



SLANF NEWS

ST. LUKE'S ALUMNI NURSING FOUNDATION, USA

April 2007

Volume 18

Number 1

CELEBRATING 100 YEARS



My Dear Fellow Alumni,

You're my inspiration!

Every year since I graduated from St. Luke's class of '72, I've been in charge of my class directory. From my living room in Albany, California, I page through archives, notes, addresses, and phone numbers and call you, my classmates, my old friends, my fellow nurses. This ritual of following pieces of our shared history, of our past, has, as life would have it, led me the daunting position of president of the Alumni Foundation.

What does this mean to me? It means looking at the 100th year of our alma mater with pride and with gratitude. It means turning a critical eye on our current level of support, and our promise to care for others as nurses and as mentors. It means creating change. And what inspires me? You and your families, your continued success in the world do. What inspires you?

I hope the mission of our College of Nursing and its role in changing other lives will inspire you to celebrate it this year.

This October, St. Luke's is 100 years old. Join me in ushering in this important new century at St. Luke's College of Nursing, Quezon City. This once-in-a-lifetime Centennial Event is not to be missed! I invite you to study our unbelievable line-up of activities ranging from lectures to socials and general good times. Please consider making this commitment in your schedule this fall—but if you can't, make sure you attend the stateside Summer Reunion 2008 in San Francisco, my hometown.

May this letter greet you with blessings in your life's journey, and may our paths cross in this Happiest of School Birthdays.

by Aurora R. Rebortira, '72



President



St. Luke's Alumni Nursing Foundation, USA

Editor's Note

For most of us one hundred years is more than a lifetime, although there may be some who will surpass that magic number. Many things happen in 100 years, a lot of changes history books can attest. As our beloved alma mater is turning 100 this year, we all played a part in shaping its history.

I remember my own life's journey. The four years I spent in the portals of St. Luke's were most memorable. I grew up there. I blossomed from being a "shy probinsiyana" to a self-assured professional. It truly prepared me to face the world, and for that I am forever grateful. With that said, I know that each one of you feel the same way and has a story to tell.

This issue of our newsletter is an invitation to all of you to look back and visit the old alma mater, and be part of the centennial celebration in the Philippines. Take time to enjoy articles written by our SLANF, USA President and Dean Emeritus Santos. It sure will give you that fuzzy feeling of your youth. It is time to give back, celebrate, and show how truly blessed we are. Jean Cacho Almiron can fill you in on the proposed endowment project. Also in this issue, we share the life's triumphs of Mila Capili's daughter, and proudly celebrate the professional accomplishments of one of our alumnae, Evelyn Quijano Jirasakhiran.

*As the **Centennial Early Registration** due date is **May 31, 2007**, this June issue of our newsletter is mailed early to give you time to plan. For your convenience, the form is attached together with the **Souvenir Program Advertisement, the Centennial Program of Activities** and the **message letters** from the Centennial Committee Chairpersons. Another important attachment is the **SLANF, USA membership form**. We urge you to complete and send these forms before the due date. Thank you for your support!*

Nenette Misagal Eballo, '74

IN THIS ISSUE

Celebrating 100 Years	1
Editor's Note	1
Talk About a Revolution	2
A Gift of New Life	2
A Journey	3
Website Announcement	3
Alumni Spotlight	4
Grace's Corner	4

TALK ABOUT A REVOLUTION*By Virginia Cacho Almiron, '72*

It's high time we organize a revolution. As a child of the 50's, this is old turf. What could be more earth-changing than a million dollar commitment to excellence? A perpetual endowment fund would be a commitment to change the world, to lead our alma mater into its next century.

St. Luke's College of Nursing is a part of a global world. It has a circle of life, if you will. As alumni we are a lucky group. We are the stewards of the future. It's our turn to commit ourselves and our resources to shaping that future.

What we do now, the actions we take to support and encourage the graduating classes of our college, will be felt in the world in which our children and grandchildren will live. We have the opportunity to be guided by our personal histories, and literally rewrite ones. Simply by giving back.

In 1987 our Alumni foundation was formed. Based in the States, its mission was to help the College of Nursing. For twenty years, the Foundation has renewed its continued support in very important ways. And in honor of these great efforts, we propose to take our support to the next level, with an endowment fund.

What is the best way to create an Endowment Fund?

A financial endowment is money donated to an institution; with the stipulation that it be invested with no change in the principal. This enables the donation to increase exponentially over a long period of time. Compare this idea with the limited impact a one-time large gift spent all at once. There is no compound interest.

Because it involves a lot of money over time it is very important that we are thoughtful and considerate of all aspects of the project. We want impeccable accounting; we want transparency, we want the protection of the United States Securities and Exchange Commission (SEC), we want tax-deduction, we want every aspect handled properly, in accordance with the wishes of our Alumni Association.

We as an association are not big enough to handle such a project, so we are thinking of partnering with the United Board for Christian Higher Education in Asia (UBCHEA). The United Board is a tax-exempt, charitable 501(c) (3) organization, and all contributions are tax-deductible to the full extent allowed by U.S. law. They have a long track record of keeping endowments for various colleges in Asia; they manage over two billion dollars in assets for their various projects. They have a special alumni program. I urge you to visit their web site www.unitedboard.org; and at an opportune time meet with their representatives who will be able to give us a more compelling vision on UBCHEA. If we partner with UBCHEA to create this endowment, a quarterly check will be generated for the college, as stipulated in its own guidelines.

What is the Foundation's next step? We have been instructed by the Board of Directors to form a committee to study how feasible creating such an endowment would be. Our three-year goal is to eventually raise over \$100,000 for the Endowment to commemorate our Centennial. However, the initial contribution to the United Board to open such an account is \$25,000. This is payable in 3 years. At the very least our organization can afford this initial investment. Be a part of this debate: Should we or should we not have an Endowment?

Email comments to the endowment committee, at the following email address: RANGAI@aol.com

A Gift of New Life*by Mila de Leon-Capili, '64*

My youngest and only daughter, Mirene, 27, was diagnosed with severe aplastic anemia at age 12. Aplastic anemia is a serious debilitating and potentially life-threatening disease of the bone marrow. Because of this disease, she was under the care of Dr. Bertil Glader of Lucille Packard Children's Hospital at Stanford for 14 years. She was given several treatments of AntiThymocyte Globulin which, unfortunately, were only temporarily successful.

Her battles with dropping blood counts continued. Eventually, Mirene was referred to Dr. David Miklos of Stanford Medical Center, Hematology/BMT for a bone marrow transplant. Unfortunately, none of the family members matched her HLA blood factor so she was actively placed on the waiting list of the National Bone Marrow Donor Program. Armed with hope, determination, and the support of family and friends, Mirene continued to live life with fervor. Brothers Roderick and Remil – both in active military service – admired their sister's resilience. And again despite her failing health, Mirene always flashed a ready smile.

The wait for the right donor was marked with eager anticipation. Riding on faith and the prayers of loved ones, I remained hopeful that a perfect match would be found soon. After a year of search and waiting, our prayers were answered: an almost perfect bone marrow match was found. On August 11, 2006, Mirene received her new bone marrow from a kindhearted and unrelated anonymous, 26 years-old male donor.

She had to go through a series of massive chemotherapy and radiation sessions in preparation for the bone marrow transplant. Again, it was an inspiration for us to witness Mirene's faith and positive demeanor during this ordeal. There were no serious complications during her stay in the hospital after receiving the transplant. However, 44 days post bone marrow transplant she had to be re-admitted in the BMT unit. She had a serious viral infection that caused her lymph nodes to swell, which was treated with a series of ritual treatment.

Engraftment of the new bone marrow is slowly but surely seeding well in Mirene's bone marrow at this time. Her blood count is getting back to normal levels and she is starting to regain her strength and energy in her daily activities.

What a wonderful miracle that God has blessed Mirene. She is blessed with the excellent care of the BMT team at Stanford Medical Center. Family and friends surrounded her with so much love, care, and prayed relentlessly for her smooth recovery. We are very grateful for the generous young man who donated his precious bone marrow to give Mirene a second chance to live a new and healthy life. Bless his heart and soul. His act of kindness saved my daughter's life.

For the people out there who are still waiting for the right donor...do not lose hope! I encourage healthy individuals to be an organ, tissue or blood/marrow donor. Your generosity can save a life. Give someone out there a second chance to LIVE.

A JOURNEY BACK IN TIME to Celebrate

By Dean Emeritus Ester Abellera Santos, '47

YES.....my school.....your school.....OUR SCHOOL is a CENTURY old. Established in 1907, St. Luke's Hospital School of Nursing, now St. Luke's College of Nursing, an educational unit of Trinity University of Asia, celebrates this year a significant milestone in its momentous history. One hundred (100) years! And so, we will celebrate in style as only Filipinos can and in deference to an institution that has shaped us, prepared us for our future and taught us to serve. St. Luke's nurses have spread themselves all over the world, excelling in positions of nursing service, nursing education, community service, research, entrepreneurship and other fields of endeavor and OUR school is, indeed, very proud of us.

I have given thirty-three (33) years of my life to St. Luke's - first as a student, then as an instructor and finally as an administrator and now, even in the twilight years of my life, I devote a large amount of my time to help in whatever way I can to both the hospital's Women's Board and the college of nursing. I can not imagine what my life would be without the many memories that I cherish - the time I spent with many of you. I am hoping that I will have the opportunity to relive all these memories as we join together at our school's Centennial Celebration.

If you could take out just one week of your calendar to come to Manila, let it be in October.....October 5-7, 2007 to be exact when we hold the three-day celebration at the Makati Shangri-La Hotel. The School's Nursing Alumni Association and the Nurses' Alumni Foundation have been working closely together planning for the monthly activities which you will find in the website, www.sltnaai.org. BUT the culminating activities will be held at the Makati Shangri-La Hotel.

So DO come to Manila - enjoy the many activities planned for you. Sample the *adobo* and *kare-kare* like Mom used to make them; marvel at the traffic orchestrated by buses, jeepneys, tricycles and motorcycles; rediscover the sights, sounds and smells of the Philippines; but most of all, meet up with former classmates and teachers and visit the campus that once was yours.

Of course, many things have changed. You probably won't recognize the hospital and the college campus. As they say, the only thing that hasn't changed is CHANGE itself. We ourselves have changed. Will we recognize each other after all these years with changes in our waistslines, sizes, hair color and all?

Picture in your mind three whole days crammed with activities for everyone - a motorcade, a Thanksgiving Service at the Cathedral of St. Mary and St. John, scientific sessions, exhibits, city tours of Manila and its surrounding areas, a *Barrio Fiesta* (and what celebration will be complete without the aroma and taste of *lechon*?) a Dinner Dance, raffles, outstanding alumni awards and nostalgic visits to the hospital and the college campus. Picture seeing your old friends - the giggles as you dance, the laughing and the crying as you reminisce, and the early morning headaches after you have spent the whole night catching up with old friends.

Reunion and celebrations allow us to reconnect. They remind us of our continuity with the past, of our ties, of friendship and shared experiences. The Centennial Celebration will be a time for happiness and laughter, a powerful antidote for the stresses of everyday life.

COME TO MANILA IN OCTOBER.

IT WILL BE A TIME TO CELEBRATE. AND THIS OPPORTUNITY SHOULD NOT BE PASSED BY.

OUR TIME ON EARTH IS SHORT. THE TIME TO CELEBRATE IS NOW. SEE YOU IN OCTOBER!!!!

IMPORTANT CONSTRUCTION ANNOUNCEMENT

The Board of Directors would like to announce:
St. Luke's Alumni Website Extreme Make Over

ADDRESS: www.slanfusa.com

WEBMASTER: Rorie R. Rebortira, '72

DURATION: Ongoing

Please keep in touch! We are anxious to hear from you.
Please send us any and all news of you or your classmates.

Thank you for your patience during these upgrades. Check the site anytime and watch its metamorphosis.

Alumni Spotlight – Evelyn Quijano Jirasakhiran by Grace de la Pena-Hill, '74



Evelyn Cadavillo Quijano, class of 1973 graduated at the age of 19 and could not work as a staff nurse at St. Luke's, so instead she worked as a clinic nurse for the famous Dr. Romeo Estrellado. After turning 21, she left for the US and worked as a staff nurse in a GYN unit at Piedmont Hospital in Atlanta, Georgia. She immediately enrolled in the master's program at Georgia State University and became one of its very first graduates. She was then inducted to the Sigma Theta Tau International Honor Society for Nursing.

Evelyn always knew that she was going to be in a leadership position. She left bedside nursing to be a Public health Nurse Supervisor for the Fulton County Health Department in Atlanta, Georgia. Three years later, she moved on to the Adventist Hospital, where she worked her way up to become the Director of Nursing. Just as things were going well in her executive position, she was persuaded by a physician to start a company to recruit healthcare professionals, mainly nurses, from all over the world. She traveled for four years and placed nurses in several hospitals in Georgia, Florida, and North Carolina.

She came back to the hospital setting as an Administrative Nursing Supervisor at Emory University Hospital, Atlanta, Georgia in 1996. A year later, she was offered a department director position for Transplant Services at Emory. In her 11 years at Emory, Evelyn has written articles in Advance for Nurses magazine and has co-authored a chapter in "Retention and Recruitment: Reversing the Order" in a book edited by Mary Gullatte on Nursing Management, Principles and Practice which was awarded book of the year by AJN in 2005. She currently serves as Director of Newsletter with the International Transplant Nurses Society. Her latest achievement is her nomination to the Woodruff Leadership Academy as a 2007 fellow. Despite her very busy schedule, Evelyn finds time to keep in touch with her classmates and friends from St. Luke's. Just recently she attended a mini reunion with Yolie Padilla Panganiban, '73 and Grace de la Pena Hill, '74. Evelyn is married to Chai, and has 2 sons, Jason and Michael whom she plays tennis and golf with. She loves to sing karaoke, dance, travel, and tell jokes. She's full of life, and truly represents our Alma Mater as a Nursing Leader.

Editorial Staff

Chanel '74

Editor in Chief - Nnette M. Ebaló

Assistant Editors - Nette Francisco
Carol E. Bautista

Circulating Managers - Angel O. De Leon
Miriam N. Fontanilla
Grace P. Hill

Reporters – Beth B. Millares
Cynthia M. Llauder



Grace de la Pena Hill's
CORNER

Patients and their families asking for directions to find where CT Scan is done:

1. "Dok, saan po ba ang Siete Scan?"
2. "Doc, saan po ba magpapa-CT Skull"
3. "Doc, saan po ba CT Scalp"
4. "Doc, saan po ang CT Scam?"

Courtesy of Kuwentong PGH, Author Unknown

SLANF NEWSLETTER
32458 CAPITOLA COURT
UNION CITY, CALIFORNIA, 94587

POSTAGE STAMP