

August 2024. Vol 2. Issue No. 6

# PNAC3 WATCH

The Official Publication: Philippine Nurses Association  
California Capital City Chapter



## A Message From the President-elect

It is amazing to see this group of professionals come together to support the importance of advocating for Filipino Nurses within our Sacramento region. Just a few years ago, some of us were mere strangers who may have seen each other in the hallways or a familiar face on LinkedIn. Now, we are really coming together as a group to tackle the big meaningful things in why we joined this organization, giving back to our community. We are reappearing at events, fostering the relationship with other organizations to develop a supportive tradition. We are now offering a scholarship to nurses wanting to achieve higher degree as well as to help attend the national conference. There are so much opportunity in PNAC3 that makes this time so exciting. Aside from our events, our executive board meetings have now shifted to include all PNAC3 members. This is our strategy as professionals to grow as leaders, improve our skills, and to network with other members. Consider joining PNAC3, as we continue to look for fresh new ideas on how we can give back to our community. Stay tuned for more exciting news and upcoming events!,

- Nico Buan-Lagazo, PNAC3 President-Elect

# Induction Ceremony

On April 20, we held our Induction Ceremony for the 2024 Board Officers. It was our first event on the River City Queen, where our members, guests, and sponsors could take in the spectacular views and cruise the Sacramento River. Enjoy some of our photos taken by amazing photographer Manny Chavez.

















# The Best Businesses!



Thank you to these businesses for their generous support. We appreciate the support from:

Advanced Healthcare of Sacramento:

<https://www.ahcfacilities.com/rehabilitation-facilities/sacramento/>

Care Home by RNs:

<https://carehomebyrns.com/>

Grand Canyon University:

<https://www.gcu.edu/>

Nurse Mark Remarkable Aesthetics:

<https://www.nursemarkaesthetics.com>

1 Heart Caregiver Services

<https://1heartcares.com/>

Asbury Park Nursing & Rehabilitation Center:

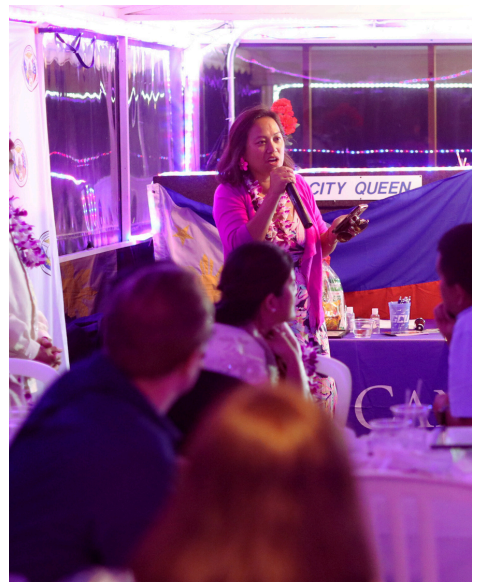
<https://asburyparkcare.com/>

Manny Chavez Photography:

<https://www.mannychavez.com>

Tagpuan Modern Filipiniana and Barong Boutique:

<https://www.facebook.com/p/Tagpuan-Modern-Filipiniana-and-Barong-Boutique-100084978597005/>



# Filipino Fiesta of Sacramento

On June 4 we participated at the Filipino Fiesta of Sacramento 2024! Health education, CPR and blood pressure screening were offered. We love to connect and work with other organizations in the community.



# Nurse Educator Award

The Philippine Nurses Association of America (PNAA) Awards Committee announced that Dr. Denise Prudencio received the 2024 PNAA National Excellence Achievement Award: Nurse Educator Award. This is the first recognition for our chapter. We are incredibly proud that Denise received the award in person during the Gala Night on Saturday, July 20, 2024, at the 45th PNAA Annual Convention hosted by the Philippine Nurses Association of Southern California at the Westin Long Beach Hotel, CA.



# SHINES

For a second consecutive year, PNAC3 and other organizations participated in tabling for the Summer Health Institute for Nursing Exploration and Success (SHINES) program. The SHINES program prepares local high school students or recent graduates to prepare for nursing as a profession or learn how to navigate academic decisions. Our PNAC3 board members helped mentor the next generation of students and graduates during the 2-week summer immersion.



# August is Multicultural Donor Awareness Month

Philippine Nurses Association California Capital City (PNAC3) chapter is officially a partner of Sierra Donor Services in advancing shared community goals!

We are educating EVERYBODY about Sierra Donor Services as what they do is an honorable endeavor that is literally lifesaving. You may know a close friend or family member who benefited from organ donation or has donated before. Donors are HEROES!

UC Davis Health has strong advocacy and work related to this organ process. We should all be aware of this lifesaving possibility. 80% of those in the waiting list are people of color, yet there is low sign-up rate or willingness to donate from the same social group. There's much work to be done.

To see PNAC3's feature and the work of other community champions please visit Sierra Donor Services website: <https://sierradonor.org/news/celebrating-diversity-in-donation-multicultural-donor-awareness-month/>

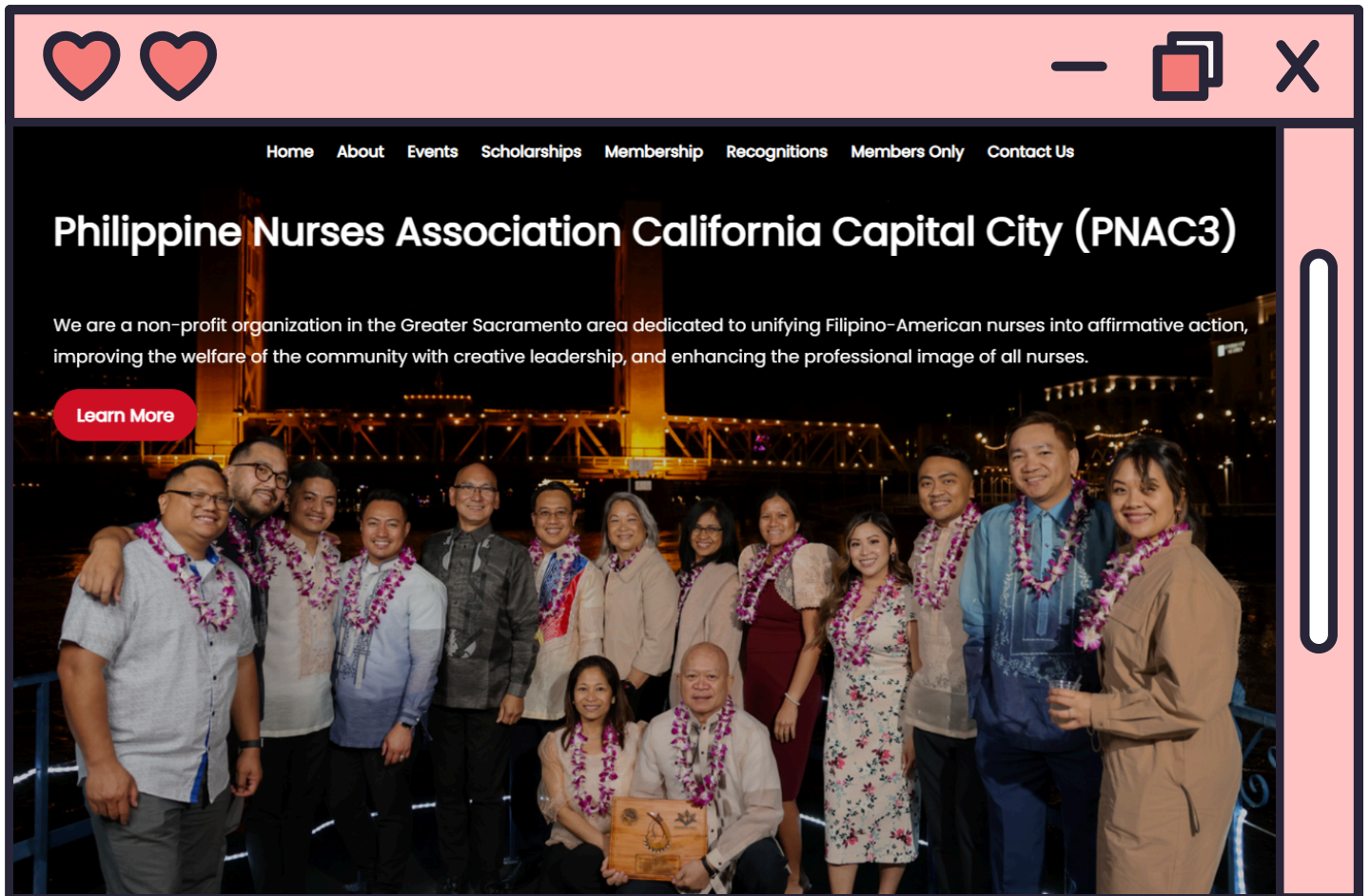
Also, did you know the pink DONOR dot is the proof of your courage and willingness to help? Let us know if you need help with being part of the organ donation lifesaving team. A link below is provided for easy self-help.

To find out more information on how to become a donor or sign up for their newsletter you can visit: <https://register.donatelifecalifornia.org/register>



# PNAC3 Website

Our website has some new exciting features we would like you to see! Visit: <https://pnac3.org>

A screenshot of a web form titled "PNAC3 Recognition and Dissemination". The form includes the following text and fields:

Have you presented at a conference, published your work in a journal or newsletter, received any awards, completed a degree, or earned a certification?

Share your accomplishments with us so we can celebrate your achievements within our PNAA community.

The name, email, and photo associated with your Google account will be recorded when you upload files and submit this form

\* Indicates required question

Email \*

Your email

Your Name \*

Your answer

Affiliation ( enter the name of your facility, hospital, institution you are currently with). \*

Your answer

Have you presented at a conference, published your work in a journal or newsletter, received any awards, completed a degree, or earned a certification? Simply visit our website and click "Recognitions" where you will be directed to a Google Form that will allow us to recognize your achievements within our PNAA community or just scan the QR code below:



# Announcements

## PNAC3 CONTINUING EDUCATION SCHOLARSHIP

Are you attending the 45th PNA National  
Convention in Long Beach, CA?



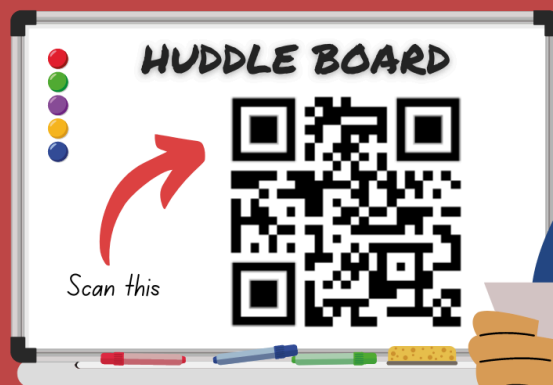
Great news! PNAC3 is offering expense reimbursement to  
active PNAC3 members

Must submit requirements within 4 weeks (August 18th  
2024) after conclusion of the conference to:

[PNAC3EducationCommittee@gmail.com](mailto:PNAC3EducationCommittee@gmail.com)

Please scan the QR code below or follow our website  
to learn more about the scholarship program  
requirements and application instructions

 <https://pnac3.org/scholarship/>





# Announcements

## Hike & Learn



August Hiking Trip to the  
Sierras  
A Summer Day Hike

Sign-up



One CEU CA BRN credit available through Fireside Chats

[jyvergaradnp@gmail.com](mailto:jyvergaradnp@gmail.com)  
[Info@ucoop.org](mailto:Info@ucoop.org)  
916.476.1688

ABOUT THE PROGRAM

Click to watch:



# Announcements



**AUG 13<sup>TH</sup> TUESDAY**  
**9:00AM TO 1:00PM**

**Philippine Nurses Association California  
Capital City (PNAC3)** in collaboration with UC Davis Health's  
**Center for Professional Practice of Nursing**  
**is hosting a FREE continuing education event** at UC Davis  
Betty Irene Moore Hall, UC Davis Health Sacramento Campus.  
The event is open to nurses and nursing students.

**Topics: Wound Care & Transitional Care**

**Objectives include learning about wound assessment &  
documentation, impact of social determinants of health on  
wound care, diabetes prevalence in Filipino Americans, nursing  
care of diabetes-related foot ulcers, and transitioning care to  
community-based settings.**

**Philippine Nurses Association of America Foundation is an approved by the  
California Board of Registered Nursing; Provider # 14134 for 4.2 contact hours.**

**Must attend entire event and not be more than 5 minutes late to receive credit.**



Please scan  
the QR code

**UC DAVIS  
HEALTH**

Center for Professional  
Practice of Nursing

***We can't wait to see you there!***

# PNAC3 Events

July 2024

## PNAC3 Events



PNAC3 Community Service Committee | Nico Buan-Lagazo, Liz Navarra, Janice Prentiss, & Priscilla Catingub

### Get Involved with PNAC3!

Date	Event	Location	Contact	Sign up Now!
August 3, 2024	Hike and Learn	Sierra National Forest Twin Lakes	Jeremy Vergara Jojo Melendres	<a href="mailto:jyvergaradnp@gmail.com">jyvergaradnp@gmail.com</a> <a href="mailto:jrqmelendres@ucdavis.edu">jrqmelendres@ucdavis.edu</a>
August 13, 2024	PNAC3 Conference / Symposium	UCDH Betty Irene Moore School of Nursing	Amie Ragasa-Sta. Maria	<a href="#">Click Here!</a> 
September 14, 2024	Breaking Down Barriers	UCDH Betty Irene Moore School of Nursing	TBD	<a href="#">Click Here!</a> 
September 28, 3034 5PM – 8PM	PNAOW Masquerade Ball & Induction Ceremony	Sheraton Portland Airport Hotel	Ethel Gonzalez Mafe Chase	(503) 740-5104 (971) 407-0712
September 29, 2024 11AM – 4PM	Bayanihan Festival	District 56 Elk Grove	Liz Navarra	<a href="#">Click Here!</a> 
October 2024	UCDH DEI Grand Rounds	TBD	Mark Buan- Lagazo	<a href="#">Click Here!</a> 
December 1, 2024	PNAC3 2 <sup>nd</sup> Annual Fundraising Gala	Roseville	Zyrene Marsh	<a href="#">Click Here!</a> 



### Do you want PNAC3 at your next event?

Fill out this survey if you would like us to volunteer, table, or speak at your next event! We love to partner with our community!



June 28, 2024: PNAC3 Volunteering at the SHINES Program at UC Davis Health Betty Irene School of Nursing

### Executive Board

- President  
**Jojo Melendres**
- President-Elect  
**Nico Buan-Lagazo**
- Vice President  
**Denis Angelo Prudencio**
- Corresponding Secretary  
**Kristina Rodriguez**
- Recording Secretary  
**Jerry Bambao**
- Treasurer  
**Mark Buan-Lagazo**
- Assistant Treasurer  
**Felicidad Loomis**
- Auditor  
**Zorayda Garrovillas**
- Public Relations Officer (PRO)  
**Ariel Zabala**
- Board of Directors  
**Jane Pena**
- Amie Ragasa-Sta. Maria**
- Elizabeth Navarra**
- Salvador Misleng**
- Janice Prentiss**
- Maria Erespe**

If you are interested in joining PNAC3, please go to [pnac3.org](http://pnac3.org)! Our chapter is in the Western Region of the Philippine Nurses Association of America.



# Connect with PNAC3

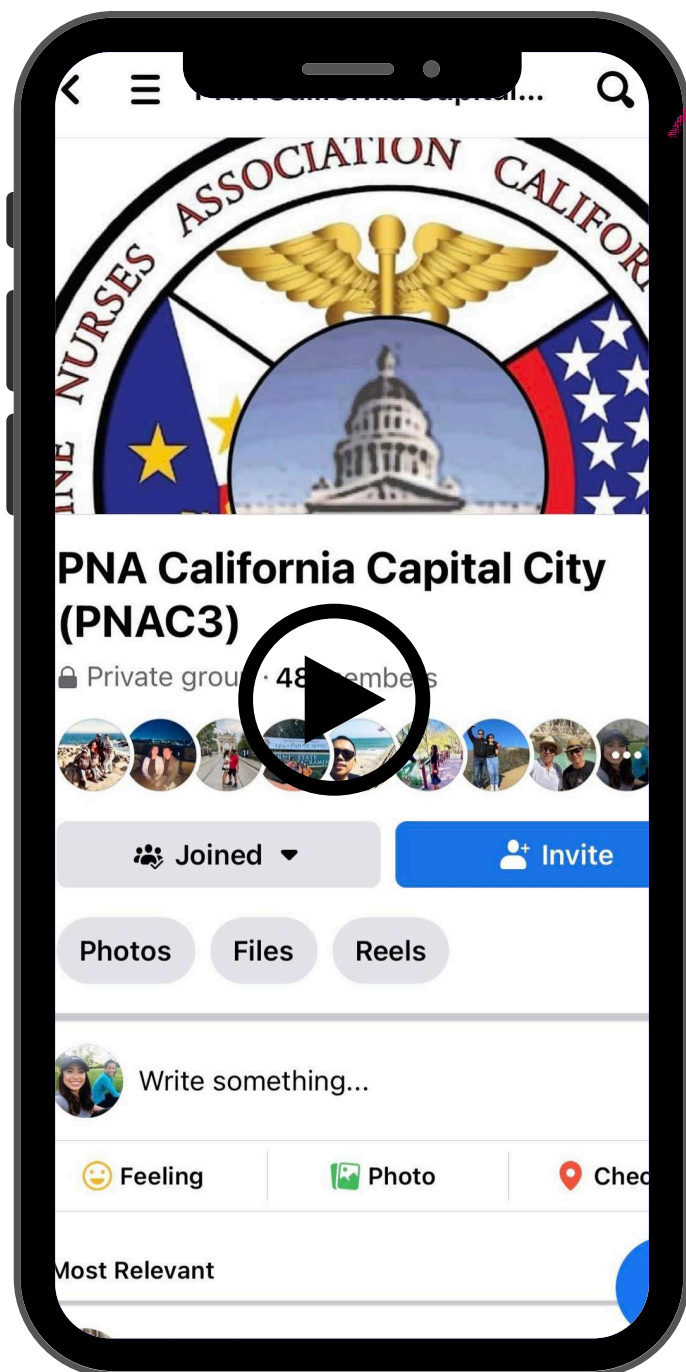
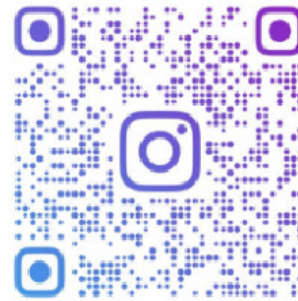
LinkedIn



Twitter



Instagram



Facebook



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

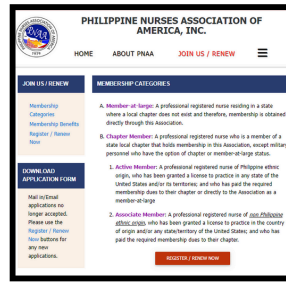


Scan the QR code to view our website or visit:  
[pnac3.org](http://pnac3.org)

# MEMBERSHIP REGISTRATION

## 1° STEP

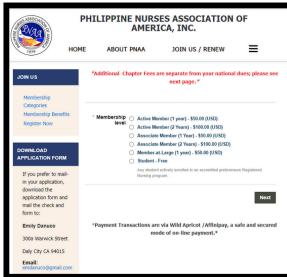
Visit PNAA website at:  
<https://mypnaa.org/Join-Us>



## 2° STEP

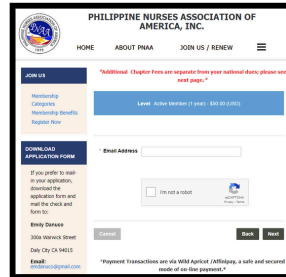
Select Chapter Membership Level

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



## 3° STEP

Enter your email address and complete the registration forms



## 4° 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)