



FILIPINOS in the FIELD

THE STORIES OF DEDICATION, PERSEVERANCE, AND
RESILIENCE OF THE HUMAN SPIRIT.



SPECIAL E-BOOK PUBLICATION
EMBASSY OF THE PHILIPPINES IN CANADA AND THE
CONSULATES GENERAL IN VANCOUVER, CALGARY, AND TORONTO

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*Sharing the stories
of Filipino
healthcare workers
in Canada.*

The Philippine Posts in Canada (PPC) launched in December 2021 the “Filipinos in the Field” social media project in honor of the countless Filipino-Canadians working in healthcare across the country. This became a platform that featured a glimpse of the colorful stories of Filipino-Canadian healthcare professionals, their thoughts on their work, and their words of encouragement for others considering a similar vocation. Playing a silent but critical role in society, healthcare workers show us their dedication to their communities and the resilience of the human spirit.

It is estimated that more than 10 million Filipinos are currently living and working outside of the Philippines, many of whom have joined the healthcare profession.

This situation is no different in Canada where the migration of Filipinos is recorded to have begun in the 1950s.

Mabuhay!

We at the Embassy and Consulates General of the Philippines in Canada are pleased to present “Filipinos in the Field,” a project showcasing the stories of Filipino-Canadians in the healthcare sector.

Filipinos and Canadians have a long history of friendship that officially began in December, 1949. Today, Canada has a population of first, second, and third generation Filipino immigrants that is fast approaching the one million mark. They have contributed their expertise and talents to various industries in the country, including in the medical field, for many decades.

This last year and a half, we were reminded all too well of the importance of our healthcare professionals. Countries around the world faced the COVID-19 pandemic head on, exerting their best efforts to stem the spread of infections and with our medical communities forming lines of defense against the illness and death that followed in the pandemic’s wake. Regrettably, the commitment of healthcare workers to their vocations was fulfilled often at great risk to themselves and their families.

The Philippines observes the Month of Overseas Filipinos every December in recognition of the Filipino Diaspora that has shared its talents with the rest of the world. This month also marks the 72nd anniversary of Philippines-Canada relations. We hope to commemorate these occasions by putting the spotlight on Canadians of Filipino descent who have dedicated their lives to taking care of their communities. Their work is critical before, during, and beyond this pandemic.

While logistical considerations allow us to share the stories of only a limited number of Filipino-Canadians for this project, I invite you to learn more about the Filipino Diaspora in Canada and the contributions that they have made to the country’s multicultural fabric.

I wish you all a safe and healthy New Year.



H.E. RODOLFO D. ROBLES

Ambassador of the Philippines to Canada

Ottawa, December 2021



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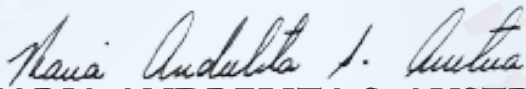
Philippine Embassy in Canada

I am honored to join my fellow heads of posts in Canada, under the leadership of H.E. Ambassador Rodolfo Dia Robles, in presenting the “Filipinos in the Field” e-Book.

In the past several months, the Philippine Posts in Canada have been working hard to highlight the important contributions of our community in the country’s health sector, with the objective of securing for them the recognition that they deserve as Filipino health professionals in Canada. This e-book is part of our overall efforts in pursuit of that goal.

While this e-book may be shining the spotlight on a select number of Filipino health professionals, it is really a tribute to the countless and anonymous others who serve tirelessly behind the scenes to provide the necessary care and protection for all Canadians and immigrants, alike. May this be a source of continuing inspiration to all our health workers and an invaluable space for appreciating their worth.

As we start the New Year, I remain hopeful that our efforts will yield positive developments. Happy New Year to all!



HON. MARIA ANDRELITA S. AUSTRIA
Consul General

Vancouver, December 2021



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The Philippine Consulate General in Calgary is pleased to have actively participated in the Filipinos in the Field social media campaign of the Philippine Embassy in Ottawa, in partnership with the various Philippine Consulates General in Canada.

It is encouraging to know that we have so many Filipino men and women in Canada who, through their various endeavors in the fields of medicine and healthcare, have contributed tremendously to the general well-being of the people under their care. What is even more inspiring is that they served courageously in the frontline throughout the COVID-19 pandemic, keeping the healthcare system afloat even during the height of uncertainties and the most trying times.

I hope that those who have read the profiles of the “Filipinos in the Field” will be filled with gratitude for these brave and committed heroes who have lived a life of service and caring. Their work, after all, has benefited not only their patients, but also our society in general.


HON. ZALDY B. PATRON
Consul General

Calgary, December 2021



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MESSAGE



I am pleased to convey our appreciation to the Philippine Embassy in Ottawa for organizing with the Philippine Consulates General in Toronto, Calgary, and Vancouver the social media project "*Filipinos in the Field*" to recognize the brave and dedicated service of Filipino healthcare workers in Canada to ensure the health and safety of everyone from the ongoing COVID-19 pandemic.

We sincerely thank the Overseas Filipinos who were featured in "*Filipinos in the Field*" for sharing their respective inspiring stories and testimonies as they continue to serve in the healthcare sector.

Nais naming ipaabot ang isang pagbati ng Maligayang Pasko at Masaganang Bagong Taon sa lahat!


HON. ORONTES V. CASTRO
Consul General

Toronto, December 2021



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Philippine Consulate General



MR. RUBEN SALVADOR, JR.

Respiratory Therapist, Montreal, QUEBEC

“

I chose my specialization because I wanted more hands-on care with my patients. It requires a lot of discipline and studying because our profession is always evolving... and the current pandemic has forced us to adapt new techniques and innovations.



Ruben was inspired to join healthcare by his mother who worked as a nurse in Montreal for 30 years. Starting as a technical assistant in Radiology, he later moved to respiratory therapy where he found himself as one of the frontliners in critical care during the COVID-19 pandemic.

Ruben is based in Montreal where he works at one of Quebec's largest Intensive Care Units and Emergency Departments. When he is not at the hospital, he teaches at a local college.

“

Working at the fertility centre gave me fulfillment in being part of a team to assist couples with infertility problems. The clean working environment and regular office hours were perfect conditions to fulfill my career and support my family at the same time.



Her desire to help others pushed her to the nursing profession. Fides, or Deck as she is known to family and friends, reveals that her parents were instrumental in her decision to pursue a nursing vocation by encouraging her at a young age to take up nursing. For Deck, she has found fulfillment and meaning in her chosen career, especially after having worked at a fertility center where she helped couples become parents.



MS. MA. FIDES AGUSTIN

Nurse Coordinator, Burnaby, BRITISH COLUMBIA





“

I find the concept of family practice to be quite unique, and much more humanitarian. For one, it is quite broad. Additionally, I can connect with my patients better and act not just as a doctor to them, but also as a friend.



While medicine was never her first choice as a career, Dr. Rachele found her passion for it in medical school, as it empowered her to use her knowledge to help people with their health. She has worked in the medical field in the Philippines and Singapore, and has found working in Canada as a great blessing. Being in a family practice is something that she finds unique, and much more humanitarian.

MS. RACHEL DE GRACIA

Medical Doctor, Calgary, ALBERTA

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As challenging as the pandemic has been, choosing a career in public health and preventive medicine remains one of the best decisions I have ever made. Every day, I am privileged to be able to do something that not only seeks to improve people's health and to make Toronto more livable for everyone, but also, it is work that is truly meaningful to me.



Dr. Eileen de Villa is the Medical Officer of Health for the City of Toronto. She leads Toronto Public Health, Canada's largest local public health agency, which provides public health programs and services to 2.8 million residents of the City of Toronto. During the COVID-19 pandemic, under the leadership of Dr. de Villa, Toronto Public Health was able to prevent illness, protect and preserve the health care system and save the lives of countless Torontonians.

Dr. de Villa recommends a career in public health to anyone who is interested not only in pandemics and emergency and outbreak management but also those interested in working at the intersection of health promotion and protection, data science and policy to improve the health of their community and reduce inequities in health.



MS. EILEEN DE VILLA

Medical Officer of Health, Toronto, ONTARIO





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Being able to help patients with mental problems was very fulfilling for me... I would recommend the field of Psychiatry for Filipino-Canadians who would want to pursue their careers here.



Ruby came to Canada as an intern in the 1970s. She started her studies in Anatomical Pathology but eventually decided to move to Psychiatry.

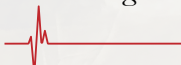
She found this field more fulfilling as she was able to help people with mental disorders. Upon completion of her educational requirements, she practiced General Psychiatry until her retirement in 2018.

DR. RUBY FORMOSO

Retired Psychiatrist, Ottawa, ONTARIO

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There are no shortcuts to licensure. Clear the exams, do lots of volunteering and preceptorships. In my observation, foreign medical graduates who successfully matched to residency programs in Canada were the ones who persevere and have grit.



When it comes to hurdling the physician licensure requirements in Canada, perseverance and courage are traits that are sometimes more important than being intelligent and talented, observes Dr. Lacsamana.



DR. CESAR LACSAMANA

Physician, Richmond, BRITISH COLUMBIA





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The COVID-19 pandemic brought unexpected challenges but also gave a reminder of how resilient the human spirit can be against overwhelming odds... Chase your dream, don't lose hope, but above all, never lose your faith in the Lord.



For Dr. Joel San Agustin, being a Doctor was a childhood dream to cure and help the sick. Working in Canada as a Family Physician has been quite enriching for him, as it has made him understand more fully the multicultural communities in Canada.

DR. JOEL VENTURA SAN AGUSTIN

Family Physician, Edmonton, ALBERTA

“

I was influenced by my mother, who was also a nurse back home in the Philippines. I have chosen the nursing occupation because I believe that this is a noble profession. Helping other people by providing quality patient care, and showing compassion and respect to those around you are the qualities of a nurse that I admire. These are the fundamental reasons why I choose this field of work.



Mr. Austine Gaqui is a Registered Practical Nurse (RPN) at the Scarborough Hospital in Toronto. His journey to becoming an RPN in Canada was not easy. But with hard work and perseverance he succeeded and earned accolades in his field. He co-founded the Integrated Filipino Canadian Nurses Association, a Filipino Canadian community organization assisting new immigrants and OFWs, especially caregivers, in their accreditation with Canadian nursing regulatory boards. His advice to kababayans who want to become a nurse, “Do not let your current circumstance be an excuse not to pursue your goals, we are here to help you to become a full fledged nurse in Canada.”



MR. AUSTIN GAQUI

Registered Practical Nurse, Toronto, ONTARIO

FILIPINOS
in the **FIELD**



“

We should be proud to say we are Filipinos. We are good at what we do and we work hard. This is our advantage. To my kababayans, keep trying, learn the proper training, study hard, and pass the exams.



Noli came to Canada in the 1970s. At this time, there were many developments in the field of Radiology with the introduction of new technologies. He encountered many challenges working in Canada but was determined to learn and do his best.

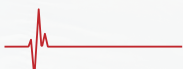
When he completed his education and passed all his licensure requirements, he worked at the Ottawa Civic Hospital until his retirement in 2018.

MR. ALFREDO FORMOSO

Retired Radiologist, Ottawa, ONTARIO

“

As a nurse and and educator, you have a VOICE – a voice for someone who cannot/will not exercise their own, a voice to question marginalization and status quo, a voice for policy change, and a voice to reckon with.



Lea has always been fascinated with teaching and is grateful to be able to work in jobs that she likes – teaching and being a nurse. Working in the academe honed her to become a better decision-maker and allowed her to pursue her advocacies. Lea likewise attributes her ability to lead as president of the Philippine Cultural Association of Yellowknife to the confidence and competence she acquired as a nurse.



MS. LEA BARBOSA-LECLERC

Nurse Educator, Yellowknife, NORTHWEST TERRITORIES





“

This pandemic has not only improved me as a health care worker but as a person who learned to be more emphatic of the needs of patients. Surely, the risk of contracting the disease is greater as a healthcare worker but I also realized that my personal coping strategies have increased my motivation at work.



Ms. Zapanta had been a registered nurse for 15 years before migrating to Canada. Throughout her career, she has achieved a feeling of contentment knowing that her chosen field has made an impact on the lives of many individuals and their families as each day is never the same as she constantly faces many tasks that are aimed to heal the ailments of her patients. She considers her career as more a devotion than a paycheck.

MS. MONSERAT ZAPANTA

Registered Nurse, Grande Prairie, ALBERTA

“

I always wanted to be a nurse but a relative suggested physiotherapy since it was a growing profession. I went into the field of PT and love it. The connection I have with my patients is very fulfilling and the satisfaction I get from helping somebody ease their pain is priceless.... When I hear a patient say "thank you" I know I am in the right field and I am proud to be a physiotherapist.



Jacquelin is a Physiotherapist in Toronto, Ontario. It was challenging initially when she arrived in Canada because she had to adapt to a new healthcare system. The delivery of care was different but it was exciting because she was learning something new which helped her grow professionally. During the COVID-19 pandemic, her work became more challenging as she had to make sure that she and her patients are both safe. For her, physiotherapy is a very fulfilling and exciting field because there is so much potential for growth and opportunity to help and make an impact in someone's life.



MS. JACQUELIN ROTELLA

Physiotherapist, Vaughn, ONTARIO





“

During the pandemic, many doctors I've known closed their clinics but mine remained open. I had to perform scheduled appointments over the phone, which was quite difficult... Despite these challenges, I kept my appointments as I felt obligated to be there for my patients as a doctor who swore to save lives.



Dr. Gallardo was planning to enter the priesthood when he saved a child who was choking on a marble. That experience sparked his interest in medicine where he eventually worked as a physician in Canada. As a family doctor, he makes sure that his practice is patient-oriented and evidenced-based. He treats his patients like family and is happiest when they are satisfied with their treatment.

DR. RUDOLFO GALLARDO

Physician, Toronto, ONTARIO

“

Being a nurse is a very satisfying job, not because of the pay grade but because of the satisfaction you feel when your patient thanks you for touching their lives....With my role as a Union activist, helping members provide a safe workplace really makes a difference. I encourage Filipino-Canadians to be more active and involved with leadership roles.



Walter derives his satisfaction as a nurse not from his pay grade but from the fact that he was able to improve the life of his patient. As a union activist, Walter advocates for a safe workplace and encourages others to be more actively involved and to take on leadership roles.



MR. WALTER LUMAMBA

Registered Nurse, Member, BC Nurses Union Council, Surrey, BC





“

Filipino culture by nature is very nurturing, caring, and teaches empathy for others. This influenced my decision to become a registered nurse.

I advise anyone who wants to be a nurse to make sure you are passionate about this profession.... Set your goal and work hard to fulfill your dreams.



Ms. San Diego considers her profession as a Registered Nurse in the context of the Filipino culture which is by nature very nurturing, caring and with a strong empathy for others. Having worked in Manitoba and finally in Saskatchewan, Ms. San Diego considers herself blessed, having weathered the early challenges she encountered, and is thankful for the support and guidance she received from her fellow colleagues which helped her grow even further as a Registered Nurse.

MS. ANNA SAN DIEGO

Registered Nurse, Saskatoon, SASKATCHEWAN

“

As I started working in Canada, the stark differences in resources and the way physios practiced the profession were very remarkable. I took that as an opportunity to educate my colleagues about the situation of persons with disabilities in the Philippines and how the Canadian physiotherapy profession can be of assistance.



At a very young age, life taught Jeffrey the importance of helping other people. Prior to his migration to Canada, he was working as a physical therapist in the Philippines primarily within the context of a community-based rehabilitation setting where the majority of his patients belonged to the lower social economic bracket. Little did he know that working in low-resource settings set the stage for his career in international development and sparked interest in critical disability studies and global health. Working in Canada as a physiotherapist, he saw the stark difference in terms of resources and practices on physiotherapy between the Philippines and Canada. This motivated him to continue striving to make an impact in the lives of his patients and communities.



MR. JEFFREY ANDRION

Physiotherapist, Toronto, ONTARIO





“

I chose to work as a nurse because I love to take care of sick people. I like to promote health by educating all my patients about their disease and explaining any procedure that they will undergo. I like to motivate them to be healthy and encourage all my patients to treasure their health.



Mary Grace has been a Registered Nurse for 15 years in Montreal, Quebec and is the current President of the Filipino Nurses Association of Quebec, Inc. (FNAQ). In her spare time, she volunteers by helping students prepare for their nursing entrance and licensure examinations. Mary Grace finds joy in motivating her patients to be healthy and continues to learn new techniques, protocols, and technologies to expand her knowledge.

MS. MARY GRACE OCAMPO

Registered Nurse, Montreal, QUEBEC

“

During the COVID-19 pandemic, there were a lot of changes and adjustments to be made. We were short-staffed and heightened emotions were all around, making work a bit more challenging. But it also made me consider the meaning of "essential" and gave me a lot of time to reflect on what is important.



Her mom, coupled with her passion in taking care of the elderly, influenced Ardes to become a nurse. The many challenges she encountered in coming to Canada pushed her to grow as a person and as a professional. But, the Covid-19 pandemic made her realize the true meaning of what is essential and taught her the importance of being prepared for what lies ahead.



MS. ARDES GAYANGOS NG

Registered Nurse, Whitehorse, YUKON





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If you try to endure the long path, you will reach the end of the tunnel and it will be worth the hardships. Patience and endurance is key.



Working as an Internal Medicine Specialist for the past 17 years, Dr. Erwin is grateful for the many resources that are available to patients who would otherwise not have the means to pay here in Canada. He considers his work in the treatment of a patient as a part of multiple interdisciplinary fields which all help for the better good of the patient.

DR. ERWIN VILLAR

Physician-Internal Medicine Specialist, Lethbridge, ALBERTA

“

My message to Filipino-Canadians who want to join my field, be diligent and confident of your knowledge and skills. Learn and continue to learn. The best rewards in this field is not the salary, not the promotion, but the appreciation from patients and their families when they say to you that you have touched their lives and made a difference!



Encouraged by her mother to study Nursing, Kelly took up Nursing at the University of the Philippines and worked at the Philippine General Hospital. Despite the challenges in working in Canada, she loves what she does. This helped her transcend and traverse the challenges. She now works as Hospital Based Case Coordinator for the Winnipeg Regional Health Authority's Home Care Program. She describes a Nurse in 2 words, "Caring" and "Service" and emphasizes that the best reward is not the salary and promotion but the appreciation from patients.



MS. MARIA RAQUEL (KELLY) LEGASPI

Registered Nurse (Hospital Bed Case), Winnipeg, MANITOBA





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I chose to become a healthcare worker because I wanted to help the community in a meaningful way. With COVID-19, my job became more demanding but it has always been a rewarding and fulfilling experience to help others who are at risk and vulnerable.



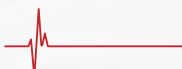
As a personal support worker, Lito found himself in one of the epicenters of the COVID-19 pandemic. Multiple outbreaks in his workplace led to many long hours at work and a high risk of infection, but he remains grateful for the opportunity to help vulnerable patients during this difficult time.

MR. PABLITO D. GONATO

Personal Support Worker, Ottawa, ONTARIO

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COVID-19 has streamlined our services and prioritized what services to provide for our clients. Our vulnerable clients have increased in numbers but our staff has decreased. This also made me focus on self-care to ensure I am physically, mentally, and emotionally healthy to provide the service needed of me.



Richelle's experience, at a young age, looking after many people, from babies to the elderly, had helped her decide to take up nursing. Her transition to the Canadian setting, however, had presented many challenges, from applying for the recognition of her credentials to the actual work place. It was both “humbling and empowering,” Richelle said.



MS. RICHELLE JOY TUMAMANG

Registered Nurse, Canyon Creek, YUKON





DR. MARIA LOURDES CELIS

Family Medicine Physician, Calgary, ALBERTA

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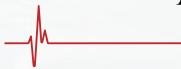
I have always felt a need to be of service to my community, whether that was in church or volunteering in various projects. When it came to choosing a career, I wanted to have an ability to respond to people's needs.



Dr. Celis has had a calling even in her youth to be of service to her community, starting out with being involved in her church and in other projects. It was therefore no surprise that she decided to choose medicine to achieve her desire to respond to people's needs. While acknowledging that it may be tough at first to enter into the medical profession in Canada, she continued to pursue her dreams to practice medicine, with the support and encouragement of her family and friends, and is now thankful for her almost 20 years of being able to serve her community with the same enthusiasm she had when she started.

“

I always wanted to do something in my career that is challenging, interesting, and makes a difference in people's lives daily. In the nursing profession, you deal with many aspects of patient care, and I enjoy the variety in the routine. Dealing with patients and their families and helping them through what is often a difficult time for them is extremely satisfying for me.



Rodolfo believes that nursing is his calling. However, his pathway to becoming a Registered Practical Nurse in Canada was difficult and which he describes as a humbling experience. As such, he wants to serve as an inspiration to all the Internationally-Educated Nurses (IENs) who struggle to fit in Canada and be able to achieve their professional goals in such a very competitive environment in Canada. He wants to make a difference in the lives of his patients and in the Canadian healthcare system. He currently sits as a Council Member of the College of Nurses of Ontario.



MR. RODOLFO LASTIMOSA

Nurse, Toronto, ONTARIO





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I was inspired to pursue nursing and it turned out to be a true calling. Saving lives and caring for people everyday is something I am passionate about... Of course, it comes with sacrifices. Nothing comes easy and you must navigate all the pathways in order to succeed.



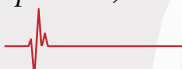
Frances initially wanted to be a doctor, but the long process led her to pursue a career as a nurse. She has now been an Emergency Room nurse in Halifax, NS for almost ten years. Frances views nursing as a calling, but her path did not come without struggles and sacrifices. She believes that nothing comes easy and that one must exert all efforts to succeed.

MS. FRANCES SCARLET SALCEDO

Registered Nurse, Halifax, NOVA SCOTIA

“

My journey in the nursing profession in Canada was not a smooth ride but, looking back and reflecting upon every challenge I encountered, it was meant to be. It humbled me. It gave me an opportunity to learn from my mistakes and change my approach to things and life. It taught me how to be patient. It pushed me to do better the next time. It empowered me to use my talent, experience, and skills to assist others.



Helping others was Edwin's main goal when he decided on this career. But, the nursing profession also taught him other things - patience, perseverance, kindness and resilience. Edwin says there is no formula when you want to help or care for others. Even in his role as public servant, he continues to assist, where possible.



MR. EDWIN EMPINADO

Head Nurse, Manager, Operating Room, Kitimat, BRITISH COLUMBIA

FILIPINOS
in
the **FIELD**





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Healthcare education is a wonderful way of making a difference to the field. Your legacy lives in each and every student you educate. Their collective impact influences the health system in ways far beyond what you can imagine.



As a Registered Nurse, Ms. Mah has found her calling by being an educator. Being a second-generation Filipino Canadian, Ms. Mah was strongly inspired by her mother, who was educated as Nurse in the Philippines and moved to Canada, where Ms. Mah was born. Having instilled in her the noble values of being a nurse, as well as the value of education, she has chosen the path of educating the next generation of health care professionals as a worthy profession. She considers the work she and other medical educators do as impacting not only the students they are teaching, but every person they help through their work.

MS. JENNIFER MAH

Registered Nurse, Dean, Faculty of Health & Community Studies, Edmonton, AB

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I have always dreamt of becoming a nurse since I was 6 years old, when I saw a nurse working in the hospital taking care of sick people. I believe nursing is not just a profession but a vocation.

I am proud to be a Filipino -Canadian Nurse. Since I started working as a Registered Nurse in Canada, whenever people know that I am from the Philippines, they would always say “Filipino-Canadian Nurses are the BEST NURSES in the WORLD!”



Ms. Rosario Quinto graduated in Nursing from and eventually worked at the University of Santos Tomas Hospital in the Philippines. She came to Canada in 1995, took a Nephrology Nursing course, and landed a job in a medical-surgical unit of the Scarborough Health Network. She is the current President of the Integrated Filipino Canadian Nurses Association (IFCNA) in Toronto. She is one of the frontline workers in the fight against the COVID-19 pandemic who has selflessly and tirelessly worked to care for the sick.



MS. MARIA ROSARIO Z. QUINTO

Registered Nurse, Toronto, ONTARIO



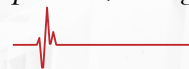


MS. MAGDALENA D. BELLEZA CALCETAS

Retired Registered Nurse, Montreal, QUEBEC

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It is only now that nurses have finally been given more recognition for what they have always been doing. That is, personal sacrifice for the health benefit of all ...To be a nurse, you must have in mind that you are doing it to serve humanity. You must be strong mentally, physically, emotionally. You must be resilient, inherently empathetic, caring, and thoughtful.



Maggie worked as a nurse in the Philippines and the USA before finally settling down in Canada. In 1992, she founded the Filipino Nurses Association of Quebec, Inc. as a support group to educate, empower, and assist Filipino nurses. Maggie is now retired but remains deeply involved in her community where she spends time advising local Filipino organizations on their programs and helping new healthcare professionals in their employment search.

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It's an amazing profession but it also comes with its own challenges... as long as your priority goals are family centered care, Nursing will not only bring you financial stability but also spiritual and mental rewards when caring for others.



Catherine was raised in a family with traditional Filipino values which allowed her to have the opportunity to care for family members and friends and instilled in her a deep passion for caring for those who need it and led to her to take up nursing as her profession, a decision which she has never regretted. As a nurse, Catherine has been fortunate to have landed many opportunities in the various aspects of nursing (labor and delivery, and kidney transplant) in Saskatchewan and has been grateful for the experience and the opportunities for working in Canada.



MS. CATHERINE COSTA ARAOS

Registered Nurse, Regina, SASKATCHEWAN





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I believe that we should not stop learning and growing.... The COVID-19 pandemic brings a lot of pressure, stress, and challenges to us as healthcare workers... but the will to help and serve always comes first.



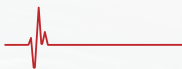
Thea decided to become a nurse to follow in her mother's footsteps. Having arrived in Canada only 5 years ago, she strives to learn and grow amidst the different challenges brought about by a new environment and the COVID-19 pandemic. Thea understands that her chosen field comes with risks to her own health but her determination to help others outweighs her fear of the COVID-19 virus.

MS. MA. THEA RAMBUYOS LACASTESANTOS

Licensed Practical Nurse, Halifax, NOVA SCOTIA

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Nursing is a noble profession and a true calling to minister... I encourage others to fulfill their purpose in building up lives.



Mennie arrived in Canada in 2009. As a registered nurse in Eastern Passage, Nova Scotia, she considers her work as a calling to serve others. Mennie believes that the COVID-19 pandemic has highlighted the need for nurses to take care of themselves so that they may be able to take care of their patients.



MS. MENNIE ALBA

Registered Nurse, Eastern Passage, NOVA SCOTIA



*Share
their stories...*



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