



# LEGACY

Issue Vol 1 No 3 August 2021

## Safety First!



Volunteer Team of the PMCC Community Health Fair August 27, 2021.

### ASK THE DOCTOR

Carson, CA  
August,  
2021

First thing when we start the day, we clean our hands with soap and water. Today it is a must to wear a mask, regardless of whether you are vaccinated or unvaccinated. We venture outside of our shelter and hope and pray this relentless virus will not win over our immune system. "An ounce of prevention is a pound of cure." It means we are aware of our surroundings, we veer towards the safe side, do the right thing and listen to the data science offers us.

We take care of ourselves first before we can take care of another. But it is never easy. We are called to do our task, we go to work because we want to feed our family and stay stable in these pandemic challenges. Whom do we turn to when challenges arise? Whom do I ask? What do I do? **Ask the Doctor.**

I tell everyone to please be vaccinated. Get over your fear of the needle, or your civil rights to refuse, or to make a statement that you are anti-vaxx. The regrets coming from patients before their last breath has been heard and everyone who hears it would say, "I wish I could have done more." and it is too late. And the front-line health care workers are taking their own risk of exposure every minute of their working day. And they too have lost their lives saving others.

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AUGUST 21 & 27, 2021

# AMG & ERBF JOINS THE PMCC COMMUNITY HEALTH FAIR

Free COVID - 19 Testing was administered at the Pentecostal Missionary Church of Christ (4th Watch) through the sponsorship of Argent Medical Group and Erasto R. Batongmalaque Foundation.





**SAVE THE DATE:**  
**OCTOBER 20, 2021**  
**11:00am - 2:00pm**

**77<sup>TH</sup> ANNIVERSARY**  
 of  
**LEYTE GULF LANDINGS**



**Located at the ERBF Senior Assessment Center**  
 23243 Main St., Carson, CA 90745

**Contact Us**  
 (310) 835 - 8365 / [www.erbfoundation.com](http://www.erbfoundation.com)

## Ask The Doctor continued...

We are all mortal. If we are born, there will come a time when we die. We are given time to be born and a time to die. We live in the space we are providentially assigned where Life develops us into fully developed human beings. And as Life unfolds we journey into contingencies that drive our passions. Action speaks louder than words. We are therefore driven by eternal questions, ***why am I here? Who made me come into being? Who chose my parents and siblings? What is my purpose on earth?***

By now you can tell I am a Christian who believes in life after death and is centered in the Teachings and Life of Christ. My life story is simply said, I come from a developing country as an only daughter of seven siblings, with a stoic military father and a lofty, loving mother whom I remember saying, "My only daughter is going to be a Doctor and help many people and oh yes, she can." This catapulted me to the United States when I was 25 years old on a fly-now-pay-later plan, and now, 55 years later, I am still practicing as a Primary Care Physician for 52 years. By the grace of God. I love what I do, surrounded by people whom I love dearly and I can only think of my grandchildren someday stepping up to the plate and sharing the life as I did.

So let us stay safe and healthy and grow wisely as we grow older and share what we have. If I tell you I am healthy and you are not, I have to work harder to make you healthy and that's my goal, to make a healthy village, wherever I may be. **Will you join me?**

J.L.Batongmalaque, MD.  
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# SPREADING LOVE IN THE ERBF TEA GARDEN

Congratulations to Mr. and Mrs. Chung



The Erasto R. Batongmalaque Foundation hosted a bridal shower to celebrate the now newly married couple, Attorney Steven and Dr. Lisa Chung.



Atty. Steven Chung was the attorney of the ERB Foundation for many years now. Finally proposing to Dr. Lisa, an Ophthalmologist, the foundation gave a small token of appreciation to recognize Atty. Chung for his years of work within the foundation.

A bridal shower was held at the beautiful tea garden located behind the ERB Senior Assessment Center. Hosted by Dr. Jenny L. Batongmalaque, the event was wonderful, with many of the staff speaking of their gratitude towards Atty. Steven and Dr. Lisa. Then at the end, everyone gave their words of wisdom and support to the couple.



The Erasto R. Batongmalaque Foundation would like to congratulate Mr. and Mrs. Chung for the new life they'll be walking through together. May they live a loving and prosperous life.

## SPECIAL THANKS TO THE FOLLOWING:



The Achievers

