

**JUNO CONNECTION**



**CHARMAINE TEODORO**

A PARTICULAR niche springing up on the web today is the interactive sites that allow you not only to consume but also share information, giving you a platform to connect with other users. As the plethora of such sites grow, new ones become more focused and specific. A boon for users seeking information on narrowed down topics.

This surge in content enables the typical searcher to have access to medical and fitness information that used to be available only to experts and health journalists. Articles, advice and resources that used to be for sale and can only be found in specialized health publications are now free. In order for us to maximize this, we need an understanding of the ways in which we can use the web to meet, at least information-wise, our healthcare needs.

**Gain knowledge on personal health issues**

Whether you are searching for the right medicine to take for a particular ailment, looking for the best and cheapest home medical equipment or curious on why the food that you ate today caused you a headache, websites like *WebMD* ([www.webmd.com](http://www.webmd.com)), *Health World* ([www.healthy.net](http://www.healthy.net)) and *Drugs.com* ([www.drugs.com](http://www.drugs.com)) can provide answers to your queries. These sites allow you to access diverse categories of health and wellness information ranging from common discomforts to chronic illnesses. Organized and easy to use, they highlight special information that is geared in helping you live a healthier lifestyle.

# Using the web for your healthcare needs

Aside from content sites, there are thousands of e-newsletters that allow you to receive healthcare information directly to your inbox. About.com: Health (<http://about.com/health>) provides four free newsletters with two specialized publications, one for food allergies and the other for cholesterol. *Harvard Health Publications* (<http://www.health.harvard.edu>) has a free online publication called HEALTHbeat where you receive health information and advice from Harvard Medical School experts. Even the *National Institutes of Health* (<http://health.nih.gov>) provides a free subscription to their weekly newsletter, the *Health Information Spotlight*.

There are tons more available, including blogs that focus on particular health concerns. Those six entities that were mentioned would prove as good starting points in finding related websites. When visiting these sites, don't forget to bookmark them so you can easily check any updates they may have when needed.

**Find comfort and support in times of crises**

Sharon Langshur, co-founder of the online community support website CarePages, in her paper, *Online Healthcare Gets Personal—Health 2.0 and the Healing Power of Supportive Communities*, says that "Humans are inherently social, and our need to connect with others only intensifies when these bonds rupture, which often happens during a health crisis." This goes to show how important it is for individuals going through painful health issues to reach out or feel in touch with people.

The web is filled with tons

of information as it is a global hub filled with more than 1.5 billion people, according to the latest update from *Internet World Stats* ([/www.internetworldstats.com](http://www.internetworldstats.com)). It will not be surprising at all if some of these people are going through the exact same issues as you or a loved one is going through. This is where social networking comes in, where you, as an internet user can be a provider of information, intending to connect to people for encouragement, support and advice.

Platforms are available for you at no cost. These specialized social networks will allow you to share your experiences and receive support from a community of people. *Sharon's CarePages* ([www.carepages.com](http://www.carepages.com)) website lets patients build their blogs for free with the possibility of being viewed by its more than 3.5 million members. *CaringBridge* ([www.caringbridge.org](http://www.caringbridge.org)) provides free websites that will allow families and relatives to connect to one another. Another free service, *PatientsWeb.org* ([www.patientsweb.org](http://www.patientsweb.org)), gives you the means to update your closest friends about your condition.

All these sites are tools that can be used by patients online to receive care and comfort from their friends, relatives, and even from strangers who can relate to their situation.

**Discover opportunities in healthcare**

As an industry that is projected to grow and have great demand for workers in the next couple of years, a career in healthcare could be a feasible option if you want to change careers. This especially goes for outgoing individuals who enjoy

dealing with people.

Opportunities abound in this sector and once again, the web is there for you to find opportunities. Of course, one highly recommended site for this is our very own *junohealthcare.com* ([www.junohealthcare.com](http://www.junohealthcare.com)), which has information and resources available for aspiring healthcare professionals. We will soon have current job openings on the site, which will give you an idea of what you can do in the industry. Our Career Resources section has links to websites of licensure agencies and nursing boards that would come in handy when you prepare for nursing and other healthcare work.

*ExploreHEALTHCareers.org* ([www.explorehealthcareers.org](http://www.explorehealthcareers.org)), one of our Ten websites every healthcare professional should know, provides detailed information on almost every healthcare career you can imagine. It discusses the function, working condition, training requirement, and provides links to other resources on specific healthcare careers from Art Therapists to Forensic Toxicologist. Browsing the sections in this site gives you a complete perspective on different job opportunities in the field.

The Department of Labor's Bureau of Labor Statistics page on healthcare ([www.bls.gov/oco/cg/cgs035.htm](http://www.bls.gov/oco/cg/cgs035.htm)) gives an outlook on the industry, important updates and a useful presentation of statistics that can be handy in understanding what jobs will be in demand, where will those jobs be and for how long will they be in demand.

These three sites will mainly

## PNB RCI announces new lower remittance fees

IN response to the tough challenges of the current economic climate, PNB RCI is announcing its new lower remittance fees effective July 15, 2009. For as low as \$2.98, Fil-Americans can send money to their loved ones back home. In keeping with the tradition of PNB's "Lingkod Pangkapatid," PNBRCI has decided to lower its fees to make sending money to the Philippines affordable, even to those who have temporarily lost their jobs.

The move to lower remittance rates is in direct response to the challenges of the present time. Fully aware that the rate of unemployment is still on the rise while the prices of goods and services continue to spiral in the current economic downturn that has many feeling the pinch or even reeling from the setback, PNBRCI is taking the initiative to make it more affordable for kababayans to remit money back home to their loved ones in any season for any and all reasons. With this move, PNB RCI further confirms its commitment to serve the community by responding quickly and decisively to its needs. The fee structure makes PNB RCI's remittance services one of the more competitive ones in the industry.

With this offer, a regular customer who is a non-GFC (Global Filipino Card) member as well as a GFC member can begin sending up to \$100 for only \$2.98 per remittance as credit to a PNB deposit or GFC account. But membership does have its privileges and this will be apparent as the remittance amounts increase. When the amount goes up to \$200.00 and above, the privileges of GFC members begin to kick in with deeper discounted service fees. Imagine remitting up to \$1000 for only a \$6.00 service fee if you are a GFC member.

Fees for dollar-to-dollar remittances have also gone down. Now, one can send dollar-to-dollar remittances up to \$1000 for as low as \$10, \$2.00 lower than that of competitors. Other dollar-to-dollar fees also dropped by \$5.00.

For complete details of the remittance service fees, please call 1-800-PNB-8788, visit [www.pnbrci.com](http://www.pnbrci.com) or come to the nearest PNB-RCI branch. We ask you to give us the opportunity to earn your trust and confidence as our customer for life.

*\*Advertising Supplement*

give you a rundown of what's out there. From there you can delve deeper into the industry by Googling different job boards that feature healthcare jobs and visiting hospital websites' career sections.

In essence, there are multitudes of ways you can use the web. One of them is to enhance your knowledge on personal healthcare issues, or find comfort for you or a friend in times of sickness and maybe, even find a job that will enrich your life and make you a better person. When you make time to visit these sites, connect with its users and take advantage of the information they have to offer. Then, you expand your horizon and your understanding of

healthcare concerns.

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Charmaine Teodoro is the Senior Vice President of JUNO Healthcare Staffing, a group of companies that recruits RNs, LPNs, CNAs and allied healthcare professionals and deploys them to healthcare facilities on a full-time, part-time, per diem or travel assignment. It also sponsors foreign-trained RNs for immigration to the US. JUNO has offices in New York, and in New Jersey where it offers homecare services.

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# People and Events

## Philippine Day Organization Council Parade at Passaic, NJ



Philippine Day Organization Council float.



Mr. and Mrs. Performing Arts 2009, the Javiers. Ms. Performing Arts 2009, Golda dela Merced, with sunglasses is former Mayor Bob Rivas of Bergenfield.



Ms. Ludi Hughes at the Performing Arts float.



3rd from left Sally dela Merced, Grand Marshal Dr. Bernie dela Merced, Ms. Letrice Aquino, Over-all Chair PDOC 2009, ConGen Cecilia Rebono, Honorary Grand Marshal Carlisle Creech, Passaic Honorable Mayor Alex Blanco, and other Passaic government officials.

Photos by Herbert Y. Magtoto

## The Holy Octave of Consecration

8 Days of Recollection Prayer, Evening Masses & Reflections by invited homilists  
Day 1—Praise- July 26 Sun. 5pm Benediction, Octave prayers 6pm Mass - Rev. Msgr. Michael J. Hardiman  
Day 2—Thanksgiving- July 27 Mon. 7pm chapel - Rev. Kevin Abels  
Day 3—Offering- July 28 Tues. 7pm chapel - Rev. Dempsey Acosta  
Day 4—Repentance- July 29 Wed. 7pm chapel - Rev. Peter Gillen  
Day 5—Inheritance- July 30 Thurs. 7pm chapel - Rev. James Laquindanum  
Day 6—Fiat, "Yes" Father- July 31 Fri. 7pm chapel - Rev. Arthur Candreva  
\*Note: Confession is available on SATURDAY August 1 at 4pm  
Day 7—Fidelity- Aug. 1 Sat. 4pm Octave Prayers; 5pm Holy Mass - Rev. Msgr. Michael J. Hardiman  
Day 8—Consecration- Aug. 2 Sunday- Feast Day Celebration 2:30pm; Octave Prayers 3:30pm; Holy Mass & Enshrinement of God the Father's Icon-Rev. Msgr. Michael J. Hardiman and Concelebrants 5pm Fellowship (School Auditorium)  
Roman Catholic Church of St. Sebastian (58th St. & Roosevelt Ave. Woodside, NY 11377)

## 'Alay Sa Inyo' at Phil. Center featuring talented dance artists

TO celebrate May as Philippine National Arts Month, the Philippine Consulate General and the Philippine Mission to the United Nations presented the dance concert *Alay Sa Inyo* at the Kalayaan Hall on 28 May 2009. Performing were the Effie Nanas Dance Company of Manila and the Akin, Amin, Atin Dance Group of New York.

The Effie Nanas Dance Company presented *Philippine Suites in stylized ballet movements*. Choreographed by well-known Filipina Ballerina Effie Nanas, the Suites featured ballet interpretations of the popular *Itik-Itik* and *Tinikling*, and the internationally renowned song *Dahil Sa Yo*. The girls also demonstrated in ballet form the various uses of the Malong.. Young ballet dancers from the Philippines wowed the audience with their skillful and graceful movements. These ballerinas ranged from 11 to 15 years of age; they were Katrene San Miguel, Kimberly Lim, Tiffany Ong, Eunice, Aclan, Angela



Tan, Cassandra Chan, Judy Miano, Christel Chongson, Jana Negre, and Courtney Ong. Adding to the attraction of the dance segments were the colorful costumes worn for each dance. There were also video presentations to complement the description on the dances. ■

## THE COMMUNITY CALENDAR

**July 17 | Friday**  
**2009 Bikol National Association Of America Convention**  
The Bicolandia Association, Inc. of the Eastern Seaboard USA will host the 2009 Bikol National Convention at the Sheraton Newark Airport Hotel in Newark, NJ. The convention will start with a Welcome Reception/registration all day on July 17; convention is on July 18 highlighted by a Gala Night Dinner Dance; and whole-day picnic at the Liberty State Park, NJ on July 19. For details, please call Linda Arellano at (973)662-1165; Lita Pena (201)432-2144; Nita Burgos (917)291-4001; Carmen Rances (718)271-6957; Baby Baquiran (201)387-0566; Adela Quisumbing (201)993-5023 & Gidget Revilla at (201)983-1335.  
**July 18 | Saturday**  
**Picnic at the Park**  
The De La Salle Alumni Association-Metro New York invites everyone to join a day of fun with family & friends! Picnic

at the Park by the Pool (Central Park West 100th to 103rd Street, NY) from 9am to 4pm. \$10/head. Participating Alumni Groups include: Ateneo, Assumption, Holy Spirit, San Beda, St. Scholastica, and St. Theresa's. For more info, contact Archie Alvarez (516)301-7091 or Jenny Niguidula (917)678-0309.  
**July 25 | Saturday**  
**Chokwang!!! A live comedy show**  
MPG Global Productions, LLC proudly presents *A Live Comedy Show* titled **CHOKWANG!!! Featuring Pokwang & Chokoleit...** an evening full of laughter and songs with special guest: Yeng Constantino at 7pm at Christ The King Regional Arts Center, Christ The King Regional High School (68-02 Metropolitan Ave. Middle Village, NY 11379).  
For ticket prices-\$78, \$58, \$38. Contact Bing: (732) 668.8892; (732)533-8880. Log in to: [www.mpg.globalproductions.com/www.tiketanonline.com](http://www.mpg.globalproductions.com/www.tiketanonline.com) for info.

## Begin the Beguine with Vigan

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nation-building, saw this clearly far ahead of anyone else in the country and did its part through Ayala Foundation, decades ago. The legacy lives on in the well-kept Burgos House which is now under the auspices of the National Museum. But more needs to get done. There is a certain sense of urgency in seeing just such a place—before the passage of time, changing mores, priorities and the inroads of crass commercialism endanger and eventually

transform these old remnants of our history into just a memory, preserved only in history and travel books.  
Sadly, under present conditions with the country constantly grappling with its social, economic and political woes while searching for its soul in waging a fight to the death with endemic corruption from the highest to the lowest rungs of government, preserving history, art and culture will have to stay  
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