



ALUMNI NEWSFLASH

September 2022

The official publication of the UP-PGH School of Nursing Alumni Association

Let's come together for "A Reunion to Remember" on February 11, 2023, Saturday!

Dear fellow UP-PGHSN alumni,

Shall we further hibernate and let the years pass us by?
Or shall we reinvigorate and rejuvenate ourselves by coming together in person for "A Reunion to Remember"?

Date : February 11, 2023, Saturday

Time : 10 am to 5 pm

Place : Fairmont Hotel, Makati Avenue corner Arnaiz Avenue, Makati City

This promises to be a truly memorable event, what with two sets of celebrating classes (for 2022 and 2023). More so with Cynthia Aguilar-Meneses of the Golden Jubilarian Class of 1972 as Overall Chair. She always delivers far beyond expectations... even generously shares her blessings to give extra oomph to our reunions and projects!

Celebrating Classes:

Classes 1947 and 1948 -- Grand Jubilarians

Classes 1952 and 1953 -- Royal Jubilarians

Classes 1957 and 1958 -- Platinum Jubilarians

Classes 1962 and 1963 -- Diamond Jubilarians

Classes 1967 and 1968 -- Emerald Jubilarians

Classes 1972 and 1973 -- Golden Jubilarians

Several UP alumni groups have already resumed in-person reunions. Ex. UP Nursing Alumni Association International (UPNAAI)... UP Medical Alumni Society (UPMAS)... and UPMAS in America (UPMASA).

Even the UP Manila Alumni Association (UPMAA) is coming together this October for "Rh+" or "Revenge Homecoming + Benefit Dinner." UP-PGHSNAA is one of the co-hosts.

Many UP-PGHSN alumni feel that "there's more to life than hiding from covid... we just have to learn to live with it because life has to go on." Thus the clamor to resume our own in-person gatherings.

For 2 years now, our Golden Jubilarians (Classes 1972 and 1973) based in the US have been planning and raring to come home and celebrate. In fact, they have already booked their flights and hotels. Class 1971 is flying in too for a belated celebration of their Golden Jubilee. Other celebrating classes, and even non-jubilarians like Class 1975, have responded "Count us in!"

So, everyone, please tell us if you're attending so as to ensure enough reservations for all. The reunion costs will be largely subsidized by the UP-PGHSNAA and some generous Golden Jubilarians. The buffet lunch alone costs over P3,000, but all you have to pay is an affordable share as follows:

- P1,000** - for Classes 1946 to 1963... ranging from our oldest living alumni up to the Diamond Jubilarian Classes of 1962 and 1963... age 80 and beyond.
- P1,500** - for Classes 1964 to 1976... our younger alumni... age below 80.
- P1,800** - for spouses, other family members, personal guests, and companions.



Please send your reservations ASAP via email to the following contact persons:

Jesusa "Jess" Grimalt '70, UP-PGHSNAA President	- Jesusa413@gmail.com
Ma. Cynthia "Cynthia" Meneses '72, Reunion Chair	- macynthiameneses@gmail.com
Adelaida "Del" Mendoza '73, Class '73 Coordinator	- mendozaadelaida631@gmail.com
Rhodora "Dola" Apolinario '64, PRO -	dola.apolinario@gmail.com

You may pay onsite at the Reunion Registration Table. To minimize exchange of germs, please bring exact amount -- unless you wish to donate your sukl!

Attire: *Let's dress up in our long gowns! Gentlemen may come in barong or coat-and-tie.*

Here are the answers to your personal concerns:

1. **Health and safety precautions** - After personally checking out various hotels, we decided on Fairmont Makati, a 5-star hotel run by the Accor international hotel chain based in France. It's highly rated for its "AllSafe" heightened hygiene and covid protection measures, and its strict adherence to international safety standards.
2. **Reservations for hotel accommodations** - The Fairmont room rates are around P8,000 or more per night, depending on how soon we book and the number of rooms, occupants and nights.

The adjacent Raffles Makati, also a member of the Accor chain, offers residential units with complete amenities -- living room, dining room, bedroom/s, kitchen, washer/dryer, etc. Rates start at P16,500 per night for a 1-bedroom unit for a minimum stay of 7 nights. The Class 1972 Golden Jubilarians have already booked their reservations here.

For promos and discounts, search the "Fairmont Makati" and "Raffles Makati" websites or Agoda, Travelocity, and other booking apps. An "Accor Membership Card" can be purchased to avail of free rooms, free meals and other freebies.

3. **Location** - Fairmont and Raffles are adjacent to the Ayala Malls. Therefore, no need to go far and risk our health and safety in the more crowded shopping centers elsewhere. Just across the street is the Greenbelt mall with outdoor dining facilities and walkways amidst lush greenery. The Ayala Museum and Ayala Triangle Gardens are within walking distance too.
4. **Medical emergencies and travel cancellations** - At our age, it's advisable to have a check-up for travel fitness before booking flights and hotels. Anywhere we go in the world, it's also beneficial to get insurance coverage for medical emergencies, travel cancellations, etc. More so now with the unpredictable vagaries of the covid pandemic. Let's ask our medical insurance provider for their preferred/accredited hospitals in the Philippines. Based on the experiences of some balikbayan alumni, local hospitals accredited by the US Joint Commission on Accreditation of Healthcare Organizations (JCAHO) usually ensure a systematic processing of bills and insurance claims. ex. St. Luke's Medical Center, Makati Medical Center and Asian Hospital. Non-accredited hospitals may require us to advance the payment, then we'll have to pray for good luck and wait for eternity to get our refund approved by our insurance provider, if at all.
5. **Covid alerts, safety protocols, vaccination requirements, travel documents, etc.** - Let's look up the websites of the US CDC, Philippine Embassy, and the airlines for updates and changes in the guidelines. WHO and the Philippines sometimes have different covid alerts. Rules also sometimes differ for Filipino citizens, former Filipino citizens, and foreign citizens. If we have a connecting flight in other Asian countries, let's check out their requirements too.
6. **Healthful alternatives** - The Philippines' vast wealth of beaches and resorts has become an attractive option for balikbayans who wish to minimize their exposure to health risks. It can also be a good alternative for those who are afflicted with the aberration called "inveterate shopping." Caution: Beach resorts can trigger another aberration called "inveterate eating"!