

October 2025. Vol 3. Issue No. 9

PNAC3 WATCH

The Official Publication: Philippine Nurses Association
California Capital City Chapter



A Message From the Editor

Welcome to our ninth newsletter! First of all, thank you for continuing to support our newsletter. We have so many exciting events we would like to share with you all. Second, I would like to thank our dedicated board members and members who continue to participate and engage with our community. I want to acknowledge that many of our motivated members work full-time jobs, with shifts varying from day to night, clinical roles, or management. But despite any challenging roles we all have, PNAC3 always takes the time to serve and support our community.

Please consider joining PNAC3. We'd love to hear your amazing ideas and insights on how we can improve community welfare. At the end, you will find instructions on how to become a part of PNAC3!

- Kristina Rodriguez, PNAC3 Watch Editor & Recording Secretary

Medical Pathway Connect

On April 2, PNAC3 member Daniel Aquino was invited to serve as a tour guide for a group of approximately 50 local high school students participating in the "Medical Pathway Connect" program, designed to inspire interest in healthcare careers. As part of the experience, the students toured several key areas within the hospital, including the inpatient Dialysis Unit, Neuroscience Unit, Accelerated Access Unit, and the ACC Primary Care Clinic.

Throughout the day, students had the opportunity to engage with professionals across a wide range of roles, including Nursing, Occupational Therapy, Dialysis Technicians, Hospital Unit Service Coordinators, Providers, Pharmacists, Human Resources, Volunteer Services, and even a hospital Executive. The goal of the program was to showcase the diversity and impact of healthcare careers and to spark an interest that may one day lead these students to pursue a future in the field, whether at UC Davis Health or beyond.



Ehime Exchange

On March 5, UC Davis Health had the privilege of hosting four nursing students and a faculty member from Ehime University in Matsuyama, Japan, as part of an educational exchange aimed at exploring the differences between healthcare systems in the United States and Japan.

The visit was made possible through the collaborative efforts of multiple hospital units and leaders, coordinated by a dedicated staff member committed to showcasing both the grit and glamour of UC Davis Health. The guests toured several key departments, including Pediatrics, the Pediatric Intensive Care Unit (PICU), the Emergency Department (ED), and the Operating Rooms (OR). During their visit, they were welcomed by nursing students from various local schools and had the opportunity to meet professionals from Child Life Services, Hospital Unit Service Coordinators (HUSCs), Environmental Services (EVS), Food & Nutrition Services, clinical providers, and many others who play essential roles in delivering high-quality patient care.

Notable highlights from the day included a tour of the newly opened Panda Cares space for pediatric patients and an intense, firsthand look at UC Davis Health's Level 1 trauma center in action, where they observed three resuscitation cases in rapid succession. In the OR, the group witnessed complex procedures including a head and neck dissection, a free flap surgery, and a bypass graft.

After a high-energy morning, the visitors enjoyed lunch before going to the Betty Irene Moore School of Nursing at UC Davis, where they participated in a poverty simulation and small-group debriefs with Master's Entry Program in Nursing (MEPN) students.

The experience was deeply meaningful for all involved, offering a rich exchange of knowledge and perspectives. For Daniel Aquino who facilitated this event and led the tour, the day served as a powerful reminder of the scope and impact of nursing and healthcare—reigniting a sense of pride and appreciation for the work done across the organization.

Special thanks were extended to California State University–Sacramento School of Nursing for reaching out to the Center for Professional Practice of Nursing to make this tour possible with Ehime University. Hopefully, this leads to a future exchange with nursing students from the Philippines!

Ehime Exchange



2025 Sierra Donor Dash

On April 12, Sierra Donor Dash Services hosted their fourth 5k to help increase awareness about organ donation. PNAC3 decided to make their own team to support this event. Not only did our members participate in the event, but we also volunteered in the First Aid booth.



PNAC3 Joins Sierra Donor Services for Remembrance Day Ceremony

On a meaningful spring day at Kaiser Permanente South Sacramento Medical Center, Philippine Nurses Association of California Capital City Chapter (PNAC3) members joined Sierra Donor Services for a heartfelt Remembrance Day Ceremony in honor of Donate Life Month.

The ceremony united a diverse group of individuals by one powerful cause: honoring organ and tissue donors, their families, and the recipients whose lives have been forever changed. Attendees heard deeply moving and inspiring stories shared by donor families, recipients, healthcare professionals, and donor ambassadors, each a testament to the power of compassion, courage, and the gift of life.

The event served as a remembrance and a call to action, encouraging continued advocacy and awareness of organ and tissue donation. The flags were waved in honor of Donate Life Month, and the ceremony concluded with a moment of reflection, celebrating the legacy of donors who have made an everlasting impact.

As an organization committed to health promotion and community engagement, PNAC3 proudly stands in solidarity with our donor families. We reaffirm our support for organ donation awareness and continue to advocate for conversations that save lives.

- Denise Angelo Prudencio, DNP, RN, NEA-BC, NPD-BC, PCCN, CGNC, FFMRCISI



From left to Right: Sal Mislang (PNAC3 Board of Directors), Michael Coleman (Director of External Affairs, Sierra Donors Services), Mr and Mrs. Salcone (Sierra Donors Services Ambassadors), Dr. Denise Prudencio (Vice President- PNAC3), Stephanie Mendoza (Sierra Donors Services)

Sacramento Filipino Fiesta

On June 1, PNAC3 had an opportunity to participate in the Sacramento Filipino Fiesta. The annual Filipino Fiesta celebration included PNAC3 assisting in the first aid booth in collaboration with America West Ambulance. It was held in the Jose Rizal Community Park Center in Sacramento. Blood pressure machines, educational pamphlets, and CPR education were provided.



PNAC3 Supports Future Nurses at UC Davis SHINES Program

The Philippine Nurses Association of California Capital City (PNAC3) was honored to participate once again in the Summer Health Institute for Nursing Exploration and Success (SHINES) program, hosted at the Betty Irene Moore School of Nursing at the University of California, Davis.

SHINES is an annual, two-week-long summer program designed to introduce high school and college students—especially those from historically underrepresented and underserved communities—to the nursing profession. Through workshops, hands-on simulation activities, and mentorship opportunities, the program aims to spark interest in nursing careers and support participants in navigating their academic and professional pathways. During this year's program, PNAC3 members had the privilege of meeting and encouraging these future nurses and their families. Our participation reflects our ongoing commitment to nurturing the next generation of nurses, advancing diversity in the profession, and giving back to the community.

We extend our heartfelt gratitude to UC Davis and the Betty Irene Moore School of Nursing for inviting PNAC3 to participate in this inspiring initiative. Special thanks to our dedicated PNAC3 Executive Board and members—Gladys Sumo, Sal Mislant, Jerry Bambao, Dr. Sandy Phan, Krista Greaves, and Dr. Denise Prudencio—for representing our organization with enthusiasm and professionalism.

The day was also enriched by meaningful connections with fellow nursing organizations, including the Hmong Nurses Association, Inc., and the Sacramento chapter of the National Association of Hispanic Nurses (NAHN). Together, we celebrate and champion a diverse, inclusive, and empowered future nursing workforce.

- Dr. Denise Angelo Prudencio, DNP, RN, NEA-BC, NPD-BC, PCCN, CGNC, FFMRC SI

Motown Magic at PNAA's Networking Night

The vibrant energy of Motown met the spirit of Filipino excellence at this year's PNAA Networking Night, where nurses from across the country came together in celebration, connection, and community. Held during the annual national convention, the Motown-themed event was more than just a lively night of music and dancing—it was a joyful reminder of our collective progress and the powerful legacy we continue to build.

Amid the dazzling retro fashion and soulful sounds, I, together with our Chapter President Jojo Melendres and ILDP Director, Jet Zabala, was honored to represent our young but thriving chapter, the Philippine Nurses Association of California – Capital City Chapter (PNAC3), established in 2022. Though still new to the PNAA family, PNAC3 has already made its mark through passionate commitment to professional development, leadership, and community service.

What made the evening even more meaningful was the recognition our chapter received—the Rising Star and Radiant Start Awards. This recognition reflects the collective hard work, resilience, and vision of our dedicated members.

Networking Night continues to be one of the most memorable highlights of the PNAA convention—not only for the fun and fellowship, but for how it uplifts and honors the work we all do every day.

- Dr. Denise Angelo Prudencio, DNP, RN, NEA-BC, NPD-BC, PCCN, CGNC, FFMRC SI

Upcoming events



Philippine Nurses Association California
Capital City (PNAC3) invites you to watch

Nurse Unseen

The largely untold story of the Filipino nurses
at the backbone of the American healthcare system

From Emmy Award-Winning Director Michele Josue



Date: Monday, October 6, 2025

Time: 6:00 PM - 9:00 PM

Location: Studio Movie Grill

5140 Commons Dr Rocklin, CA 95677-3911

Purchase your
tickets by scanning
the QR code



General
Admission:
25\$

For more information, visit our website: <https://pnac3.org/events/>

This event is sponsored by:



Upcoming events

Learn more about our Sponsors



Asbury Park Nursing and Rehabilitation Center, Woodside Healthcare Center, and Pioneer House Healthcare Center are dedicated to delivering exceptional post-acute and skilled nursing care in Sacramento, California. Our three premier facilities uphold the highest standards of clinical excellence, offering comprehensive therapy services, including physical, occupational, and speech therapy, as well as specialized cardiac, pulmonary, and orthopedic rehabilitation. With a strong focus on palliative and comfort care, we provide compassionate, personalized support tailored to each resident's unique needs.



Dignity Health operates five hospitals in the Greater Sacramento Area — Mercy General Hospital, Mercy Hospital of Folsom, Mercy San Juan Medical Center, Methodist Hospital of Sacramento and Woodland Memorial Hospital. All five of our Sacramento area hospitals have a rich history within the communities we serve. Well-known for our role in providing specialized care, we are dedicated to achieving medical excellence through constant assessment of the needs in their communities and an investment in people, capacity and innovative new treatments and technology



Advanced Health Care of Sacramento is Sacramento's only all-private room skilled nursing facility. Built from the ground up in 2019 with patient rehabilitation in mind, Advanced is Sacramento's premier, CMS 5-star rated nursing home. Our goal is to consistently raise the bar in patient care by providing high quality food, increased nursing ratios and assure our facility is held to the same standard we would expect our family members to recover in.

Upcoming events

Learn more about our Sponsors



Care Home By RNs and Senior Care Clinic House Calls were founded by nurses in 2006. Community-based care for complex cases, including trachs, vents, PEG tube feedings, chronic wounds, and the like. Bridging the gap between home and health care!



CarePoint Healthcare is a clinician owned and operated hospice agency that ensures attentive, quality care, dignity and comfort for our patients, families and referring partners. We meet our patients wherever they are in the end-of-life process, whether they need education, wound care or music therapy, we ensure that we carry out each individualized care plan with warmth and integrity. Serving Sacramento, Placer and El Dorado counties, we honor legacies and build relationships with unwavering compassion, collaboration, and care.

Upcoming events

Learn more about our Sponsors



Mark Buan-Lagazo is a Clinical Resource Nurse in the PICU/PCICU at UC Davis Children's Hospital, an Assistant Professor for the College of Nursing at Samuel Merritt University, and an Aesthetic Nurse providing neuromodulators (Botox), Microneedling, Skin Peels, and Hair Rejuvenation services. For a free consultation or to start tox'n, contact Mark on Instagram @_NurseMark or by phone at (916) 606-8615. New clients get an exclusive rate for their first neuromodulator treatment!

<https://NurseMarkAesthetics.com>



OCA – Asian Pacific American Advocates, Sacramento Chapter Founded in 1995, OCA Sacramento is a membership-driven affiliate of OCA – Asian Pacific American Advocates, dedicated to advancing the social, political, and economic well-being of AAPI communities in the Greater Sacramento region. The chapter delivers a wide range of cultural, educational, leadership, and civic programs—from its signature Dragon Boat Festival and youth essay contest to its annual Legislative Reception, which brings together policymakers, community leaders, and advocates to advance equity and representation. OCA Sacramento champions youth and student leadership through mentorship, STEM pathways like robotics, and the APIA-U Leadership Training at Sacramento State, equipping the next generation with tools to lead and advocate for their communities. In May 2025, the chapter proudly celebrated its 30th Anniversary, celebrating three decades of service, advocacy, and leadership. Over the years, OCA Sacramento has delivered impactful programs addressing mental health, caregiving, food security, health education, and anti-hate advocacy. As part of a national network of over 50 chapters, OCA Sacramento remains committed to building leadership, preserving heritage, and empowering the AAPI community for generations to come.

Upcoming events



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

IMMERSIVE & CULTURAL 3RD ANNUAL

GALA

NOW EXTENDED UNTIL
OCTOBER 15TH!

EARLY BIRD TICKET SALES UNTIL ~~OCTOBER 1ST~~

SUNDAY, NOVEMBER 16, 2025
FIVE O'CLOCK IN THE EVENING

DISTRICT 56

8230 CIVIC CENTER DRIVE, STE 100
ELK GROVE, CA, 95757

SCAN THE QR CODE TO PURCHASE TICKETS.
FOR INQUIRIES VISIT PNAC3.ORG/EVENTS
FOR MORE DETAILS.



Upcoming events

PURPOSE:

The 2025 PNAC3 Fundraising Gala will benefit future local and international projects to advance nursing education, scholarship, community service, and our DEI work. We invite you to support our Association through tax-deductible ticket purchase, sponsorship, raffle gift, and/or donation of auction item.

TICKET PRICES:

	EARLY BIRD UNTIL 10/15	REGULAR PRICE
INDIVIDUAL PNAC3 MEMBER	\$115.00	\$125.00
INDIVIDUAL NON-MEMBER	\$125.00	\$145.00

Scan this QR code to purchase your tickets.



IMPORTANT INFORMATION WHEN PURCHASING TICKETS:

1. Once on the Zeffy page, select the type and number of tickets to purchase.
2. When asked to add a contribution to Zeffy, please select OTHER, and enter \$0 to contributions if you don't wish to donate to the platform.
3. Then proceed with your payment method.
4. If purchasing multiple tickets, please indicate the names of all the attendees in your group so we can seat you together.

Upcoming events

SPONSORSHIP PACKAGES:

All our sponsorship packages include marketing tables inside the ballroom, acknowledgement during the event, and dinner tickets.

Additional dinner tickets can be purchased at a discounted rate of \$110 each.

All sponsors will have their logos featured in all PNAC3 Gala promotional advertisements, including our social media platforms, website, and newsletters.

Diamond (8 dinner tickets): \$2500
Gold (6 dinner tickets): \$2000
Silver (4 dinner tickets): \$1500
Bronze (2 dinner tickets): \$1000
Friends of PNAC3 (1 dinner ticket): \$800

Payment for sponsorships can be sent via PNAC3's Zelle account at pnac3sac@gmail.com

or

via bank checks payable to the
Philippine Nurses Association California Capital Chapter

Upcoming events

WE WOULD LIKE TO THANK OUR

Diamond Sponsors:

**UC DAVIS
HEALTH**

**BETTY IRENE MOORE
SCHOOL OF NURSING**



Upcoming events

WE WOULD LIKE TO THANK OUR

Diamond Sponsors:



Silver Sponsors:



Bronze Sponsors:



Upcoming events

WE WOULD LIKE TO THANK OUR

Bronze Sponsors:



Friends of PNAC3:



Apply for the PNAC3 Scholarship



PNAC3 SCHOLARSHIP

Are you a PNAC3 member pursuing your undergraduate or graduate nursing degree?



Good news! PNAC3 is offering scholarship reimbursement of up to \$1,000 each to two eligible applicants

Application opens: June 05, 2025

Application closes: ~~September 05, 2025 (11:59 PST)~~

NOW EXTENDED TO OCTOBER 5, 2025 !

Award recipients will be announced on: October 2025 during the General Membership meeting and awarded during the Annual Gala

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

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



Upcoming events

PNAC3 SCHOLARSHIP PROGRAM

Members of the PNAC3 are eligible to receive a \$1,000 award to put toward an undergraduate or graduate nursing degree. Applicants must submit a personal essay, evidence of excellent academic performance, and two letters of recommendation from mentors, faculty, or supervisors.

Applications for this award open on June 5th and close on September 5th at 11:59 pm PST. Award recipients will be announced in October.

SCHOLARSHIP AMOUNT: \$1,000 for two award recipients.

SCHOLARSHIP GUIDELINES: The Philippine Nurses Association California Capital Chapter (PNAC3) is pleased to award \$1000 to two of its selected members pursuing an undergraduate or a graduate nursing degree. The purpose of this scholarship is to support nursing education advancement for PNAC3 members, thus achieving one of PNAC3's core missions.

Scholars to provide PNAC3 membership on how the scholarship prepared and helped achieve their educational goals, professional and/or academic aspirations, and any commitment to giving back to the community as a quick presentation during the PNAC3 monthly meeting post-graduation.

ELIGIBILITY REQUIREMENTS:

PNAC3 Criteria:

1. At least one year or more of PNAC3 membership, letter of verification from PNAC3 Membership Committee, or PNAC3 card
2. Two letters of recommendation from academic faculty/advisors/supervisor/mentors addressing the following areas:
 - a. academic performance,
 - b. leadership, and
 - c. commitment to diversity.

ACADEMIC Criteria:

3. Current enrollment in an accredited undergraduate or graduate nursing program (associate degree, bachelor's, master's, or doctoral levels)
4. Most recent unofficial transcript from school or university as evidence of excellent academic performance (GPA > 3.0)
5. Personal essay addressing nursing career goal, leadership potential, career trajectory, and dedication to serving PNAC3 (500-word max)

Upcoming events

APPLICATION PROCEDURES/CHECKLIST

Complete and submit the Scholarship Application (redacted and unredacted), including the following documents in a PDF format to:

PNAC3EducationCommittee@gmail.com

- _____ 1. Your curriculum vitae
- _____ 2. Personal essay addressing nursing goals, leadership potential, career trajectory, and dedication to serving PNAC3 (500-word max)
- _____ 3. Two letters of recommendation from academic faculty/advisors/supervisor/mentors addressing the following areas:
 - 1) academic performance, 2) leadership, and 3) commitment to diversity
- _____ 4. Letter of verification from PNAC3 Membership Committee or PNAC3 card
- _____ 5. Copy of unofficial transcript with GPA and/or current enrollment

SELECTION OF RECIPIENTS: The selection will be based on the student's overall academic progress, extracurricular activities, leadership, and participation/contribution in PNAC3.

RUBRIC CRITERIA	SCORE (50 POINTS MAX)
Membership (≥ 1 year)	5
Personal Essay (nursing goals, career trajectory, leadership potential, dedication to PNAC3)	10
PNAC3 events involvement	10
Community events involvement	10
Current enrollment or Unofficial Transcript (GPA ≥ 3.0)	5
Letters of Recommendation (2)	10
TOTAL	50

Apply for PNAC3's C.E. Scholarship

PNAC3 CONTINUING EDUCATION SCHOLARSHIP

Are you attending a PNAA regional, national, or international conference in 2025?

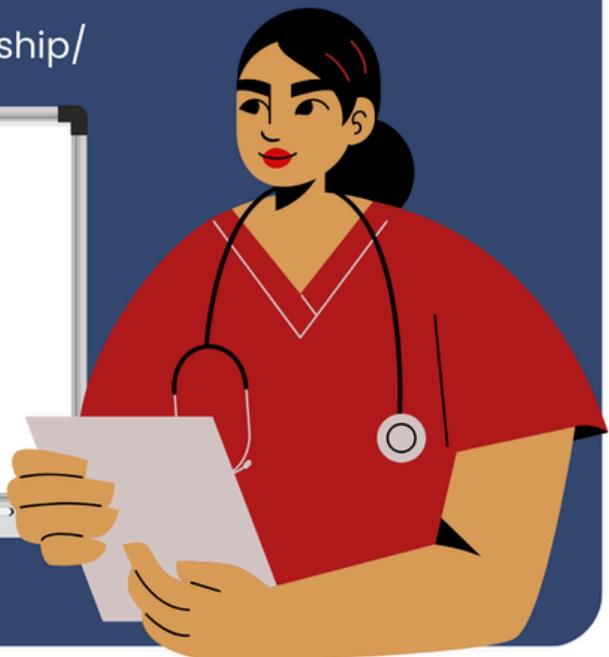
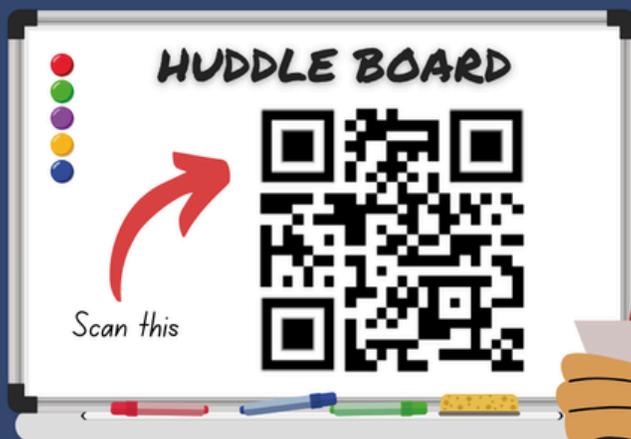


Great news! PNAC3 is offering expense reimbursement to PNAC3 members who have a minimum six-month membership and an active membership for the current year. Must submit requirements within 4 weeks after the conclusion of the conference

Email: 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/>



Apply for PNAC3's C.E. Scholarship

PNAC3 CONTINUING EDUCATION SCHOLARSHIP

Are you attending a PNAA regional, national, or international conference in 2025?

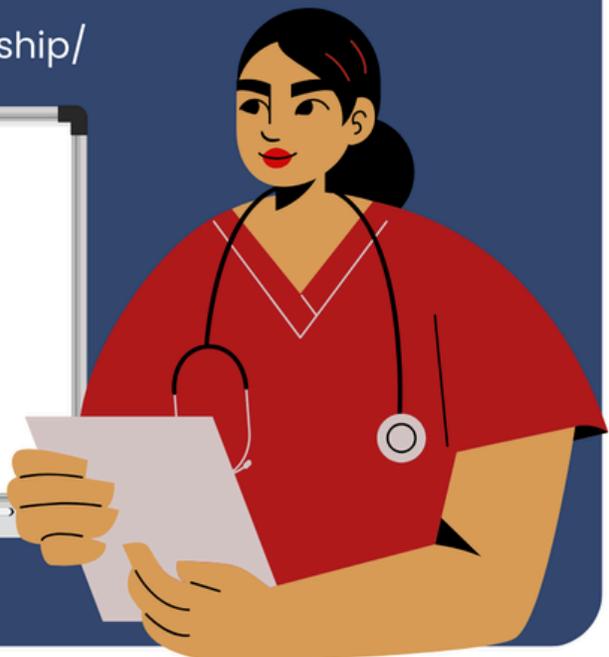
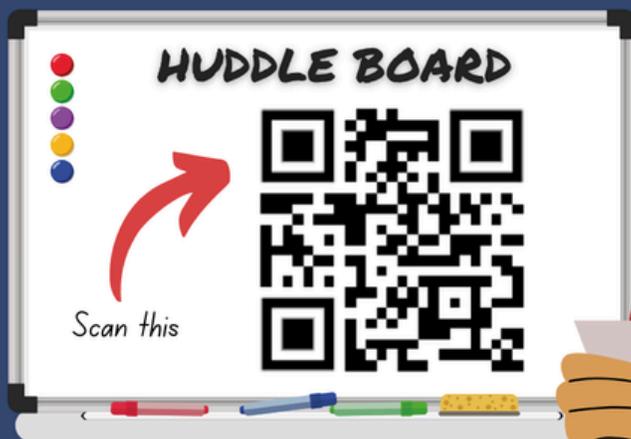


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Apply for PNAC3's C.E. Scholarship

REQUIREMENTS FOR REIMBURSEMENT

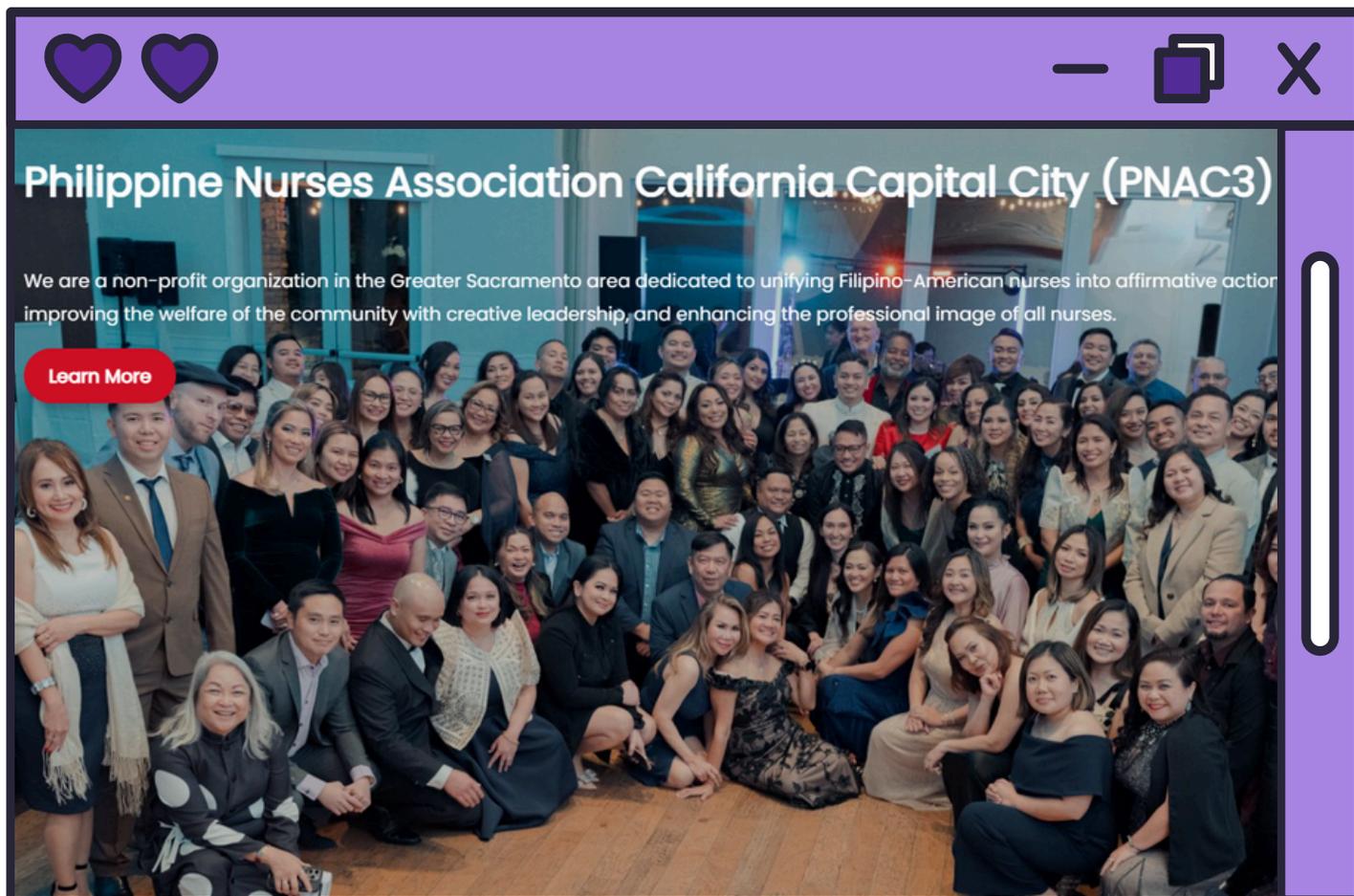
PNAC3 will provide reimbursement for up to \$500 to active members of PNAC3 who are attending the PNAA regional, national, or international conference in 2025. The total budget will be distributed among eligible attendees.

REQUIREMENTS FOR REIMBURSEMENT:

1. At least six months of PNAC3 membership and active membership for current year.
2. A copy of conference registration receipt.
3. Reflective essay explaining the significance of the conference based on the member's current roles, potential changes in practice according to newly acquired knowledge, and PNAC3's role in helping the member advance in practice or leadership roles. Could be submitted individually or as a group.
4. Must submit requirements within **4 weeks** after conclusion of the conference to PNAC3EducationCommittee@gmail.com
5. Recipients to disseminate information at the next PNAC3 membership meeting.
6. Disbursement of awards following presentation by the Treasurer.

PNAC3 Website

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



PNAC3 Recognition and Dissemination

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 PNA 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? 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 PNA community or scan the QR code below:



Recognitions

Sacramento Sierra Nurse Leaders ACNL Chapter recognized two of our PNAC3 members!



Recognitions

Special recognition to our Executive Board Director, Janice Prentiss, on earning her Nurse Executive Advanced-Board Certified (NEA-BC) credential!



Connect with PNAC3

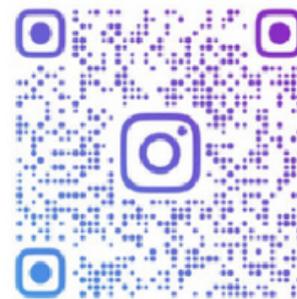
LinkedIn



Twitter



Instagram



Facebook



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

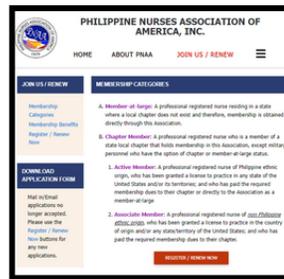


Scan the QR code to view our website or visit:
pnac3.org

MEMBERSHIP REGISTRATION

1° STEP

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



2° STEP

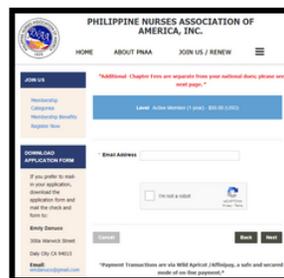
Select Chapter Membership Level

- 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