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PNAC3 WATCH

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California Capital City Chapter

A Message From the Vice President

As we joyfully celebrate Filipino-American History Month this October, it is a time to not only recognize the rich heritage of Filipino Americans and the profound contributions Filipino nurses have made to the healthcare landscape of the United States, but also to take pride in our shared culture and history.

Filipino nurses have been vital to the U.S. healthcare system for over a century. Filipino Nurses played critical roles in significant events during World War II, where many served courageously on the front lines, providing care to wounded soldiers. In the decades following, particularly during the 1960s and 1970s, many migrated to the U.S. to address critical nursing shortages, becoming an integral part of the healthcare workforce and shaping the nursing profession in ways that continue to be felt today.

Today, Filipino nurses represent one of the largest groups of foreign-trained healthcare professionals in the U.S., recognized for their exceptional skills, resilience, and dedication to patient care. Despite facing challenges such as discrimination and cultural adjustment, we have remained essential to the U.S. healthcare system. The vital contributions during the COVID-19 pandemic, including saving lives and promoting health, exemplify our enduring importance, making us an integral part of the healthcare workforce.

We must also remember that history teaches us valuable lessons about the struggles and triumphs of those who came before us. By valuing their legacy, we honor their sacrifices and ensure that future generations of Filipino nurses understand the rich heritage that shapes our identity today.

I am deeply honored to be part of an organization that uplifts Filipino American nurses, celebrates our contributions and achievements, and advocates for professional growth. This Filipino-American History Month, let us take pride in our culture and community while honoring the legacy of those who paved the way for us. Their courage and dedication laid the foundation for future generations of Filipino nurses, and we must celebrate their enduring contributions.

Mabuhay ang Filipino nurses!

- Dr. Denis Angelo Prudencio, Vice President

45th PNAA Conference

The PNAA Conference was a wonderfully positive experience, showcasing the unity and excellence of Filipino nurses from across the country. The event kicked off with a lively opening night and a memorable gala filled with music and dancing, embodying the Filipino spirit of balancing celebration with purpose. The gala night, in particular, reminded me of a mini-Magnet parade, with PNAA chapters from across the country proudly representing their regions—a true celebration of Filipino nursing excellence. Education Day was equally valuable, featuring knowledgeable speakers from various regions who shared insights relevant to nursing practice and professional growth. The conference venue added to the experience, offering easy access to great local restaurants and attractions.

For future conferences, I recommend submitting an abstract to share your work and potentially secure employer support for attendance. Preparing for travel with TSA PreCheck can streamline the journey, and reviewing the agenda in advance helps select key sessions. Be sure to pack attire that matches the opening night and gala themes to fully participate in the festivities. Don't forget to network and seek out potential mentors to support your future leadership and career goals. Finally, plan for a bit of local sightseeing to fully enjoy the destination.

- Dr. Sandy Phan, PNAC3 Member



Congratulations Jet!

On August 7th, PNAC3 member Jet Zabala was awarded the Transition to Practice Star Preceptor Award and recognized at the quarterly Nursing Practice Council All-Here Day at UC Davis.

The relationship between the nurse preceptor and newly hired nurses is essential for nurses to transition to independent practice safely and successfully. Jet received high recognition for precepting Carrie. Jet helped Carrie achieve all her learning objectives and created a supportive environment that instilled confidence and support.

Great job, Jet! You make PNAC3 proud!



PNAC3 out in the Community

PNAC3 member Gladys shares photos of her volunteer experience for multiple events! PNAC3 participated in the Heart and Stroke Walk, a Multicultural Event in Elk Grove, and an organized event collecting school supplies to donate to schools in the Philippines.



Wound Care and Transitional Care Symposium

On August 13th, PNAC3, in collaboration with UC Davis Health's Center for Professional Practice of Nursing, hosted a free continuing education event at UC Davis Betty Irene Moore Hall. The event was open to nurses and nursing students.



4th Annual Breaking Down Barriers to Nursing

In alignment with the Future of Nursing 2020-2030 recommendations, Capitol City Black Nurses Association proudly hosted the 4th Annual Breaking Down Barriers to Nursing Conference in collaboration with Sacramento chapters of the National Association of Hispanic Nurses, Hmong Nurses Association, and PNAAC California Capital City (PNAC3). Breaking Down Barriers was a labor of love, demonstrating firsthand how community collaboration has the potential to impact future change and address diversity in nursing.

Held at Sacramento State College of Health & Human Services, this event, which focused on increasing representation in healthcare by empowering underrepresented communities to pursue careers in nursing, had 140+ high school attendees and second-degree folks participate.



Breaking Down Barriers to Nursing cont.

How do we break down the barriers to getting into nursing? How do we get into the profession? Nurses representing various specialties and backgrounds volunteered to answer these questions through multiple presentations, panel discussions, and simulation lab tours. Regional nursing schools and professional nursing organizations participated and provided information about their organizations. Together, we addressed gaps and removed barriers to nursing by allowing everyone to network in a safe space.

PNAC3 was well represented throughout the event.

Sal Misleng was our PNAC3 event representative and provided members with event updates. On the day of the event, he volunteered as a “runner” to ensure that presenters and rooms were well-equipped to make scheduled sessions successful.

Dr. Sandy Phan moderated a panel discussion of local nurses and nurse leaders on the topic of “Honoring Culture and Identity.” The panel discussed how they honored their culture and intersecting identities while navigating healthcare and educational institutions.

Daniel Aquino and PNAC3 President Jojo Melendres were panelists in the “Nursing Specialties” discussion. We offered a glimpse into our personal journeys in nursing and provided insight into the various specialties we’ve held throughout our respective careers.

I’m grateful for my nursing journey and want to give back to the community by sharing my experiences. It was inspiring to see attendees invest in their future selves, and being a part of that journey was reinvigorating. Together, we’re shaping the future of nursing!

- Daniel Aquino, PNAC3 member



Annual Picnic and General Assembly

The Philippine Nurses Association California Capital City (PNAC3) held a picnic potluck party and general assembly at Elk Grove Park, Elk Grove, CA, on September 22, 2024. Officers, members, and their families, as well as potential members attended the event.

Jojo Melendres, RN, CCM, president, welcomed the guests and gave a snapshot of the chapter's activities. He also shared his experience during the 45th National Convention in Long Beach, CA, on learning the parliamentary procedures during the general assembly and how the nursing leaders he met impressed and inspired him.

As part of the day's activity, he introduced the proposed amendments to PNAC3's By-laws, expanding its membership categories and aligning the fiscal year with the term of office. Members signed a form and voted to approve the amendments.

Melendres then explained how the "build my meal ticket" works. Attendees must fill out the ticket with names of officers, members and non-members by introducing themselves and getting to know each other. Upon completion, the ticket will serve as a pass to the set of meals including appetizers, entrees, desserts, and drinks.

Another engaging part of the program was the "We Are All Connected" team-building activity. Attendees passed around a yarn and shared what motivates them to go to work and the passion which they are currently working on.

The last game was a combination of winner-take-all and rock-paper-scissors. After four rounds, Frances Noriega, adviser, won the \$16 prize, which she donated to PNAC3.

In between the activities, Melendres announced the upcoming Hike and Learn in November, the award-winning project that takes participants to different trails in Northern California and simultaneously earns continuing education hours. He also invited attendees to secure their tickets for the 2nd Annual Fundraising Gala on December 1, 2024.

- Ariel Zabala, PRO





Bayanihan Festival

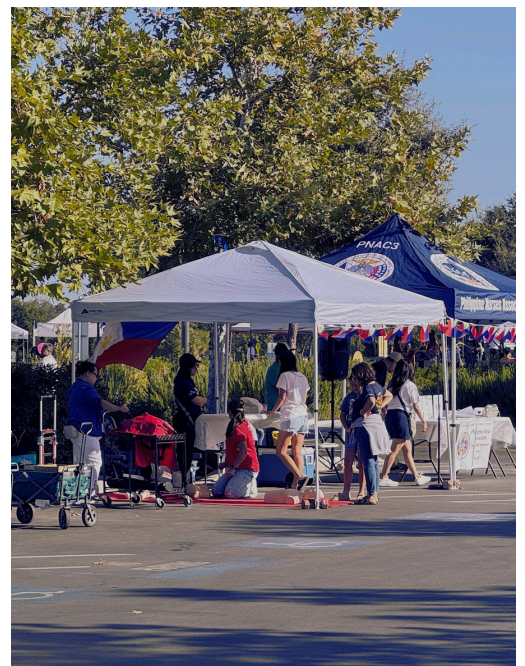
The officers and members of PNAC3 volunteered to man the PNAC3 first aid booth at the Bayanihan Festival, spearheaded by Liz Navarra, board member. The attendees were in charge of blood pressure screenings, health education and promoted our work at PNAC3. The booth also attracted guests who had expressed themselves in collaborating with PNAC3 for future projects, namely, Legaci and Aging Assistant LLC, the singer from Azukal and a band member of Hitwave.

The Project ADAM Community CPR and American West, PNAC3's partners, attracted attention and engagement from the attendees. American West supplied the promotional items for the PNAC3 booth. The animal balloons were popular with both children and adults.

A true display of Bayanihan was evident as PNAC3 officers, members and friends came together to help set up, man the booth and clean up at the festival. The event also attracted new members to the chapter: Teresita Calindas, Darryl Amoguis, Dinah Ginette, Angelique Barreras and Ernesto Mendoza.

This is the second year of the festival organized by Bukang Liwayway Pilipino-Amerikano Pangarap Asosasyon (Dawn Filipino American Dream Association), a nonprofit organization dedicated to promoting and preserving the rich heritage of Filipino culture through vibrant events, educational classes and community engagement.

- Jet Zabala, PNAC3 member





Health Outreach

The Felix Y. Manalo Foundation's Health Outreach Northeast California in collaboration with the PNAC3 and the Sacramento Chapter of the National Association of Hispanic Nurses offered health initiatives, administered flu vaccinations and supplementary health services at the Iglesia ni Cristo (Church of Christ) Compound in Sacramento, California, Oct. 5, 2024.

Included in the free health service and giveaways were free reading glasses, dental giveaways, wellness body mass index check, stress management giveaways, spiritual enrichment and refreshments.

PNAC3 representatives in attendance were Maria Erespe, Amie Ragasa-Sta Maria and Jane Pena, board of directors.

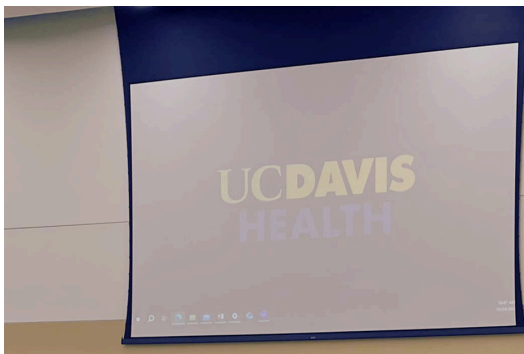
- Jet Zabala, PNAC3 member



(Center) Maria Erespe, board member, administers free flu vaccine at the Health Outreach Northeast California at the Iglesia ni Cristo (Church of Christ) Compound in Sacramento, California, Oct. 5, 2024.

Grand Cultural Rounds

On October 24th, PCS Diversity Equity & Inclusion (DEI) Council collaborated with PNAC3 for Grand Cultural Rounds. This year, our focus was “Embracing Diversity: Cultivating an Inclusive Nursing Environment for All.” The event featured a panelist discussion, diversity in Nursing, cultural cuisine and entertainment.





PNAC3 Scholarship

In June 2024, PNAC3 announced its first scholarship program. The first scholarship allowed members of the PNAC3 to receive a \$2000 award toward an undergraduate or graduate nursing degree. Applicants were required to submit a personal essay, evidence of excellent academic performance, and two letters of recommendation from mentors, faculty, or supervisors. The second scholarship was for active members of PNAC3 who attended the PNAA regional or national conference in 2024.

Well, now we are pleased to inform you that, on behalf of the PNAC3 Executive Board and Education Committee, the two recipients of the Philippine Nurses Association California Capital City (PNAC3) Scholarship will be awarded to:

CONGRATULATIONS

Ma. Milani Jet Zabala and
Dr. Sandy Phan!



Congratulations Denis!

Our Vice President, Denis, was named the 2024 recipient of the Luther Christman Award by the American Association for Men In Nursing (AAMN). This recognition is significant because it highlights his efforts to promote gender diversity within the nursing profession, which Luther Christman passionately advocated for. Denis proudly wore his barong Tagalog to represent and celebrate Filipino-American Heritage Month.

Congratulations Denis! PNAC3 is proud to have a leader like you!



Upcoming Events

You are invited to the 4th Hike and Learn Event

Dipsea Trail, Ravine Trail, and Matt Davis Trail



The Hike and Learn Fall Hike to Mt Tam

Join us for a fun-filled hike in the great outdoors where we will create lasting memories and enjoy each other's company.

16 November, 0800 -1600

Mount Tamalpais

About the Trail:

Enjoy this 6.7-mile loop trail near Mill Valley, California. Generally considered a moderately challenging route, it takes an average of 4 h 43 min to complete.

Follow us in our Instagram page:
thehikeandlearn

SIGN-UP NOW



Accreditation: Approved provider by the California Board of Registered Nursing
CEP# 17067, 1 contact hour

Hiking for Mental and Physical Wellness | Beyond Classroom Learning | Leadership Training | Nature and Life Appreciation | Lifelong Friendships

Upcoming Events



**PHILIPPINE NURSES ASSOCIATION
OF NORTHERN CALIFORNIA**

Application Deadline:
30 November, 2024

The PNANC Leadership Mentoring Program

Grow, Learn, and Be Inspired!



Who Can Apply:

- Current, New, and Aspiring PNANC Members
- Must be a member of PNANC by Nov 30, 2024

Benefits:

- ☑ Mentorship
- ☑ Leadership Development
- ☑ Networking Opportunities

Why PNANC Mentoring?

- **Leadership Development:** To foster and support the growth of current, new, and aspiring Filipino nursing leaders in the Greater SF Bay Area.
- **Professional Growth:** To promote individual development and career advancement among Filipino nurses.

The Leader Mentor Curriculum

	Topic	Activities	
Module 1 Week 1	Introductions, Expectations, Mentoring	Open Discussion, Lecture	Identify the course
Module 2 Week 2	Quality, Cost, and Safety, Just Culture	Open discussion on promoting safety culture, Lecture	Think how it affects the patient
Module 3 Week 3	Leader vs Manager, Leading during the time of Pandemic	Open discussion, Addressing Thought Provoking Question, Lecture	Think how the leader can lead during the time of pandemic
Module 4 Week 4	Teamwork and Team Engagement	Open Discussion on the Teamwork, Lecture	Think how the team can work together
Topic		Activities	
Module 5	Types of Leadership, Project Management	Open discussion, Lecture, One on one meetings	
Module 6	Shared Governance	Importance of Shared Leadership, Lecture	
Module 7	Conflict Management and Resolution	Open discussion, Lecture	
1:1 Sessions	Project proposal	One on One Zoom meeting to discuss project proposal	
Module 8	Cultural Competence and Advocacy	Exploring Cultural Bias, Lecture	
Module 9	Emotional Intelligence	Emotional Intelligence sharing and discussion	
Module 10	Presentation of Proposed Project and Graduation		



Ten Week Course Begins in February 2025

Inquiries on the Program please contact:
PNANC Education Chairperson: Jeremy Yves Vergara, DNP, RN, CNL, NEA-BC, CENP
email: jyvergaradnp@gmail.com



THE PHILIPPINE NURSES ASSOCIATION CALIFORNIA
CAPITAL CITY (PNAC3) CORDIALLY INVITES YOU TO THE

WINTER WONDERLAND



SUNDAY, DECEMBER 1, 2024
FIVE O'CLOCK IN THE EVENING

UNION BRICK

by Wedgewood Weddings

240 CONFERENCE CENTER DR,
ROSEVILLE, CA 95678

INDIVIDUAL PNAC3 MEMBER PRICING: \$125.00

INDIVIDUAL NON-MEMBER PRICING: \$145.00

TABLE OF 8 (REGARDLESS OF MEMBERSHIP): \$900.00



SCAN THE QR CODE TO PURCHASE TICKETS.
YOU MAY CONTACT ZYRENEMARSH@GMAIL.COM
FOR INQUIRIES OR VISIT PNAC3.ORG/EVENTS FOR
MORE DETAILS AND TICKETS.

PROCEEDS TO THIS EVENT WILL BE USED FOR:

- INTERNATIONAL MEDICAL MISSIONS TO THE
PHILIPPINES
- LOCAL COMMUNITY EVENTS PROMOTING
FILIPINO CULTURE, CHARITABLE CAUSES, AND
ADVOCACIES
- NURSING SCHOLARSHIP OPPORTUNITIES
- FREE CONTINUING EDUCATION SYMPOSIUMS
TO MEMBERS AND NON-MEMBERS
- EXPANSION AND GROWTH OF THE PNAC3
CHAPTER

ALL TICKET SALES AND DONATIONS ARE TAX DEDUCTIBLE

WE WOULD LIKE TO THANK OUR DIAMOND SPONSORS:

**UC DAVIS
HEALTH**

**BETTY IRENE MOORE
SCHOOL OF NURSING**



WE WOULD LIKE TO THANK OUR

SILVER SPONSORS:



BRONZE SPONSORS:

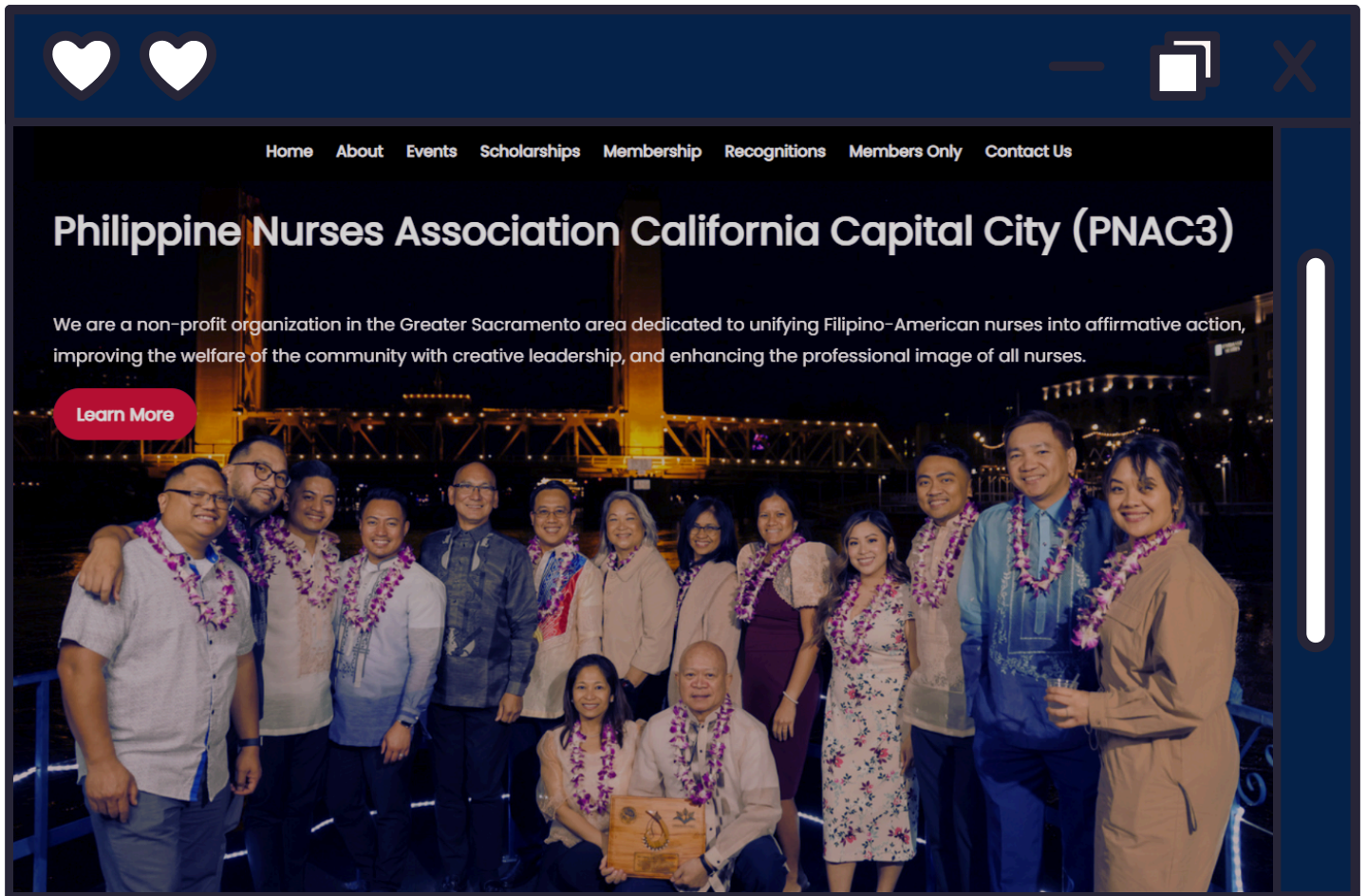


PHOTOBOOTH SPONSOR:



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 contains 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:



Connect with PNAC3

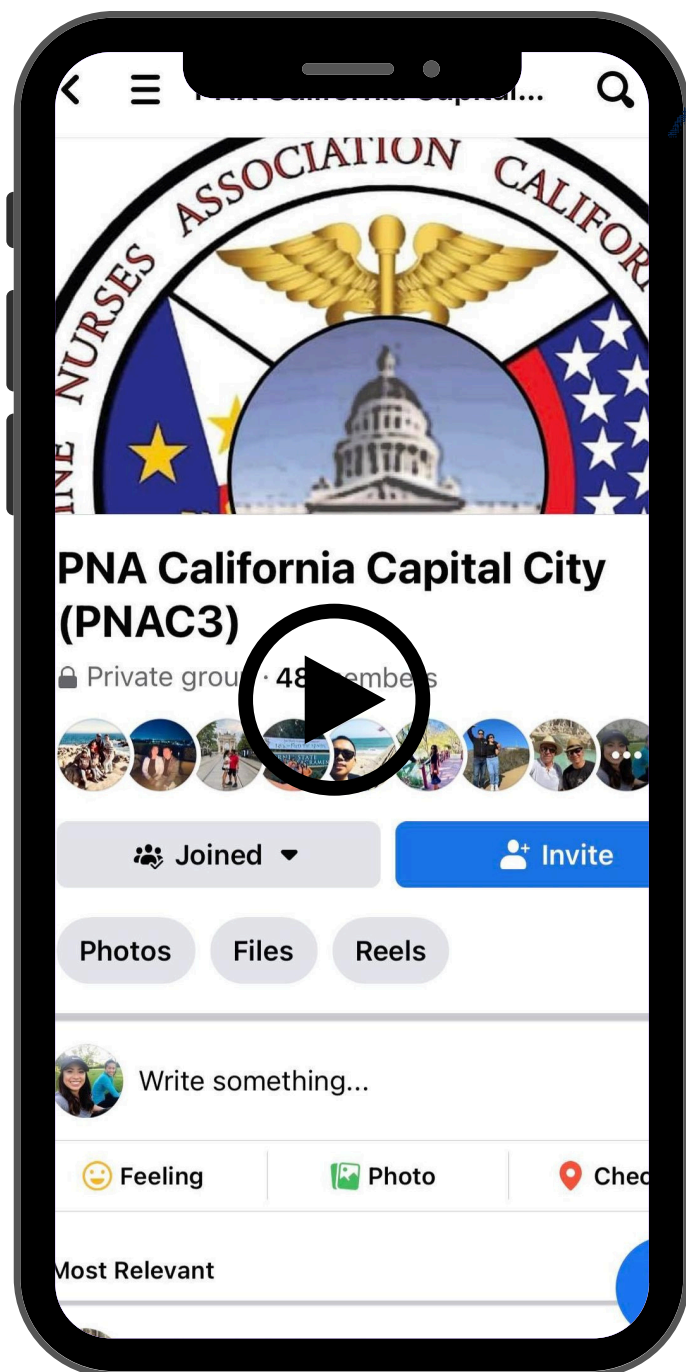
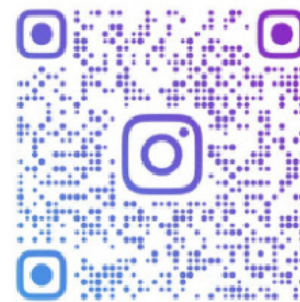
LinkedIn



Twitter



Instagram



Facebook



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

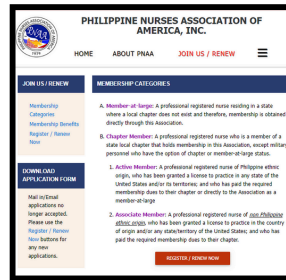


Scan the QR code to view our website or visit:
pnac3.org

MEMBERSHIP REGISTRATION

1° STEP

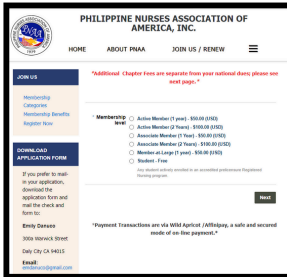
Visit PNAA website at:
<https://mypnaa.org/Join-Us>



2° STEP

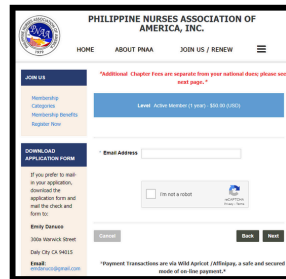
Select Chapter Membership Level

- 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