not just to recognize the outstanding contributions of the awards recipients and the PNAH scholars, but also to welcome the new PNAH members. Ms. Ferrer also challenged the new members and new nurses to become more involved with the PNAH activities and join forces with the 5,000+ members of the PNAA to continue to make a difference in our community.

Our Hawaiian sister chapter, the PNAA-Maui Chapter, was also represented at this event. Other local organizations were also represented. Guests enjoyed the sumptuous dinner and desserts prepared by the wonderful staff of the Ala Moana Hotel. As expected, after the awards ceremony, members and guests hit the dance floor. This event was a night of achievement, a representation of great teamwork, dedication, commitment, and passion that has made PNAH one of the strongest chapters of the PNAA.



PNAH 2019 Nursing Excellence Awardees, from L to R: Bonnie U. Delos Santos, Lourdes Marcelo Vergara, Virginia Abella Baptista, Jacqueline Sadural-Dardeen, Francisco Conde



PNAH Executive Board Members



Ms. Perie Danao, PNAH Excellence Awards Committee Chair, Erlinda Ferrer, PNAH President, Bea Ramos-Razon, PNAH Executive Director

PNAH participated at St. Michael's Parish Health Fair and Fun Walk

September 28, 2019, Waialua, Hawaii - The PNAH once again responded to a call from the community by assisting in the promotion of health and wellness to the North Shore residents. On September 28, 2019, the St. Michael's Parish in Waialua hosted a health fair and fun walk for its community members. PNAH Past-President, Emilyn Ramones, spearheaded this event and invited PNAH to provide First Aid and Blood Pressure Screening. Several PNAH officers, members and family members participated at this important event. Also, on hand was Lou's Quality Home Health Care Services (LQHHCS), which provided First Aid/CPR training for the participants. In addition to health screening, flu vaccines, glucose monitoring and nutritional counseling were offered. Several vendors also participated selling various arts and crafts, plants

and specialty food. The Blood Bank of Hawaii conducted a blood drive which successfully obtained 20 pints of blood from the donors. According to Ms. Ramones, their blood drive goal was achieved at this event.





PNAH Masquerade Ball

October 26, 2019, Honolulu, Hawaii - Audrey Hepburn, Maleficent, Frozen Princess, and lots of devilish and ghoulish characters were seen at the PNAH's masquerade ball held at the Pagoda Hotel in Honolulu. Organized and chaired by PNAH's founding president, Tina Salvador, this event started six years ago as a fundraising effort to provide scholarship through the Hawaii Community Foundation for deserving Filipino youths pursuing the nursing career. Since its inception, PNAH donates approximately \$1,000 to \$2,000 annually to the foundation. PNAH currently has two scholarship recipients obtaining their bachelor's degree in nursing. Proceeds from this year's event will not only benefit the scholarship recipients, but funds will also be used towards continuing education program for the PNAH members and other deserving nurses.

Additionally, a third scholarship recipient will be chosen, thanks to the generous \$1,000 donation by Fred and Medy DeLara.

PNAH members, families, friends and supporters attended this fun event. Ramon Sumibcay, PNAA Western Region VP and PNAH past president, and Lourdes Marcelo, PNAH Assistant Secretary and Community Events Chairperson, served as emcees as they entertained the audience with their funny antics and lively personalities. Additionally, Ramon, also known as *Mr. Ilustrado*, serenaded the group with several songs from his newly-released CD. The evening came complete with dinner, lots of dancing, and the ball's Halloween Costume contest that featured the night's most authentic and unique costumes. Lots of prizes were given away. It was quite an affair to remember.







Education Inservice Training to Community Caregivers

October 14, 2019, Waipahu, Hawaii - Three PNAH members volunteered their expertise by providing nursing-related education inservice to the members of Community Home Care Association of Hawaii (CHCAOH) to meet their mandatory educational requirements for credentialing and recertification. Led by PNAH Executive Director, Beatrice Ramos-Razon, RN, FACDONA, she provided an interactive class on Principles of Care. She highlighted the importance of communication, dignity, respect and privacy while caring for their patients. After a brief discussion on the importance of exercise for elderly residents, PNAH member, Divina Telan Robillard, RN, MPH, and the class performed simple exercises the caregivers can teach their residents. The last speaker, PNAH Parliamentarian, Perie Danao, RN BSN, gave a class on the documentation. She underscored the importance of accurate and timely documentation, which not only protects the caregiver from legal issues, but enhances communication to all those involved with the care of the patients. All three presentations generated positive responses from the attendees. PNAH regularly provides volunteer education in-service training to CHCAOH's 300+ members, upon request from the organization's leadership.



PNAH General Assembly Meeting
November 1, 2019, St. Philomena Church, Honolulu, HI.



Diabetes Screening and Education to the Community

November 2, 2019, Wahiawa, Hawaii - PNAH members participated at the “Day at Lake Wilson” event sponsored by the Wahiawa Lions Club, where they provided blood sugar testing and diabetes screening. PNAH Assistant Secretary and CEO of Advanced Care Testing, Lou Marcelo RN, along with Bonnie de los Santos, RN, Elaine Gibson, LPN, and CNA students represented the PNAH at this important event. They performed 48 finger sticks and conducted diabetes education to the event participants. Several local politicians were also present at this event.





Bonnie Delos Santos performing finger sticks

PNAH salutes those who served on Veterans Day

November 11, 2019, Wahiawa, Hawaii - Hundreds of people lined the streets in Wahiawa on November 11th to celebrate and honor our nation's veterans. More than 80 marching bands and organizations participated in the 73rd annual veteran's day parade, and PNAH was one of them. Led by Lou Marcelo, PNAH Community Outreach Chairperson, she worked with Wahiawa Lions Club president, Nahoku Ahlo, and organized a team of PNAH volunteers to staff the First Aid Station and march at the parade. PNAH members that attended the event were Erlinda Ferrer, Violet Sadural, Tina Fernandez, Bonnie Delos Santos, Emilyn Ramones, Emily Eala, Norgen Dalit. Other PNAH friends and supporters that joined us were Elda Duro, Joyce Zarate, Cris Arance & Evelyn Hunter from LQHHCS and ACT. Combat veterans, COL (Ret) Bob Gahol and SSG (Ret) Charletta Wilson also participated in the parade.

This year's theme was "Honor our Real Super Heroes" and grand marshals for this year's parade were Vietnam veterans Allan Hoe and Raymond Santana. Honolulu mayor, Kirk Caldwell, was the guest of honor.





PNAH Officers attended the American Organization for Nursing Leadership (AONL) Leadership in Action Conference 2019

November 14 & 15, 2019, Honolulu, Hawaii - Several PNAH officers attended the annual Leadership in Action Conference 2019 at the beautiful Kahala Hotel & Resort. Considered as Hawai'i's premier leadership conference where local and national leadership experts share their best practices, this event was co-sponsored by the American Organization of Nurse Leaders Hawai'i, the Hawai'i-Pacific Chapter of the American College of Health Care Executives, and the Hawai'i State Center for Nursing. PNAH representatives were President Erlinda Ferrer, Assistant Secretary Lou Marcelo, Parliamentarian Perie Danao, Executive Director Bea Ramos-Razon & Board Member, Bob Gahol, who was also part of the AONL Planning Committee. Ms. Bea Ramos-Razon was one of the nominees for the AONL's Nurse Mentor award.





L-R: Erlinda Ferrer, Perie Danao, Hawaii Lt. Gov. Josh Green, Bea Ramos-Razon, Bob Gahol

PNAH Member provided Diabetes Education to the Community.

November 20, 2019, Waipahu, Hawaii. Ms. Lourdes Marcelo represented PNAH by providing community diabetes education to United Group of Home Operators (UGHO) members. She talked about the differences between Types 1 & 2 diabetes, diagnosis, treatments and complications such as ESRD, diabetic retinopathy, blindness, amputation, and others. After her presentation, the attendees performed Blood Sugar Testing (post prandial). Over 40 people attended her class.



HiNAMI celebrates 18 years of great service to the Hawaii community

November 23, 2019, Waipahu, Hawaii - The Hawaii Nursing Advocates and Mentors, Inc. (HiNAMI) held its 18th Anniversary and Appreciation Gala at the FilCom Center in Waipahu, Hawaii to recognize the 50+ volunteer lecturers who provided their expertise and leadership to help new graduate nurses prepare for the rigorous RN board exam. HiNAMI Founding President, Beatrice Ramos-Razon, with the assistance of local legislators and Philippine Consulate representatives presented each volunteer lecturer a Certificate of Special Congressional Recognition from US Congressman, Ed Case, and the Mayor's Award of Appreciation from Honolulu Mayor Kirk Caldwell. This event also recognized newly licensed Registered Nurses and Potential RN's who "graduated" from the review class.

HiNAMI is a non-profit, volunteer organization with a mission to address global nursing shortage by providing guidance and assistance for colleagues to obtain their professional licenses in nursing. HiNAMI contributes greatly to preparing a new generation of registered nurses and supporting the medical and healthcare system for the people of Hawaii. The HiNAMI coordinating team of professionals and volunteers is led by PNAH Executive Director, Beatrice Ramos-Razon. Other PNAH officers and members comprising the HiNAMI team are as follows: Perie Danao, Emely Eala, Erlinda Ferrer, Estrella Guevarra, Delmar Magno, Edel Matias, Tessie Oculito, Fely Pula, Violet Sadural, Tina Salvador, Cecilio Aguirre, Silverio Arana, Jr., Nancy Atmospera-Walch, Violet Arnobit, Stephanie Chung, Francisco Conde, Bob Gahol, Jose Jacob, Marianela Jacob, Natalie Jacob, Edna Magpantay-Monroe, Lourdes Marcelo, Gail Oca, Annilet Pingul, Emilyn Ramones, Melkarth Raqueno, Estela Ruiz, Ramon Sumibcay, and Divina Telan-Robillard.







Pasko sa FilCom

December 1, 2019, Waipahu, HI --- PNAH attended the Pasko Celebration at the Filipino Community Center (FilCom).



PNAH Annual Christmas Party

December 8, 2019, PNAH celebrated its Annual Christmas Party at the Waialeale Country Club in Waipahu. After enjoying the delicious buffet lunch, the attendees played games, exchange gifts and sang Christmas carols. A great fun was had by all.













Palakpakan Korner



PNAH was recognized by the PNAA for their outstanding assistance with the formation of the PNA Maui Hawaii (PNAMHI) Chapter. Erlinda Ferrer, Violet Sadural, Bea Ramos-Razon and Perie Danao were instrumental in the successful formation of our sister chapter. A plaque of appreciation was presented to PNAH at the PNAA National Convention in Atlanta in July 2019.



Congratulations to PNAH Executive Director, Bea Ramos-Razon, for being recognized by the Council of the City and County of Honolulu for her dedicated service to the medical community

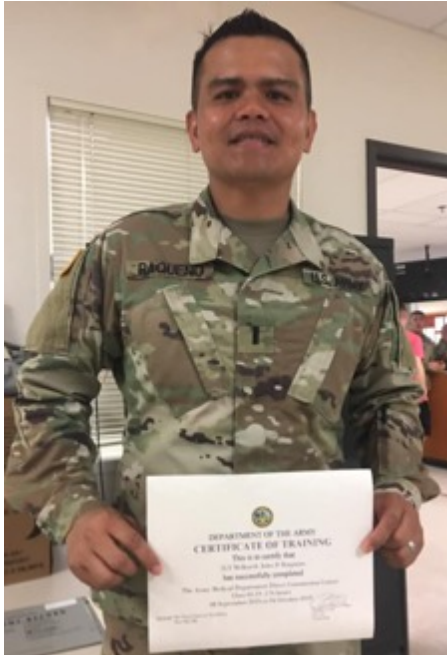
and people of Hawaii. Bea has been one of the most hardworking and dedicated nurses in the community. A retired faculty at the Kapiolani Community College, Bea is now devoting her time helping others pass their NCLEX RN exam and become full pledged registered nurses in the US. She is the founder of the Hawaii Nursing Advocates & Mentors, Inc (HiNAMI), which is an organization that provides NCLEX RN review classes for the new graduate nurses and newly-arrived nurses from foreign countries, particularly the Philippines. This program has been ongoing for over 18 years and has helped many nurses successfully passed the licensure examination and reduce the nursing shortage especially in the state of Hawaii. Congratulations and thank you, Bea, for your selfless service to our community.



Congratulations to Lou Marcelo Vergara, PNAH Assistant Secretary and Community Affairs Representative, for being featured at Jessica Lani Rich's TV show "Inspire You & Me." Lou was interviewed on Channel 11 KWHE for her successful business endeavors and outstanding contributions to the healthcare community.

Congratulations to Dr. Stephanie "Penny" Chung, DNP, RN, for receiving the 2019 Progress Award for Excellence in Community Service given by the United Filipino Council of Hawaii, the umbrella organization of all of the Hawaiian Islands' Filipino councils. Penny is a member of the PNA Hawaii. She previously served as the President and Board of Director of the Filipino Nurses Organization of Hawaii (FNOH), Board of Director of the Filipino Women's Civic Club, Board of Director of the Oahu Filipino Community Council (OFCC), and Ad Hoc scholarship committee judge with the Filipino Business Women's Association. As a member of both FNOH and PNAH, she volunteered to be a part of the First Aid station for the Taste of Waipahu, Taste of Kalihi, the annual Sakada Day celebration and the Filipino fiesta. She is also a volunteer lecturer for the Hawaii Nurses and Advocates Mentors, Inc (HiNAMI). Penny is currently working as Staff Development Coordinator at Hale Nani Rehabilitation & Nursing Center and as Clinical adjunct faculty at Chaminade University School of Nursing in Honolulu and Ho'Aloha Nursing Assistant Training Program.





Congratulations to PNAH member, Melkarth Raqueno, for completing the Army Medical Department (AMEDD) Direct Commission Course in October 2019. This was a 4-week Army officer training and indoctrination program for newly-commissioned medical officers. He is now a First Lieutenant as a Medical-Surgical Nurse in the U.S. Army Reserves and is assigned with the HHD 1984th U.S. Army Hospital of the Pacific in Honolulu, Hawaii.



Marianela Jacob was featured as one of the models of Hawaii Pacific Health's video commercial on promoting good health and attitude - -- "Live your Healthier is an Attitude!" You can watch the video on Hawaii Pacific Health's Facebook page.

Francisco Conde and his family are on the cover of the upcoming Great Aloha Run 2020 race registration form sponsored by Hawaii Pacific Health



Committee Updates

A. By-Laws

PNAH By-Laws is under review for revision/amendment. Editorial changes (verbiage, grammatical changes) to be approved by the EB. Substantial change to provision(s), new provision(s), deletion of provision(s) will be subject to ratification by General Assembly on March 14, 2020.

B. Education and Research

Mark your calendars for these events:

What: PNAH's 4th Annual Education Day Forum

When: Saturday, 3/14/2020 7:00am- 4:00pm

Where: Ala Moana Hotel, 410 Atkinson Dr., Honolulu, HI 96814

What: Movie Showing of "Defining Hope" Featuring Diane Ryan, RN – a documentary that follows individuals through end-of-life decisions and choices. 1.25 continuing nursing education hours will be awarded for activity. Popcorn bar and refreshments will be served.

When: Saturday, 1/25/2020 @ 6:00 pm

Where: Manoa Public Library Meeting Room, 2716 Woodlawn Dr., Honolulu, HI 96822

RSVP to Cielito @ 808-286-9436.

Through PNAA's partnership with Walden University, members are able to access an online catalog of courses with a variety of clinical topics. Courses are self-paced and CNE credits can be obtained. <https://platform.rievent.com/s/catalog?expandall>

C. Public Relations

Website is in the works. We hired a professional website developer to work on our website. Roll-out date is January 2020.

Kinaole Newsletter will be published in March 2020

D. Membership

Membership roster is being scrubbed for accuracy. Early e-mail reminders are being sent to the members to renew their membership before it expires.

We are exploring ways to improve recruitment & retention. If you have any ideas, please contact Norgen Dalit or Bob Gahol.



Upcoming Events

- ◆ Filipino Global Summit III, Boracay, Philippines
– January 21-22, 2020
- ◆ PNAH Strategic Planning Meeting – date & location TBD
(Feb or March 2020)
- ◆ Education Day / General Assembly Meeting, Ala Moana Hotel,
Honolulu – March 14, 2020
- ◆ PNAH Election of Officers – March 28, 2020 (mail-in ballots pick-up);
March 29, 2020 Election Day (in person voting)
- ◆ PNAH Induction of Officers – May 23, 2020
- ◆ PNAA 41st Annual Convention, San Diego, CA - July 1-5, 2020

