



NAINA NEWSLETTER



The rhythm of life

The PULSE

Volume 2 | Edition 2 | 2021

Editor's Message



*"Either write something worth reading or do something worth writing."
--Benjamin Franklin*

Born in Kerala, brought up in Bombay, and transitioned to a small town in Kerala, I spent my childhood in a convent school a few hours away from my hometown. During weekends and holidays, my days were spent in the loneliness of the dorm. To overcome the solitude, I chose to spend time at the campus library, between the rows of books, and a librarian as my best friend. Enjoying the homely food she brought, imagining, and enacting the actors, storyline, and locations, I immersed myself in the world of books. After a quarter-century, my love with literature still stays in my passion for editing and writing. Most of my works are personal and hidden in the collection of my journals. As I take the reins of the editorial committee, I am conscious of the expectations and responsibilities that it brings. I am humbled and honoured to be chosen as the Editorial Chair in NAINA.

New beginnings and responsibilities always make us nervous, but I approach them as new opportunities to explore, new lessons to learn and new feats to accomplish. As I take on this role, my vision is to encourage and highlight NAINA members' literary and scholarly work. Our first step needs to be to come out of our comfort zones and kickstart our writing skills. Everyone is not successful at their first attempt to write, but as babies learn to walk, we attempt wholeheartedly to move forward. When I look at the new leaders of NAINA, I am confident that we will accomplish great things under the able leadership of Dr Albuquerque. Even though we have only crossed half a term, the milestones we have achieved is remarkable. The collaborations we have made, the connections we have built are praiseworthy. As we get ready for our leadership conference in October, as the overall theme states, let us reflect on our experiences, reinforce the lessons learned and rebuild ourselves to emerge triumphantly. As we move forward, many new opportunities await us. As the members of the NAINA, let us all work together for a better tomorrow.

I thank all the contributors of the editorial, the writers, and the editors. Unfortunately, the priority during the past year has been quite different due to the pandemic, as we had to add more dimensions to our present workload. Nevertheless, I am confident that we will make our editorials informative, motivating, and thought-provoking. So, I invite you all to join me in this new adventure.

Liffy Cherian, MSN, APRN, AGCNS-BC, OCN
NAINA Editorial Chair
IANANT Editorial Chair

Editorial Team



Liffy Cherian

MSN, APRN, AGCNS-BC, OCN
Editorial Chair, NAINA

Pressanna Parackal
DNP, RN, RN-BC, CCRN, CNRN, CRRN
Communication and Website Chair,
NAINA



Bobby Varghese

Ph.D., RN, CNE
Vice President, NAINA



Rachel Koshy
DNP-C, ANP, NP-C, RN



President's Message



Dear NAINA members, families, and friends,

As I reflect on the completion of the second quarter, I am met with bittersweet sentiments. The second wave of COVID-19 which struck India caused distress, anxiety, burden, and loss of our dear ones, such as my beautiful sister. We as an organization have been able to raise funds and work on three projects to address mental health, resiliency, and advocacy through activism for India. The Tri-council, Alliance For CGFNS, STTI, various donors, and our own chapters have worked together to raise funds to make our projects feasible. While we are privileged to have been vaccinated as health care providers on a priority basis, we still see hesitancy and lower vaccination rates in many states. As part of the COVID-19 Facts 4 Nurses partnership with American Nurses Association, NAINA has stood with all leading organizations with a position statement to educate and disseminate the importance of vaccinations to eligible populations. Let us work together to keep our families, communities, and nations safe.

As a team, we reflected on the theme for our upcoming Clinical Excellence and Leadership Conference. It was very befitting to Reflect, Reinforce and Rebuild on the past year. The theme of the conference is Advancing Health Equity and Building Resilience. The Future of Nursing Report demonstrated how social determinants of health is important for health outcomes and focused on the nurse's role to embrace diversity, inclusion, equity, and resilience. I see opportunities for minority nursing organizations to be a part of the big picture to advance health equity and resilience. Please join us on October 29 th and 30 th at the LaGuardia New York Marriott to participate in discussions relevant to this topic. As we progress into the third quarter, we will have opportunities to dive into CDC's Project Firstline, a collaborative effort which aims to provide engaging, innovative and effect infection control training for our community of health care providers. We are looking forward to building a community that will be equipped to practice safely. I look forward to collaborating with the American Nurses Association to address the issues of racism within the healthcare field. I am confident that together we will build a healthier nation and increase accurate advocacy for our profession, patients, and ourselves.

Lastly, I would like to welcome our Editorial Chair, Liffy Cherian, and Election Commission Chair, Dr. Aney Abraham, as they join our team in the third quarter. Thank you, Dr. George Peter and Pauline Alookaran, for your service to NAINA.

Sincerely,
Lydia Albuquerque, DNP, RN, ACNP-BC, CCRN
President (2021-2022)



Secretary's Report

July 26, 2021

Suja Thomas, MSN. Ed., RN, CWOCN
NAINA Secretary

Dear NAINA colleagues,

We had a very successful second quarter as highlighted by various activities organized by NAINA. It is truly a blessing to have such wonderful leaders and peers that help support and promote NAINA activities with one heart and soul.

Strategic Planning Update:

During governing body meeting on April 13th, 2021, the process of strategic planning activity was completed utilizing the zoom platform. The Governing Board members were divided into 5 groups to address strategic planning activities in areas of Communication, Advocacy, Research, Education, and Storytelling. Team leaders discussed short term and long-term goals for NAINA during the 2021-2022 term.

Nurses Month Celebration:

The Nurses' Month Event was celebrated virtually on May 15th, 2021. The event was sponsored by Chamberlain University. NAINA Founders were recognized on this day. This Nurses' Month event was very well attended with cultural program and an hour-long Relaxation session conducted by Sky Breath Meditation Group. The members found this very beneficial in improving their mental health during the pandemic.

NAINA Newsletter Release:

Our first quarterly newsletter- "THE PULSE" was released and is now available on the NAINA website. Kudos to the editorial chair Dr. George Peter and communication chair Dr. Presanna Parackal for doing such a commendable job. Dr. Bobby Varghese, Dr. Rachel Koshy, Dr. Naseem Arshad, and Liffy Cherian served as Newsletter editors. The next Newsletter is expected to release by the August 2021.

Secretary's Report

continued

Research/Grant Committee Update:

NAINA's Research team is headed by Dr. Anne Luckose along with NAINA APN committee chair Dr. Anna George. NAINA Research committee formed Research Interest Groups. First Research Interest (RIG) meeting was conducted on May 26, 2021. The inaugural launch of the RIG was held on June 23, 2021. Veronica Feeg, PhD, RN, FAAN, Associate Dean, Barbara H. Hogan School of Nursing and Health Sciences, Molly College, Director, Center for Research and Evaluation (CNRE) was the speaker for this event. Dr Feeg engaged the participants during this session.

Grant Proposal Submission:

Dr. Anne Luckose and Dr. Nisha Mathew along with the President of NAINA have submitted a grant proposal to ANA on a CDC grant funding "Project first line".

Membership Committee Update:

NAINA Membership Committee membership chair Dr. Nancy Fernandes is working with chapter membership chairs to start new chapters. So far, we have 10 virtual members from January till date. Backoffice space to centralize all virtual members was created, cross tabulation and ascertaining accuracy of data is in progress.

Award and Scholarship Update:

The NAINA Awards and Scholarship chair Vidya Kanagaraj is inviting nominations for NAINA DAISY ADVANCING HEALTH EQUITY AWARD. The application forms will be available on the website (www.nainausa.org) for download. The deadline for submissions is August 31, 2021. The applications will be submitted electronically through NAINA website.

Research Survey:

Currently a research proposal titled, Asian Indian Communities and COVID- 19 Vaccine Hesitancy: A Cross-sectional Descriptive Study is currently being implemented. IRB permission for this study was obtained.

Education Provider Unit Update and Need Assessment Survey:

ANCC self-study for provider unit appraisal was prepared and submitted by Sandra Emmanuel on July first, 2021. The educational need assessment survey was completed by the education team which had a total of 186 participants. The findings of the survey will be utilized to develop future education content for NAINA members.

Secretary's Report continued

COVID India Relief Project:

Our mother country India going through COVID 19 pandemic tsunami reporting averaging more than 2,600 reported COVID-related fatalities and 350,000 new infections per day. Despite the country's earlier success in controlling a widespread outbreak, India is now facing a great threat in stabilizing the health care arena. Variants are spreading rapidly resulting in health care crisis due to shortages of oxygen and other medical supplies, like personal protective equipment (PPE) and test kits, along with understaffed hospitals.

An India COVID Relief meeting was organized on Sunday May 15th, 2021. All NAINA chapter Presidents worked towards raising funds for India's COVID relief effort. More specifically, the National Association of Indian Nurses of America has organized a fundraising drive through GoFundMe. NAINA will utilize all collected funds towards assisting the underprivileged people in India through coordination with governmental and non-governmental agencies towards rehabilitation efforts.

Tri- Council Letter:

The Tri-Council for Nursing is an alliance between the American Association of Colleges of Nursing, the American Nurses Association, the American Organization for Nursing Leadership, the National Council of State Boards of Nursing, and the National League for Nursing.

The Tri-Council for Nursing issued an appeal for nurses and professional health care associations throughout the U.S. to join the fundraising initiative launched by the National Association of Indian Nurses of America (NAINA). NAINA has pledged to utilize all funds collected to assist the public health system in India and its network of non-governmental agencies in responding to the immediate medical and other needs of underprivileged individuals and families most severely impacted by the pandemic and impoverished communities most lacking in resources.

The leaders of the five organizations of the Tri-Council - American Association of Colleges of Nursing (AACN), American Nurses Association (ANA), American Organization for Nursing Leadership (AONL), National Council of State Boards of Nursing (NCSBN), and National League for Nursing (NLN) - made personal contributions and reached out to their general memberships to raise awareness and support.

Secretary's Report continued

The initial meeting with Nurse leaders in India has elicited three areas of need during their COVID crisis:

Team 1: Emotional and Peer Support:

Dr. Agnes Thready is leading the peer support for emotional well-being group. This group is working closely with Association of Nurse Executives of India (ANEI). The plans are to do the sessions on every Friday and Saturday for the benefit of nurses in India.

Team 2: E-Voucher for Nurses:

Sara Gabriel is leading the Caritas group who are working on a care package to provide e-vouchers for Indian nurses. A e-voucher for Rs.1500 will be provided to Indian nurses caring for COVID patients. Dr. Phalakshi Manjrekar, Director of Nursing, PD Hinduja hospital from Mumbai is assisting with this project. The Carita's group will send a certificate and letter from NAINA along with the E-voucher.

Team 3: Resilient Option Online Training for Nurses in India:

Dr. Jackie Michael and Dr. Solymole Kuruvilla, program coordinator completed a kickoff session of the online resilient option training for nurses in India on May 29th, 2021. The session was inaugurated by Dr. Amit Sood, CEO of resilient option. The first cohort of 38 nurses from India will graduate on August 28, 2021. Three NAINA leaders, Dr. Jackie Michael, Dr. Bobby Varghese, and Tara Shajan will attend the train the trainer program on July 23rd and July 30th, 2021. Resilient option online kickoff for Indian nurses in the United States is planned for October 29th, 2021 during the Clinical Excellence and Leadership Conference to be held at New York.

Grant Proposal Submission:

A micro grant proposal has been submitted by Dr. Jackie Michael and Dr. Solymole Kuruvilla to the National COVID-19 Resilience Network (NCRN).

Academic Partnership Update:

NAINA has signed an MOU with Phoenix University.

National Commission to Address Racism:

The NAINA President, Dr. Lydia Albuquerque, serves as a commissioner on the policy committee of the American Nurses Association, National Commission to address racism. The commissioners together worked on a position statement to address racism among Asians American Pacific Islander in Georgia. This statement was widely distributed to all NAINA members. Dr. Albuquerque is working with a team of commissioner to write the report on "Contemporary look of racism in nursing".

Secretary's Report continued

ANA COVID Facts 4 Nurses Project:

NAINA is making good progress on ANA COVID Facts 4 Nurses project, which includes social media postings and weekly reporting on this project. This project requires lot of time to post social medias and create reports. To assist with this social media report NAINA hired a part time student for 10 hours a week with minimum wage utilizing the funds available from the ANA project. NAINA organized multiple community education program regarding COVID vaccination including several radio shows. Dr. Jackie Michael and Dr. Solymole Kuruvilla represented NAINA for this project.

Clinical Excellence and Leadership Conference:

Dr. Lydia Albuquerque did the official Kickoff for the planning of the Clinical Excellence Conference scheduled on October 29th and 30th 2021. The overarching conference theme is REFLECT, REINFORCE & REBUILD. This conference will focus on “Advancing Health Equity and Building Resilience”. INA-NY will be hosting this event. Dr. Anna George (INA-NY chapter president) and Dr. Bobby Varughese (NAINA Vice President) are the Conveners of the event. The registration/ vendor sponsor / call for abstracts and call for newsletter are available on NAINA website. Please join us for our fist face to face conference after the pandemic. The recipient of NAINA Daisy Equity Award will be announced during the conference.

Town Hall Meeting-COVID in Color Conversation:

A combined Town hall meeting between NAINA, APINA and PNAA is scheduled for June 5th, 2021. Dr. Solymole Kuruvilla and Dr. Rebecca Valthaty were among the presenters. Accamma Kallel, Executive Vice President also represented NAINA at this event which was a grand success and well accepted. This meeting was well attended.

Story Writing:

Dr. Albuquerque recently interviewed with a story writer from Johnson and Johnson to highlight why NAINA collaborated with ANA as supportive partners on the COVID vaccination facts 4nurses project, and the benefits of this collaboration on Asian Indian nursing community.

Thank you for all your enthusiasm and spirits in moving NAINA forward despite the effects of COVID-19 pandemic.

Submitted by: Suja Thomas, NAINA Secretary

EXCEPTIONAL 2020

Year of the Nurse

Nurses, nurses, who are we?
Nurturing, caring, comforting, daring;
Making long-lasting difference in the landscape of healthcare;
Where our actions speak louder than words!
And our commitments, deeper than the words itself!
Where our words are to bring transformational healing,

To every ailing soul, that are entrusted, to our daily care!
When duty calls, we have to leave behind,
All our near and dear ones
For those dear ones, the hapless victims, of the invading pathology!
We spring into action,
Even when our bodies and minds are nearly exhausted!
Well..., we did this all the while,
Even before this horrendous pandemic, hit the face of this earth!

But, it took a pandemic of this magnitude,
For the world to recognize what we nurses,
And the healthcare personnel's do, on a daily basis;
Without recognition, or acknowledgement!
Well..., we have suddenly become heroes!
Weren't we all along?
Even from the time of Florence Nightingale, born 200 years ago?

Now, as we trim the lamp she lit, and shine it ever brighter,
Let us humbly surrender ourselves,
To light a little candle, in the hearts and lives;
Of the bruised souls, families, and communities,
Entrusted in our hands, to comfort, to cheer, and to strengthen;
Oh! dear Nurses, "the Smart, Efficient, Effective, and Genuine, Caregivers,"
Of this Exceptional Year of the Nurses, the 2020!

Reena Philip, MSN , RN
Nursing Academic Specialist
West Coast University
Miami

DEDICATED

to the

7

founding

members of

NAINA

It's time to celebrate and cheer
Commemorate and honor the many triumphs of NAINA
But let's pause and think how we got here
And take a moment to thank the torch bearers
The seven founding stars of NAINA.

Dear founding leaders of NAINA,
Little did you know, how profound
Your deeds meant for ages to come
You came before us, in a land new and distant
You suffered, you struggled, you toiled
You dreamt, and you believed in your dreams
And committed to a cause bigger than yourselves.
You had a vision and together you reshaped it
And you planted the seeds for the future.

It was not easy nor was it smooth
Many told you that "it could not be done"
Yet you persevered, for generations to come
Your deep devotion, sacrifice, and pain
Paid off and paved the way for NAINA
You laid the foundation and nurtured it
Fostering it with love and furthered it

And NAINA has since blossomed tremendously
You persevered through challenging times
Not for your sake, but for the generations to come
You were patient and steady, yet fervidly zealous
You've had many doubts, yet you were braver than your fears,
Times were hard, yet you were undeterred
Though the road was uphill, you stuck to your vision
You came to many crossroads, yet you figured a way out
Leading by example, and never giving up
Overcoming adversity, modelling determination and grit
Opening doors to new prospects, for a brighter tomorrow.



Surya Chacko
Vice President
Indian American
Nurses Association
of Maryland

We honor you on this special day
We thank you for your dedication and sacrifices you made
Because of you, we have an avenue to come together
To reconnect with our brethren and support one other
Evolving into a strong pillar of support for the nurses
NAINA stands proud and tall, united from coast to coast
And will carry the torch forward!

Congratulations to NAINA'S first summer intern

For the first time NAINA was able to provide an opportunity to a high school student having high caliber in data analytics. Cian Joseph, assists in submitting data for COVID FACTS 4 Nurses project to American Nurses Association. Cian's passion for technology and film making has emerged as an asset to NAINA and also gives him an opportunity to be present at the weekly meetings of this project by American Nurses Association. This opportunity has been made possible through a grant received from ANA.



I am a 9th-grade student. I live in East Hanover and go to Morris Knolls High School in Rockaway Township. Choosing a career has been clear as day for me but at the same time like poking around in the dark. During 6th grade I thought I knew what I was going to be, a filmmaker, I was set on it. But once I started exploring I realized I loved computer programming. Do note that though I found different parts of myself through different experiences I never lost my love for film, even if I didn't have as much time to do it. The experiences that I live through will certainly continue to shape my future. One such experience would be my time working as an intern with NAINA on the American Nurses Association project COVID FACTS 4 NURSES. The organization introduced me to a world focused on efficiency and function. I do work at minimum wage, but if one is to be successful they must look past the physical currency and aim at currencies such as experience and wisdom.

This job is rewarding more than I can imagine and I thank NAINA for such an amazing opportunity !

NAINA members highlighted in the “Nurses you should know project”



Sara Gabriel
MSN, MBA, RN
First President of NAINA

“Starting in nursing in the 70s was not an easy task for the majority of immigrant nurses. To pass the RN licensing exam was almost impossible for many nurses. The language barrier, the lack of resources, and lack of acculturation all stood in the way of finding a job. There were very few Indian nurses and mainstream American nurses did not know much about Indian nurses and vice versa. It was not easy, Indian nurses had to prove themselves above and beyond to get a chance in leadership roles, especially in private hospitals. Slowly we shared our life stories, cultural norms and values and started the process of acculturation in this country. “



Sara Gabriel was born in Kerala, India and became one of the first-generation migrant nurses from India to come to the United States. She graduated in 1972 with her Bachelor’s of Science in Nursing and a midwifery certificate from Vellore Christian Medical College & Hospital, in Tamil Nadu, India, a world-famous medical college & missionary hospital founded in 1902 by an American female physician. She credits the Christian principles in her education to influencing the way she became a servant leader later in her career. Her first job after graduation was at the School of Nursing at Sir Sunderlal Hospital in Varanasi, India. Within a year, she married and followed her husband to Chicago where she started her U.S. nursing career in 1974 in a small community hospital as a graduate nurse, pending license.

Gabriel successfully passed her NCLEX nursing exam at the end of 1974 and obtained her first job as a staff nurse in the same hospital. She enrolled in Loyola University for her Master’s in Nursing in 1981 and was one of the first foreign educated Indian nurses in the program. After completing her graduate studies in nursing, she started her leadership journey as a staff development instructor in Mount Sinai Hospital in Chicago in 1984 and shortly after began a role as a Physician Assistant in General Surgery in Cook County Hospital. She then subsequently worked as a clinical nurse specialist in critical care and then as a nurse manager. She was appointed to coordinate a new angioplasty program and in 1986 had the opportunity to coordinate a new open-heart surgery program in the hospital.

As Director of Nursing, Gabriel felt the need to become more proficient in finance and budgeting and completed her Master’s in Business Administration from Olivet Nazarene University in 1994.

NAINA members highlighted in the “Nurses you should know project”



“In 1990, I was selected in the small team of experts from County Hospital to reopen the closed private Provident Hospital in Chicago as an extension of the Cook County Hospital. It was an amazing experience, and I was fortunate to be involved and learn all aspects of hospital administration. The hospital reopened in 1993 and I was promoted as an Associate Director of Nursing and later became the Director of Nursing at Provident Hospital.”

A new Cook County Hospital building was built for over 350 patients in 2000 and whole hospital services were relocated from the old building to the modern new building, named John H Stroger Hospital. She worked on this project almost three years to open the hospital and later joined as an Associate Administrator and reported to the hospital director. When the new HIPPA rules came into law in 2003, Gabriel was appointed to develop the hospital wide program, educate the whole hospital staff, and implement and monitor staff compliance of the law. She was also put in charge of setting up a new bed control system to manage ER patient flow and created efficient utilization and management of hospital beds. Gabriel received the Legacy of Caring award with Dr. Jean Watson in 2006. She retired from her nursing role in 2007, though she still holds an active RN license.

Founding of

National Association of Indian Nurses of America (NAINA)

Indian nurses realized the need to organize with the first generation of Indian nurses in the 1970s — 80s. The Indian Nurses Association in Chicago was one of the first six states to form an association and Gabriel became the founding member and second President. The existing state chapters united and formed the National Association of Indian Nurses of America (NAINA) in 2006, of which Gabriel became the Founding President. The goal was to “unite all Indian professional nurses under one umbrella, be a voice for them, give them the opportunities to become proficient in public speaking, to develop leadership skills, proficient in writing and publishing, be recognized among the mainstream American professional organizations and be visible. The opportunities were not there so we decided to create our own platform to show case our nurses.” The first national educational conference, a three-day event in Chicago, drew 400 nurses from all over the country and NAINA also joined National Coalition of Ethnic Minority Nursing Organization (NCEMNA).



NAINA members highlighted in the “Nurses you should know project”



In 2007 the Academy of Health at Georgetown University received a grant from the MacArthur Foundation to study the unethical practices of recruitment of foreign educated nurses in the United States. Gabriel was selected to be part of the national team with other stakeholders from every healthcare field to be part of this project. Later this project was incorporated as a nonprofit 501c3 organization known as Alliance for Ethical Recruitment of Foreign Educated Nurses. They developed ethical standards for recruitment of foreign educated nurses for the recruitment agencies to comply. Her contribution and participation enabled a permanent membership for NAINA on the board of this organization. The project was presented in the International Council of Nurses in Durbin, South Africa in 2009 and Gabriel was one of the panelists. Since then the alliance has become separate Division of CGFNS and NAINA continues to be a member of this new Board.



Gabriel was also elected for a second time as the fifth term President of NAINA (2015–16). From six chapters, they grew to 16 and they obtained academic partnership with Grand Canyon University, Chamberlain University, and Walden University. They also started a separate forum for Advanced Practice nurses to provide additional support and create a national data base of all Indian APRNs. Gabriel is currently one of the board members of NAINA. NAINA has become an international organization, recognized by other professional organizations both in the United States and India.

NAINA members highlighted in the “Nurses you should know project”



Pressanna Jose Parackal

Nurse Administrator,
Educator and community
Leader

Dr. Pressanna Parackal is a seasoned nursing officer and house supervisor with over 29 years of experience and success in improving patient care and quality outcomes. Dr. Parackal always had dreams of becoming a nurse. She graduated from St. Isabel’s Hospital School of Nursing in Madras, India. She then received her Bachelor of Science in Nursing from Chamberlain College of Nursing. She continued on to complete her Master of Science in Nursing Education and Doctor of Nursing Practice in Leadership and Management.

Dr. Pressanna Parackal is a member of multiple professional organizations such as the American Association of Critical-Care Nurses, Sigma Theta Tau International Phi Pi Chapter, American College of Healthcare Executives, and International Council of Nursing. In 2019, she was recognized as the SAINA Image Maker and UHS Nursing Excellence Award. She was the founding and first President of San Antonio Indian Nurses Association from 2018–2020. In her free time she can be found volunteering throughout the community making hygiene kits and San Antonio food banks. Throughout her career, she has focused on providing leadership in improving and sustaining the quality and effectiveness of care in diverse and complex programs. She is a proven leader committed to nurse education and helping nurses achieve personal and professional goals.

NAINA members highlighted in the “Nurses you should know project”



Suja Thomas
Nurse Administrator
and Community Leader

“Nothing is impossible if you have your heart and mind invested in what you wish to accomplish. Dedication, commitment, compassion and integrity are my work ethics to make the world a better place for everyone! I believe each one of us can make a difference in one way or another.”
-Suja Thomas

Suja Thomas was born and raised in India. Her parents, who were both high school teachers, had a vision for her to become a college professor. She also wanted to pursue teaching as a career and decided to pursue English Literature in college. However, she frequently found herself caring for the sick and elderly with an empathetic approach. As a result, her passion for healthcare developed. She transitioned to Fr. Muller’s College of Nursing to pursue a Bachelor of Science in Nursing where she was 1 of 33 students selected to attend. Upon graduation she served as an Assistant Lecturer for 7 years teaching BSc Nursing students at the College of Nursing at Manipal. In 1994, she married and migrated to the United States and started her career as a Registered Nurse. She completed her Master’s in Nursing at Russel Sage College in 2012. She also became a certified Wound, Ostomy and Continence Nurse Specialist and is currently pursuing a post master’s Adult Gerontology Primary Care Nurse Practitioner program, hoping to graduate in December 2021.

Suja currently works as a nurse administrator at Samuel Stratto VA Medical Center and her past experiences have been more than integral to her current success. She has practiced and managed multiple specialty areas (labor and delivery, cardiopulmonary, medical surgical, and a hemodialysis unit). She has functioned in capacities such as Nurse Supervisor, Education Specialist, BLS Instructor, American Heart Association Regional faculty, Infection Control Nurse, Nurse Manager, and Community Nurse Educator. She also worked as Adjunct faculty at Maria College in Albany, New York.

Her dedication to nursing has not gone unrecognized. In 2015, Suja was promoted to Nurse Executive where she managed several departments such as lab, radiology, pharmacy, respiratory, wound care, dietary, and nursing education. She received a Transformational Leadership Award from St. Peter’s

NAINA members highlighted in the “Nurses you should know project”



Health Partners, Albany for a safe patient handling project in 2014 where she brought employee injury numbers to zero! She is the recipient of the Clinical Excellence Award known as the Robert Scholar Award. She is the current secretary of National Association of Indian Nurses of America and the founding President of Indian Nurses Association of Albany, NY and is a member of Sigma Theta Tau Delta Pi Chapter and Northeast WOCN Society.

Outside of her professional life, Suja is a committed community volunteer. She has organized and coordinated various health fairs, family and friends CPR sessions, and healthcare webinars.



Anumol Thomas
Nurse Practitioner &
Community Leader

At the young age of 10, Anumol Thomas was inspired by her aunt who was practicing as a nurse in the United States. Following in her aunt’s footsteps, Dr. Thomas began her journey into nursing. In 2001, she graduated with her Bachelor of Science in Nursing from Mahatma Gandhi University in Kerala, India. She worked primarily in critical care specialties throughout India and Saudi Arabia before finally achieving a dream of hers, becoming a nurse in the U.S. She began working as a Cardiac Intensive Care Unit Nurse at Palomar Medical Center in California before eventually moving to Texas. While continuing to work as a critical care nurse in various departments, Dr. Thomas continued her educational endeavors. In 2014, she completed her Master’s of Science in Nursing at UTMB Galveston and became a Family Nurse Practitioner. She then completed her Doctor of Nursing Practice from Grand Canyon University and is currently pursuing a Diploma in Theology at EAE Missionary Training Institute in India.

NAINA members highlighted in the “Nurses you should know project”



Dr. Thomas has been locally and nationally recognized for her clinical work and research. Her research focuses on pain and multimodal pain management. In 2014, she received a Service Excellence award from Methodist Hospital. She was recognized by the Indian American Nurses Association of Greater Houston with an Outstanding Contribution award in 2020.

Thomas is an integral example of a nurse who has pushed her skills and talents beyond the bedside and into the community in hopes of a better and healthier future.

Beyond clinical practice, Dr. Thomas has been involved in various leadership and volunteer roles. She is the current President of the Indian American Nurses Association of Greater Houston (IANAGH). IANAGH is a non –profit organization with the primary goal of uniting all nurses of Indian heritage. In her free time, Dr. Thomas can be found volunteering throughout the community helping support organizations address and meet varying public health challenges. During the peak of the COVID-19 pandemic, Dr. Thomas organized the first International Webinar for Indian Nurses Association of Greater Houston on stress management. She also worked with members to make over 1,000 mask to distribute to the VA Hospital and local nursing home. She has also served as a Sunday School teacher for over eight years at St. Mary’s Church.



INAO

Indian Nurses Association of Oklahoma

NEWS

Indian Nurses Association of Oklahoma was able to start a web page this year (inaok.nursingnetwork.com). The goal of this site is to better connect us as a group, as well as with members of the nursing community. Currently we have 12 followers. We also have a Facebook page, Indian Nurses Association of Oklahoma and have 42 members currently. We have 6 paid members so far.

This year, we had two meetings already. In the first meeting, an educational session on Covid complications, treatments, and immunizations were discussed by Divya Joykutty, APRN-CNP. During the second meeting, Suma Thomas, RN-BSN, MSN discussed DVT complications and treatment of COVID patients.

Our members volunteered at COVID immunizations clinics at the regional hospitals and clinics. Our members were instrumental in getting our community vaccinated.

Our aim as an organization is to increase our membership, engage in community service, and be more visible to the public. We do have a challenge in front of us to attract more nurses and increase our membership.



Indian Nurses Association of Greater Houston

NEWS

Indian American Nurses Association of Greater Houston (IANAGH) is a non –profit organization under section 501(C) (3), with the primary goal of uniting all nurses of Indian heritage. We facilitate professional growth and pursue unique professional, social and cultural needs of our members .The vision of this organization is to promote professional excellence in nursing practice and healthcare through the empowerment of our members, and to optimize our contribution to the health and well-being of individuals, families and communities in Houston and around the world.

When the community needs our help IANAGH is always there with our extended and serving hands.

- IANAGH was able to donate and volunteer to distribute a vast number of food and grocery packets to the low- income population in Stafford City, Houston, and Richmond area in collaboration with Houston food bank, Attack Poverty, and Indo American Charity Foundation.
- We volunteered for free COVID vaccination in collaboration with MAGH (Malayali Association of Greater Houston) on 5/16/2021.
- IANAGH collaborates with Asha Radio to bring the Health Segment on various Health topics every month.
- Fort Bend County Health and Human Services has requested medical professionals from Fort Bend MRC to assist with a COVID vaccination and many of our members volunteered for it.
- We also conducted an education event in collaboration with MAGH on COVID vaccination; Facts and Myths.
- Blood is the most precious gift that anyone can give to another person — the gift of life. IANAGH in collaboration with FOKANA conducted blood drive on 4/11/2021.
- The incidence and prevalence of cancer is rapidly increasing in both developed and developing countries. IANAGH was involved in the community awareness program “Making cancer History” a program organized by Indian chamber of commerce on 3/30/2021.



- IANAGH in collaboration with Indo American Charity foundation and Indian Doctors Association conducted Walkathon.
- While India faced the COVID 19 surge, IANAGH organized fundraising and collected \$5000. The collected fund sent to NAINA to organize the COVID relief activities and for financial support for the health care workers.
- IANAGH collaborated with FOKANA for blood drive on 4/11/2021. The IANAGH members participated in United Light of Hope donation drive to Haiti. We participated in a fund raising for general charity on 4/10/2021. IANAGH Organized Leadership Gold Retreat for the nurses to create more leaders in nursing community on 04/24/2021.
- IANAGH Organized education event with CE on 03/16/2021 and 05/15/2021. We provided \$ 500 scholarship to 5 nursing students in low-income family along with our Nurses Day Celebration in 2021. Fort bend County Child Advocates serving children who are alleged victims of sexual abuse, severe physical abuse and witnesses to crime. We raised fund and donated to Fort bend County Child Advocates.
- Fort bend women's' center is over 40 Years of Providing Healing and Hope to Survivors of Domestic Violence and Sexual Assault in the Greater Houston Area. We raised fund and donated to Fort bend women's' center.
- IANAGH supported Federation of Kerala Associations in North America (FOKANA) in effort for forming a women's forum to avoid domestic violence towards women 4/11/2021.
- A food bank is a non-profit organization that collects and distributes food to hunger relief charities. We raised fund and donated to Houston Food bank.
- Indo-American Charity Foundation (IACF) foster the local community, assisting abused women and children, feeding the homeless and needy, and providing free medical clinics and vaccinations. We raised fund and donated \$ 500 to IAFC.
- IANAGH members published many articles in journals to promote COVID-19 awareness
- We are continuing the journey with more hope and expectations to do the best for the community. IANAGH have a great team with dedicated members. We believe professional excellence and kindness will lead IANAGH to new levels of excellence.



Indian American Nurses Association of North Carolina

NEWS

IANA NC celebrated nurses 'day in person on May 22 nd , 2021.

All former IANA NC presidents were honored, and they lit the traditional lamp.

Former IANA NC presidents (from left are Dr. Dias, Dr. Joseph, Ms. Gaddam, Dr. Cherian).

Ms. G. Pruett (Guest of honor) along with Ms. B. John (Vice president of IANA NC 2021-22).




IANA NC Partners with NCNA Triangle Region


Food Drive

Share the Love through Food

Donations for **foodbank** OF CENTRAL & EASTERN NORTH CAROLINA

Feb 14th to March 15th 2021

CANNED FRUITS & VEGGIES 	CANNED MEAT 	CANNED BEANS & SOUP 
CEREAL 	WHOLE GRAIN PASTA & RICE 	PEANUT BUTTER 

IANA-NC Contacts for Donating the Canned Food:
 • Dr. Sujanya (919 744 9064) iananc2010@gmail.com
 • Baby Joy John (919 805 4369) manikutty97@hotmail.com
 • Johnson VJ Johnson (919 670 7548) jvj1973@gmail.com

Virtual Donations Weblink and QR Code:
<https://www.fastliving.com/fooddriving/ncna-iana-nc>


SCAN ME

IANA NC partnered with North Carolina Nurses Association and collected \$2800 and donated 381 lbs. of nonperishable food items for the beneficiaries of Food bank of Central and Eastern Carolina.

Founding members who attended the celebrations in person were honored to cut the cake and share their experience.

From left to right are Dr. Nancy Dias, Ms. Sumana Gaddam, Ms. Aleyamma Thomas, Dr. Sujayalakshmi Devarayasamudram



Ms. Gail Pruett conducted an educational session on “Helping people with Mental Illness and their families find the resources they need. This session highlighted the resources available in the local community for clients with abnormal behaviors and their families. She gave various resources like SHAMSA, NAMI, Suicide hot line etc.

Dr. Rose Mary Xavier covered the topic on “Self -care for the carer” She used case study and did an interactive session. The members enjoyed the session as it was applicable to each of them in their professional journey.



The following nine IANA NC members were recognized for their excellence in nursing service.

Jancy Sebastian, Sampoorna Adalam, Valsamma A Puthenveetil, Princy Raju, Simi Anish, Sharmila Soares, Shiny Samuel, Jeyanthi Wilfred, Sheela Sajan

Rising star of Nursing Awards

The following six of IANA NC members were awarded with the Rising Star of Nursing.

Sneha Rachel, Delvin Aricatt, Rajpreet Brat, Prashamsha Haridas, Sharon Emmanuel, Merin Joy





NEWS



The IANA-Albany chapter have once again succeeded in organizing activities for the community from the beginning of 2021. The year started with, promotion and encouragement for Health Care Workers and the community for COVID-19 vaccinations by creating and sharing vaccine awareness in the month of February 2021. To enhance the promotion for the same, a webinar was organized on March 28th, under the guidance of President Kasthuri Sivakumar and Founder & Treasurer Suja Thomas, led by Dr. Ronnie Oommen for clarifying the Facts and Fears of the COVID-19 Vaccine. The IANA-A members went a step further by actively participating in the administration of the Vaccine to the general public in affiliation with the Hindu Temple on April 3rd and subsequent days.

This was an attempt to create a strong and unified voice to build on the shared discourse for the need of vaccinations. We managed to reach out using flyers, clarifying doubts through a webinar and by actively participating in Vaccine administration. Furthermore, the IANA -A nurses celebrated the very joy of being in this profession by enthusiastically participating in the Nurses Day Virtual Program on May 1st, 2020 with Dr. Lydia Albuquerque, founding & current President of NAINA as the Chief Guest for the program. Overall, this was a great beginning for the year 2021.

Let us positively look forward to many more activities and be an inspiration for all.



INDIAN AMERICAN NURSES ASSOCIATION OF NORTH TEXAS (IANANT)

NEWS

Indian American Nurses Association of North Texas (IANANT) started its term 2021-2022 with its new leadership under the presidency of Reese John on Jan 2021. We started our term with our Inaugural and general body meeting on March 27th. We affirmed to conduct our business in alignment with the mission of NAINA – C.A.R.E.S (Communication, Advocacy, Research, Educate and Storytelling). The meeting was commenced by an inspirational talk by Amy McCarthy, who serves as Secretary of Texas Nurses Association (TNA) and President-Elect of The DFW Great 100 Nurses. Nurse week was celebrated on May 12th, with an inspirational talk by Viji George and Dr Jackie Michael. The theme was “Empowered Nurses and Team Success”. Ms. Viji George focused on professional development while Dr Jackie Michael talked about Robert’s Rule and team success nuances. The executive committee started our term by reviewing our past year to help provide critical insights needed to develop and launch new directions, goals, objectives, and priorities. Then, aligning to the mission of our organization - C.A.R.E. S – we kicked off our year with the following activities.

Communication:

One of our main priorities for this year was improving communication with the members. So, the first business was to mitigate this gap by looking into new strategies and implementing “First Call”. Transition to” First Call” enabled us to communicate chapter news and events efficiently and timely.

Advocacy:

This year, we started our work on reviewing and revising chapter Bylaws to align with the national guidelines and IANANT vision. Dr Jackie Michael spearheaded this effort for our chapter. We also initiated our membership drive by using venues like Nurses Day celebration and general body meetings as well as word of mouth to endorse members and improve participation

Research:

We partook and encouraged participation in various research projects initiated by NAINA, mainly to gauge the response to the COVID -19 vaccination by the Indian community.

Education:

This year’s educational activities were kicked off by monthly webinars held every second Wednesday each month in collaboration with the APRN committee. Viji George and Jaisy Sonny have been very instrumental in identifying speakers and putting this together.

Storytelling:

Newsletters are the voice of the organization. Our first newsletter this term was published in May 2021. We included many new features to encourage participation, including clinical pearls, case studies and Member spotlight.

Community Outreach:

Community outreach was another priority that was on top of our strategic plan. Our goal with this was to contribute and help those who cannot help themselves. We also wanted to influence younger generations and members to give back to the community and thereby make our presence known to attract new members and grow our organization.

A few of the outreach and community programs that we have already done so far are:

- a. IANANT collaborated with Northwest community center to partake in their vaccine drive and resource distribution to the refugee population.
- b. During the winter storm that hit the metroplex, we provided financial help to struggling communities. Although we offered monetary support to North Texas Food Bank, Meals on Wheels and Sacred hands of hope ministries, we were encouraged by the support we received from our sister chapter of New York during the winter storm.
- c. IANANT collaborated with local churches to provide education on COVID and reinforce the importance of COVID vaccinations.
- d. IANANT supported NAINA's efforts to raise money for the INDIA COVID disaster.

Scholarship and Awards:

Our chapter endorsed and provided scholarships to 4 candidates who were actively enrolled in anursing program. We also took pride in awarding and celebrating the Lifetime Achievement Award to one of our founding members this year Ann Varghese.



May 22 (5 PM - 6 PM) (CST)
Send us your questions
480.737.0044

Covid-19 vaccine facts & fears



Dr. Solymole Kuruvilla
PhD, RN, ANP, ACNP-BC
Director of Occupational Health Services
NYC Health and Hospitals/Grady & South Bronx



Dr. Jackie L. Michael
PhD, ANRN, WHNP-BC
Clinical Assistant Professor
University of Texas at Arlington COAH

Speakers



Dr. Jaisy Sonny
DNP, APRN, LNP, BC
(Moderator)

IN PARTNERSHIP WITH
IAMANT & NAINA

886 0527 676
P.1234

ZION CHURCH
3620 E. Arapaho
Road, Richardson

www.zionchurch.us

Celebrate with IAMANT
Nurses Week
Empowered Nurse and
Team Success

**Wednesday
May 12, 2021
7.30 PM CST**



Dr. Lydia Alivisopoulos
NAINA President, Chief Guest



Dr. Jackie L. Michael
Speaker



Yaji George, MA, EdD, RN, RNC-RC
Speaker

Attractive Prizes
Recognition
Celebration
Learning

1 Contact Hour Available
Register at: tinyurl.com/ianant

National Association of Indian Nurses of America is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation




Indian American Nurses Association of North Texas (IANANT) invites you to its 2021 annual general body meeting on

DATE: MARCH 27TH, 2021
TIME: 5:30PM – 7:00PM
Please use link below for zoom registration
<https://us02web.zoom.us/j/86938546999>

Join us for an Inspirational evening with our Keynote speaker

Amy K. McCarthy
MSN, RNC-MNN, NE-BC
Director of Nursing of Women and Infant's Special Services, Parkland Hospital
Secretary, Texas Nurses Association
President-Elect, The DFW Great 100 Nurses

Join us for a fun evening with trivia's, raffles and a surprise grand prize



Course: Lunch
Prep Time 15 minutes
Cook Time 20 minutes
Total Time 35 minutes
Servings 3 servings



Mexican Fiesta Bowl

Naina's
Curated
Recipes

Ingredients

- 1/2 cup brown rice cooked
- 1 cup black beans drained and rinsed
- 12 ounces grilled chicken chopped
- 2 cups bell peppers chopped
- 2 cloves garlic
- 1 tbsp olive oil
- 1 avocado

Pico

- 2 plum tomato
- 1/2 lime Freshly squeezed lime juice
- 1 red onion
- 1/4 cup chopped fresh cilantro
- 1 tsp salt
- 1 tsp pepper

Instructions

1. Sauté peppers, onion, and garlic in olive oil.
2. Combine sautéed veggies with rice, black beans and grilled chicken.
3. Fresh Pico: Chop tomatoes, add salt, pepper, and chopped cilantro and squeeze onion.
4. Mix well.
5. Top with 1/3 avocado per bowl.
6. Divide mixture into 3 servings.



[<https://healthystepsnutrition.com/healthy-recipes/mexican-fiesta-bowl>]

NATIONAL ASSOCIATION OF INDIAN NURSES OF AMERICA

www.nainausa.org



REFLECT REINFORCE REBUILD

NAINA'S 3RD CLINICAL EXCELLENCE AND LEADERSHIP CONFERENCE

Friday, October 29, 2021 - 3:30 PM to 10:00 PM EST
Saturday, October 30, 2021 - 8:00 AM to 4:00 PM EST

Theme:

Advancing Health Equity and Building Resilience

VENUE: NEW YORK LAGUARDIA AIRPORT MARRIOTT
102-05 Ditmars Boulevard, East Elmhurst, New York 11369
email: nainaconference2021@gmail.com

Hosted by: Indian Nurses Association of New York

Contact Hours Pending



Scan code below to Register



National Association of Indian Nurses of America is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation

NAINA'S 3rd CLINICAL EXCELLENCE AND LEADERSHIP CONFERENCE 2021



www.nainausa.org

Friday, October 29th - 3:30 PM to 10:00 PM EST

Saturday, October 30th - 8:00 AM to 4:00 PM EST



SPEAKERS



Keynote Speaker: Lily Thomas, Ph.D., RN, FAAN



Amit Sood, MD, MS, FACP



**Veronica D. Feeg, PhD, RN,
FAAN**



Mary Joy Garcia-Dia, DNP, RN, FAAN



**Solymole Kuruvilla, PhD, RN,
ANP, ACNP-BC**



**Missam Merchant MBA,
BSN, RN, CENP, NE-BC,
CCRN-K, PCCN, CV-BC,
GERO-BC, MEDSURG-BC.**



**Jackie L. Michael PhD, APRN,
WHNP-BC**

CONFERENCE CONVENERS



Dr. Bobby Varghese (305)-915-4270 & Dr. Anna George (646)732-6143

**Venue: New York LaGuardia Airport Marriott
102-05 Ditmars Blvd, East Elmhurst, NY 11369**

OUR SPONSOR

Vinu T. Jose

TX Realtor, MBA

Building Trust - Creating Value



TexasPrime-RealEstate.com

chms  PSA e-PRO

Serving San Antonio & surrounding areas

📍 9480 Huebner Road #200-PRG
San Antonio, TX 78240

✉️ vinujose.texas@gmail.com

☎️ Cell: 210.360.0092
Office: 210.641.1400



★ PROPERTY LISTINGS

★ NEW HOME
CONSTRUCTION

★ PRE-OWNED HOME PURCHASE

★ FULL SERVICE REAL ESTATE COMPANY OFFERING
NOTARY, MORTGAGE, INSURANCE SOLUTIONS

*The referral of your friends and family is the
greatest compliment you can give me.*



MEMBERSHIP BENEFITS

Networking
Leadership Development
Professional and Scholarly Development
Research Interest Groups
Mentorship
Newsletter
much more...

LEARN AND EARN WITH NAINA

Educational Webinars with Contact Hours



JOIN NAINA FAMILY

WWW.NAINAUSA.ORG

NAINA Newsletter Volume 2 Edition 2 2021
Please visit our website www.nainausa.org to learn more