



NA LEO O KAHU MAI

The Voice of Nurses

Official Newsletter of the Philippine Nurses Association - Hawaii Chapter

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*Message from the
2008-2010
President*

To my fellow PNAH members:

Well, let me greet you a big Aloha and wish you the best. I hope everyone is in good health and having some island sun and fun.

To update you all, the 29th PNA National Convention in south Padre Island, Texas is over and the 30th PNA convention will be in Baltimore, Maryland in July 2009. Also, the 31st PNA National Convention will be in Miami, Florida in 2010. No details yet from the National Organization (PNA) as to how much the educational fee and hotel cost. Check PNA website at <http://www.philippinenursesaa.org> for updates.

I am proud to announce to all that the PNA Western region (PNA Hawaii is a member) is the rising region for growth in recruitment and retention of members. To PNA Hawaii members who recruits 3 or more new members, your annual membership fee is waived. We are also very eager to recruit from the outlying island of Maui, Kauai and the big island of Hawaii. If you know anyone who would like to join our organization, please encourage them.

Maraming salamat sainyong lahat. I will remain in constant communication and give you updates of what transpires in the organization.

REMINDER

MONTHLY MEETING

PNAH monthly meetings are every 1st Sunday of the month at Healthcare School of Hawaii at 1:00 P.M. unless otherwise notified of change.

Please mark on your calendars!

“The Factor of Motivation and Involvement”

Have you ever worked on a committee where the process of planning and organizing was as much difficult as the outcome? It is an unforgettable experience. The opposite type of experience is also unforgettable.

Every time you ask your members for a chunk of their time, whether to do committee work or to attend a meeting, **a sale takes place**. Members will make time for that which is important to them. It reflect the reasons that they joined the organization for their professional development, contributing to greater good or that very essence, that “sense of belonging”. Hitting their “Hot Spots”, (what they will get out of it). Having good reasons to sell “Bangus” tickets or any other contributory fundraising works is an example. Members work more effectively and efficiently if they own the tasks and the process. Engaging them in setting goals, make a list of skills needed to complete the task at hands. Use their creativity, energy and follow-up skills. Identify members who can serve on the committee based on those skills.

People usually join an organization because they want to do something for their community. But they also want something out of being a member. Find out what motivates members and make sure you manage them so that they stay motivated and involved. **A feeling that they are valued by the organization and making a contribution**. Working on issues that will improve the lives of the communities, a feeling of “camaraderie” or a part of the team, put them in an activities that will entertain them or add to their social life. Praise them for a job well done. Volunteers need lots of information. Asked members to write a brief summary of task or agenda to be completed, a telephone tree has

to be mandated, where one member has the authority to call the others. Meetings are for discussion. Meeting where the chairperson talks all the time are boring, fuel the energy at a meeting by being the person who asks questions, clarifies, and summaries. This question- asking tactic encourages other members to do the same. Participation usually means people are engaged in the process. Use humor as a “bag of tricks” and use it to defuse negative energy or tension.

CONGRATULATIONS FROM NAMI ADMINISTRATION AND FACULTIES

To the new nurses who have passed the recent NCLEX exam. NAMI, the acronym for “NURSE ADVOCATES AND MENTORS, Inc” is a non-profit organization of volunteer nurses who shared their expertise and talents to newly graduate nursing students or those who likes to retake the NCLEX exam to get a free NCLEX review class.

For inquiries, please call Bea Razon at 808-778-6291 or Tessie Oculito at 375-8933.

PNAH SUPPORTS MOTTEP

PNAH officers and members participated in the *Dance for Life* community celebration event sponsored by Bayanihan / MOTTEP, the public education arm of Organ Donor Center of Hawaii.

PNAH was in charge of the registration and also participated in the line Hula dance performance.

The event attended by more than 400 donor families, transplant recipients, medical and transplant professionals and community leaders was held on August 19, 2007 at Sheraton Waikiki Hotel.

PNAH SUPPORTS RELAY FOR LIFE 2008

PNAH was represented by some members by participating in the American Cancer Society's Relay for Life on July 16-17, 2007.



(Above: Joe, Nessa and Nela)



Mililani High School Stadium on July 16,17, 2007



(Above: Liz, Nessa, Joe, Nela and Nat)

The Relay for Life is a charity relay around Mililani High School Stadium that started on Saturday, July 16, 2008 through Sunday morning.

Overnight camping, lots of food, and camaraderie filled The Relay for Life that is American Cancer Society's signature event

PNAH

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If you are interested in submitting an article for the next newsletter, please contact Richelle at magday@hawaii.edu

Website: <http://www.pnahawaii.org>
email: pna_hawaii@yahoo.com

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FLASH

ATTENTION

Kalusugan ay Kayamanan

To date, 30 of the 50 needed participants have enrolled in the research study! Several PNAH members (notably Joe and Marianela Jacob and family and Marianela's students) have participated in the pre-screening events using the ADA's survey "Are you at risk for diabetes?" These events have been after the masses on Saturday evenings and on Sundays at both St. Joseph's in Waipahu and at Our Lady of Good Counsel in Pearl City.

About 140 people were pre-screened for the study. For more information contact:

Dr. Anne Leake at
aleake@hawaii.edu

Foundation Updates

Leadership Training Program

The Foundation relies on donations and grants to fund the leadership training program. We are reaching out to **Friends of Philippine American Nurses** to support the program. If you know individuals, corporations or agencies that would be supportive of this cause, please email aracelidantonio@aol.com

Cabotaje Award

PNAAF is accepting applications for the 2009 PNAAF Patricia Cabotaje Memorial Award for Excellence in Community Health/Public Health to be presented at the 30th PNAA Annual National Convention of the Philippine Nurses Association of America on July 16-19, 2009, Baltimore, Maryland. One Awardee will be chosen to receive \$500.

Fellowship Award

PNAAF is accepting applications for the 2009 PNAAF Fellow Award to be presented at the 30th PNAA Annual National Convention of the Philippine Nurses Association of America on July 15-19, 2009, Baltimore, Maryland. One Fellow will be chosen to receive \$1,000 to conduct survey, research, or a review of literatures that will enhance knowledge and awareness of PNAA members regarding excellence in clinical nursing practice related to health promotion and disease prevention in a culturally diversified population. Interested applicants must be a current member of PNAA and one of its local chapters. An application form is available on the PNAAF website www.pnaafoundation.org.

The 5th PNA Hawaii Induction of Officers November 14, 2008



November 14, 2008 was truly a night to remember! As the torch was passed from Tessie Occulto to new president Joe Jacob, new energy filled the air as members and supporters of PNAH witnessed the dawning of a new era.

If you know someone who is interested in becoming a member of PNAH please contact Chairperson Tessie Occulto.

Annual Membership Fee: \$35.00
Tessie Occulto, Chairperson, Membership Committee
92-1269, Umena St.
Kapolei, Hawaii, 96707

To: PNAH Members

Now that the year 2008 is over, we wanted to touch base with all members to highlight some of the benefits of being a PNAH member.

For only 8 years of existence, with the guidance of its members, PNAH made a tremendous contribution to the community of Hawaii. For the past 7 years, our organization has been known by community leaders, politician alike how we supported and worked in the community we lived in. With our theme and our commitment as a community based support group, our activities and achievements made us one of the top organizations in Hawaii. To give you an example, *“Para Sa Diabetes”*, A UH participatory research project was awarded to us. We were approached by the Filipino Centennial commission *to be a part* of the 2006 year long celebration of the 1st Filipino migrant workers here in Hawaii, known as the “Sakadas”. To commemorate this event, the PNA (Philippines) and the PNAA, Inc, collaborated to hold the 5th International Nursing Conference here in Hawaii and the PNAH hosted the event. Our guests and delegates came from four corners of the globe. As a very young PNAA chapter member, we hosted last year PNAA silver jubilee anniversary. We are also an avid supporter of the Bantay Bata Foundation in the Philippines. We have now our own scholarship foundation. PNAH name is proudly sculptured on a granite wall at the Filcom Center as a donor/benefactor. We have been a participant to the American Cancer Society relay for life. We have a tremendous stride to be visible in the community and the organization has the best resources she can count on.....**YOU**. With your assistance and aid, we will maintain this status.

Being a chapter member of PNAA, Inc., we have an obligation to pay our membership dues each year. Out of \$35.00/year each PNAH member pays, \$20.00 goes to PNAA. With the small amount left to spare, we derived our finances through fundraising. Having said that, as a member, PNAH needs our talent, generosity and our strength to fulfill the theme PNAH stands for: Vitality, Visibility, and Viability. Vitality stands for our strength, our courageous self fulfilling ego, Visibility stands for our organizational position now, and how the community perceived us and Viability is our survival, our existence, and how we transform our organization into a more membership-partnership relationship. The stake is wide open. We as nurses are patient oriented individuals. Your knowledge, encouragement is vital to our transformation. Please be proud to propagate the name PNAH as your organization.

Respectfully yours,
The PNAH Recruitment and Retention Committee

CALL FOR ARTICLES

Na Leo O Kahu mai requests articles from members.

The following will be regular items in the newsletter: President’s Message, Schedules & Announcements, and Update activities.

Policy:

1. All articles are subject to the approval of the president prior to printing.
2. PNAH reserves the right to reject articles of poor taste or detriment to the objectives of the organization.
3. PNAH reserves the right to edit articles that are too lengthy.
4. Newsletter will be mailed to members. It is the responsibility of each member to update their mailing address with the membership committee chair.

F Y I CORNER

* Congratulations to Bea Ramos-Razon for receiving the Nursing Humanitarian Achievement Award on March 7, 2009.

* Congratulations to Richelle Asselstine, Marife Aczon-Armstrong and Violeta Arnobit for their FNOH 2009 Nurse of the Year awards, Excellence in Education, Excellence in Research and Excellence in Leadership (respectively) received on May 16, 2009.



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