



February 2024. Vol 2. Issue No. 4

# PNAC3 WATCH

Official Publication: Philippine Nurses Association  
California Capital City Chapter

## Happy New Year!

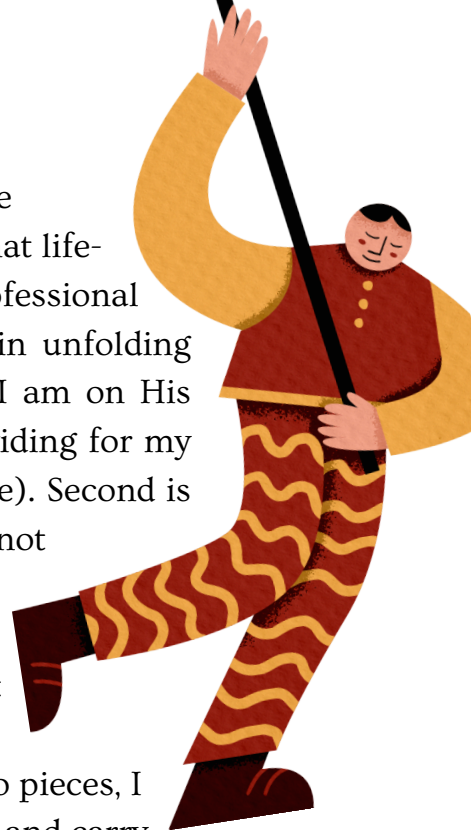
We express our heartfelt gratitude for supporting Volume One's issues. Volume two will have just as much exciting information and news from our chapter! This year, our chapter's goal will continue to align with our national organization, the Philippine Nurses Association of America, Inc., to enhance Filipino-American nurses' image, professionalism, and unity in the Greater Sacramento Area and foster their welfare. Please enjoy our newsletter and celebrate the trailblazing work of the California Capital City Chapter Philippine Nurses Association members.



## A message from our President-Elect

Greetings fellow PNA Members, Colleagues, and Friends!

2024 is a new chapter in our book of life - one year is never the whole book at any time. As we grow and keep our minds open, we realize that life-long learning indeed is practiced by everyone. While treading our professional career journey, I learned three values that may guide us steadily in unfolding what each day could bring: first is GRATITUDE. Thank God that I am on His wake-up list this morning and I can start anew! I can continue providing for my family, my workplace, and never miss taking care of myself (self-care). Second is FORGIVENESS - accept for now that we've done our best and we cannot control everything around us. All these problems shall pass away but we'll continue looking for solutions, nevertheless. Be resilient for now, follow your priority list and take the next step forward. Last, but probably most importantly is HOPE. With gratitude to Dr. Martin Luther King, Jr. - "Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree [today]". Keep hoping, keep believing, and carry on. That's the power of faith. May our 2024 be a more vibrant and meaningful engagement together in unity always!



- Jojo Melendres, RN, CCM



# Maraming Salamat!

On December 2, 2023, we held our first inaugural PNAC3 Fundraising Gala. We witnessed the “Bayanihan Spirit” among our Kababayans, Non-Filipino friends, and colleagues to pursue a good cause.



*Nico Buan-Lagazo*

“

I am extremely humbled at the immense support that PNAC3 has received the night of our first fundraising Gala. When I was recruited to join PNAC3, I was surrounded by Filipino Nurses with big hopes and dreams of what this chapter will become. And this Gala was of those dreams. I am so incredibly proud of our PNAC3 team for pulling together to plan this amazing event. This is the start of something great for Filipino Nurses. We encourage those who have supported us to either Join PNAC3, get involved with our events, and have a great time doing it. From the bottom of my heart, thank you everyone for your attendance

”



## Jojo Melendres



There are many first attempts we've heard or been part of and the PNAC3 Gala Fundraising Night is one of them. Some level of uncertainty and real risks are involved for anything new. We aspired to go bold in sending a helping hand to extremely marginalized communities in the Philippines where having warm meals, new school bags, new paper pads, pencils, safe ear piercings, circumcision and dental care are luxuries. We desired to have seed funding for our local chapter nursing programs, too. That 4+ hours event took months and days of planning where everyone, literally all of us, pitched in!

We achieved the first part of our vision. We have nurse professionals who can organize big parties, nurses who sing and dance professionally, wedding-grade decorators, amazing masters of ceremonies, inspiring speakers – just to name a few talents who made this successful. We are very grateful and can't say thank you enough. I'd also take this opportunity to remind everyone that working for a good cause will always bring us to uncomfortable positions, and that is exactly how we constantly grow when we break past our status quo! Let's continue the strong work we've started – thank you again for being part of the PNAC3 journey!

Thank you, Clinicians Connect Home Health (Sir Carlito's team), Frontline Home Health (Madam Kathy's team), CareHomebyRN (Dr. Ron's team), Grand Canyon University, Betty Irene Moore School of Nursing (through Katharine), UC Davis Health (through Joleen).

Thank you, Lilian and team, of Brenna Way band.

Thank you, Tronel's Photography and UC Davis Photographers Guild (through Tony).

Thank you, Dr. Marlon Saria (VP-elect of PNAA Western Region) and Eva Naredo (PNA Northern California Secretary), coming to Sacramento from out of town! That is super heartwarming and supportive of you.

Thank you, Sir Bob, VP of PNA Western Region, and Sir Pete Calixto the Father Abraham of the flock.

Thank you, beloved TPak and Jane – your student delegates came; they added joy and valuable help.

We may have missed others but rest assured, our appreciation goes out to EVERYONE who contributed to the success of the event.





















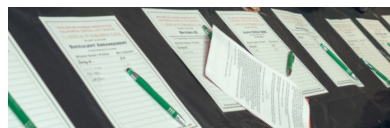






# To our Sponsors, we are Grateful for your Support

We are sincerely appreciative of the generous support that our sponsors have provided for us. Their generous support has allowed us to pursue our medical mission in the Philippines. We appreciate the support from UC Davis Health, Betty Irene Moore School of Nursing, Frontline Home Healthcare Inc., Grand Canyon University, and all our donors.





# Upcoming Events



**"THE WORLD IS BIG AND I WANT TO  
HAVE A GOOD LOOK AT IT BEFORE IT GETS DARK." - JOHN MUIR**

## ***What?***

Health and wellness-lover professionals organized an inclusive, friendly, and guided hike + education with overnight camping\*.

## ***When?***

February 17-18 (Sat & Sun)  
2024

Get in touch with hike organizers: Jeremy of UCSF and Jojo of UC Davis Health for more information. This is a Philippine Nurses Association of America, multi-chapter initiative

\*optional

## ***Where?***



Pinnacles National Park  
Trailhead @ 500 East Entrance  
Rd, Paicines, CA 95043

Sign up -->



Emails: jyvergarnp@gmail.com  
evangelinanaredo@gmail.com  
jmelendresmd@gmail.com  
Phones: 917-326-1038, 408-768-4426  
916-476-1688



# Connect with PNAC3

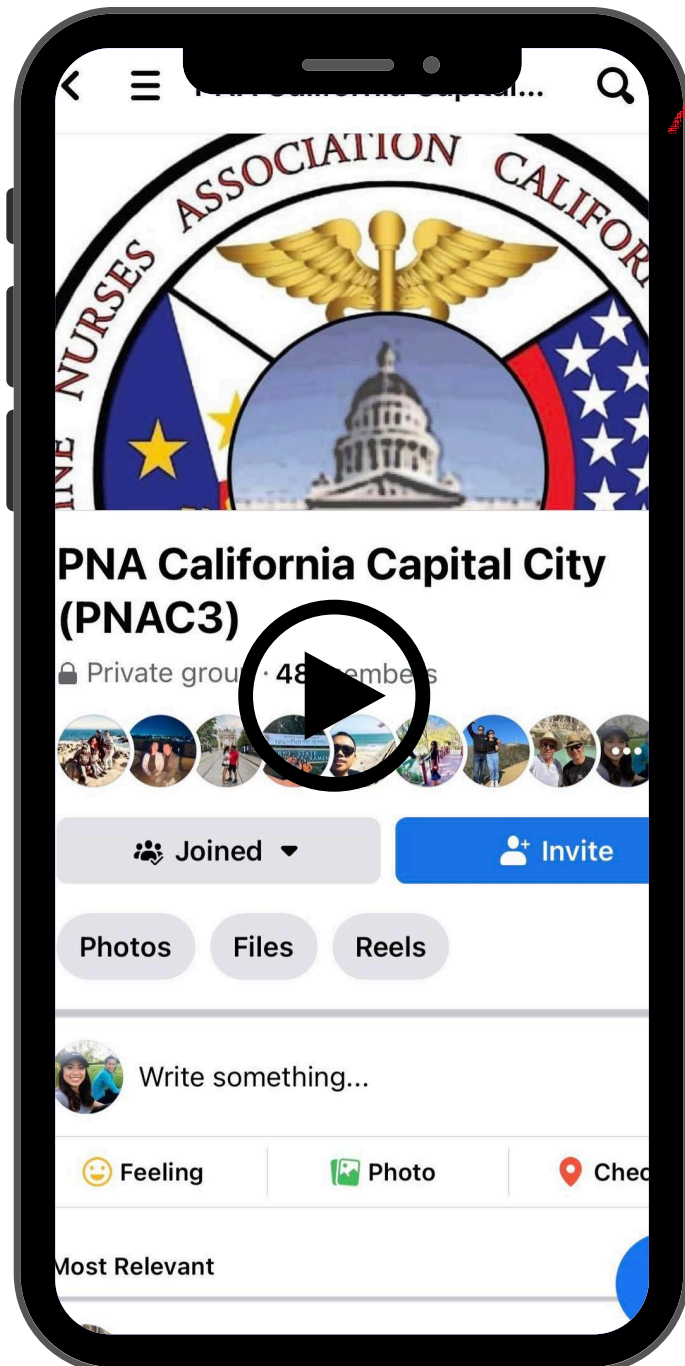
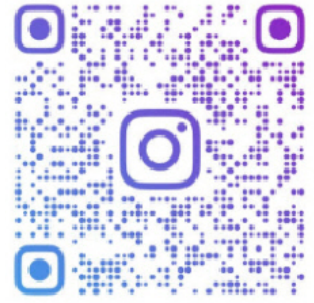
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Follow us on our social media accounts to keep up with the latest content and event updates.



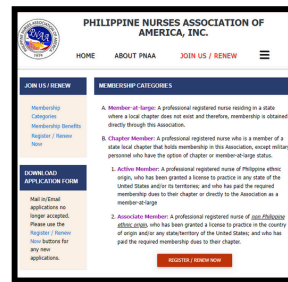
Scan the QR code to view our website or visit:  
[pnac3.org](https://pnac3.org)



# MEMBERSHIP REGISTRATION

## 1<sup>o</sup> STEP

Visit PNAA website at:  
<https://mypnaa.org/Join-Us>



## 2<sup>o</sup> STEP

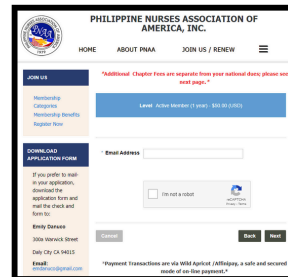
Select Chapter Membership Level

- Active Member- licensed nurse of Philippine ethnic origin
- Associate Member-licensed nurse of non-Philippine ethnic origin



## 3<sup>o</sup> STEP

Enter your email address and complete the registration forms



## 4<sup>o</sup> STEP

Select PNAC3 Chapter Membership

- Pay the required fees



For more information on how to become an official member of the PNAC3, PNA California Capital City Chapter visit

<http://mypnaa.org/>

Contact our team if you have any feedback, questions, or reviews

[pnac3sac@gmail.com](mailto:pnac3sac@gmail.com)