

# For caregivers: Overcoming depression

## THE FILIPINO SURVIVAL KIT



LIZA LEGASPI

- Stop talking about sad stories to your friends. You do not need someone to pity you or the hard times you are going through.
- Take a day off. Go on a short vacation. Getting away helps.
- Give yourself time to smell the roses or appreciate the sunset. The world is great! There is no other place to go but up. So do not worry.
- Do not be too serious about life. Find ways to make things a little lighter. Read books or find a hobby that is easy and fun.
- Listen to music. Acknowledge your senses and find ways to enrich them.
- Keep true friends that are honest and supportive. Note: Being supportive does not mean that he/she will agree with you all the time. A friend is someone who will tell you things you do not like to hear too. He/she will tell you things that you need to know in order to make improvements about yourself.

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## Benito Miranda...

PacificCare's Secure Horizons Medicare Division, a division of United Health Care, Ben not only assists in promulgating Filipino-American causes, but also uses his influences in the corporate arena to gain access to corporate awareness for the Fil-Am groups he is currently a member of. Acknowledgement of his contributions came in the form of a Certificate of Appreciation from the Philippine Consul General of Los Angeles.

# LEADERS' DIGEST

This community leader has come a long way from his childhood days in Cebu. His greatest wish today? To celebrate his 60th birthday in his hometown a few months from now, on January 30, 2009, with his wife, artist Becca Godinez, and their two daughters, Natasha and Ann Marie. Certainly, it is a time of celebration and a time to honor this Cebuano—yet another Filipino who makes us *Pinoys* proud. ■



## Belen Gabato

### A nurse's moment in the spotlight

by BILLY DELA CRUZ  
AJPress

ONE of the founders of the Philippine Nurses Association of Las Vegas, nurse Belen Gabato was appointed December 14 last year as one the seven members of the Nevada State Board of Nursing. Gabato is now not only nurturing the public health, safety, and welfare of Nevada through nursing regulation, she now also represents all the many Filipino nurses in Nevada. Gabato is also a member of the Women's health connection Coalition of the Nevada State Health division.

Gabato, a graduate from the the Southwestern University in Cebu City, was once the fifth placer in the Philippine board of nursing exam. She went to the US in 1964 and became a nurse at a hospital in Chicago while she continued her studies in St. Mary of Nazareth Hospital and finished her graduate degree. Gabato, through her timeless commitment as a

health care professional, has been honoured by Asian American groups in Las Vegas for her service to Nursing and Nurses in their community.

With almost a year in service now as one of the Board of Members of the Nevada State Board of Nursing, Gabato is very serious in representing and supporting her fellow Filipino nurses. Her aim is to inspire and push Filipino nurses to pursue their career path as a medical practitioner to gain higher ranks in different offices.

Although her term as member of the Nevada State Board of Nursing will end on October 31, 2011, Gabato, through her achievement, will still continue to protect and serve the people of Nevada and her fellow Filipinos nurses to further promote the Philippine excellence in the healthcare industry. ■

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