

October 2023. Vol 1. Issue No. 3

# PNAC3 WATCH

Official Publication: Philippine Nurses Association  
California Capital City Chapter

## What is our Goal?

The association's goal shall be to provide an organization that will enhance the image, professionalism, and unity and foster Filipino-American nurses' welfare in the Greater Sacramento Area. Our main objectives include:

- Promoting activities that will unify Filipino-American nurses in the Greater Sacramento Area,
- Collaborating with other professional organizations and agencies in the Greater Sacramento Area to develop and implement the nursing practice, education, and research programs,
- Participating in community nursing and health care activities.

## A word from our President

Nothing is beyond reach; the very word 'impossible' spells out 'I'm possible,' as beautifully articulated by Audrey Hepburn. This powerful mantra has recently resonated with me, urging profound contemplation. As we approach the dawn of a new term, guided by the dynamic and inspirational leader, Jojo Melendres, this message is a warm welcome to Jojo and an invitation to our colleagues who may doubt their ability to be part of PNAC3. Let us collectively declare, 'I'm Possible.' To those who have contemplated joining our organization in the past, the time has arrived for you to experience the unique essence of our local nursing community. Our chapter strongly emphasizes community engagement alongside valuable educational programs tailored to our members' professional domains. We extend a warm welcome to our new members and to those considering joining us; the online membership application can be accessed through this link, [mypnaa.org](http://mypnaa.org). Feel free to reach out to me or any of our officers and members if you have any questions or need further information.

Together, let's embrace the possibilities and positively impact the nursing profession.

Warm regards,

- Al Espinas, RN, MSN, PNAC3 President

# SHINES

One of PNAC3's objectives is to collaborate with other professional organizations and agencies in the Greater Sacramento area to develop and implement nursing practice, education, and research programs. The UC Davis Health Betty Irene Moore School of Nursing (BIMSON) has a program that does just that! BIMSON has a 2-week summer immersion called the Summer Health Institute for Nursing Exploration and Success (SHINES) that prepares local high school students or recent graduates to pursue which nursing pathway may interest them. PNAC3 participated in tabling for this event, along with other organizations, to engage with the students and graduates who completed this program. It was a breath of fresh air speaking to the next generation of potential nurses. Students expressed interest in all fields: labor & delivery, dermatology, oncology, etc. These students were also very engaged in asking what types of nursing we were in. PNAC3 has a variety of expertise among its members. PNAC3 is prepped to mentor the next generation of nurses from cardiac, transplant, and intensive care to leadership and educator roles. It gives me joy to see the types of programs in our community that support the growth of the future of nursing.

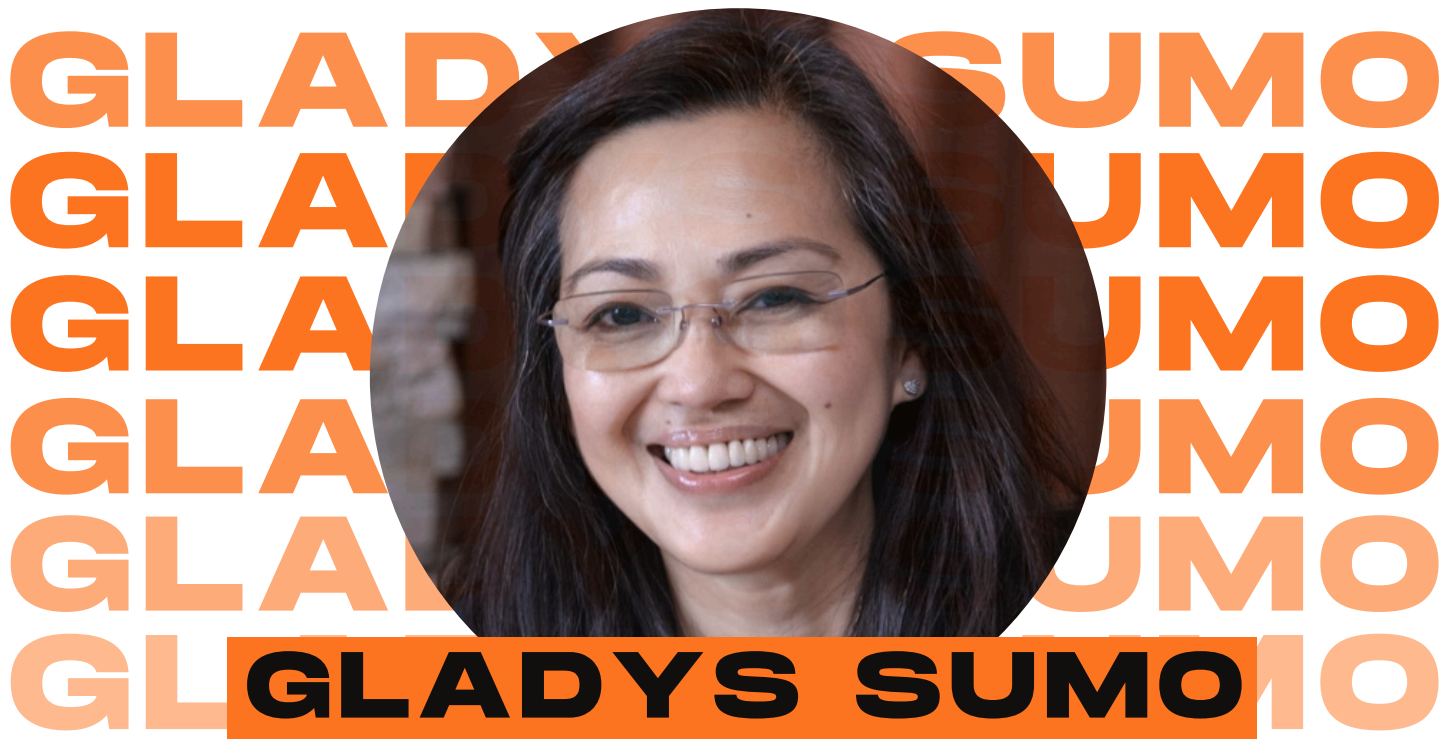
- Nico Buan-Lagazo, DNP, RN, AGCNS-BC, OCN, BMTCN



To learn more about  
SHINES, scan this  
QR code



## About us. Let's Meet our Treasurers,



Gladys is a proud Ilongga and a Bachelor of Science in Nursing graduate of St. Paul University of Iloilo, Philippines, in 1994. She received her Diploma in Healthcare Practice (Critical Care) at St. George's University of London, England. Gladys has over 29 years of clinical experience, the majority of which is in the critical care environment, having worked in the Philippines, London, Chicago, and Sacramento. She is an Assistant Nurse Manager at MSICU Blue, UC Davis Health. Gladys is a compassionate and skilled ICU Nurse with a passion and continued desire to grow as a Clinical Nurse leader. She completed the Rising Nurse Leaders Program, participated in the Emerging Nurse Leader Conference, and attended the Leading an Empowered Organization (LEO) workshop to improve her leadership role.

Outside the demands of her clinical and supervisory role, Gladys is blessed with a loving husband of 21 years and two wonderful children in college. She also dances and volunteers with the Glimpse of the Pacific. A Hula group based in Elk Grove that does community service as a way to inspire and share Aloha through music and dance. Gladys was also a Zumba Zin and Hot Hula Fitness Instructor.

Gladys has been a member of PNA under PNAG SAC Chapter since 2017 and was actively involved in revitalizing the Sacramento Chapter under the new name PNA California Capital City (PNAC3). She currently holds the position of PNAC3 Treasurer. Gladys hopes to help maintain and sustain the future of PNAC3. She firmly believes that PNAC3 as an organization can be an avenue where Filipino Nurses can impact change and make a difference in our community.



Kristina was appointed Assistant Treasurer of PNAC3 in May 2023. She is the main editor of PNAC3 Watch, the Official Publication of the Philippine Nurses Association California City Chapter Newsletter.

Before her appointment, Kristina's education started with her undergraduate degree from the Dominican University of California, with her Bachelor of Science in Nursing in 2013. After completing UC Davis Health's New Graduate Residency Program, she worked as a Float Pool ICU nurse from 2014-2015. With this opportunity, she gained experience in various intensive care units, eventually accepting a position in the Burn ICU. In the Burn ICU, she was promoted to Clinical Resource Nurse, Co-Chaired the Unit Based Practice Council, and edited Burn Unity, a unit-specific newsletter for the Burn ICU. Kristina decided to pursue her Master of Science in Nursing Science and Health-Care Leadership from the Betty Irene Moore School of Nursing and graduated in 2020. Kristina has served at UC Davis Health as a nurse for the past eight years, including her most recent role as an Assistant Nurse Manager for Patient Flow Management Center. As an Assistant Nurse Manager, Kristina uses her systematic mindset and dedicated work ethic to identify ways to optimize operational processes to ultimately maximize hospital capacity for more patients to be cared for.

Kristina is genuinely interested in the people and patients around her. Despite the dynamic hospital environment and utilization of technology, she focuses on the interdisciplinary approach and connecting with peers to work together toward the common good. Joining PNAC3 has been a goal of Kristina's so that she could connect with her Filipino identity and collaborate with other inspiring leaders towards empowering the youth to serve our community.

In Kristina's spare time, she loves being around family and friends, attending music concerts, and watching her Dramas.

# Breaking Down Barriers Conference

On August 26th, 2023, it was another successful event for PNAC3. We participated in the Breaking Down Barriers Pre-Nursing Conference! It was a great collaboration with the local nursing chapters!



Find their social media accounts here:

@capitolcitybna @sac.nahn @hmong.nurses.association





# American Heart Association Heart Walk

On September 23rd, 2023, members of PNAC3 joined the Heart and Vascular team. At William Land Park in Sacramento, many connected and shared why eliminating heart disease and stroke is impactful and lifesaving.



It was a successful event; many teams raised above their fundraising goal!



# Bayanihan Festival

On October 8th, PNAC3 went to the Avenue at District56 in Elk Grove. This festival's purpose was to celebrate our rich Filipino culture and showcase the solidarity amongst all generations.



Contact information:  
Email: [Bayanihanfestival@gmail.com](mailto:Bayanihanfestival@gmail.com)





# PNAA Awards Committee and Gala Awards Night

\*This was originally published in iPNAA, consent obtained from PNAA to publish in chapter newsletter, by Ma Milani (Jet) Zabala, MN, RN, IBCLC, CCM

The Philippine Nurses Association of America (PNAA) Awards Committee's main purpose is to outline the processes in recognizing outstanding nurses for professional excellence, significant contributions to the profession in the various fields of specialty, and sustained involvement with PNAA and local chapters awards. This committee's goals are to establish and publish the qualifications and criteria for awards, review and score the applications of the candidates, select awardees and recommend them to PNAA Executive Board, and to evaluate relevance of awards and efficiency of the selection process.

The committee is composed of nine members from the four PNAA regions: Ma Milani Zabala (PNA California Capital City), chair; Dr. Leli Pedro-Drake (PNA Colorado), co-chair; Manelita Dayon (PNA North West Indiana), adviser and members, Aleli Frias (PNA Maryland), Myrna Gacusan (PNA Georgia), Maria Agnes Kirton (PNA Richmond VA), Debbie Maquidato (PNA Cincinnati-Northern Kentucky), Marie Navarro (PNA Southern California), and Arlita Pang (PNA Metro Houston)



## PNAA Awards Committee 2022-2023



**Marieflor Navarro**  
MSN, RN, CCRN  
Member  
PNASC, WR



**Dr. Leli Pedro-Drake**  
DNSc, RN  
Co-Chair  
PNA Colorado, WR



**Manelita Dayon, BSN, RN**  
Advisor  
PNANWIN, NCR



**Debbie Maquidato, BSN, RN**  
Member  
PNA-CIN-NKY, NCR



**Maria Agnes Kirton**  
BSN, RN, CMSRN  
Member  
PNA Richmond, VA, ER



**Arlita Pang, MAN, RN**  
Member  
PNAMH, SCR



**Ma Milani Zabala**  
MN, RN, IBCLC, CCM  
Chair  
PNA C3, WR



**Myrna Gacusan**  
MS APRN, FNP-BC  
Member  
PNAGA, SCR



**Aleli Frias, BSN, RN**  
Member  
PNAMC, ER

The submission of application opened on February 13, 2023 and closed on May 1, 2023, with the following categories: a. Clinical Staff Nurse b. Nursing Administration c. Nurse Researcher/Scientist d. Nurse Educator e. Community & Population Health Nurse f. Nurse Entrepreneur g. Advanced Practice Registered Nurse h. Nurse Informaticist i. The DAISY Nurse Award for Advancing Health Equity - Team Award.

The support of the Regional Vice-Presidents and PNAA platforms that include the website, iPNA, and Facebook page were all instrumental to communicate to the general membership from announcement of application, virtual coaching sessions, and the on-line application.

The Virtual Coaching Session, an initiative to allow guidance and support to interested applicants were scheduled every Monday during the month of April until May 1 and were facilitated by the Awards Committee members.

With receipt of thirteen applications from various categories, the committee selected, finalized, and presented the four 2023 National Excellence Achievement Awardees and were approved by PNAA Executive Board.

The PNAA National Excellence Achievement Awards are given to selected PNAA active members every year during the PNAA National Convention at the Gala Night. The recipients of The 2023 PNAA National Excellence Achievement Awards are Clinical Staff Nurse: Lawrence A. Racsa, MSN, RN, CRRN, CNRN, SCRNP, CCRN; Nurse Researcher/Scientist: Pedro N. Oblea, Jr., PhD, RN; Nurse Informaticist: Susan R. Repotente BSN, RN; and DAISY Nurse Award for Advancing Health Equity: Team Award: The Philippine Nurses Association of Northeast Florida (PNANEF) Volunteer Clinic.

These awards were presented aboard the Royal Caribbean Wonder of the seas on July 17, 2023 by awards committee members, Ms. Manelita Dayon, Ms. Myrna Gacusan, Ms. Arlita Pang, and Ms. Aleli Frias, respectively. Col. Bob Gahol, Western Region RVP accepted the award on behalf of Dr. Pedro Oblea who was on medical leave at the time of the conference. The Daisy Award was received by PNANEF President, NP Jusil Rice and PNANEF Past President, Ms. Vel Callao.

Just like the last few years, this committee had the privilege to collaborate with The Daisy Foundation. The PNAA is honored to hear a very insightful message from Daisy Foundation co-founder, Ms. Bonnie Barnes who stressed the extraordinary compassionate care delivered by nurses to most vulnerable people and the impact of PNAA on its members and the health system. Ms. Barnes regarded the PNAA nurses “the Wonder of the Seas” while aboard the ship.



Lawrence Racsa (third from left) receives Clinical Staff Nurse Award with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; Chair PNAA Awards Committee, Ma. Milani Zabala; RVP-NCR, Manelita Dayon; PNA Georgia President, NP Myrna Gacusan; PNA Metro Houston Past President, Arlita Pang; and PNA Maryland Past President, Aleli Frias.



Col. Bob Gahol (third from left) receives Nurse Researcher/Scientist on behalf of Dr. Pedro with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; PNA Metro Houston Past President, Arlita Pang; PNA Georgia President, NP Myrna Gacusan; Chair PNAA Awards Committee, Ma. Milani Zabala; PNA Maryland Past President, Aleli Frias; and RVP-NCR, Manelita Dayon.



Susan Repotente (third from left) receives Nurse Informaticist with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; PNA Metro Houston Past President, Arlita Pang; Chair PNAA Awards Committee, Ma. Milani Zabala; PNA Georgia President, NP Myrna Gacusan; PNA Maryland Past President, Aleli Frias; and RVP-NCR, Manelita Dayon.



PNANEF President, NP Jusil Rice (second from left) and PNANEF Past President Vel Callao (fifth from left) receive The DAISY Nurse Award for Advancing Health Equity: Team Award with PNAA President-elect, Dr. Marlon Garzo Saria; PNAA President, Dr. Gloria Beriones; PNA Metro Houston Past President, Arlita Pang; PNA Georgia President, NP Myrna Gacusan; PNA Maryland Past President, Aleli Frias; and Chair PNAA Awards Committee, Ma. Milani Zabala

# Congratulations Jane for winning the 2023 Gratitude Heals Award and a Daisy Award!



Due to her outstanding efforts towards embracing patient gratitude, UC Davis Health Tower 8 Inpatient Unit Director, nurse manager, Jane Peña, RN, MSN/Ed, NEA-BC, was honored with the 2023 Gratitude Heals award in July. This award is given by the UC Davis Development Team and Philanthropy Department to recognize efforts of staff who supports the patients' and their families' wishes to donate or give back to the health system in appreciation of the wonderful care staff provided. Jane shared her thoughts on nursing, her career at UC Davis, and why she believes in patient gratitude and the opportunity to give back.

“

Jane is the definition of nursing excellence and has created an environment on Tower 8 that is full of compassion, mutual respect, and professional development. She leads by example and advocates for everyone around her.”



# Exclusive interview with Jane

## **Why did you become a nurse?**

I wanted to become a nurse to help in the care of others. There is a sense of fulfillment in being able to educate, advocate and contribute to the care of sick or suffering patients, and see them better.

## **What has been the most memorable part of your career at UC Davis thus far?**

The most memorable moments of my career here at UC Davis include, as a nurse, caring for our transplant patients who are given a new lease on life with the gift of a new organ. As a nurse leader, witnessing the success of new staff; supporting and mentoring staff in their own career paths getting involved in hospital committees or becoming nurse leaders themselves.

## **You've become attuned to listening for gratitude from patients and families. How did you learn this skill?**

Listening is a required skill for nurses and caregivers. That can be learned over time by engaging; building relationships and acknowledging who the patients are. What the patients tell us guides us in providing the best-individualized care for them. As a nurse leader, I am not at the bedside often, but I don't take for granted any

opportunity when I round or check in with them, to connect and engage. I listen for their feedback and suggestions on how we could provide better care and their gratitude for the staff. This validates the value of Nurse Leader Rounding.

## **Why is accepting gratitude from patients and their families important?**

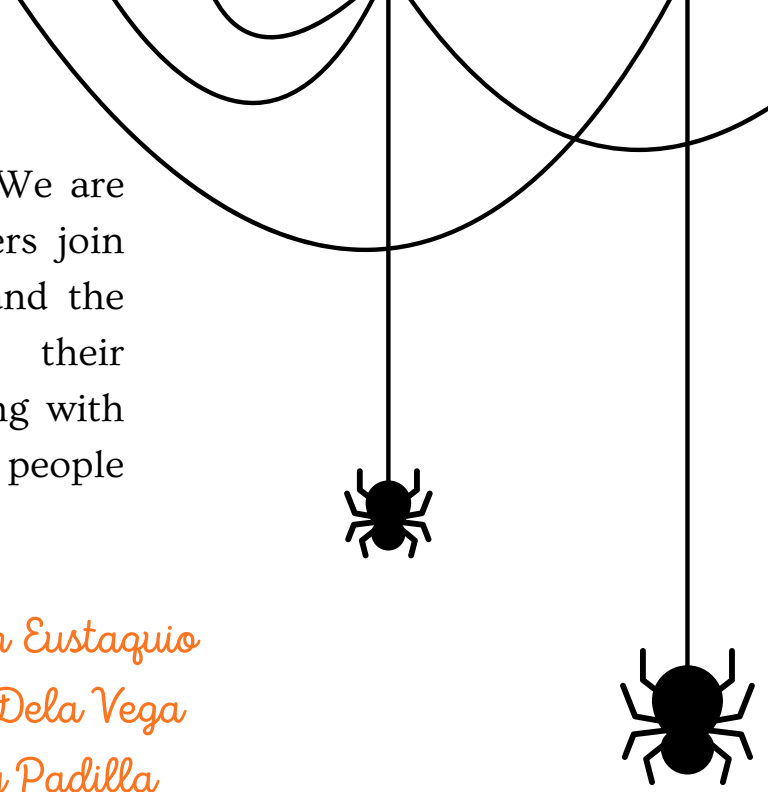
Our patients are grateful for the care. Many studies show the benefits of gratitude to healing and overall health. I am just as grateful that I can serve as an instrument to fulfill their wishes. Some grateful patients want to make that lasting impact to the institution, beyond the treats and words of appreciation for staff. That is why I refer those patients to the development team, so our team can connect with them and continue building that relationship.

## **You also make the "philanthropy pivot" quite well, referring grateful patients to the hospital development team. Why do you contact development?**

Listening is a required skill for nurses and caregivers. That can be learned over time by engaging; building relationships and acknowledging who the patients are. What the patients tell us guides us in providing the best-individualized care for them.

# Welcome to our Pamilya

Pamilya, which also means "family." We are excited to have these newest members join our family! To the latest members and the members who have renewed their membership, thank you for continuing with our group of fun-loving, hardworking people who know you will fit in.



*Ma Milani Zabala*

*Tojo Melendres*

*Loradyl Salera*

*Jerry Bambao*

*Haydee Garcia*

*Ariel Zabala*

*Rosalia Labayo*

*Nhadine FabroBrown*

*Tanice Prentiss*

*Barbra Pacatang*

*Gertrude Tiangco-Alba*

*Kathleena Sophie Valdez*

*Kristine Thach*

*Frances Noriega*

*Ralph Luren Tapnio*

*Roumelia Decontreaus*

*Karen Tan*

*Al Espinas*

*Jingle Sevilla*

*Vangelina Silva*

*Rosielin Eustaquio*

*Rudy Dela Vega*

*May Padilla*

*Michael Andrew Diaz*

*Precy Hipol*

*Felicidad Loomis*

*Theresa Pak*

*Charlotte Marcelino*

*Mary Jo Webster*

*Cynthia Manongdo*

*Zorayda Garrovillas*

*Imogene Francisco*

*Aura Garon*

*Sandy Phan*

*Katrina Stevenson*

*Alma Araque*

*John Richard Sumo*

*Karen Penano*

*Evie Sorronda*

*Oziel Nassif*

*Patricia Anne*

*Evangelista*

*Katrina Cabauatan*

*Rowell Dacuag*

*Kristina Rodriguez*

*Mary Rose Corey*

*Jessica Wong*

*Graziella Navarro*

*Nico Buan-Lagazo*

*Elizabeth Navarra*

*Lynda SooHoo*

*Denise Prudencio*

*Erwin Senoren*

*Dean Karlo Lagazo*

*Zyrene Marsh*

# Upcoming events

PHILIPPINE NURSES ASSOCIATION  
CALIFORNIA CAPITAL CITY (PNAC3)

*Invites you to the First*

# ANNUAL FUNDRAISING GALA

*Save the Date*

SATURDAY, DECEMBER 2, 2023  
6:00 PM - 10:00 PM

*Double Tree by Hilton*  
2001 POINT WEST WAY,  
SACRAMENTO, CA, 95815, US

EARLY BIRD TICKET SALES UNTIL NOVEMBER 15TH  
GENERAL ADMISSION SALES AFTER NOVEMBER 15TH



SCAN THIS QR CODE TO  
FIND OUT MORE  
INFORMATION

# Upcoming events

## *What to expect at this event*

DRESS CODE: BLACK TIE EVENT  
A DINNER, ENTERTAINMENT, RAFFLES,  
SILENT AUCTION, AND MORE  
INCLUDED ARE NON-ALCOHOLIC BEVERAGES, AND OTHER  
DRINKS WILL BE AVAILABLE FOR PURCHASE

### *Prices:*

EARLY BIRD ADMISSION TICKET IS \$110 (UNTIL NOV. 15TH)  
GENERAL ADMISSION TICKET IS \$130 (AFTER NOV. 15TH)  
PNAC3 MEMBER DISCOUNT TICKET IS \$100  
SPECIAL PRICING AVAILABLE FOR PURCHASING A TABLE FOR 8

ALL PROCEEDS BENEFIT PNAC3'S 2024 MEDICAL  
MISSION IN THE PHILIPPINES IN ADDITION TO  
PROVIDING EDUCATIONAL OPPORTUNITIES AND  
SCHOLARSHIPS FOR THE CHAPTER MEMBERS

### ACCEPTABLE FORMS OF DONATIONS:

CASH

ZELLE: PNAC3SAC@GMAIL.COM

CHECK PAYABLE TO: PHILIPPINE NURSES  
ASSOCIATION CALIFORNIA CAPITAL CITY OR PNAC3

### FOR MORE INFORMATION CONTACT:

MARIA ERESPE: (916) 752-2786

ZYRENE MARSH: (916) 622-7175

GLADYS SUMO: (916) 505-1058

# Upcoming events



## Philippine Nurses Association, California Capital City (PNAC3)

October 18th

12:00 PM – 2:00 PM

Join in-person at the  
Cancer Center  
Auditorium  
(Limited Seating)  
or  
Virtually via Zoom



### Filipino Nursing Heritage Presentation

Nico Buan-Lagazo,  
DNP, RN, AGCNS-BC,  
OCN, BMTCN  
Transplant Center

### PANELISTS

James Astorga,  
BSN, RN, BSFS, JD  
Tower 8 Transplant

Gabrielle A. Bala,  
BSN, RN  
Tower 4 ENT

Katrina M. Cabauatan,  
BSN, RN  
Patient Care Resources

Provider approved by the  
California Board of Registered  
Nursing, provider number CEP  
26, for 1.83 contact hours



## Our Filipino Nursing Heritage

Hosted by  
PCS Diversity, Equity, & Inclusion (DEI) Council

### Cultural Excellence Grand Rounds

- Panelist Discussion
- Filipinos in Nursing
- Cultural Cuisine
- Entertainment

Visit our website:  
[pnac3.org](http://pnac3.org)



# Connect with PNAC3

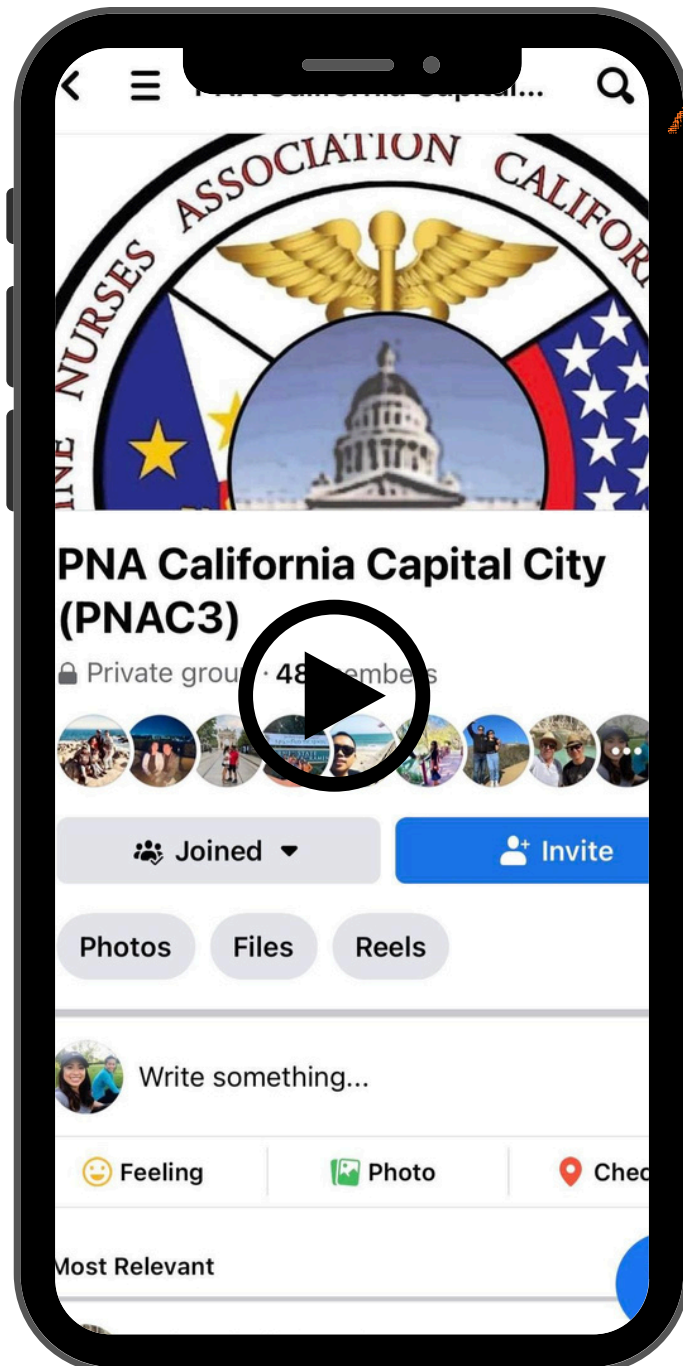
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Twitter



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.



## **THANKYOU FOR READING OUR NEWSLETTER**

Ask us how you can be an official member of the PNAC3,  
PNA California Capital City Chapter

<http://mypnaa.org/>

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

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