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2020 SPECIAL  
VOL. 18 #6

20  
*years*







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# editor's letter

Special Edition: 20 Years in the Making

2020 is here! A new year. A new decade. A new special edition of MAÑAGU.

Whether we look back or we look ahead, we are grateful for 20 years of SaguaMPG. Our clinic, Marianas Physicians Group (MPG), started out at Guam Medical Plaza in the late '90s as plans for expanding our professional services and building Guam's first birthing center began to crystalize. MPG opened its new doors at PeMar Place in May 2000 and Sagua Mañagu welcomed our first newborn two months later in July.

Since then, we have had the privilege and pleasure of sharing more than 8,000 childbirth experiences at Sagua Mañagu. We've had the benefit of working with a wonderful team, four of whom join our 20-year Milestone Club. We have much to celebrate and much to remember.

Please join us on a walk down memory lane. Look through our scrapbook. Take a peek at our time capsule. See if you can guess the Top 20 names selected for girls and boys born at Sagua. Check out how the partners have become sisters over 20 years of planning, working and standing by each other's side.

Thank you for reading MAÑAGU. It's certainly our pleasure bringing it to you.

*Lina LG*

# mañagu

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*About the cover: Over the last 20 years, Sagua Mañagu welcomed over 8,200 precious babies into the world. We are so grateful for all the families who have trusted us with their care and continue to allow us to serve Guam. Biba!*

*Pictured from top row left to right.*

*Brayden Blas (10); Danielle Pascua (18) holding Jayden Bamba (1); Samantha and Kathryn Pascua (13 and 10); Aire Nora Makela (3) and Jayce Davin Castro Bamba (2)*

*Photo by: Helana Leon Guerrero*



## REGULAR FEATURES

**Congratulations to all the Babies  
Born at Sagua Mañagu 18**

**Barb's Corner 20**





# PARENTING CLASSES 2020



**Breastfeeding 101.** A class designed to help mothers and their partners gain confidence and skills in breastfeeding: how it works; feeding cues; frequency; positioning and latch; support and the wonderful benefits for mom, baby and the entire family.

**Breastfeeding Social.** A group meeting on Tuesdays & Saturdays for mothers who are breastfeeding or wish to learn more about breastfeeding. Come together, share experiences, express concerns and find answers with the guidance of a lactation consultant or breastfeeding counselor. (Please note that this is not a class, but more of an open discussion opportunity.)

**Prenatal Care.** Covers what to expect in pregnancy from a positive pregnancy test through the third trimester; and briefly touches on childbirth and newborn care.

**Lamaze Crash Course.** A combination of relaxation, breathing techniques, comfort measures and position changes that are designed to help during labor and birth. We stress that partners are essential throughout labor, birth, postpartum and parenting. Please bring a pillow, blanket, snacks and water. Moms need to wear shorts or slacks and comfortable shoes as you'll be doing some floor work.

**Postpartum Support.** A class designed to help parents understand and prepare for the changes that come with bringing a new baby home.

**Orientation to Your Birth Place.** A class specially designed for those desiring the unique birth experience of Sagua Mañagu. This class introduces our patient-centered childbirth philosophy; the Golden Hour for you and your baby; as well as our support for you when you take baby home.

**Sibling Class.** Designed for children between the ages of 5 and 10. This class teaches new siblings about what to expect during pregnancy, birth, and beyond. Siblings will learn more about their new role as a big brother or sister like how they can help, dos and don'ts with a newborn, and more!

**Baby Daddy Class.** Designed exclusively to help dads become confident and competent in their role as new fathers. Dad will have a better understanding of his lady, recognize the classic signs of labor and learn what to do; verbalize 3 feeding cues for the newborn and how to respond to a crying baby; as well as understand relationships and dynamics between his partner and the newest addition to the family.

**Parenting & Safety.** This class helps parents appreciate the importance of interacting with their baby; understanding growth and development; and setting realistic expectations. The class will use open discussion to talk about discipline, prevention of Sudden Infant Death Syndrome and Shaken Baby Syndrome. Life skills such as basic infant CPR and Car Seat Safety will be included.

**Friends & Family CPR.** This program teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant.

**Labor Skills.** This unique class gets "straight to the point." You will learn about breathing and coping skills, positions, positive affirmation and progression in childbirth.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 1 6:30-8:30pm	3	4	5 Labor Skills 6:30-8:30pm	6 Orientation 6:30-8:30pm	7 • Breastfeeding Social 9-12pm • Sibling Class 12-1pm • Orientation 1:30-3:30pm • Friends & Family CPR 4-5:30pm
10 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 2 6:30-8:30pm	11	12 Orientation 6:30-8:30pm	13	14	• Breastfeeding Social 9-12pm • Lamaze Crash Course 12-6pm • Lamaze Refresher 3-6pm
17 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 3 6:30-8:30pm	18	19 Labor Skills 6:30-8:30pm	20 Orientation 6:30-8:30pm	21 • Breastfeeding Social 9-12pm • Baby Daddy Class 12-2pm	
24 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 4 6:30-8:30pm	25	26 Orientation 6:30-8:30pm	27	28 • Breastfeeding Social 9-12pm • Prenatal Care 12-1pm • Breastfeeding 101 2-4pm • Parenting Safety 4-6pm	
31 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 5 6:30-8:30pm		1	2	3	

## CLASS FEES

LABOR SKILLS.....\$50  
 LAMAZE .....\$100  
 LAMAZE REFRESHER...\$75  
 OTHER CLASSES.....\$10

ALL CLASS PASS .....\$65  
 (\$70 VALUE | EXCLUDING LAMAZE & LABOR SKILLS)

MPG SPECIAL CLASS RATE..\$5  
 MPG ALL CLASS PASS.....\$30

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\*SCHEDULES SUBJECT TO CHANGE  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3 Orientation 6:30-8:30pm	4 • Breastfeeding Social 9-12pm • Sibling Class 12-1pm • Orientation 1:30-3:30pm • Friends & Family CPR 4-5:30pm
6	7 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 1 6:30-8:30pm	8	9 Labor Skills 6:30-8:30pm	10	11 • Breastfeeding Social 9-12pm • Lamaze Crash Course 12-6pm • Lamaze Refresher 3-6pm
13	14 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 2 6:30-8:30pm	15	16 Orientation 6:30-8:30pm	17 Orientation 6:30-8:30pm	18 • Breastfeeding Social 9-12pm • Baby Daddy Class 12-2pm
20	21 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 3 6:30-8:30pm	22	23 Labor Skills 6:30-8:30pm	24	25 • Breastfeeding Social 9-12pm • Prenatal Care 12-1pm • Breastfeeding 101 2-4pm • Parenting Safety 4-6pm
27	28 • Breastfeeding and Postpartum Support 5-6:30pm • Lamaze - Class 4 6:30-8:30pm	29	30 Orientation 6:30-8:30pm	1	2

# Celebrating **20** years of Growth And **20** years into the Future

By Ellen Bez, MD



As we celebrate the anniversaries of Marianas Physicians Group (MPG) and Sagua Mañagu, we reflect on the course of events that led to the creation of our clinic and birthing center and its history over the last 20 years.

Dr. Annie Bordallo and I met in 1985 at medical school in Washington, D.C. After residency, we worked for a clinic in the first few years on Guam, but Dr. Bordallo had envisioned opening her own practice. When she left to start her practice, several of us more timid doctors said we would let her test the waters, and if all went well, we would join her. After a short time, she blossomed by being her own boss, and so did her practice. Not long after, Dr. Rosie Villagomez, Dr. Maria Blancaflor, and I joined Dr. Bordallo, and Marianas Physicians Group was born.

## **A Labor of Love**

During the time that Dr. Bordallo was starting her practice, Guam Memorial Hospital (GMH) was overflowing with pregnant patients, and many patients were left to line the hallways of the Labor and Delivery (L&D) ward. Due to space limitations, GMH was unable to expand L&D. Dr. Bordallo and I, along with two of her close childhood friends, explored the possibility of opening a free-standing birthing center, the first of its kind on Guam.

After four years of planning and gaining expertise in operating a birthing center, Sagua Mañagu opened its doors on July 20, 2000. Rizel Fernandez, an L&D nurse from GMH, had vied to be the first mom to deliver at Sagua. She went into labor and we were blessed with Sagua's first delivery on the same day as our soft opening. We soon realized that we had no nurses scheduled to work the night shift for our first mom and baby. So in friendship and love, Rizel's coworkers from GMH came over and stayed the night. This began our labor of love with Sagua Mañagu.

Sagua Mañagu was established not only to provide additional space to help the overflow at GMH but also to give women with low health risks an alternate option for their delivery experience. We want women to understand that childbirth is a natural process that does not necessarily require hospital admission and medical interventions. The birthing center provides a homelike environment for mom and family to welcome their new addition.

During the ensuing years, MPG grew, and we opened a Family Medicine (FM) division with an FM physician and FM nurse practitioners to care for families. We also hired more certified nurse midwives to take care of our low-risk pregnant patients. Through the years, Sagua has had its challenges with nursing shortages while addressing patients' fears about not being at a hospital. Now 20 years later and with over 8,200 births, Sagua Mañagu is well recognized and regarded for its excellence in healthcare and patient service for women and their families.



## Commitment to Community

Probably one of the most significant occurrences in the medical community during the past 20 years is the emergence of more uninsured and underinsured families. There have been large increases in the Medicaid and MIP population, which continue to place a strain on an already financially strapped healthcare system. Many large clinics are no longer accepting these patients, and Public Health has limited staff, which results in limited access for these patients.

In the face of these problems, Marianas Physicians Group and Sagua Mañagu decided to open its doors to Medicaid, MIP and underinsured patients, to provide care to this often disenfranchised and sick population. We recognize that we are Guam's largest health center for women and their families. We are grateful to work with colleagues at MPG and Sagua who share our commitment to service for our community.

Healthcare is undergoing significant changes through advances in technology. That technology provides care through telemedicine; phones that can monitor heartbeats and blood pressures; emails that can answer patients' questions; and nurse practitioners and physician assistants that can help with physician shortages. We want to use these new technologies to provide improved healthcare treatment options as we continue into the next 20 years of striving to provide excellent and personal care for all of our patients.

## Sagua Mañagu's Top Baby Names of the Decade 2009-2019

BOYS		GIRLS	
1	Ethan	1	Chloe
2	Elijah	2	Ava
3	Noah	3	Emma
4	Liam	4	Amelia
5	Aiden	5	Madison
6	Alexander	6	Olivia
7	Jayden	7	Sophia
8	Mason	8	Isabella
9	Logan	9	Khloe
10	Gavin	10	Maria

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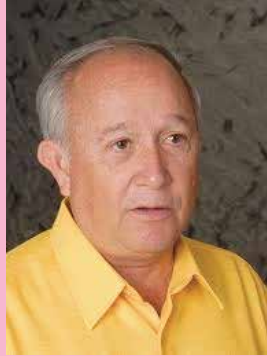
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# 1999 when Marianas Physicians Group opened:



1. "Star Wars: Episode I - The Phantom Menace" was the top grossing film in the U.S.



2. Carl Gutierrez was the Governor of Guam.



3. Nokia's "Snake" was a popular cell phone game.

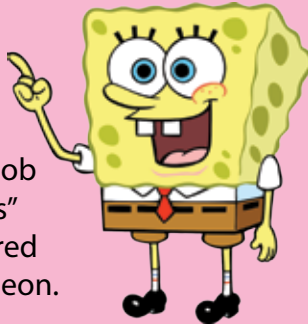


4. Go-GURT, the spoonless yogurt snack, was released.



5. Joint Region Marianas was formed in Guam.

6. "SpongeBob SquarePants" first premiered on Nickelodeon.



7. Underwater World Guam opened its doors to locals and tourists in Tumon.



8. Denver Broncos won the Super Bowl.



9. Disney's "Tarzan" was released.



10. Myspace was officially introduced to the internet.



# 2000 when Sagua Mañagu opened:



1. The LA Lakers defeated the Indiana Pacers in the NBA finals.



2. George W. Bush was elected to become the 43rd President of the United States



3. Oprah Winfrey launched "O" magazine.

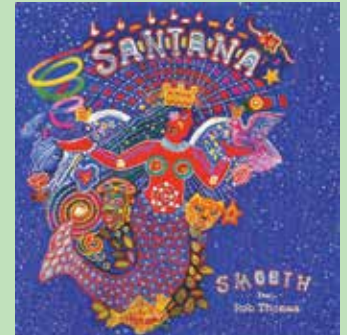


4. The cheerleading teen movie "Bring It On" hit theaters.

5. The Summer Olympics was hosted in Sydney, Australia.



6. The Razor Scooter was a very popular toy

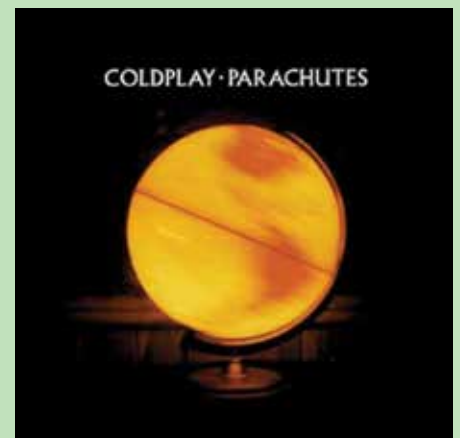
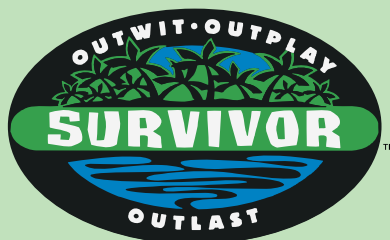


7. "Smooth" by Santana won Record of the Year at the Grammy Awards.



8. The Toyota Sequoia was first introduced to North America.

9. The first season of "Survivor" aired on CBS.



10. Coldplay's debut album "Parachutes" was released.

# The Partners Reflect on Twenty Years

By Lenora Matanane-Makela



There is no secret that the key to Sagua Mañagu and Marianas Physicians Group's success is the strong leadership of its partners. Four women, Dr. Annie Bordallo, Dr. Ellen Bez, Flori Sanchez, and Lina Leon Guerrero, have created deep-seated roots that have now withstood the test of time in the business.

The history of Sagua Mañagu started with Dr. Annie Bordallo's vision for Guam's families to have access to a labor and delivery facility outside of a hospital setting, one without a lot of unnecessary medical intervention. It took four years of weekly planning meetings and Dr. Ellen Bez's home-cooked meals for the group to eventually open Guam's first birthing center on July 20, 2000. Today, they still work together to run this family-friendly environment for our island community. With a top-down approach to leadership and a patient-centered focus on healthcare, Mañagu shares some of their wisdom and experiences working together for two decades.

## How would you describe the checks-and-balances system that works for the partners?

**DR. ANNIE BORDALLO:** I think our partnership has grown over the years because our personalities have a built-in balance. Lina and I tend to be fearless in our abilities to create whatever we imagine will be the best way to provide care to our patients. We created Sagua Mañagu to adapt to a growing population when it was first conceived. The population shrank

when we first opened, and we continued to believe in the concept of a one stop clinic for prenatal, delivery, and postpartum support services.

**DR. ELLEN BEZ:** We have a good division of labor. More importantly, we respect and encourage everyone to be able to say what they think, regardless of how it is received. Flori is finance, and Lina runs the business while keeping Annie's vision in mind. Annie is clinical and really leads us with her vision. I was clinical as well and contributed my differing viewpoints, since my three partners grew up here and have many cultural similarities. I am usually the "oddball" and defend my right to give opinions. Now, as a professional staff manager, I am involved much more in the day-to-day operation, which makes me more vocal and with more opinions. Basically, the major checks and balances boil down to respect for all my friends and colleagues, and after 25 years, we refer to ourselves as "sisters from other misters." Lately, I have been feeling the absence of Dr. Bordallo since she moved to GMH. She has been such an integral part of our team, basically our team leader. Now, her very busy life at GMH has left her little time to be a doctor in our clinic or to help with problem solving and participate as our original foursome.

**FLORI SANCHEZ:** Finances tend to be the checks-and-balances system for the partners' ideas. Also, the partners assist if siblings or spouses could use some "balancing" with each other.

**LINA LEON GUERRERO:** Each of us has our strengths. Dr. Bordallo is



a true visionary with a keen focus on results. Dr. Bez considers the vision and how team members participate in achieving the intended results. Flori keeps us grounded in the sustainability of our business and balancing our vision and mission with our resources. My strength is in systems thinking and communication—synthesizing our vision with our processes—and communicating and working with our teams to execute plans and make improvements accordingly.

**Describe a frustrating moment between the partners. What happens when you disagree?**

**BORDALLO:** I'm the big idea person. Lina paves the way for it to become doable and believes that even though the way is unseen, it is there for us to discover.

**BEZ:** We have had various disagreements and challenges. On rare occasions, one or two of us have cried. Okay, I'm the most prone to cry and have had to leave the table and compose myself. There have been disagreements among all combinations of the four of us. Usually Lina and Annie are more aligned, and Flori and I see eye to eye more with finance issues. Sometimes, discussions get heated. In 25 years, our meetings have run the gamut of emotions, and usually Annie and Lina are the calmest. Sometimes, we agree to disagree, and that's okay, too. Ultimately, Annie is our boss, and we will follow her lead. Annie may end up deferring to opposing viewpoints, and we see how those ideas work or don't work. As a group, we are all pretty determined to make SM/MPG work, no matter how many times we have had to make changes or try new ideas. Medicine has changed a lot since we started, and we have to be responsive to change in order to keep moving forward. Also, our patient population has grown and changed over the past 20 years, which has

resulted in changes to our practice. Running a large medical business is a difficult and demanding job, but we try not to let frustrations get out of hand. We try to make changes that will help resolve the frustration.

**SANCHEZ:** Well, when we disagree, each of us puts in our "two cents" and focuses on being convincing. If partners aren't convinced, you're at least reassured of being heard and being able to "state your case."

**LEON GUERRERO:** We have been fortunate over the years in that our frustrations have been few and far between. They have also typically been the result of some outside force or situation that's beyond our control. When that happens, we take a breath. Sometimes, it takes many breaths. Sometimes, we agree to defer making a decision and to let ideas sit for a bit. Then, we meet. We discuss. We consider the options, each with their pros and cons. We continue this process until we reach consensus. Then, we move forward.

**How have the dynamics of your relationships changed, if any, over the past twenty years?**

**BORDALLO:** Ellen and I are clinicians so not only do we verify, from a clinical standpoint, what is safe and what our patients want and need, we also verify what our provider and nursing staff needs to give the high standard care we would want for ourselves and our family members. We are aligned in our patient service philosophy that not only do our patients need disease management, they also need support in wellness.

**BEZ:** I think we have all mellowed over the years. The fact that we have made it to 20 years gives us confidence that we can solve problems, work and play together, and still manage our business and move it forward. At this point, it is fairly predictable where everyone is coming from, and we don't tend to be surprised by anyone's reaction to



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situations. We all mostly know how to push everyone's buttons, and over the years, we have tried not to do that.

**SANCHEZ:** Essentially, the dynamics haven't changed. Annie, Lina, and I worked and played successfully together on high school committees and sports teams. Annie and Ellen succeeded together in medical school and as partners in their relationship. Annie purposely gathered these relationship dynamics to develop Sagua. Across 20 years, trust and love grants us the continuance of our nature.

**LEON GUERRERO:** There's no question that our relationship as partners, as sisters really, has become stronger over time. We share a history that spans more than Sagua MPG's 20 years. We also share a vision for the future. That vision includes building on our team's strengths and fostering their professional and personal development, all in service to our patients and community for the next 20 years.

### Do you have any conflict-resolution strategies to recommend?

**BORDALLO:** Flori is our financial analyst and keeps us from overindulging! She and Ellen align in their fear of not meeting payroll! They tend to be the realists and keep us tethered to the ground, even as we change from wire to bungee rope in order to bounce further into what might be possible.

**BEZ:** Our best strategy is to effectively communicate our thoughts and feelings to one another. Often, we give everyone time to think about the conflict. Time outs are usually helpful. We work more towards how to solve the problem, as opposed to arguing that one person is right and the other is wrong. I'm pretty sure that determination and good problem

solving skills are some of our strongest assets as a group. Respect for each other is another thing that binds us. Since Annie, Flori, and Lina grew up together, that makes for a strong cultural bond. Also, all of us have had a strong commitment to serve and help those less fortunate, and that has kept us together and strong.

**LEON GUERRERO:** There's a story that Dr. Bordallo told years ago that has served me well. When faced with conflict, there's a basic decision to make. Is resolution the goal, or is it about debating the issue? I'll typically go silent and disengage for the latter. When the goal is resolution, I'm an active participant in breaking down the conflict, finding options, building consensus around a place to start, and establishing a willingness to return to see how things went and to make adjustments as needed.

### How do you push each other out of your comfort zones to try new things?

**BORDALLO:** Lina, Flori, and I share a love for our people, and service to them is service to our family. Ellen, not being from here, informs our decisions when we must recognize our limitations.

**SANCHEZ:** Currently, we're in a situation of assigning tasks outside our typical "zone," and so it'll be interesting to see how these results play out.

**LEON GUERRERO:** We push each other by example and then, by invitation. We are creatures of habit, which makes us comfortable with what we know. That's particularly true for me, someone who has prided herself on being a good planner. Over the years, I have found that there's much more than what I know and what I'm comfortable with. Armed with an increasing awareness, I find myself getting comfortable with being uncomfortable and much more willing to try new things.

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**BEN & JERRY'S**

# Half Baked Ice Cream Bars

## Recipe

### 1 What To Do:

1. Prepare the brownie layer
2. Prepare the cookie dough layer
3. Prepare filling
4. Spread softened Half Baked ice cream evenly on top of the cookie dough
5. Top with the brownie layer
6. Freeze for 3 hours or until ice cream hardens
7. Slice into bars
8. Enjoy!

### 2 Brownie Layer:

Preheat oven to 350° and line a 9"x13" pan with parchment paper, spray paper with cooking spray.

- 1/2 C. Unsalted Butter
- 1 C. Sugar
- 1/2 C. Unsweetened Cocoa Powder
- 1 tsp. Espresso Powder (optional, but delicious)
- 2 Eggs
- 2 tsp. Vanilla Extract
- 1/2 tsp. Kosher Salt
- 1/2 C. All Purpose Flour

Melt butter in a saucepan, when melted add sugar, cocoa powder and espresso powder, stir to combine and melt sugar. Put butter/sugar mixture into mixing bowl and beat till smooth and cooler, add vanilla and then eggs, one at a time, scraping bowl after each addition. Combine flour and salt and add, mix until smooth. Pour into prepared pan, smoothing out to the edges, and bake for 11-13 minutes or till done. Cool to room temperature



### 3 Cookie Dough Layer:

- 8 Tab. Unsalted Butter (1 stick), room temperature
- 1 C. Brown Sugar, packed
- 2 Tab. Heavy Cream
- 1 tsp. Vanilla Extract
- 1/2 tsp. Kosher Salt
- 1 C. Flour, \* (bleached or heated to 160° in a microwave)
- 1/2 C. Chocolate Chips

In a mixer, beat butter and sugar until light and fluffy. Add heavy cream, vanilla and salt, mix to combine, scraping the bottom of the bowl if necessary. Add the flour, and after incorporated, the chips.

Line a 9"x13" pan with parchment paper and press the raw cookie dough into the bottom to form an even layer, refrigerate until you're ready for the next step.

### 4 Filling:

- 2 1/2 Pints of Ben & Jerry's Half Baked ice cream.



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# The *Milestone* CLUB



*Gerlie Redila, LPN*

**What do you remember most about your early years at SaguaMPG?**

**I first started at MPG at the old clinic while I was still a student at GCC. I remember having to juggle my schedule to make time for work, school, my son, and family.**

**How has your life changed these past 20 years?**

**Well, my little son is now 23, and my daughter Gabby, who followed a few years after, is a young adult as well. My two nephews whom I also raised are now professionals living in the mainland. I became a Licensed Practical Nurse and raised all my children. They are now adults, and I'm very proud of them. I'm also very thankful for my husband Gil for supporting me throughout this journey.**

**What do you enjoy most about your job?**

**I enjoy patient interaction the most, but I also love working with the people here at SaguaMPG. I've grown with many who have become my second family.**

**What 3 words would you use to describe your 20 years at SaguaMPG?**

**Family. Loyalty. Growth.**

## *Eileen Pascua, Facilities Manager*



**What do you remember most about your early years at SaguaMPG?**

**As a birthing assistant on the floor, I remember working with the original team. We opened the first birthing center, which was a new experience for all of us. We all worked together every step of the way through trial and error until we found what worked for everyone. We were the original power team!**

**How has your life changed these past 20 years?**

**When I first started at Sagua, I was still single and dating my husband at the time. Now we're happily married with three beautiful daughters who were all born here at Sagua. I've also fought and won my battle with breast cancer with the love, help, and support of my family, friends and colleagues whom I am forever thankful for. I started as a birthing assistant, and now I'm the Facilities Manager.**

**What do you enjoy most about your job?**

**I enjoy working with and learning from my colleagues and also helping them in any way that I can. I also like how our company promotes professional growth and provides the staff with opportunities to explore new skills.**

**What 3 words would you use to describe your 20 years at SaguaMPG?**

**Family-Oriented. Collaborative. Supportive.**

# Celebrating 20 Years of service

*Barbara Mafnas, RN & Patient Educator*



**What do you remember most about your early years at SaguaMPG?**

I was new to all of this but quickly gained the trust of the patients. I knew that in order to have credibility with the patients, I needed certifications. This was confirmed when a peer came to me and needed a mentor for her breastfeeding certification. She got special permission to use me as a mentor, even though I was not certified at the time, due to my experience. She was a motivating factor for me to pursue becoming a Certified Lactation Counselor (CLC). After that, I went after my International Board Certified Lactation Consultant (IBCLC) certification.

**How has your life changed these past 20 years?**

It has been a satisfying and gratifying experience. Dr. Bez and Dr. Bordallo gave me autonomy to create an educational program for our clients. It is awesome to teach classes that I created and see patients and families benefiting from these classes across their lifespan. In the years I have been at SaguaMPG, I started as an Associate Degree RN and received my Bachelors in Nursing and then my Masters. I am currently pursuing my Doctorate.

**What do you enjoy most about your job?**

The patient interactions and the empowerment they receive through knowledge gained. Also, I still can't believe I get paid to do what I love! I don't think I have ever not wanted to go to work!

**What 3 words would you use to describe your 20 years at SaguaMPG?**

Empowering. Motivating. Fulfilling.

*Carla Bordallo, RN*



**What do you remember most about your early years at SaguaMPG?**

The excitement and cohesiveness in providing this level of care to families on Guam.

**How has your life changed these past 20 years?**

Every year is more enriching than the last. Every patient's labor and delivery is its own dynamic event, and I have had the pleasure of working with many wonderful midwives, doctors, nurses, and birthing assistants that all have something to share.

**What do you enjoy most about your job?**

Being in the room, at the bedside, beside the birthing ball, rocking by the bed...wherever I need to be to make my patients feel comforted and safe to have their baby. I find it satisfying when patients and families leave more confident and knowledgeable with the hands-on training.

**What 3 words would you use to describe your 20 years at SaguaMPG?**

Life is Beautiful.



# The Sagua Mānagu Scrapbook









# CONGRATULATIONS!

to all the babies born at Sagua Mañagu!

## November 2019

*Elizabeth Velasquez*

Jennifer Santiago & Cesar Salonga

*Avaya Seledonia*

Tisha Rosario & Selvin Ada

*Scarlette Jean*

Edda Bail & Jimmy Collado

*Aviana Faith*

Clara & Richen Granil

*Karlie Rae*

Krischelle Miguel

*Amara Skye*

Angeninna Blas & Eric Chaco

*Koneo Qamar*

Amanda Siguenza  
& Da'aud Celestine

*Inasa*

Cera Taguacta & Sotero Olpindo

*Hazel Christine*

Norin Achanto & Bernard Jr Edward

*Kalaya Joy*

Deeana Espinosa & Ethan Quinata

*Merlyn*

Lyma Robert & Iowanes Narruhn

*Lilian Luno*

Megumi & Norman Leon Guerrero

*Zenaida Viorica*

Heather & Dodd Mortera Jr.

*Jasper Hiruma*

Miki & Virgilio Dela Cruz

*Miles Mariano*

Keolanie Indalecio & Miles Rechiriki

*Xieris Koko*

Mayleen Inchin & Julio Kepwe

*Jasiah*

Jessica Fondaw & Jason Soram

*Yassi Jade*

Ivy & Ernesto Rosario Jr.

*Jewlia Lyn*

Jelyn & Jonel Ollet

*Alicia Lynn*

Ivyll Santa Maria  
& Richard Quintanilla Jr II

*Margot Renae*

Monika Borja & Ricco Santos



## December 2019

*Annastasia Nicole*

Tiffany & Frederic Malaca

*Violet Lumi*

Denise & Micah Carlos

*Iris Renee*

Katherine & Kevin Kruger

*Sakailey Deliana*

Angelica Luther & Johnny Lainus

*Raeden Gene*

Bridgete & Royce Landon

*Lincoln Andreevich*

Janay & Andre Green

*Ares Jay*

Kimberly Salas & Carl Gargarita

*Nova Sofia*

Sofia Hossain & Nathan Wolford II

*Victoria Joy*

Christine Pama  
& Tobias Perez-Theisen

*Ethan Rhys*

Rhoda Orallo & Edgar Orallo

*Nesuk*

Stephani Hermes

*Eren Ezmir*

Catherine Rivo & Florenz Gaerlan

*Callie Jewel*

Christine & Jino Salas

*Juliana Maria*

Julessa Fernandez

*Maddix Judah*

Nadine & Michael King

*Kleon Felix*

Mean & Karl Roman

*Cleo Renee*

Selena Guimarey & Carl Quintanilla

*Asher Joseph*

Melanie & Joseph Quintanilla Jr

*Lexi Kena*

Gladness & Trinity Adiniwin

*Asenath Villanueva*

Mary & Noel Lopez

*Rhythm Rose*

Sierra-Jean Diaz & BJ Artui

*Banx Mikel*

Isa Troy & Vince Benito

*Rico Rowland*

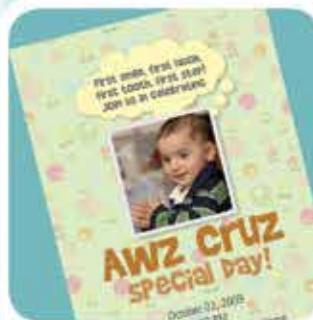
Vanessa & Roland Roxas

*Amelia Juliet*

Judylyn & Michael Hernandez



# BABY celebration



invitation



puzzle



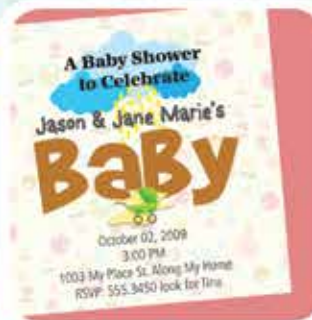
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## From Rookie to

**Barbara Mafnas, RN, MSN, LCCE, IBCLC**



Twenty years is a long time. I would like to share a bit about my life and how it has changed since being hired at Sagua Mañagu and Marianas Physicians Group (MPG). My nursing journey with this company has been wonderful. I started my career with them as a young nurse, a novice. I am in awe that time flies so fast, and it seems like only yesterday that I was one of the first nurses at Sagua. It's amazing to think about how our babies are having babies!

I was a nurse educator at PMC Isla Health System for six years, and that's where I first met Dr. Ellen Bez and Dr. Annie Bordallo. I am a natural at teaching, and when Dr. Bordallo decided to open her own practice, she basically told me, when I open, you are coming with me. She could see that I had a passion for teaching and would be good for personal relations.

The name Sagua Mañagu was coined by Dr. Bordallo's father. She and her family grew up in Tamuning by Mañagu Bay. The name translates to "birth by waters." I remember that Dr. B (her nickname) wanted to build a clinic that was near the ocean and depicted a serene environment. She wanted to open soon, and so she signed a long-term lease agreement for our current building. With construction underway, I watched as the hardwood floors were laid and the pecan countertops were skillfully crafted. We watched it all come to life. It was exciting to see such a beautiful facility being made available for our families on Guam.

I had full autonomy to create classes that would benefit our patients and other patients as well. Our model for teaching was the first of its kind and open to everyone. It does not matter what clinic you go to or who your doctor is, you are welcome to our classes and socials. We boasted and still boast some fun and exciting classes: orientation to your birth places, prenatal, sibling, baby daddy, parenting and safety, CPR, Lamaze, and more! We really have something for everyone!

I began as an associate's degree registered nurse. Some people do not value an ADN (associate's degree in nursing), but I can tell you that I took the same state board exam as individuals with a bachelor's and master's degree in nursing. I was proud of my hard work and schooling. I always knew that I would find my way to women's health. I became a certified Lamaze instructor in 1998 and

have kept my certification ever since. Working with these amazing doctors has given me the power to excel in my personal growth, and they have supported my professional development on multiple levels.

- Since starting with Sagua/MPG, my life has morphed into a plethora of certifications:
- Lamaze Fellowship
- Certified in Basic Life Support (BLS) by the American Heart Association
- Certified Lactation Counselor (CLC)
- International Board Certified Lactation Consultant (IBCLC)
- Trained in Hypnobirthing
- Bachelor's in Nursing
- Master's in Nursing Education
- Currently enrolled at Chamberlain University for my doctorate in Nursing Practice (DNP)!

I was honored a few years back when I was inducted into the Lamaze Fellowship. At the time, they estimated that I had taught over 8,000 couples over my career. I also received a legislative award for my work with mothers and breastfeeding on island. I am proud of what I do for SaguaMPG and hope to have many more years to come.

During the time that I have worked here, I have had personal ups and downs, but it never affected my work. We've had illnesses, death, and life events common to every family. My SaguaMPG family has always helped me through. It's who we are. It's what we do. My kids all grew up at Sagua. Often, they would come to work with me and get picked up by dad. They had the opportunity to listen to me teach just about all of the classes! I would not doubt that any one of my kids could teach my classes!

Just the other day, someone asked me when I was going to retire. Retirement? That word is not currently in my vocabulary! I have a saying posted on my locker, "Vacations are for those who consider their job to be work!" Perhaps I will retire "one day," but that is not in my foreseeable future. I love what I do, and I feel blessed to have found my niche in nursing and in life. Nursing really does not have a required retirement age, and so I may be at this for a very long time.





# EASTER BAKING RECIPE



## FLUFFY MARSHMALLOW BUNNY CUPCAKES

Make these Fluffy Marshmallow Bunny Cupcakes for a sweet Easter treat. These bunny cupcakes are topped with marshmallow bunny faces dipped in colored sugar.

1 Hr(s) 10 Min(s) | 15 Min(s) Prep | 55 Min(s) Cook

### 24 Servings

- 1 pkg. (2-layer size) white cake mix
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed
- 6 drops food coloring, any color
- 24 JET-PUFFED Marshmallows
- 2 Tbsp. colored sugar
- decorating gel



### Let's Make It

- 1 Prepare and bake cake batter as directed on package for 24 cupcakes; cool completely.
- 2 Tint COOL WHIP with food coloring; spread onto cupcakes.
- 3 Cut each marshmallow crosswise in half with clean kitchen shears. Press cut-sides of 24 marshmallow halves into colored sugar; flatten each slightly for the bunny's face. Cut through center of each of the remaining marshmallow halves to within 1/4 inch of opposite side; separate pieces slightly to resemble the bunny's ears. Press cut-sides of each ear into colored sugar; flatten slightly. Arrange faces and ears on tops of cupcakes. Decorate faces with gel. Keep refrigerated.



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