

SPUP SUBMERGED BY TYPHOON ULYSSES

St. Paul University Philippines in Tuguegarao was submerged by Typhoon Ulysses when it slammed into the Cagayan Valley last week.

Sr. Marivic Estrella, SPC, Superior of the SPC Malate Community, shares these heart-wrenching pictures of the SPUP grounds:



The rest of Tuguegarao has been very badly hit by the typhoon too. It is heart-warming to know that Paulinian alumni are living out the motto of "The charity of Christ urges us" by volunteering help for their townfolks.

Monavic Duque-De Ubago, a Paulinian, (sister-in-law of Margot Ripoll) gathered relief goods for the people in remote areas of the province.

Photo shows her with rescuers preparing to load foodstuff, water, and other relief goods on the chopper.





Angelo Maristela, who studied in SPUP, contacted a friend from Laoag, who was willing to donate rice for the typhoon victims in coordination with the Archdiocese.


WE APPEAL FOR HELP
OPERATION TULONG CAGAYAN
 ARCHBISHOP'S RESIDENCE, RIZAL STREET, TUGUEGARAO CITY
 For those who like to give donations please contact
FR DENNIS T. ORDILLOS, Jr.
 ☎ 0917 874 7877


 Peso Account
 Metrobank- Tuguegarao
 Roman Catholic Bishop of Tuguegarao
 103-3-10359509-7


 Dollar Account
 Roman Catholic Bishop of Tuguegarao
 BPI- Tuguegarao
 8694-0027-58
 BPI TUGUEGARAO MAIN
 SWIFT CODE | BOIPHMM


 Peso Account
 Roman Catholic Bishop of Tuguegarao
 PNB-Tuguegarao
 228810145036

Meanwhile, in far-away New York, Marilyn Abalos, Chair of the St. Paul Alumnae USA, has spearheaded a fund drive for St. Paul University Philippines and the St. Paul Hospital of Tuguegarao.

Marilyn also announced that the SPA-USA will be conducting a fund drive for a scholarship in nursing in the name of Sr. Angelica Castor, SPC, well-loved teacher in Psychiatric Nursing, who passed away recently. The group has also raised funds for the Music Therapy Program of recently departed beloved nun, Sr. Ma. Anunciata Sta. Ana, SPC.

SPCEM IN THE TIME OF THE PANDEMIC

The SPC Education Ministry has prepared a series of webinars on students' mental health during this time of pandemic.

“Capacity Building on Students’ Mental Health Promotion and Support During COVID 19 Pandemic and Beyond”

WEBINAR SERIES

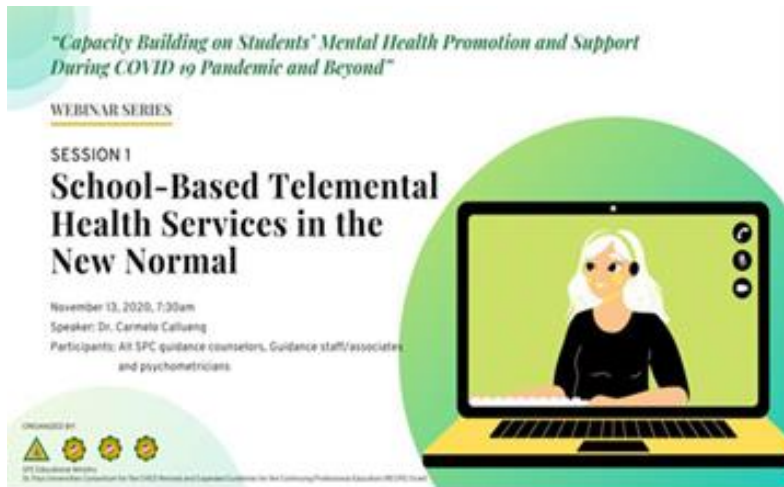
<p>SESSION 1 School-Based Telemental Health Services in the New Normal November 10, 2020, 7:00am Speaker: Dr. Carmelo Caparanga Participants: All SPC academic coordinators, deans, staff representatives and psychoeducators</p> <p>SESSION 2 Self-Care for Practitioners December 15, 2020, 8:00am Speaker: Ms. Anuncia Sta. Ana Participants: All SPC employees and students</p>	<p>SESSION 3 Enhancing School and Family Collaboration to Support Social-Emotional Wellbeing of Students January 8, 2021, 7:00am Speaker: Dr. Carmelo Caparanga Participants: Student parents, all SPC employees and students</p> <p>SESSION 4 Enhancing Self-care Coping Skills of Practitioners Involved During a Pandemic Date: January 25, 2021, 11:00am Speaker: TBA Participants: All SPC students</p>
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ORGANIZED BY

 SPC Educational Ministry
 St. Paul Universities Consortium for the CHED- Revised and Expanded Guidelines for the Continuing Professional Education (RE-CPE) Grant



The first webinar in the series, “School-Based Telemental Health Services in the New Normal,” will be held via zoom on 20 November 2020, postponed from the original schedule, 13 November due to the inclement weather.



SPC MANILA SISTERS CELEBRATE BIRTHDAY, SAY GOODBYE



Happy birthday, Sr. Lucy!



and Godspeed, Sr. Pier!

CONDOLENCES

The Paulinian family condoles with Josefa Gonzales (BSN 1963) on the passing of her husband, Dr. Hector Fernandez

Jocelyn Montemayor (HS 1962) on the death of her husband, Conrad.



Erratum: The IOB last week was inadvertently dated 29 November instead of the 9th.