

EDITOR'S NOTE

And just like that – the first three months of 2023 have ended. Time, indeed, flies fast. And as we enter another Quarter, allow us to review the events and activities, which EPCALM conducted, through this Second Issue of **EPCALM News Online**, which covers the months of January to March 2023.

To set our priorities in order and prepare us for the challenges of the current year, we conducted a Real-Time Strategic Planning and Retreat in February, in a purposive move to come up with Action Plans to help us navigate the challenges that lie ahead of us. In our planning session, we were mindful of putting our serviced patients' interests and needs first, recognizing that we should engage them to respectfully and compassionately achieve the best experience and outcome for them and their families.

In the First Quarter, we continued to roll out our regular activities to keep the momentum of the past year in high gear – these included the Family Huddle, which will now be held every other month; the weekly Family Church Bible Fellowship; and the distribution of Hope Packs also in February, as well as the Welcome Packs for new patients.

At the same time, we participated in the events of our partner organizations – the workshop on patient centricity led by the Lymphoma Awareness Philippines, a medical nutrition forum by Hope Unlimited of the Cardinal Santos Medical Center, and the 4th Philippine National Cancer Summit spearheaded by the Philippine College of Surgeons Cancer Commission Foundation, the Cancer Coalition Philippines, and the Philippine Cancer Society.

We also introduced new activities for our patients and their families – the “doctor on board” segment during the Family Huddle, where patients can ask questions related to their treatment options and other related topics, “Nutrition 101” also during the Family Huddle, and an art tutorial/workshop, which kicked off a series of arts and crafts sessions at the EH.

Thank you for your encouraging words of support for our Maiden Issue last January 2023. With this second issue of our digital newsletter, therefore, we hope to give you a snapshot of what have transpired during the First Quarter of 2023.

REAL-TIME STRATEGIC PLANNING, RETREAT CONDUCTED

EPCALM organized a Real-Time Strategic Planning Workshop and Retreat on 4-5 February 2023, as the current EPCALM Leadership Team moved to set the tone, and provide strategic directions and action for the Foundation's short- and long-term plans, and its daily operations for Fiscal Year (FY) 2022-2023, as well as get spiritual invigoration.

Held at the Sinturis Farm in San Juan, Batangas, the one-day planning session sought to develop and enhance EPCALM's organizational strategies – to strengthen its capacity to successfully adapt to change on an ongoing basis, using the VUCA (volatility, uncertainty, complexity, and ambiguity) framework as reference guide. **READ MORE...** <https://www.epcalmfoundation.org/post/epcalm-stratplan-retreat-fy-22-23>

1st FAMILY HUDDLE FOR 2023 HELD AT EH

EPCALM patients and their families gathered anew at The EPCALM House (EH) in New Manila, Quezon City on 25 February 2023 for the first Family Huddle of the year. This was also live-streamed via Zoom for those who could not make it in person, as well as those outside of Metro Manila. The Family Huddle is an occasion for patients and their families to fellowship with one another for spiritual nourishment, medical updates, and other activities. During the Family Huddle, two new segments were introduced – the “Leukemia Updates Q/A” with Dr. Catherine Rosales, Director of the Medical Ministry Service,” and “Good Nutrition 101,” through the EPCALM Advocacy and Public Awareness Program. Dr. Rosales also holds online consultation with patients on Saturday mornings.

READ MORE... <https://www.epcalmfoundation.org/post/epcalm-holds-1st-family-huddle-for-2023>

‘PATIENT CENTRICITY’ KEY TO HEALTHCARE

An enhanced knowledge and understanding among patients of their own health, well-being, and healthcare choices can lead to improved care, and decreased levels of illness. Thus, a patient-centric approach is key in healthcare. This was among the major insights of the latest Global Patient Survey (GPS) on lymphomas and chronic lymphocytic leukemia (CLL) released in December 2022. From the same Survey, the Philippine Country Report highlights from the 2022 GPS were shared by Lymphoma Awareness Philippines (LAP) during a workshop in Taguig City on 16 February 2023. EPCALM delivered a Message of Solidarity in support of this undertaking of LAP, a partner organization of EPCALM. Patient centricity has always been observed by the Foundation in its programs and services for its adult leukemia patients, including their families.

READ MORE... <https://www.epcalmfoundation.org/post/patient-centricity-key-to-healthcare>

MEDICAL NUTRITION IN CANCER CARE

Good nutrition can have a positive effect on your cancer journey. This was underscored by medical nutrition physicians during a lecture-forum on the importance of medical nutrition, “Eat, Pray, Love” organized by Hope Unlimited, the Cancer Patient Support Group of Cardinal Santos Medical Center (CSMC), a partner hospital of EPCALM, last 17 February 2023 in San Juan City.

READ MORE... <https://www.epcalmfoundation.org/post/medical-nutrition-in-cancer-care>

WHAT YOU NEED TO KNOW ABOUT LEUKEMIA

A new page has been featured in the EPCALM website – *Leukemia Frequently Asked Questions (FAQs)* – which presents facts and figures on this type of blood cancer. This page contains relevant information about the disease, in simple, layman’s language. You may access the FAQ Page by clicking on the **Leukemia FAQs** button found on the Home Page of the EPCALM website.

READ MORE... <https://www.epcalmfoundation.org/post/what-you-need-to-know-about-leukemia>

ANNUAL REPORTS AVAILABLE ON EPCALM WEBSITE

It's been a long time coming but finally, EPCALM's *Annual Reports* are now available on EPCALM's website (www.epcalmfoundation.org). Among other sections, these official documents feature: Patient Information, Patient Statistics, Distribution by Current Status of Patients, Patient Distribution by Type of Disease, Patient Distribution by Age, Male-Female Patient Ratio, Patient Services Highlights, etc. Aside from the latest edition (Fiscal Year 2021-2022) of the Annual Report, other editions – from FY 2015 to 2020 – are also available.

READ MORE... <https://www.epcalmfoundation.org/post/epcalm-annual-reports-now-available>

HOPE PACKS DISTRIBUTED TO EPCALM-SERVICED PATIENTS

EPCALM distributed Hope Packs to the homes of 45 serviced patients and their families in Metro Manila and Rizal Province last February 2023. The Hope Packs contained basic commodities and food items, including food supplements and powdered milk, as well as hygiene essentials. Hope Packs were regularly delivered to patients’ residences at the height of the pandemic in 2020. Distribution has continued at present to assist patients and their families with their basic domestic needs. (MGPFlores)

READ MORE... <https://www.epcalmfoundation.org/post/45-epcalm-patients-get-hope-packs>

EPCALM PARTNERS WITH UCM FOR GRIEFSHARE SESSIONS

The Union Church of Manila (UCM), a partner church of EPCALM, is currently conducting another Cycle of its GriefShare online group sessions. The 13-week virtual group meetings started on 1 March 2023 and will last until 24 May 2023. GriefShare is a Christ-centered, video-based support group program. It equips lay volunteers to encourage and comfort people going through bereavement. The GriefShare materials point to Christ as the ultimate source of healing. Some EPCALM families with loved ones who recently passed are currently attending the online sessions led by the UCM Care Group. EPCALM introduced the GriefShare Ministry in the Philippines in 2016.

READ MORE... <https://www.epcalmfoundation.org/post/griefshare-at-ucm-starting-mar-1-2023>

AMORSOLO FOUNDATION HOLDS ART WORKSHOP FOR PATIENTS, FAMILIES

EPCALM-serviced patients and their family members participated in a Bayanihan Art Workshop on 25 March 2023 at The EPCALM House, conducted by Fernando (Nandy) Amorsolo Lazo, Executive Director of the Fernando C. Amorsolo Art Foundation, Inc. (FCAAFI). Nandy Lazo is the grandson of the late National Artist. The FCAAFI provided all the needed art materials.

READ MORE... <https://www.epcalmfoundation.org/post/amorsolo-foundation-holds-art-tutorial-workshop>

Featured Patient:

LEAVING IT ALL IN HIS HANDS, CML PATIENT REMAINS STRONG FOR HER FAMILY

It has been 12 years since Marilyn Umali was first diagnosed with Chronic Myelogenous Leukemia (CML). At the time of her diagnosis, she found it difficult to accept her circumstance, especially since she has a young family to take care of. With the help and support of her husband, Marilyn was always reminded that she can handle anything and everything with God. She firmly believes that He is always with her. Her unwavering faith has kept her strong, as she focused on getting better every day for her small children and her caring, loving husband. (ACDBacani)

READ MORE... <https://www.epcalmfoundation.org/post/marilyn-umali-leaving-it-all-in-his-hands>

EPCALM BRINGS BACK MARTIN NIEVERA IN BENEFIT CONCERT ON 11 MAY 2023

In commemoration of its 18th year, EPCALM brings back its appointed Goodwill Ambassador, Concert King Martin Nievera to center-stage through a benefit concert, showcasing his exceptional brand of music, entitled, "*MARTIN NIEVERA: The Journey Continues*" on 11 May 2023, 8 p.m., at the same venue where he performed in 2016 – the Samsung Hall of SM Aura Premier in Bonifacio Global City, Taguig City.

Indeed, the journey continues for Martin and EPCALM, together with the serviced patients, as well as their families, as the Foundation pursues other opportunities to be better able to care for its patients as individuals, and as it continues to value their unique journeys, which define their purpose in life.

Tickets are available at any SM Tickets outlets at SM Cinemas, SM Store (Customer Service), SM Bowling, SM Skating, Eastwood Mall, Lucky Chinatown concierge, and at SM Mall of Asia Ticket Booth (outlet online link), or online via www.smtickets.com. Get your tickets now!



READ MORE... <https://www.epcalmfoundation.org/post/martin-nievera-the-journey-continues>

About EPCALM

Established on 12 May 2005, and registered with the Securities and Exchange Commission (SEC) on 29 December 2009, the EPCALM Adult Leukemia Foundation of the Philippines, Inc. is a Christ-centered, non-stock, non-profit organization that reaches out and helps adult leukemia patients and their families. Its three service arms are Spiritual Care, Medical, and Financial – anchored on the principle that God is the Hope, the Healer, and the Provider.

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