



## REGION 1 LUPUS SUPPORT GROUP HAWAIIAN CHRISTMAS PARTY

07 December 2019  
Conference Room, Motorpool Bldg, ITRMC



Christmas for tropical countries, like the Philippines, is often associated, not with cold weather, but with sunshine.

The Region 1 Lupus Support Group's 1<sup>st</sup> Christmas party was held at Ilocos Training and Regional Medical Center (ITRMC) Motorpool Building Conference Room. Filled with Hawaiian theme filled with leis, flowers and garlands, the event was attended by 14 patients, 19 caregivers, 4 medical residents, 13 medical clerks, 3 guests from ITRMC Social Service Department.

The event started with a prayer led by Ms. Jona Jubinal followed by Dr. Joseph Patricio's opening remarks. It's not all fun because the doctors made sure that vital information will be imparted to the patients. Dr. Demie Bersamira, who also hosted the event, talked about the benefits of exercise. Then, the medical clerks, or 4<sup>th</sup> year medical students from University of Northern Luzon led a short Zumba exercise.



Dr. Joseph Patricio welcoming the patients and attendees



4<sup>th</sup> year medical students leading the patients in series of Zumba exercises



The group also invited Ms. Jessica Pascua from ITRMC Social Service Department to talk about the different programs and assistance their department is providing, especially to indigent patients. The Department of Social Welfare and Development, with assistance from Mary Ann Ortillo, distributed relief packs to the patients. Ms. Pascua emphasized that relief packs are not dole outs to the people, but in return, we need to give back to the community through activities which will help others.





A few games followed, which gave the attendees and doctors laughs. In between the games were raffle for prizes. Each patient also received a copy of Hope for the Butterflies book. Food were provided by ITRMC, along with some donated by other patients and Dr. Patricio. Patients also brought gifts to exchange with other patients.



The group also elected its first set of officers. Being patient-leader is not about leading, but also serving and inspiring others. The individuals who will selflessly devote time and effort to reach more patients in Region 1 are:



(l-r) President: Sharinelle de Padua  
 Vice-President: Lyziel Garcia  
 Secretary: Alma Bustique  
 Treasurer: Jona Jubinal  
 Auditor/PRO: Nimfa Galao

#### Acknowledgements:

- ✿ Dr. Joseph Patrick Patricio
- ✿ Ilocos Training and Regional Medical Center
  - Internal Medicine residents – Drs. Demie Bersamira and Adheep Arun Shrestha
  - Social Service Department – Ms. Jessica Pascua and Mr. Allan Verbo Foner
- ✿ Department of Social Work and Development – Ms. Mary Ann Ortillo and Shaina Mae Reintar



- Raffle prizes/gifts were from:
- Drs. Allan and Hannah Corpuz
  - Ms. Leni Grace Nicdao
  - Lupus Inspired Advocacy (Hope for the Butterflies book)



Dr. Joseph Patricio, Region 1 Lupus Support Group medical adviser, with ITRMC medical residents (Rheumatology rotators)



**FROM REGION 1 LUPUS SUPPORT GROUP,  
MERRY CHRISTMAS!!!**

