

## PNAMDC RENDERS PARISH NURSING SERVICES

By  
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PNAMDC President 2015-2017  
PNAA COPRR Eastern Region 2016-2017  
PNAA Board Of Trustees 2014-2018



The Philippine Nurses Association Of Metropolitan D.C. rendered its annual free Seasonal Flu Shot Parish Nursing Services to the parishioners of St . Columba Catholic Church on November 6, 2016 from 8:00A.M. to 2:00 PM.

Parishioners arrived before and after each mass at 8:00A.M., 10:00 AM and 12:30 PM.

PNAMDC Nurses informed the parishioners that “The purpose of getting the flu shot is to help protect them from getting the flu. It is not an instant coverage, it does take a couple of weeks to get the full protection against the flu. They were also informed that they may have flu like symptoms, if they are exposed to anyone in the next couple of weeks, but it usually reduces the severity of getting the flu.”

The PNAMDC's Seasonal Parish Nursing Services were spearheaded by Rose De la Pena , Recording Secretary of PNAMDC and the Chair for Health Screening & First Aid Services. The Flu Vaccine was obtained by Tess Samoy, PNAMDC's Board of Director.



The following officers and auxiliary members participated to this worthwhile cause

Alice Andam- Board of Director  
Lorna Imperial Seidel- President  
Joy Arellano- President -Elect  
Febes Galvez- Assistant Treasurer  
Mila Cariaga- Auditor  
Tess Delima-PRO  
Zeny Amado-PRO  
Precious Andam- Auxiliary Member'  
Vicente Dela Pena- Auxiliary Member  
Patrick Realiza- Auxiliary Member'  
Abe Samoy- Auxiliary Member



“ Leading The Way To Innovation Excellence Through Health, Empowerment, Advancement, Leadership, Transformation Healing” PNAMDC's Administration Mantra for 2015-2017