



BULLETIN

ONGOING: Booster Vaccination and Marawi CV Surgical Mission



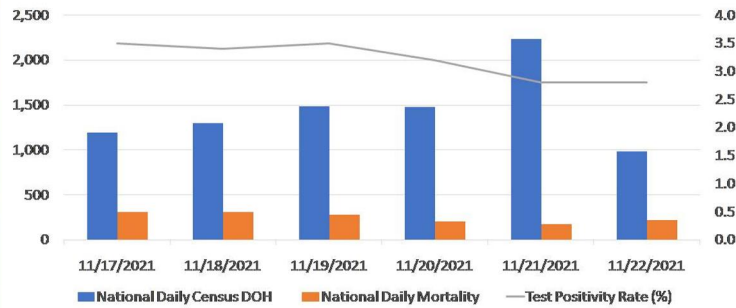
Booster Shots against COVID-19 are now being administered at PHC



The PHC CV Surgical Team embarks on another CV Surgical Mission at Amal Pakpak Medical Center, Marawi City, Lanao Del Sur on November 21-24, 2021

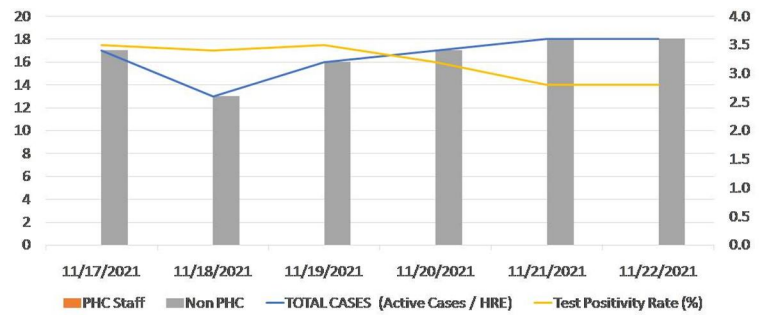
National Daily Covid Censur

Nov 17 - Nov 22, 2021



Covid Care Censur

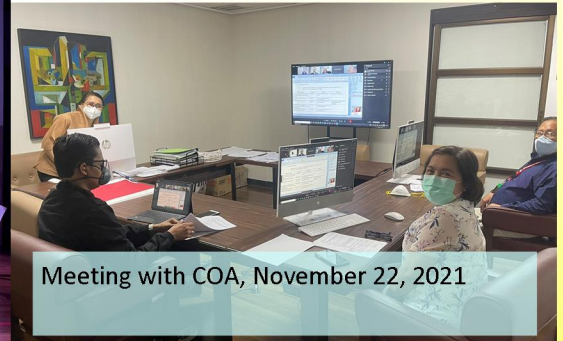
Nov 17 - Nov 22, 2021



Director's Corner



Last Medical Staff Meeting for the year 2021 & introduction of newly accepted medical staff



Meeting with COA, November 22, 2021



DOH NPNRC Meeting at EAMC, November 23, 2021. USEC Bong Vega, a PHC Graduate delivers his Inspirational Message





AN OFF DAY to APPRECIATE WORK

Nearing the end of November with my forced leave unused, I took a few days off to "REFRESH."

I decided to reacquaint myself with bicycling and wondered as I took off with a wobbly start how cycling enthusiasts can stand the uncomfy seat, achy thighs and sweaty brows. That was until I...

...started listening and not just hearing the symphony of morning sounds - the variety of bird chirping, the crunch of crisp brown leaves being swept by conscientious neighbors and that of children at play.

... intently gazed and not just scanned the view of bright and colorful hues of neighborhood bougainvillea plants, yellow green fruit of some banana trees, birds in playful flight, even the sight of a centipede gingerly crossing the road (observed quite closely as I struggled to make it through an uphill

climb) oblivious to the danger it faces.

... felt the wind brushing my face, the warm rays of sun on my arms and the salty sting of sweat drops on my eyes

And the list of commonly missed encounters, as I hurriedly go off to work each day, went on and on. I came home sweaty and happily deciding and exclaiming (despite a Phone Inbox with work related messages waiting) what a blessing it is to enjoy an OFF day to just appreciate God's gift of life, creation, and work. Yes, WORK!

Everyone is familiar with messages that continue to trickle about meetings and situations at work that need attending to and which one manages by God's grace to squeeze into one's OFF days. No matter how hard you plan or say "*no work mode muna*" - it does not happen because often your mind will rivet to the workplace. We still sit in some of the meetings and answer essential calls. We handle pertinent issues and show up at work when needed. Some of you who are reading this are knowingly nodding and smiling. No matter what post we occupy, our work (which is not work when we enjoy it) is ingrained in the inner core of our being that we feel kind of "OFF" when we are not in it.

In this time and phase of COVID19 PANDEMIC which has indelibly affected our lives, we realize how precious life is and have come to appreciate what having "work" means. What better way to end a short time of rest than to remember that there are many things to be thankful for!

Whether at work or off to some restful space, may we realize anew the many blessings God has given. ~ipb

God made the world and all things therein... He is Lord of heaven and earth... He giveth to all life, and breath, and all things. Acts 17:24-25



All things bright and beautiful
all creatures great and small
all things wise and wonderful:
the Lord God made them all

~ Cecil Francis Alexander

God... richly gives us all we need for our enjoyment. 1 Timothy 6:17