



# PAMET - IN Newsletter

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SPRING 2010

## PAMET -IN 2009-2010 OFFICERS

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*Lauren Tanedo*

### President Elect

*Tony Ricafort*

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*Alvin Limiac*

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## President's Report

PAMET-IN was busy last year with a bevy of volunteer activities, dance and singing rehearsals and performances to fulfill our commitments to various organizations. Between all these vital and major activities, we found time to have lots of fun. This year promises to be no different in that we will continue to serve our communities in Indiana and carry out our obligations to members and likewise to do so in the spirit of mutual respect, camaraderie and atmosphere of enjoyment and fun along the way. Highlighted in this issue are the many activities that our Association endeavored in 2009.



Lauren Tanedo: President

## Mission Comes First: *By Lauren Tanedo*

**St. Louis de Montfort/Goodwill:** St. Louis de Montfort Catholic Church had a "Clothes Donation Drive" last April 25, 2009 from 8 AM to 5 PM. For every bag donated, the school receives \$5.00 from Goodwill. As part of PAMET-IN community service, members donated a total of 27 shopping bags of clothes to this wonderful and worthwhile cause. This was tax deductible donation hence, we got receipts for them. Additionally, PAMET-IN assisted in the delivery and distribution of St. Louis de Montfort Catholic Church Thanksgiving Baskets to needy families in Carmel, Fishers and Noblesville area. These baskets were donated by parishioners who showed their generous support in providing Thanksgiving meal during these hard economic times. It was a well organized activity from mapping out directions to different houses, filling up baskets with Thanksgiving goodies and managing drivers and volunteers. PAMET-IN was there to distribute 675 baskets. These were all made possible with the management of **Diane Weiss** a long time dedicated parishioner.

**Medical Mission:** For the year 2009, we had 2 successful local Medical Mission here in Indianapolis. On both events we experienced a very challenging windy and cold weather. The first one was held at Garfield Park during the Asian Festival, May 9 wherein we tested 52 individuals. Mayor Ballard, mayor of Indianapolis came to our booth and acknowledged our community service. The other event was last Oct. 18 at IUPUI's Michael Carroll Track and Soccer Stadium during "Step Out Diabetes Walk". Our Medical Mission Wellness Screening is a collaboration with the Philippine Nursing Association of Indiana spear headed by their current president Mattie Upano. For the passed 2 years, both organization had been providing these Wellness Screening to Indiana communities wherein the PAMET-IN register the participants, perform the glucose analysis and subsequently PNA-IN take their weight, Blood Pressure, Body Mass Index and coach/educate them on health awareness. By means of providing wellness screening to the community the PNA-IN and PAMET-IN is known in the community. Both Clarian Health and Roche are the dedicated sponsors for these events.

## Helping the Needy: *By Kathy Autajay*

“HELPING CHRIST HELP THE NEEDY”...is the vital message of St. Vincent de Paul, a catholic , non-profit organization that provides human services to the needy on a direct, person to person basis without regard to faith, affiliation, race or gender orientation. It's mission is to break the cycle of poverty, homelessness and the disadvantaged through a spectrum of programs like their food pantry, clothing, furniture and other household items. Last May 16 ,2009, PAMET-IN volunteered at the food pantry wherein officers, members and friends donated their time and effort to help distribute the food items to over 300 recipients. The officers included PAMET-IN President **Lauren Tanedo, Kathy Autajay, Angele Miguel, Susan Salenda, Adel Balhon, Elvie Miguel, Nellie Gallardo, Nati Dumaua, Lina Ferrer, Yvonne Cortez , Tito Balhon, Fred Gallardo, Al Autajay, and Tony Ricafort** . As part of PAMET-IN community service to the needy residents of Indianapolis, this volunteer work has been a fixture and an annual volunteer event for PAMET-IN for the last six years. We hope to do it for a long time to come.

## Wheeler Mission: *By Adel Balhon*

On November 25, 2009, PAMET-IN members **Adel Balhon, Nellie Gallardo, Angele Miguel, Elvie Miguel and Lauren Tanedo** volunteered their time at the Wheeler Mission Ministries in Indianapolis, Indiana. They labored to cut and wrap bagels to be distributed to over 9,000 participants who are runners and walkers in the fundraiser “Drumstick Dash” conducted on Thanksgiving morning. Following the event, our volunteers

continued their community service by serving many thanksgiving meals for the many homeless and needy individuals.

Wheeler Mission has been providing critically needed goods and services to homeless and needy people since 1983. It is a non-denominational Christian social services organization with five locations and dozens of ministries.

**“PAMET-IN:  
Serving the  
needs of  
Communities  
in Indiana”**

## Wellness Screening: *By Easter Claire Don*

Through the support and joint efforts of PAMET-IN and Philippine Nurses Association (PNA) Northwest Indiana, a Medical Mission was held at Our Lady of Consolation Church located in Merrillville, Indiana from 8:00 am to 12:00 noon on May 30, 2009. Reagents and equipments were generously sponsored by Roche Diagnostics U.S. Headquarters located in Indianapolis, IN and Clarian Health Partners also located in Indianapolis.

PAMET-IN volunteer Medical Technologists, Clinical Laboratory Scientists and volunteer PNA Nurses manage the registration, and wellness screening of participants. Participants received health services such as blood glucose monitoring, measurement of body mass indexes and determination of blood pressure. Twenty seven people took advantage of our volunteer’s services and enjoyed healthy refreshments during the wellness screening event.

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## PAMET—IN SPRING SEMINAR: *by Angele Miguel*

PAMET-IN maintains its high priority and objective to provide timely and relevant continuing education to all Clinical Laboratory Scientists in Indiana and foster enhance professional growth. PAMET-IN welcomes members, non-members and everyone who works in Clinical Laboratory Medicine. The 2009 Spring seminar was held at Roche Diagnostics Corporation Education Building on April 18, 2009. The topics presented on this seminar and their corresponding speakers were: "Introduction to Cellular Therapy". **Rebecca Britton**, MT (ASCP); "The Role of Laboratory Reports in Adoption of Electronic Medical Records", **Robert Leonardo**, MT (AMT), CLS (CA), MCSE; "Covance Center of Excellence for Bio-Markers", **Susan Martin**, MD. As with all PAMET-IN sponsored educational events, the seminar was very well attended and well received by the attendees. Attendees received 3 ASCLS P.A.C.E. contact hours through PAMET-USA for this educational event. Following the seminar, Speakers and Attendees proceeded to Journey Restaurant for lunch and networking.

## PAMET—IN FALL SEMINAR: *by James Nuguid*

The Fall Seminar was held September 19, 2009 at St. Mary's Medical Center in Hobart, IN. The seminar was standing room only and was well attended by local NW Indiana members and members from Indianapolis. The topics were varied and very well received. **Ethel Urbi**, MPA, MT (ASCP) SH, DLM presented her facility's Journey to Operational Excellence through the implementation of tools popularized by the Studer Group, specifically the hardwired actions of patient and employee rounding and the practice of AIDET which is the acronym for **A**cknowledge, **I**ntroduction, **D**uration **E**xplanation and **T**hank you. Acknowledging the patient means making eye contact and greeting the patient when entering the rooms. This is followed by the Introduction to say your name, department and role. Duration and Explanation is describing how long the test or procedure will take and what the test/procedure entails. Finally, the last step is to Thank the patient for choosing our facility. The audience was then presented with the current state of the art in the diagnosis of Diabetes through Hemoglobin A1c testing by **Zheowen Zeng**, MD. **Dr. Zeng** described the methods for measuring HbA1c through ion-exchange high pressure liquid chromatography (HPLC), Boronate Affinity Chromatography and using several forms of Immunoassays. Measuring HbA1c has advantages over measuring fasting plasma glucose since no fasting is required and individual variability is <2%. Following this, **Dr. Zeng** proceeded to review the latest in Vitamin D and Vitamin D testing. A fat-soluble vitamin that is important in promoting normal calcium and phosphorus levels in the body, Vitamin D recently gained popularity as being the next super nutrient to help in the prevention of heart attacks and dementia in older people. The clinical importance of Vitamin D testing lies in the fact that it is needed in calcium metabolism and strong bone formation. Diseases such as Rickets, Osteomalacia and Osteoporosis are monitored by measuring Vitamin D. Current methods are: Ligand-binding assays, High Performance Liquid Chromatography and Liquid Chromatography-Tandem Mass Spectrometry which is considered as the gold standard. Lastly, **Rich Bojda** from *Edward Jones* presented the Rules of the Road to Personal Financial Management. **Mr. Bojda** introduce the 10 principles of sound investing and discussed how to identify and avoid common investment mistakes.

**"PAMET-IN:**

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## Down to Business: *By Alvin Limiac*

PAMET-IN President, **Lauren Tanedo**, Vice-President, **Alvin Limiac** and Board Member **Angele Miguel** represented our Chapter during the PAMET-USA Executive Meeting held in Universal City, California on August 14 and 15, 2009. Over 70 PAMET members from coast to coast attended the meeting. The purpose of meeting is to determine the path forward for the bi-annual PAMET-USA meeting. It was voted and approved that the Bi-Annual Meeting will be held in an ALASKAN Cruise to be held starting August 14, 2010. However, subsequent issues related to cost and scheduling prompted the convention committee to reschedule the cruise. The final settled date is August 10 through August 17, 2010.

Continuing Education is also a key component of the Executive Meeting. Two presenters were sponsored by the Southern California Chapter. Topics included: **Toxicology and Drug of Abuse** and **HLA & Antibody Barriers to Organ Transplantation**. Two P.A.C.E. contact hours were awarded to all attendees.

In addition to the Executive Meeting our delegates supported the PAMET-So Cal Chapter by attending their induction ball. The evening was highlighted by the performance of tribute to Michael Jackson by the PAMET-So Cal officers and members.



Pictured from L to R: **Ricky Martinez**, PAMET-NEV, **Leo Fabriquer**, PAMET-NEV, **Nile Alconcel**, PAMET-MI, **Evelyn Ramirez**, PAMET-IL



All in a days work, our PAMET-IN representatives **Angele Miguel**, **Alvin Limiac** and **Lauren Tanedo** getting ready to show our colleagues that PAMET-IN members know how to dress up and dance the evening away.

## Meet me in CANADA: *By Lina Ferrer*

There was fun for all as we embarked on our recurring field trip to Windsor, Canada. The day started with a breakfast hosted by **Jennifer and Alvin Limiac**, followed by a convoy of vehicles that traveled 3.5 hours to cross the border to Windsor, Canada. We indulged ourselves with sweet tropical fruits. This also gave us a chance to meet with PAMET-USA President-Elect, **Nile Alconcel** and the PAMET-MI group. Nile talked with the PAMET-IN group and encourage them to attend the 2010 National Convention Alaskan Cruise. We also took this opportunity to make a pilgrimage to Fr. Solanus, a Capuchin order of Franciscan Friars at St. Bonaventure Monastery in nearby Detroit, MI. See pictures in this Newsletter.

## Raising Money and Having Fun

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### Bar-B-Que Fundraiser: **By Tito Balhon**

Fun, Fun, Fun! That was the outcome of the PAMET-IN Bar-B-Que Fund Raising event held on July 11, 2009 hosted by **Lauren Tanedo** in her home.

The event started with delicious buffet meal, followed by exciting and amusing games where everyone participated and then forming a chorus, singing to the tune of the Filipino music.

The party concluded with short meeting to update forthcoming activities and success of this occasion.



### Golf Fund-raising: **By Tony Ricafort**

Four teams participated in the golf outing. The team of **Mark Ricafort, Van Meter and Michael Ricafort** took the first place trophy. The impressive trophies were designed specifically for the event and were made in the Philippines! The Second place trophy was awarded to the team of **Graham, Yarber, Stenson and Hart**.

The final Third place trophy was taken by the team of **Gallanasa, Dumauual, Grove and Tony Ricafort**. Individual awards were as follows:

Closest to the pin:	Team of <b>Mark Ricafort</b> and <b>Tito Dumauual</b>
Longest Drive:	Team of <b>Flo Graham</b> and <b>Mark Ricafort</b>
Long Putt:	<b>Tony Ricafort</b>

## Sharing our Treasures: *By Fred Gallardo*

Although 2009 proved to be a difficult year for non-profits, PAMET-IN officers and members rose above the challenge and donated funds to deserving organizations. On November 5, 2009, on behalf of PAMET-IN, **Alvin Limiac**, PAMET-IN Central Indiana Vice President hand delivered a \$ 800.00 check to the Philippine National Red Cross to aid the flood victims of typhoon Ondoy and Pepeng.

The following day on November 6, 2009, the Philippine Jesuit Foundation of St Paul's Catholic Church in Bloomington, Indiana received money from PAMET-IN to benefit the victims of typhoon Ondoy.

On November 20, 2009, the Riley Children's Foundation also received help on behalf of Baby Umandal. Finally, on December 12, 2009, the Little Sisters of the Poor through the St. Augustine's Home for the Aged received monetary contribution from PAMET-IN members.

## Sharing our Talents: *Elvie Miguel*

### International Festival - by **Elvie Miguel**

PAMET Indiana was well represented at the International Festival held November 21, 2009 both at the Philippine Barangay Club of Indiana Cultural booth and the entertainment portion: **Elvie** and **Angele Miguel** volunteered to be at the Philippine Barangay Club of Indiana Cultural booth, answering questions and providing some information about the Philippines.

**Nati Dumauual** is the folk dance instructor for both adults and children.

PAMET-IN dancers performed the La Jota Moncadena and Binuyugan dances. PAMET-IN member dancers: **Nati Dumauual, Lina Ferrer, Elvie Miguel, Angele Miguel and Lauren Tanedo.**



La Jota Moncadena dancers L-R: **Minnie Morris, Lina Ferrer, Emma Tolentino, Elvie Miguel, Yoly Gomez, Angele Miguel and Lauren Tanedo.**



Binuyugan dancers L-R: **Lauren Tanedo, Yoly Gomez, Alice Everhart, Nati Dumauual, Emma Tolentino, Angele Miguel, Lina Ferrer and Minnie Morris**

# Supporting our Communities

## Barangay Club Christmas Party by Nellie Gallardo

The event was held at Murat Theater last December 12, 2009. The new officers were inducted by The honorable **Greg Ballard** the Mayor of Indianapolis, and also the key note speaker. The PAMET-IN officers and members who attended the party with **Mayor G. Ballard; Lauren Tanedo, Elvie Miguel, Angele Miguel, Fred and Nellie Gallardo, Lina Ferrer, Tito and Adel Balhon Al and Kathy Autajay, Nati Dumaul, and Jun Miranda.**

The officers who performed native dance were **Angele Miguel, Nati Dumaul, Elvie Miguel, Lina Ferrer, and Lauren Tanedo.**



PAMET-IN has been donating a portion of funds raised by the organization since 2005. Because of these donations, PAMET-IN was among the invited guests to the annual **“Thank You Dinner”** at St. Augustine Home of the Elderly hosted by Little Sisters of the Poor held March 13, 2009. Representatives for PAMET-IN who attended were **Fred Gallardo, Nellie Gallardo, Elvie Miguel and Lauren Tanedo.**

## Just Having Fun



**Angele, Alvin, and Lauren** just finished enjoying brunch at E-Cugini in Santa Monica Beach, California.. Those crab legs were yummy. Champagne or mimosas anyone!



Windsor Trip 2009: Can't touch this! **Tito** and **Al** having way too much fun



Windsor Trip 2009: L to R: **Lauren, Nati, Lina, Kathy, Alvin, Angele, Jennifer, Elvie, Adel** and **Tito** striking a pose.

**Marlon Alfonso, Mark Volpe, , Lina, Lauren, Kathy Autajay, Nati, Nile Alconcel, Adele, Medy Alfonso, and Jo Merka** still happy to be in Windsor, Canada prior to playing the slots. You should see the after pictures.







**Al, Lauren, and Jo** showing us how to “daintily” use your hands when eating *Pinooy style*.... Who needs utensils!

**Lauren, Jo, Kathy and Nati** enjoying breakfast Filipino. *Sarap ng tuyo at tapsilog.*



**Mark, Al and Medy** just waiting to head on to Windsor Canada. **Mark** counting his coins for the Casino.



Overlooking the Detroit River and GM Renaissance Center: L to R: **Tito, Adel, Elvie, Lina, Marlon, Jo, Kathy, Jennifer, Nati, Alvin, Lauren, Medy, Angele and Papa Miguel**



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***“Serving the needs of Filipino Medical Technologists in Indiana”***



## **Planned Events for 2010: *By President Lauren Tanedo***

- Wheeler Mission Volunteers to serve lunch, March 20
- First Meeting of the year, March 20
- Newsletter release, 4th week of March
- Komen Indianapolis Race for the Cure, IU Indianapolis, IN. April 17th. Elvie Miguel is one of the Team captain so anybody interested in walking should contact her.
- North-West IN Spring Seminar and Election of 2011-2012 Officers, May 22
- St. Vincent de Paul Food Pantry Volunteers, June 12
- Camp Mabuhay Volunteers, June 12
- Field Trip to Canada (Windsor, Toronto, and Niagara Falls), August 6-8
- PAMET-USA National Convention-ALASKA Cruise, August 15-22
- Central IN Fall Seminar, October 16 in the morning
- PAMET-IN Induction Ball-Sheraton Keystone at the Crossing, October 16, evening
- St. Louis de Montfort Thanksgiving Baskets in Fisher, IN, November 20
- Wheeler Mission Volunteers to serve dinner, November 24

**Not a PAMET-IN member  
yet? Send in your  
application NOW !!!**