



SLANFUSA NEWS

Newsletter for the St. Luke's Alumni Nursing Foundation USA, Inc.



Leonarda Aguinalde

WINTER ISSUE 2020 - 2021



Ric Maniquis



Ric Maniquis



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Gloria Cacho-Orden

INSIDE THIS ISSUE

ANG PAROL

By Virginia Cacho Almiron '72 _____ 1

HOPE FOR A NEW LANDSCAPE

By Carol Echalico Bautista '74 _____ 2

REUNION UPDATE

By SLANFUSA Inc. Officers _____ 2

THROUGH THE EYES OF ABRAHAM MASLOW

By Victoria Borces Clark '77 _____ 3-5

2021—HAPPY (Endowment Update)

By SLANFUSA Inc. Officers _____ 5

IN MEMORIAM

By Aurora R. Rebotira '72 _____ 6

A CULTURE OF CARE AS A PATH TO PEACE (NEW YEAR'S MESSAGE)

By Pope Francis _____ 7

Ang Parol

By Virginia Cacho Almiron '72
Executive Editor

Nothing teaches us more about our quintessential experience of Christmas than the "Parol". Our diaspora expression emotes a stronger sense of pride and Christmas longing as we put our "Parol" in our own home away from our motherland.

The Parol is uniquely made of ordinary but strong material—the bamboo. Our own exceptional ingenuity, dexterity, and creativity is displayed in how we build our Parol. How the light is intricately programmed to make our star shine is also uniquely ours.

Parols were initially used to light the way to church to faithfully attend the 9-day Simbang Gabi or Misa de Aguinaldo, that begins on the 16th of December. After coming home from mass, instead of putting away the lantern somewhere else, people would hang it outside the house. This devotion for petition of special favors on Simbang Gabi has always been spiritually and romantically ours.

The essence and the spirit of this "Parol Light", we carry around with us wherever we go. The light shines in the lives we touch, in our world, our family, and friends but more importantly it shines through ourselves.

As we hang our lighted Parol this Christmas, may it continue to remind us of our North Star and keep marching on with the light of love that comes down with Christmas. May it remind us of the triumph of light over darkness and Filipinos' goodwill during Christmas season.

Maligayang Pasko at Manigong Bagong Taon!

Hope for a New Landscape

By Carol Echalico Bautista '74
President SLANFUSA, Inc.



Challenges: 2020

What a year! 2020 has been a very challenging year for all of us. Disasters, earthquakes, fire, global warming, typhoon, pandemic, to name a few. The unexpected changes in every speck of life around the world move us all to another level. A world of new normal and we may not even go back to our normal. I invite you to go beyond all these challenges. Allow ourselves to look beyond this moment of reality. We need to see the other side of it. The hope of new landscape that will lead us to a concept outside the range of our imaginations. The hope beyond hope. Rising to opportunities that takes dedication with dignity.

The reality of facing challenges with commitment, dedication and dignity. The fact that these attributes lives in the heart of these providers in the front line most specially the nurses who have shown to the world their faithfulness in fulfilling their promise to serve unconditionally to those who are affected with illness, especially to those who are affected by this severe, agonizing pandemic. Commitment as a

personal quality often hidden but stem out from how these nurses who adapt, remained focused, and deliver care with passion proves to their devotion to the profession of nursing.

Let us keep them glowing in our hearts and remember them in our prayers. Our very own alumni who are involved in the care of so many afflicted. Truly a hero of our alma mater, our country, here and everywhere, to the world. God bless all of you!

2020 – The Old Year

(The year that was cancelled/and or postponed.)

The Reunion Committee was all set for a Grand Reunion in beautiful "The Gallery" of Ft. Lauderdale July 2020. COVID-19 pandemic upended all the plans forcing us to cancel all plans.

After multiple board meetings and extensive discussions, it was decided that the reunions will be postponed until we can freely and safely gather together. The board also decided to hold over all officers until it will be safe to have a general meeting of the members of SLANFUSA.

Until then, let us all be safe, be patient and celebrate the light at the end of the long dark tunnel—getting vaccinated. Let us now pause and bow our heads and remember the beautiful lives that we lost to this difficult pandemic...May the Eternal Light shine on – them to a peaceful respite.

Let us also acknowledge the everyday heroism of all the workers that make our daily lives more bearable.

Mabuhay and May the Peace of God Continue to Disturb Us!

A Personal Reflection Through the Eyes of Abraham Maslow

By Victoria Borces Clark '77 (Nenen Borces)

Maslow's Hierarchy of Needs, the one thing that pops up in my mind the most when I think back of nursing school. Not the clinicals and exams. Not the fun of sneaking out of the dorm past curfew time. Not even the pre-prepared lunches sold in small thin plastic bags, handed through the wire fence, at the back of the dorm. But yes, Abraham Maslow's Hierarchy of Needs. I can still see the black-and-white pyramid, photographed in my memory, tucked away among the names of the many bones and muscles I've had to memorize to pass Dr. Pasion's *Anatomy and Physiology* class. However, as vivid as the pyramid still is in my mind, I still had to google the 5 stages of the pyramid! I could only remember the bottom of the pyramid and the stage at the top of it. I dare you to recall all the 5 stages now, just from memory. No Googling please! Go! I'm still waiting....

Let me help you, having googled it myself earlier. It is in this framework that I want to give an update on what has been happening with me since nursing school. I was in the Class of 1977. We called our class "The Money Makers" back then. We were always selling something in between classes, trying to make money to help fund our graduation activities and class ring. We were the infamous class who made our beloved Dean Ester Santos cry and say, "Where have I failed?". Yep, that was us, THE Class of 1977. Some have lived up to our name as Money Makers, I think. Although I can't prove it without hacking into their bank accounts, I believe a few of my classmates have millions while a few have minions. And the rest, well maybe we are living peacefully and securely content with what the Lord has given us. I can say with certainty that we have all been blessed with a full personal life and successful professional careers, lacking nothing, by the grace of God. But I digressed! So, back to my reflection of the THEN and NOW, through the lens of Maslow's Hierarchy of Needs:

Physiologic Needs (Food, water, warmth, rest)



Bottom of the pyramid. A student nurse's basic needs. A practicing nurse's basic needs. A retired nurse's basic needs. The only aspect that changed over the years is the "what" and the "how" of these needs. For example, now that I am older, I take ginger tea instead of water to help calm my aged GI tract. And because I am now a retired nurse with a much lower monthly income than before, I brew my own ginger tea instead of buying those fancy ginger tea drinks. I even zest my own brew with home-grown fresh lemon grass.

As to rest, Melatonin (or occasional Ambien) has become my friend to ensure I get enough sleep and rest. Gone are the days when exhaustion from the day's clinicals and classroom lectures would just put me to sleep as soon as my head hit the pillow. And I go to bed by 8pm. No more late-night cramming for exams, memorizing "-ectomies" and "-otomies" I could not even pronounce well!

Food? Fiber is now a priority to maintain #2 regularity. And supplemental vitamins, lots of them, are standard addition to my dietary menu. I take quite a number of supplemental vitamins now, all to help maintain basic functions. I feel like I play "sungka" once a week when I fill my medication box. Sigh! The life of the aged. I'm there. Now.

Safety Needs: (Security, safety) I retired early at age 60 but have saved up enough to supplement my SS income during my retirement years. Financial security (if there is such a thing in today's unstable economy) was planned and executed.

For personal safety, I have taken a concealed weapon class and know enough about it to be dangerous as needed. I have even practiced a certain facial expression, a menacing but dangerous look and stance, to hopefully deter a potential assailant! So, don't try me! Please don't. I'm liable to spring a leak when I squeeze that trigger! The plumbing department is not as strong as when we were in nursing school or when I was a practicing nurse. No more holding my bladder for an entire shift! Not anymore. Can't do it now, even if I tried.



Belongingness and Love Needs (Intimate relationships, friends)

While my world revolved around my classmates and Clinical instructors in nursing school, my world now revolves around my children and grandchildren. They are God's gift to me. I lost my husband to a tragic boating accident in 2006, so I have been a widow for 14 years. Grieving has been part of my life since. That's the thing about grieving: it does not have an expiration date. It stays with you forever. And it creeps up it's painful head every so often, especially during special occasions and holidays. It can be very lonely. But the Lord has been so good to me and recently blessed me with 2 granddaughters, ages 3 y/o and 6 month old, who fill my life with so much love and meaning. I now devote my time attending to my "APOstolic" duties, taking care of my grandchildren during the day while my son and his wife go to work. This is where I belong now. This is where I give so much love and feel loved in return.



Esteem Needs (Prestige and feeling of accomplishment)

My nursing career has been fulfilling. I worked on the "floors" here in the US for only 2 years, then moved to Nursing Education in both the hospital and academic settings. I felt accomplished in both arenas, knowing that I was part of many teams who ensured nursing students and professional nurses were skilled and competent in providing care to their patients. I must have been good at it, having received numerous awards and recognitions for Excellence in Nursing Education and Staff Development.

During the course of my nursing career, I pursued and obtained a Master's Degree in Nursing Education and worked towards completing a Doctorate in Education. I have published 2 articles in nursing journals and co-authored a review book for Certification in Staff Development. None of these, however, would compare to feeling so accomplished for parenting 2 children and raising them as a single parent after the death of my husband. The Lord has been faithful to me all these years, providing me with a strong support system in family and friends. Now, both my children are married and have families of their own, contributing to society by using their God-given talents. That is my prestige.



Self-Actualization (Achieving one's full potential, including creative activities)

I spent the last 20 years of my career working for the Department of Veterans Affairs (VA), first as a Nurse Educator at a local VA Medical Center, then moving up the ladder to become the Florida VA Network's Learning Officer. Because I covered 7 VA Medical Centers throughout Florida, Puerto Rico and the Virgin Islands, I traveled a lot, met so many people and friends along the way and worked with skilled and caring

people. I have learned a lot from working with highly creative and mission-focused employees within the VA, both at the Network and National levels. Exciting work. Innovative work.

Self-actualization... I never understood this when I was in nursing school. But I understood it well while working within the VA. It is the experience of making a difference in the lives of VA employees by equipping them well and obtaining needed resources so that the employees could do their best work. It is the giving of one's talents to foster the development of another. It is the feeling of pride because one has done his/her best to make another a better professional.



Gloria Cacho-Orden

Creative activities? Let me think this through. Now that I am retired, there are no more table discussions to creatively develop something to resolve a healthcare issue or to innovate processes and policies for performance improvement. These were my body and brain simulants then. But retirement has done away with these taxing high level activities. What I do have now is the challenge of finding creative ways to continually engage my body and brain. I have taken to gardening, learning to play the piano, reading books that feed my mind and soul, dancing Latin and Ballroom (or simply watching *Dancing with The Stars* when my knees are achy), fishing, bike riding and rocking my grandchildren to sleep. Ah, self-actualization. Got it. Checked it off my list.

2021 – Happy Endowment Update



V.P. Luna writes "Ma'am UBCHEA (United Board for Christian Higher Education in Asia) sent the endowment grant of **\$5,541.49** for the EAS Scholarship. With this money, we can stretch it to effect more needy students; specially now with the consequences of the pandemic." With the proceeds of our endowment, it will indeed be a HAPPY 2021 for a few needy deserving nursing students of Trinity University of Asia. To date, we have had 30 scholars and growing... Thanks to the work of the EAS Scholarship Committee of Trinity that administer it.

Comments from the Board:

- ✿ "Great News indeed! The seed planted during our St. Luke's Centennial in 2007 is now a tree, yeilding so much towards the education of young minds – a perpetual gift in the name of our dearest Dean E. Santos. So Glad to be an instrument of this stewardship." Rorie Rebertira'72
- ✿ "What a blessing! Great news in this time of many challenges! Prayer of Thanksgiving. Ang galing! Yes! Glad to be part of this stewardship!" Carol Bautista Echalico'74
- ✿ While this was being set up, Dean E. Santos used to pose the question "What if we were educating the next President? Yes, education is still the key, let us not stop her (even if we can) we can still go that extra mile...it will not be wasted..." Dean E. Santos as narrated by Virginia Almiron'72
- ✿ I would like to focus on "Legacy Giving" make it part of your 'Will' kind of thing...let us all hope and pray but... "Hope is not a Financial Strategy"... Virginia Almiron'72

How can you make it a HAPPY 2021?

Partner with us and donate to the St Luke's College of Nursing endowment Fund . "The smell of the rose is left to the hands that bestows it"... Help us build our endowment account ; the more our market value the more the amount that goes to our EAS fund. You can send your donation to: **St. Luke's Alumni Nursing Foundation, USA Endowment Fund** <http://www.slanfusa.org/> Your donation will be acknowledged by UBCHEA and SLANFUSA will put your name in the list as a donor on our website. **Donations are Tax Deductible!** We will be remembered by the consequences of our actions. An endowment is the gift that keeps on giving. Think about legacy giving.

Make it a real Happy 2021 – PLEASE GIVE!

In Memoriam: Departed St. Luke's Alumni from 2018 to 2020

By Aurora R. Rebortira '72

Let us honor our departed classmates today by remembering and praying for them. When our time on earth is done, we hope that we too, shall be honored and remembered with much love and reverence.

“In Your hands, O Lord, we humbly entrust our brother and sisters. In this life You embraced them with Your tender love; deliver them now from every evil and bid them eternal rest. The old order has passed away: welcome them into paradise, where there will be no sorrow, no weeping nor pain, but fullness of peace and joy with Your Son and the Holy Spirit forever and ever. AMEN.”



Josefina CORTEZ Carreon '47
b. 1926 Jan 11 – d. 2019 Jun 15
(St. Luke's School of Nursing
Principal 1962 to 1966)



Perla RAMIREZ Teraoka '68
b. 1946 Mar 09 – d. 2018 Oct 19



Josefina ALFILER Borbon '66
b. 1942 Feb 19 – d. 2019 Sep 23



Hideliza ATIENZA Quane '60
b. 1938 Dec 14 – d. 26 Jun 2019
(SLANFUSA, Inc. President
2001 to 2002)



Dinah PAGSUBERON Micsa '71
b. 1948 May 04 – d. 2019 Mar 14



Janet LABRADOR Cesar '93
b. 1971 May 26 – d. 2019 Nov 19



Raul D. ESLAO '04
b. 1966 Oct 28 – d. 2020 Mar 30
(COVID 19)



Patrocinio M. MAGLAYA '53
b. 1932 May 28 – d. 2019 Jun 19



Erlinda EXCONDE Tang '66
b. 1943 Dec 07 – d. 2020 Jun 13



Annabelle SORIANO Lustina '81
b. 1960 Apr 17 – d. 2020 Apr 22
(COVID 19)



Alice VELASQUEZ Bahia '49
b. 1926 Apr 07 – d. 2019 Jul 24



Elvira D. CASTILLO '81
b. 1957 Aug 03 – d. 2020 Jun 20
Supplemental



Regina PANGANIBAN Marcos '81
b. 1959 Jul 18 – d. 2020 May 23
(COVID 19)



Corazon ANDRADE Banzon '72
b. 1950 Jan 02 – d. 2019 Jul 31



Shirley MAGLAYA Garcia '68
b. 1947 Mar 23 – d. 2020 Oct 20

EXCERPT FROM THE MESSAGE OF HIS HOLINESS POPE FRANCIS FOR THE CELEBRATION OF THE 54th WORLD DAY OF PEACE

1 JANUARY 2021

A CULTURE OF CARE AS A PATH TO PEACE



Care for the common good

Every aspect of social, political and economic life achieves its fullest end when placed at the service of the common good, in other words, “the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfilment more fully and more easily”. Consequently, our plans and projects should always take into account their effects on the entire human family, and consider their consequences for the present and for coming generations. The Covid-19 pandemic has shown us the truth and timeliness of this fact. In the face of the pandemic, “we have realized that we are in the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together”, since “no one reaches salvation by themselves” and no state can ensure the common good of its population if it remains isolated.

Care through solidarity

Solidarity concretely expresses our love for others, not as a vague sentiment but as a “firm and persevering determination to commit oneself to the common good; that is to say to the good of all and of each individual, because we are all really responsible for all”. Solidarity helps us to regard others - whether as individuals or, more broadly, as peoples or nations - as more than mere statistics, or as a means to be used and then discarded once no longer useful, but as our neighbours, companions on our journey, called like ourselves to partake of the banquet of life to which all are equally invited by God.

May we work together to advance towards a new horizon of love and peace, of fraternity and solidarity, of mutual support and acceptance. May we never yield to the temptation to disregard others, especially those in greatest need, and to look the other way; instead, may we strive daily, in concrete and practical ways, “to form a community composed of brothers and sisters who accept and care for one another”.

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