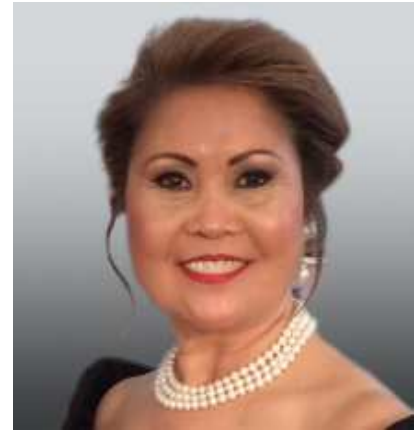


## **Arlita C. Pang, PNAMH President 2020-2022**

June 27, 2020 Induction Message

It has often been said that life is a series of choices. As we progress from one stage of our life to another, we make choices that have far-reaching implications. This afternoon, you just witnessed the induction of the 2020-2022 executive board of PNA Metro Houston, and this was our choice! As newly inducted president, I accept the passing of the gavel.



Shortly after my nursing graduation from Central Philippine University in Iloilo City, I was blessed to be directly recruited for MD Anderson Cancer Center, where my life took a turn for the better and as the last child of 8 children, I've never imagined it to happen. I met my wonderful and ever supportive husband of 34 years, Victor and later had our 2 beautiful children JP and Kimberly. Being in America, gave me maturity, opportunity and changed my whole life and career perspective. My career path widened from academia as a research nurse supervisor to the corporate world and entrepreneurship. Family, work and volunteers, became my priorities that my once desire to advance my nursing education never materialized- but as always I'm humbled to serve the best way I can. You may hear people say, "Just follow your dreams" but the reality is, there was never a dream or a vision for me. It was the help from a fortune cookie that said "good things will happen to you in due time because of your personality". So believing in it, here I am today.

In January, we all welcomed 2020 as the gateway of a fresh new decade, but most of all as the year of the nurse and Midwife in honor of the 200<sup>th</sup> anniversary of Florence Nightingale's birth. Annette Kennedy, the President of the International Council of Nurses (ICN), said, "The 20 million plus nurses around the world will be thrilled to see their profession recognized in this way for all the good they do. Wow, that was more than coincidence! Two months later, many nurses find themselves on the frontline in the battle against COVID-19! We never imagined this to happen, that the critical importance of nurses in our society would be brought into focus so clearly by the COVID -19 pandemic with over 600 nurses died from it globally. Nurses have helped bridge the gap overcoming fears, innovating in the face of equipment shortages, enduring back to back clinical shifts, prioritizing work over families, comforting, and holding hands of dying patients. The world has changed but the core of nurses has not. Our daily lives have been upended, but nurses as of today, stand up, show up and give patients the compassion and care they need and deserve. While this pandemic brought a lot of uncertainty, one thing remains constant: our dedication as nurses to serve the needs of our community anytime, anyhow, and anyways. So, my dear colleagues, hats off to all of you! However, as Texas and other states continue to battle against the rising cases and hospitalizations, we need to continue to be the role model, be vigilant and be safe.

2020 is PNAMH 40<sup>th</sup> year anniversary and we were so excited to celebrate big until COVID -19 came and changed everything. However, as resilient as we all are, we adopted to the change so, Houston WE DO NOT have a problem; we have a virtual solution.

The evolution of PNAMH presidency paved the way to make PNAMH a chapter to reckon with. Each president has produced a stellar signature accomplishment that distinguished them from each other and you will be hearing it from me shortly. As a new president I am challenged but has quivers in my stomach as there is a feeling that the shoe is getting bigger and harder to fill.

To give us perspective and keep us motivated, an acronym of LEADERS was created as our mantra. L to listen and learn; E to evaluate, educate and execute, A-to act and advocate; D to develop and delegate, E-to empower, and entrust; R for resources and returns and finally S to serve, shine and spark!

This is a mantra of action that includes both current and incoming PNAA presidents' mantras: "advocate, sparks and empowerment". The first 2 actions, listen and learn are the initial but crucial skills and priceless tools that will enable us to take our goals, careers and lives to new levels of fulfillment, reward, and fun. As a younger sales specialist with Bristol Myers Oncology, the listen and learn took my team to a new level- the award of a "best performer" against many outstanding teams in the country.

Each PNAA chapter set its goals within the 4 pillars of fundamental successes in membership, education, fund raising and community outreach. PNAMH will work on expanding these goals by exploring and unlocking possibilities and opportunities in the areas of research; leadership and mentoring programs; effective communications to reach out and engage all members; novel education, recruitment and fund raising programs especially at this time of uncertainty. Let us collaborate with FCNA and PNAMH Foundation to achieve a bigger and greater impact. As nurses, we are leaders in the health care system, let us lead by initiating our own health fair, exercise programs, screenings for early detection and prevention thus making a difference in our community.

To my EB, our real work has just begun and we cannot afford to stand divided or complacent. Our mantra and guidelines will help us achieve our goals and as doers we all must step out of our comfort zone. One of the great leaders, Vince Lombardi, said "Some of us will do our jobs well and some will not, but we will all be judged on one thing: the result". Our teamwork is the key to attaining growth and success that is essential in accomplishing our goals. Let us all work as a TEAM focusing on our shared, measurable, and meaningful goals. As a TEAM, we need to ask these questions: how strong is our teamwork and how can we make it stronger; how clear are our goals, guidelines and mantra, and how will they define us and how will they add value to our team, our members, our colleagues, our community and achieve the desired results as an organization. Let us give each other respect as we work and learn from each other. There are a lot of skills, talents, experiences and education among all of us put together that focusing on our goals and working as a team, there is no doubt we will take PNAMH into the next level during this 40<sup>th</sup> year and beyond. Our term started in an unprecedented, most challenged time, facing one of the worst economic recessions in generations. With COVID-19, we have a new normal or maybe we are in a time for a better normal. As a new board, let us take this time as an opportunity to improve our positioning nationally as a chapter and in our local community and get the distinction that we so deserve when our term is over and done.

I will close my speech with this quote from Golda Meir "Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny inner sparks of possibility into flames of achievement." My dear EB, thank you and congratulations for the choice you made, and I am excited to be working with all of you. To all PNAA leaders and members, thank you always for your support. To PNAMH members you are PNAMH and we are here to listen and learn from you. To our virtual induction planners, chaired by Dr. Jonathan Gecomio, thank you for a fun learning planning; to everyone, thank you for your support and sharing your afternoon with us.

Lastly, let me take this opportunity to give this plaque of recognition and appreciation to PNAMH immediate past President Gina Shankar on behalf of PNAMH. The plaque reads: Presented to Maregina Shankar, in appreciation for your outstanding leadership, faithful service and commitment to Philippine Nurses Association of Metropolitan Houston, President 2018-2020, awarded this day, June 27, 2020.