

FCDC TODAY

Filipino-American Community & Development Center of Ocean County Inc.
2014 Bayaning Pilipino Awardee

Member Spotlight - Jonathan Gapilango

Hometown: Avila Buenavista Guimaras

Alma Mater:

Elementary - Avila Elementary School (1984)

High School - Buenavista Vocational School (1989)

College - Central Philippine University (BSN 1993)

Post-Graduate: West Negros University (Master in Nursing, 2001)

Family: Rowena Neri-Gapilango (wife) & Jon Joshua Fidel (son)



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Current Town: Lakewood, NJ

Occupation: Registered Nurse

Years with FCDC: Ten years

Hobbies: traveling, watching movies

Positions Held/Contributions to FCDC:

As an Advisory Board of PNANJ Subchapter, partnered with FCDC on different fundraising events and cultural awareness activities

Favorite/Inspirational Quote: Jeremiah 29:11 (NIV) - For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.



**JONATHAN ANOTADO
GAPILANGO, MSN, RN, OCN,
CCRP, NE-BC**

The newly inducted PNANJ President Elect 2022-2024. Election was conducted by a third party Election America through online voting from March 21-April 5, 2022. There were 906 eligible voters, the turn out of voters was highest so far in PNANJ's history almost 60% (537) casted their votes.



Jonathan received a total of 56.4% (303) votes amongst the 3 candidates. His mantra is iCARE (Innovation, Collaboration, Advocacy, Resiliency, Engagement & Empowerment). He was inducted in Pines Manor on 4/30/2022 by the current president of PNA, Dr. Mary Joy Dia. He also received the award as the recruiter of the year from PNANJ Outgoing President Jackie Baras.

Business Name: GAPS Wellness Care Services, LLC

What inspired you to open your business? We have been helping family and friends in the past for caregiver requests, so we saw the opportunity to have our own agency. There is an increasing demand especially during the height of the pandemic as patients want to transition from hospital directly to their homes.

Our mission is to participate as an active part of the community by providing and continuously improving the home health care needs of our patients by delivering value-driven, high quality compassionate care to the population that we serve.

When did you open? September 2021

What is the purpose of your business? To give patients the personal care that they may need in order for them to continue to live with dignity and independence within the comfort of their own homes. We are a private home care agency that offers hourly, live-in and temporary care coverage.





LETTER FROM THE EDITOR

by Jamie Mariano



This month we celebrated the resurrection of Jesus. Whether we hunted for eggs, had a lavish family dinner, attended church, or had to work the holiday, one thing remains — He is risen!



April is also Autism Awareness Month, most recently known as Autism Acceptance Month, and April 2nd is specifically World Autism Awareness Day. Professionally, I work with youth ages 14 to 24, with all different kinds of special needs, including autism. While some have noticeable limitations, many of them function as what we would consider “average” or “typical.” There is no telling by how they look or act that they are a person with autism.

This leads me to my point that many people have things they deal with, whether obvious or totally unnoticeable to an “untrained” or “uneducated” eye. Some of the things people deal with are domestic violence, drug addiction, chronic illness, family secrets involving extramarital affairs or financial ruin, or mental health issues. Some other things people deal with are more apparent, such as the inability to walk, speech impediments, blindness, language barriers, or hearing problems.

None of us are without flaws in our physical or mental state, our families, our careers, etc. Every day, we have to make decisions, solve problems, and put on a mask of bravery and courage to face what life has in store for us.

Acknowledge each other’s difficulties and challenges with empathy and with enough humility to admit that you sometimes cannot relate to what someone else is going through. Be more aware of how beautifully different we all are, and how the difficult issues that we face will not get better by people passing judgment or condemnation.

We don’t know what the person next to us is battling, and sometimes it’s not for us to know. However, it is up to us to simply be mindful, aware, and kind.



President's Corner

By Jasmine Alcid



Spring is here and we are excited to come out of "hibernation" from outdoor activities and gatherings. The COVID situation is still present but we have enough knowledge on how to protect ourselves. Mask up if possible.

The Philippine Presidential election is happening on May 9, 2022. If you are voting, you should have already contacted the Philippine consulate in NY for your ballots. Praying for a clean and peaceful election!

Please save the date for our BIKE FUN AND PICNIC on June 18th at the Winding River Park. All members are invited. If you love to bike, watch out for a sign-up online. Our picnic is back and it's free! Please bring your favorite dishes to share. Come out and have fun!



Ukraine relief

FCDC is hopeful that the war in Ukraine will be over. In an effort to send support to the Ukrainian people, we have donated \$1,000 through the Ukrainian Church in Philadelphia.



Filipino Restaurant Week

May 23-31

Look for participating restaurants in your neighborhood.

**Virtual
Santacruzian**

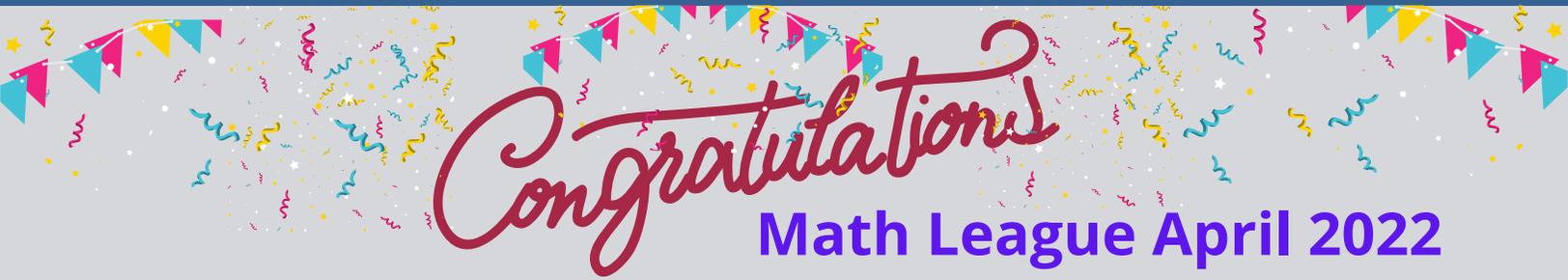
May 14
4 PM

**Bicycle Fun
and Picnic**

June 18

**FCDC Filipino
Summer
Camp**

July 11-15



AXL PERONO

1st for all 8th graders in Toms River Intermediate North .

2nd in Ocean County region.

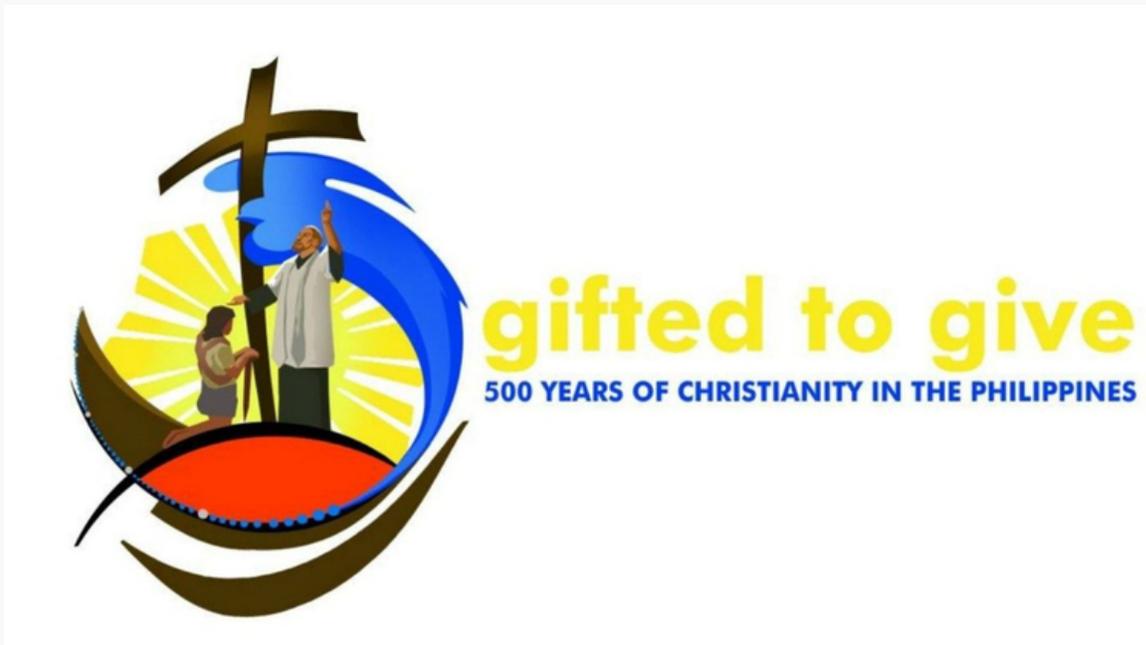
1st place as a team in Ocean County for all 8th graders for Math League.

Axl is the son of Wil and Ivy Perono.





The Filipino-American Medical Society of Toms River donated One Thousand Dollars (\$1,000) in support of the 500 years of Christianity in the Philippines last April 30, 2022. The Holy Mass was celebrated at the Co-Cathedral of St. Robert Bellarmine located at 61 Georgia Road, Freehold, NJ .





ATTITUDE ADJUSTMENT

by Ferlie Almonte, Speaker. Author. Coach

THE SOCIAL MEDIA INFLUENCER IN YOU

SOUNDS INSANE to many of the older demographics, but the world we live in somehow morph into the High Tech, Low Touch way of life! The digital social world we live in now is so different and mega-powerful beyond our wildest imagination. The way we do things have gone virtual. Educational, political, medical, judicial, social and so much more. Unbelievably astonishing. How are opinions, new habits, and possibilities created? It's crazy how social media platforms like Instagram, Twitter and Facebook dramatically influence how people connect, communicate, promote new beliefs and impact change. It is also a mind blowing way popular macro influencers get paid lucratively sharing content with incredible or zero value. That is what it looks like from a massive scale.

In our more intimate world, we could be **MICRO-** Influencers. We may not have millions of followers, but that does not mean, our impact is diminished. The truth is the number of subscribers or followers one has does not dictate their value. The awakening and life transformation we ignite in others through us sharing our inspirational stories, positive insights and exemplifying empowered ways to navigate life challenges yield more immeasurable and lasting results than thousands of likes on a post that do not promote personal or professional growth, kindness toward others or solutions to a pressing need, but merely provide entertainment value. An escape from reality sometimes.

EACH ONE OF US IS AN INFLUENCER. And you do not need to be a celebrity or have a million followers to create Ripples of Change.

Let's use Facebook for an example. I am middle-aged. That's where most people my age hang out. I must say some smart, younger people with old souls hang out there, too, to learn from the wisdom of those more seasoned in age.

What do you share on social media? Who do you follow? What are you looking for to learn, to feel and grow from?

Here's the deal. **YOU'LL NEVER KNOW WHO WATCHES YOU** and know what **IMPACT YOU HAVE ON THEIR LIVES!** Many prefer to quietly watch. They conceal their struggles and they are afraid to be judged. Understandable.

One of those struggles is facing the truth of who we really are. I chose to share this particularly because a brave young soul reached out to me sharing this prison this person wants to break free from.

Having to hide who you really are, what makes you truly happy, or yearning deeply to declare to the world the person you've chosen to love can drive isolation, loneliness, depression and so much unhappiness and chaos within one's soul.

My spouse of ten years, Christine Cipriano, and I never hid our love. We are so blessed, grateful and incredibly happy to have married each other, for 10 years now and counting. We like, love and get each other. We feel free to be ourselves and to seek our unique places in this world in our chosen professions.

Friends on FB see how open we are. They witness how liberating it is to be authentic and to tell the world proudly who we chosen to be our life partners.

We have received MANY private messages from friends in the LGBTQ Community who have been together for over 20 years but never publicly acknowledged their relationships till they saw that "IT IS OK" through our example. NOW, THEY ARE FREE ❤️

Very recently, I received a beautiful and heartfelt message from a teen. She shared how inspiring my posts are in the way I am handling my recent medical challenges. She also shared how she finds enlightenment, a sense of safety and belonging, as she witness me and Christine, living an authentic, and vibrant married life, and wishes that one day she can muster the courage to come out to her family. Seeing us as role models helps her see the light and find her way out of a place she's been hiding.

WE, ALL, HAVE THE POWER TO INSPIRE POSITIVE CHANGES IN OTHER PEOPLE'S LIVES. It could be as simple as being TRUE TO WHO WE ARE, and SHOWING OTHERS THAT UNFILTERED, IMPERFECT LIVES INVITE TRUE LOVE, PROFOUND JOY IN RELATIONSHIPS, and PEACE OF MIND.

Those come with risks of judgment from others. Detox from them. Those who accept and love you unconditionally are meant to stay in your world❤�

YES, WE ARE INFLUENCERS. Not just on social media, but in our ordinary everyday lives. A simple post can make someone feel they are not alone. A tweet could make someone's day feel sweet. A photo of what it's like to live with authenticity and acceptance of others unconditionally, can set someone free to find their true love and happiness. But most of all, messages of hope and positivity can save precious lives.

In this High Tech, Low Touch World, BEING INTENTIONAL in the Positive Messages we share will never make what's good outdated. What's insane is if we think that we are not powerful enough to make a difference in the lives of others.

So, what's your next social media post, Influencer?

For more inspiring messages, visit FerlieAlmonte.com or follow on social media @ferliealmonte

Araw ng Magigiting (ika-80 taon ng Fall of Bataan, Abril 9, 1942) Ni Sisa Batongbacal

1.

Walumpung libong Amerkano
At Pilipinong sundalo at gerilya
Ginipit sa gutom, nginiki ng
malarya,

Buto't balat na tinuyot ng
disinterya

Sa kalahating taon ng blokeyo

Ng pagkain at medisina

Ang sumuko, sa mananakop

Na imperyong Hapon, sa paanan

Ng Bundok ng Mariveles, sa

pangakong

“Nasupil man sa isang labanan

Hindi magagapi sa digmaan.”

2.

Isandaang kilometrong martsa,

Bataan hanggang garison ng Capas,

Ilampung libong bihag na namatay:

Tarak ng bayoneta o pagmamaril

Sa pabigat na sugatan;

Ginapang ang lansangang basa

dugo,

Isang linggong pasang krus
Sa krusada ng pagpili sa
kalayaan,

Laban sa bagong dayong
panginoon.

3.

Hindi magagapi ng bartolina
ang pananalig

At tapang: apatnaraang detinido

Ang namamatay araw-araw;

Bago ikalat ang mga bilanggo

Sa iba't-ibang kampo, gawing
aliping

Paggawa sa mga pabrika at
madidilim

Na mina ng uling sa Japan.

May iba pa bang panukat sa
kagitingan?

Nilandas ng ating mga bayani

Ang martsa ng giting ng kani-
kanyang henerasyon

Upang maipagdiwang natin ang
kalayaan.

Abril 2022

Every month, Sisa Batongbakal writes an article in Tagalog. Sisa, is a fictional character in Jose Rizal’s Noli Me Tangere. The articles are chosen and meant to have relevance.



WE ARE INVITING ALL FACES BARKADA AND YOUTH TO INTERPRET SISA'S PIECE IN ENGLISH.

SISA WILL SELECT THE WINNING PIECE AND WILL BE INCLUDED IN OUR NEWSLETTER TO SHOWCASE THEIR WORK.

PRIZE SHALL BE GIVEN TO ONLY ONE WINNER. SUBMIT YOUR ENTRIES ON THE 30TH DAY OF EACH MONTH.





SHARE YOUR STORY
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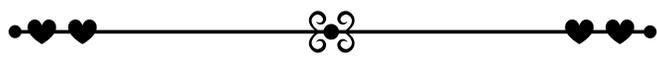
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Membership Renewal

- **Tejada-Chong Family**
- **McPartlin Family**

If you wish to be a member of FCDC or need to renew your membership. Kindly visit our website www.fcdcnj.org and download the membership letter. Thank you.

Sign up for AmazonSmile and select Filipino American Community And Development Center of Ocean County as your preferred charity at smile.amazon.com/ch/20-5840649
AmazonSmile will donate to us at no cost to you.
Thank you for your support!

