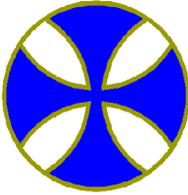


St Luke's Alumni Nursing Foundation, USA
St Luke's Hospital School of Nursing/ St Luke's College of Nursing Trinity College of Quezon City



SLANF News

Volume 16 Number 2 December 2005

PRESIDENT'S MESSAGE

Celebrate CHRISTMAS and the NEW YEAR with happy anticipation!
Plan now to attend our 15th grand reunion June 23-25, 2006, in Orlando, Florida.
Save the date! Mark your calendar.



With Christmas just around the corner, we will all be busy with work and family duties. I take this early-bird opportunity to wish you and your family a truly wonderful and blessed Christmas season.
(continue to page 4)

MERRY CHRISTMAS & HAPPY NEW YEAR EVERYONE!



REUNION 2006 UPDATE

In a short 8 months SLANF members and their families will gather for the 15th grand reunion in Orlando on June 23-25.
 The alumni from Florida are hosting this affair. We hope you will all come to join in the celebration.
 The reunion starts on Friday, June 23rd with the hospitality night.
(continue to next page)

SLANF News

Reunion 2006 (from page 1)

For the first time in our reunions, there will be a talent's night show. Please submit a narrative of your presentation to our president, Lisa Pamintuan.

We have secured a block of rooms at the Radisson Barcelo Hotel on International drive. The room rate is \$89 double occupancy. Cut-off date for hotel reservation is May 24th. Reserve early so you will not be left out of the block. The telephone is 407-345-0505, or fax 407-581-2022. The email address is www.radisson-barcelo.com

There will be a shuttle bus to take you from the airport to the hotel. The shuttle fare is \$25 round trip. Please call 407-839-1570 to reserve pickup from the airport and to the hotel, *vice versa* (fax 407-244-2928). The 24-hour reservation number is 407-423-5566.

The cost of the dinner dance ticket for the night of the June 24th is \$65 per person for early registrants sent in on or before April 1st; \$75 per person for those who register after April 1st and before May 24th.

As usual the highlight of the Saturday morning of June 24th is a continuing nursing education. There will be CEU credits awarded.

A packet of the reunion program and schedule of events together with different forms will be mailed out soon.

For any questions please call **Nora Gonzales Granados** at 407-673-2129 or **Curie Penaloza Catuncan** at 407-568-2966 or your Chapter president.

We are looking forward to seeing you on June 23-25 in Orlando, Florida!
NORA GRANADOS'62

PROPOSED SLANF, USA MISSION STATEMENT

We believe in giving back with gratitude to the school that nurtured us to become competent and dedicated nurses that we are today,

We as members of the St. St. Luke's Alumni Nursing Foundation, USA pledge to assist our alma mater **ST. LUKE'S COLLEGE OF NURSING, TRINITY COLLEGE OF QUEZON CITY, PHILIPPINES** in enhancing its capacity for quality nursing education and positive learning environment so as to produce world-class professional nurses in this age of globalization.

SLANF, USA WEBSITE

<http://www.geocities.com/stlukesalumni>

You can now enjoy a sneak preview of the website created by our webmaster **Rorie Rebertira**.

Any announcement or news from the Chapters or individual member can be posted. A page will also be dedicated for each chapter.

Please send your chapter news, suggestions, updates, comments to Rorie, or **Lisa Pamintuan**, and encourage participation in the yahoo group.

FROM NURSE TO REVEREND: A ST. LUKE'S ALUMNI FIRST



For someone who has trained extensively in the nursing profession, Harriet Kollin has found her special calling as an ordained priest of the Episcopal Church.

Rev. Harriet was ordained into priesthood on June 4, 2005 after entering Episcopal Divinity School 5 years earlier. One might think this is a likely progression or transition for Reverend Harriet considering that she came from a rock-solid and deeply religious Episcopalian family.

Her father was a pioneering Episcopal priest back when the Philippine Episcopal Church was a missionary district of the Episcopal Church USA. Her father molded a disciplined prayer life for her family.

In an interview she gave to Blandina Salvador for the Episcopalian Asian American Newsletter June 2005;2(2), Harriet who was born in Besao, Mt. Province, said she started entertaining the thought of entering priesthood when she got involved with the women's group in her parish.

She also mentioned that her mother's death in 1986 has made her press on and "long for something holy."

After graduating in 1974, she devoted almost three decades working in the field of nursing, starting with our own St. Luke's Hospital from 1974-76. Then she moved to the USA in 1976 and was employed by Hendrick Hospital in Abilene TX from 1976-79.

She moved up northeast and worked at John Hopkins Hospital in Baltimore in 1979-80.

Harriet also worked at the Children's Hospital of Philadelphia in Pennsylvania from 1980-2001, where she attended various health needs of patients.

Along the way, she earned her Masters in Nursing from the University of Pennsylvania with specialty in child and adolescent mental health. She worked in various areas of pediatric nursing and psychiatric nursing in the Philadelphia area until 2001 when she decided to enter Divinity School to develop her calling as spiritual healer.

Presently, Rev Harriet is the priest-in-charge of St. John's Episcopal Church of Pennsylvania, which she described as a small and struggling congregation. She claims that the fulfillment in her growth and in self-realization in her life as a priest is something she wants to share with her flock so that mutually, she and her congregation, can both flourish. This, she points out, is also her vision for the world.

We wish the Rev Harriet and her congregation the best of everything. Her own progression in the areas of self-discovery and fulfillment offers a fine perspective and inspiration to those among us who might consider shifting gears in mid-life to find the real meaning in our lives!

BEULAH CABANBAN'67

President's message (from page 1)

May the coming New Year 2006 bring you greater happiness and success.

To welcome the New Year, may I also ask you to plan ahead and mark your calendar for our big event. The 15th grand reunion on June 23, 24, and 25, 2006 of St. Luke's Alumni Nursing Foundation will be held in Orlando, Florida. Part of the proceeds of this reunion event will continue to support the building campaign for Trinity-St. Luke's College of Nursing.

Our reunion will provide a relaxed, inspiring get-together with fruitful networking opportunities for St. Luke's alumni, our families and friends. With the theme of "Nurturing the St. Luke's spirit of caring and leadership", we will honor our alumni who are celebrating their Silver and Golden Jubilee, as well as those who are marking their 30th, 35th, 40th, and 45th Class anniversaries. Awards for Leadership and Dedication will recognize our outstanding members in the field.

Come to balmy Florida in the beginning of summer 2006 and enjoy our reunion's schedule of events. Renew your time-tested friendships among classmates as well make new friends during Friday night's talent night.

For the first time, we will hold a talent contest to showcase each participating class, either by individual or group presentation. We encourage each class, especially the celebrants to prepare a song or dance performance. You have a vast choice of presentations but with a time limit of not more than five (5) minutes.

On Saturday, have breakfast with us while earning four free CE units at our well-planned seminar on a variety of interesting and

relevant topics. Cap the day with the often touted formal grand reunion dinner-dance (dance, dance away). Then, on Monday, let us take a trip to the Bahamas with our family and friends or visit Florida's top destinations.

Lastly, I strongly encourage you to support our souvenir program by placing an AD, as a way to introduce your family, your class, business or organizational affiliations. The souvenir program will illustrate our reunion's success and will be a lasting remembrance of our great fun together as St. Luke's alumni family in the United States.

Thank you and more power to every one. *Mabuhay!*

LISA CALVELO PAMINTUAN'71

MEMBERSHIP ROSTER

We need your cooperation in updating the membership roster. Please send the latest membership roster for your chapters and your class to this e-mail stlukesalumni@yahoo.com

SUBMIT newsletter articles by April 20, 2006, for the May 2006 issue of the SLANF News to acvrear@aol.com

KUDOS TO...

LIWLIWA VILLAGOMEZA'80 has received her master of science in nursing degree and is pursuing her doctorate.

DALISAY ALLADO'86 was recognized as "nurse of the year" by the Chamber of Commerce of Hillsborough County in Florida.

A GOLDEN CLASS AND GOLDEN JUBILARIAN

It has been 50 years since we graduated from St. Luke's School of Nursing in Magdalena Street. Where did all the years go? It does not seem that long ago, but when I look at myself at the mirror and see my thinning white hair, I know that it indeed is true.

There were 28 members of our graduating class. However, only 25 were present on the graduation night. Three of us were confined at Mosher Hall, sick with chicken pox. We must be the only class who went through 3 different principals during the 3 years that we were in school.

We started with Mary Vita Beltran, who got married and became a Jackson on our first year.

Herminia Reyes then took over the helm. But on our third year, she was transferred to Brokenshire Memorial Hospital School of Nursing in Davao... so Ester Santos became our principal during our senior year.

There are just a handful of us here in the US who are in constant touch with each other:

Fely Balagot Javier, Melba Punzalan Andres, Adory Hebreo Ladaga, Martha Pulido Geronimo and Nora Veloso David.

Nora passed away last November. She was so excited about the homecoming and although she knew that she will not be able to attend as she was undergoing peritoneal dialysis daily, she did her best to coordinate with us in trying to trace where our other classmates might be.

To date we know that 4 have passed away and 4 are in the Philippines.

The others we have not been able to find.

Those of us who are here, decided to feature one of our classmates whom we are proud to announce is the current President of the St. Luke's Women's Board: Virginia (Vinia) Batac de Guzman.

Vinia was tall and beautiful and for 5 years after graduation, she worked as the clinic nurse of the then debonair assistant medical director of St. Luke's Hospital, Dr. Charles Harn. Later, she married one of our previous resident doctors, Dr. Marcos de Guzman. She then devoted her time to being a homemaker and in raising their 3 children who are now Dr. Boots de Guzman Francisco, an oncologist; Dr. Michael de Guzman, an EENT and head and neck surgeon; and Tina de Guzman, an Intel Executive based in Dublin, Ireland.

Vinia's almost perfect life was cut short though by the early death of Mark. Although it was rough for her in the beginning, she persevered by keeping herself busy. She went back to St. Luke's Medical Center and got herself involved in the activities of the Alumni Association; first as a board member and then as its president in 1988.

At the end of her term, she was invited to join the prestigious Women's Board of the St. Luke's Medical Center. She was made responsible for the ways and means and the Christmas bazaar committee that takes charge of their biggest fund raising activities.

From being a board member, Vinia became the vice president and now in her current post as its president for the past 4 years. She leads a very busy and active life and has devoted herself to supporting and propagating the mission of the St. Luke's Women's Board.

She is also a member of the board of trustees of the St. Luke's Medical Center

which allows her to take part in their various planning sessions and strategies.

Vinia is a perfect example of a person who after her great loss and grief turned her life into that of involvement and purposeful objectives.

We are very proud to present her as our featured class of 1955 graduate.

MILAGROS CABRALES EBORA '55

A NURSE'S PERSPECTIVE ON PERSONAL FINANCE

Personal finance is a course not included in the nursing curriculum but it is something we deal with in our daily life.

How we budget, how we save and invest, how we plan for retirement and how we protect assets comprises the complexity of personal finance.

Knowledge of personal finance brings discipline in the use of our hard-earned money and helps us to plan for our future financial needs. We need to have basic knowledge on setting financial goals, balancing income versus expenses, accumulating and protecting assets, and estate planning.

Similar to nursing care plans, we assess our financial status, look into our income and expenses, and set realistic goals. Before we can work with our family's monthly or biweekly budget, we need to have a record of one or two month's expenses of the earnings for that same period and review the list. If our record shows that our expenses are more than the money we are taking home, then we closely examine the list and determine which expenses can be eliminated or reduced.

The take home pay for the month must cover the expenses for that period which should include savings as an expense item. We allocate our income by setting up a realistic family budget and use it as our guide to control expenses.

Some guidelines to follow are: Pay ourselves first with at least 10% of our income and set it aside as savings. We minimize the use of credit cards and if we need to use them, we use them wisely. We pay the credit card bill in full for the billing period to avoid incurring interest on the amount we owe.

How do we save our money?

Money that we do not see, we do not spend. An automatic deductions for contributions to retirement plans in our place of work helps in building our nest egg. It is a pretax deduction from the paychecks. An automatic deduction of the 10% from our earnings into a credit union or from our checking account to a money market fund will help establish a forced saving program.

Rules to follow:

Money saved is not touched except for emergency use.

Have emergency money equivalent to 3-6 months of the budget expenses.

Investment of money saved depends on our age, length of time we have for the purpose of the money like retirement or child's education, and the tolerance we have for the risk involved in the specific investment chosen like stocks, bonds, real estate, commodities.

Maximize retirement contribution. If we cannot afford to maximize, then we put the maximum contribution that is required that will enable us to take the benefit of the company's matching program.

Retirement contribution is a priority over children's educational saving plan if we have to choose between the two.

Save in Roth IRA if eligible.

Income and asset protection depends on the needs of our dependents. Life insurance helps provide financial resource in case of untimely deaths. Disability insurance replenishes the income we would lose if we get disabled. Health insurance covers the expenses incurred in surgeries/ hospitalizations/ medical problems. House, car, liability, and umbrella insurances are used to protect our assets/ properties from disasters, accidents, and lawsuits.

For the sake of our family, let us make certain that we have a last will and testament. If we die without naming a guardian or custodian for our young children, the court will decide for us. Without the last will, our assets will be on probate if we have more than the amount set by the law.

Many of our alumni are in retirement or nearing retirement. Some younger alumni in our association have more than ten years before retirement. If there are some very young alumni who have 20-30 years time to earn money before retirement, they are advised to contribute as early and as much as they can into their retirement plans.

Time is of great value in building up our nest egg. There is magic in compounding of interest. Allocation of money between stocks and bonds depends on our age, our risk tolerance and the length of time before we need it.

The younger we are, the more tolerant we are in taking risks and the longer time we have before we need to use it, then more money

may be invested in stocks. If we are older, less tolerant of risks, have shorter time to wait before we need to use our money, then we may allocate more money in bonds.

With bonds, we are the lender. With stocks, we are the owner. Bonds offer less risk than stocks. The risk in bonds is in the change of interest. It loses its value when interest is high and it gains its value if interest is low.

The value of stocks rises and falls from time to time but the risk is lessened by diversification in the kind of stocks chosen and in the length of time we hold the stock.

Many of the institutional or company retirement plans offer different kinds of mutual funds. Some may have a long list and others may have a short one. Let us take advantage of dollar cost averaging when we make regular periodic contributions to the plans offered by our employers.

The use of rule of 72 helps determine the growth of our savings/ investment or the amount of money we need to save.

To illustrate, if we have \$10,000 that grows at 10%, it will double in 7.2 years; and without contributing more money into it and just by allowing the capital and the interest to compound, the value of that asset will grow roughly to \$40,000 in 14 years, or \$ 80,000 in 21 years.

Another way to use the rule, if we need \$50,000 in 10 years, we will need \$25,000 to be invested at 7.2% or \$12,500 to be invested at 14.4%.

New thing to look for next year is Roth 401 K. It is worth investigating because Roth 401 K will not be taxable on qualified distribution though contributions to it are after taxes unlike contributions to 401K or 403B plans which are

done before taxes and their qualified distributions are taxed as ordinary income.

Basic knowledge of Personal Finance can be learned from local colleges, reading personal financial books, financial magazines/ newspaper, and personal finance websites.

The best person to look after our own interest is us... so let us equip ourselves with understanding Personal Finance even if we feel we need the assistance and guidance of personal finance professionals.

ELISA A. REYES'64

LETTERS TO THE EDITOR

We sincerely and profusely thank you for providing us a copy of the SLANF, USA newsletter --- a tribute to our mom.

We are deeply touched by the articles, remembrances and the newsletter as a whole. Thank you so much.

A day does not go by without us thinking of her. We believe she will be watching over us, her friends and family, and SLANF,USA for which she was always dedicated.

AILEEN & RICH TRILLES

"No one attains eminent success by simply doing what is required of him/ her, it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction," by Charles Kendall Adams, author and professor of history.

This is how I personally hold you in our friendship. Thank you for the great things you are doing. When I opened your e-mailed newsletter and Carding and I are saddened by the news of another brilliant St. Luke's nurse Passed away at such an early age. We can only be inspired by her deeds and carry on.

To you and your family, we wish you happiness in your life's journey.

RICARDO & ALVIE BARBAZA

Thank you for the newsletter. As usual, it is full of news and I enjoy reading every article in it.

I am shocked to hear that Marizon passed away. She looked so healthy. This goes to show that life is indeed short.

My deepest sympathy to her family. I did not realize that she was also my *kababayan* from Laoag.

Please find herewith Dely's picture, taken on her 65th birthday. I do not have a more recent one.

I am not sure what to report about SLANAC for now. I have not met with the ladies since we moved. Because most of us are retired, it seems that we take trips at different times and we have not been able to get together. Hopefully, we will be able to very soon.

Take care. Regards to all. It is always wonderful to see some of the familiar faces, especially of my classmates, Fe and Linda.

**TRANQUILINA 'GASAT'
TOLENTINO'65**

Attached herewith is a flyer for the cruise being sponsored by Class'60 for its 45th anniversary reunion, following the grand reunion in Orlando next summer. It is a good buy and we are opening it up to all SLANF,USA alumni, their families and friends. There will be a donation to St. Luke's based on the number of attendees. The more attendance, the bigger the donation.

LIZA ATIENZA QUANE'60

IN MEMORIAM: DEAN FE ALCANTARA

Dean Alcantara passed away last October 16th. According to her nephew's wife, it was a peaceful death at their house

Luisa de la Cuesta, Ruth Rana Padilla and I went to visit her after surgery. At that time, she was a bit weak though pleasant to talk to, and needed assistance when sitting and standing up.

We went to her wake after the Association of Deans of Philippine Colleges of Nursing (ADPCN) convention in Manila Hotel. I was with Ruth, Erlinda Ahorro, Dr. Lean Paquiz, Dr. Carmelita Divinagracia (UERM dean and ADPNC president), Luisa dela Cuesta, Emerita de Leon, Olive Gomez, and the rest of the nursing faculty alumni. Two services were held: one officiated by the Trinity College chaplain and the other by a family friend priest. Dean Alcantara was put to her final resting place on October 19th at the Loyola Marikina cemetery. I did not attend the funeral because I had to attend the nursing colloquium sponsored by the nursing board at the Manila Hotel.

It is sad that she is gone, our mentor in Funda... May her soul rest in peace.

ESTER DIMANLIG'76

AURORA "Rory" ESPINA SY'67

Class '67 deeply mourns the passing of Aurora Espina Sy last month.

Among those she left behind were her husband Sam, her parents, seven sisters and a brother, a daughter Trisha, a son Sean, and daughter-in-law Justine, many relatives and legions of friends. Rory was born on

September 4, 1947 and went to school in Baguio prior to nursing studies at St. Luke's School of Nursing. She obtained a bachelor's degree in nursing at the Far Eastern University.

She trained in Minnesota for two years, then worked in Chicago where she met her husband Sam. The Sy family later moved to Texas. Rory worked as nursing director at Oakliff Medical Surgical Hospital. While living in Texas, Rory received a master's degree in business administration at the University of Dallas.

In the late '80s, the Sy family moved West, settled at and called San Francisco home. Rory attended the St. Luke's Alumni reunion at San Pedro, Ca. in July 2004. Her classmates and friends, ever wary of her delicate health condition, fussed about her but she did not make a big deal of it. She truly made it easy for everybody to enjoy the reunion and had lots of fun catching up with everyone.

Through life, Rory fostered a great thirst for knowledge. Nonetheless, she remained humble, soft-spoken and easy to get along with. She exemplified what a good Christian could be. She was very compassionate, ever willing and eager to share herself with others in whatever way she could. She was friendly and respectful, and always spoke of goodness and love. In sickness, she showed unflinching and unwavering faith and strength of spirit. She had truly enriched our own lives with her friendship, kindness, courage and spiritual strength. She was a classy lady. Good night, sweet princess.

**ASUNCION GARMA BALON
BEULAH CABANBAN**

FINE-NEEDLE ASPIRATION CYTOLOGY IN MEDICAL SURGICAL MISSIONS

Dr. Cesar V. Reyes and Elisa A. Reyes presented a paper entitled *The role of fine-needle aspiration cytology in medical missions* during the 2005 annual scientific meeting of the AMERICAN SOCIETY OF CLINICAL PATHOLOGY held in October 2005, at the Sheraton Hotel & Towers Seattle, Washington, and during the 53rd annual scientific meeting of the AMERICAN SOCIETY OF CYTOPATHOLOGY in November 2005, at the Town & Country Resort San Diego, California.

The abstract published in the *AMERICAN JOURNAL OF CLINICAL PATHOLOGY 2005;124:631* and *CANCER CYTOPATHOLOGY 2005,10:413* is, as follows:

INTRODUCTION and OBJECTIVE: In medical-surgical missions, healthcare professionals travel to developing countries with a goal to provide free short-term services to the less fortunate local citizens. Laboratory testing is limited and minimal. Pre-, intra-, or postoperative histological evaluation of excised/ resected tissue is generally not performed for lack of facilities and apparatus. Thus, diagnoses and treatments are largely based on clinical impression. The application of fine-needle aspiration cytology (FNAC) in these situations is useful and practical, and heretofore has not been reported in the literature. This paper relates a five-year experience of utilizing FNAC during missions in the impoverished areas of the Philippines.

MATERIALS, METHODS and RESULTS: The locales served were the FEU Hospital in Manila in 1992 and 1993, Orani (Bataan) District Hospital 1994, Pasig (Rizal) General Hospital 1995, and Ilocos Regional Training Center 2004. The volunteers were of multi-specialties, numbering around 50 physicians and paramedical professionals. The FNAC paraphernalia was usual and simple; and a microscope was brought along and donated at mission's end. Ten percent of the workloads [average during each four-day mission 60 surgical and 450 non-surgical cases] were FNAC-evaluated. FNAC results consisted of colloid goiter in 74 cases, lymph nodal tuberculosis (n=37), epidermal inclusion cysts (n=25), lipomas (n=21), reactive lymphadenopathy (n=10), non-diagnostic cytologies (n=7), Hashimoto's thyroiditis (n=4), breast ductal carcinomas (n=3), parotid mixed tumors (n=3), salivary gland adenocarcinoma (n=1), and postpartum mastitis (n=1). On-site diagnoses strongly influenced the treatment options of patients and were respectively affirmed with postoperative FNAC and/or scrape cytology (n=127) of excised/ resected tissues. Cancer patients were assisted to get transfer to metropolitan/ university institutions for further therapy; otherwise, follow-up of cases was relegated to the local practitioners.

CONCLUSION: While the volunteers gained extremely rewarding experience in these limited works, FNAC proved to be a very useful adjunct in the delivery of short-term healthcare during medical-surgical missions to the impoverished areas.

SLANF SO. CALIFORNIA CHAPTER OFFICERS

Induction Dinner Dance, February 11, 2006



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Evelyn Mangaser-Wu'71



President-Elect
Lina Razon-Phillip'74



Treasurer
Marilynd Barangan-Kobran'74



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Iona Manzano-Miranda'65



Adviser
Lisa Calvelo-Pamintuan'71



The Mirandas of Claremont hosted a farewell party for Mrs. Ester Santos. Photo, shows from left Eva Talastas, Lori Nisperos, Iona Miranda, Iona's mom, Mrs. Santos, Elena Lapastora, Betty Gollayan, Mr. Al Santos, and Dr. Rodrigo Miranda.

The **Southern California Chapter** has made donations to Trinity College/ST Luke's College of Nursing, Tsunami victims, and DOLLAR TO CARE. The latter is an organization dedicated to national disaster relief in the Philippines, through Consul General Paynor.

We had the annual picnic in May 2005, and a trip to the famous Getty's Museum in Malibu in June 2005. The officers and other members have met four times this year and another one in December. Christmas party is on December 10 at the Philipp Palm Springs residence. Lina is also the incoming President-elect. Our big fund raising and induction of new officers will be held on February 11, 2006.

We wish you all a MERRY CHRISTMAS & HAPPY NEW YEAR!

MEET THE REST OF SLANF, USA OFFICERS 2005-2006



CHRISTINA BATORE HING
East Coast Chapter Director



EVELYN MANGASER-WU
So. California Chapter Director



ADELISA CABALLES MCPHERSON
Canada Chapter Director



ELISA AVERILLA REYES
Editor