

May 2024. Vol 2. Issue No. 5

PNAC3 WATCH

Official Publication: Philippine Nurses Association
California Capital City Chapter

it's a celebRation!

In honor of National Nurses Week 2024, which runs from May 6 to May 12 and throughout May, PNAC3 is honoring incredible nurses who demonstrate the spirit of compassion in every aspect of the healthcare setting. We will showcase some incredible work of nurses dedicated to enhancing the image of Filipino Americans, as well as their professionalism and unity. Please enjoy our newsletter and celebrate the trailblazing work of the California Capital City Chapter Philippine Nurses Association members. Lastly, when you see a nurse, offer your sincere “thanks” as a gesture of gratitude for all they do.



Waking Up With Excitement Each Day

It is a daily blessing to see the sunshine upon waking up in the morning. There are many things we might have taken for granted like living in a comfortable home; having food in the fridge, and a comfortable salary that pays all the bills and some cash for hobbies, travels, and family fun. Nurses are “living the life”, so it goes! Congratulations for having achieved the life that you had dreamt of.

Hard work, discipline and dedication are ingredients for success. They may be difficult to find altogether... Once you are successful though, may you consider sharing and paying forward as second nature.

PNAC3 is one avenue for this. Isn't helping a fellow nurse, elevate their knowledge and skills in their professional practice, a very fulfilling and meaningful thing to experience? We like to specialize in that. PNAC3 is a leadership training ground. There's a constant reminder to keep investing in yourself so you do best in the toughest of conditions. We are nurses who are always willing to learn with open minds and a welcoming attitude. To our nurse mentors - thank you. To the students, recent graduates and newbies to patient care, we are here to teach, offer advice and guide you. Bring that excellent nursing care with a genuinely positive attitude wherever you go! Join PNAC3 if you must - we promise fun!

- Jojo Melendres, PNAC3 President

First Medical Mission Trip

It has been my personal advocacy to focus on Children's Health for those not fortunate enough to have access to medical care, and the Philippines has many areas that could use some assistance. I truly believe that sharing what you have, small or big, can make a massive difference in somebody's life. I, too, have received other people's kindness and intend to pass it forward. The year 2010 is when I first did a medical mission in the town of Botolan, Zambales, wherein around 70% were from the indigenous tribes who were relocated there after the Pinatubo Volcano erupted in 1991. I have been returning every other year since then; the 500-plus children motivated me to return help whenever and however I could.

When I joined PNAC3 in 2022 and became a board member, the passion was overwhelming when I suggested a medical mission in one of our meetings as part of a community project, and so it began. After many months of coordinating with my local friends in the Philippines, the dates have been confirmed - Feb 8 and 9, 2024. Two towns have been chosen to be the beneficiary of PNAC3's very first Medical Mission. December 2023 was the group's first Gala, and it was a success. The medical mission was the primary beneficiary of the event's fundraising effort.

January 31st, 2024, was when I flew with my husband, Carlito Erespe, to the Philippines to continue the last portion of the preparation. We purchased the medications, confirmed transportation and accommodation, and confirmed the number of patients with school principals. The plan is to provide general medical check-ups and surgical intervention, including circumcision- for all elementary-aged children in the province of Zambales and Ilocos Norte. The excitement was overwhelming, and my husband and I felt nothing else but pride. Most importantly, I am thankful for all the support we have received for this to be a success.

On February 7th, we were followed by two of my Orthopedic Nurse co-workers, Misty Xiong and Jamila Sloan, from UC Davis Medical Center. Both nurses commented positively on this event and look forward to the following medical mission.

At 0100 on February 8th, the journey began to drive 5 hours to the small town of Botolan, Zambales, together with 12 Filipino Medical doctors, 3 Nurses from the U.S., and our spouses, ten friends, and family volunteers to assist us. Upon arriving at the Loob Bunga Elementary School II, we immediately began the event at 0730, with the first surgical patient ready on the table at 0800. Our first day yielded 400 medical check-ups and 40 circumcisions. Each child received multivitamins and other necessary medication based on current symptoms (cough, allergies, antipyretic). The children also received hot meals, eyeglasses, and some donated clothing from our friends and family in the U.S. Right after the event, the team drove 10 hours to Ilocos Norte for the second portion of the mission.

First Medical Mission Trip cont.

Arriving at 0200 on February 9th in Solsona, Ilocos Norte, the team is tired but still eager to see the children in the next few hours. At 0800, we walked to the Talugtug Elementary School, where children, teachers, and parents were waiting. A total of 125 students were seen for medical check-ups, and 43 of them received circumcision. The parents were so thankful as the surgical intervention provided saved them thousands of pesos or, if done by an elder, would cause a negative experience to the children or infection the most. This is my first time doing a medical mission in this town, and seeing how grateful the parents were made me realize how this simple act can be a huge help. In addition to the medical check-ups and medications, the children received school supplies, eyeglasses, and T-shirts.

Thank you to those who supported our 2023 Gala; you made all this possible. Also, thank you to our local and U.S. partners!

US Partners:

MyShare Foundation of Elk Grove, CA - Donated School supplies
Golden State Lions Club of Sacramento - Donated 2 boxes of Glasses

Philippine Partners:

Association of Medical Doctors of Asia - Our main physician Dr. Erica Tania Davillo
Philippine Medical Students' Association - Provided 12 Volunteer Doctors
The International Association of Lions Club (Paranaque) - Donated Circumcision medications


Luxe Essentials Philippines - Donated Hot Meals for students
Miguel Family - Solsona, Ilocos Norte lodging

- Maria Erespe, PNAC3 Board Director



First Medical Mission Trip cont.



 Republic of the Philippines
Department of Education
Region III
Schools Division of Zambales
District of Botolan

 **LOOB-BUNGA II ELEMENTARY SCHOOL**

this

Certificate of Appreciation

is hereby awarded to

PHILIPPINE NURSES ASSOCIATION CALIFORNIA CAPITAL CITY
Volunteer

in grateful recognition of the invaluable contribution
and commendable services rendered during
the **2024 MEDICAL MISSION** held at **Loob-Bunga II Elementary School**,
Loob-Bunga, Botolan, Zambales on February 8, 2024.

Given this 8th day of February 2024 at LOOB-BUNGA II ELEMENTARY SCHOOL,
Owaog-Nebloc, Loob-Bunga, Botolan, Zambales


JENNIFER A. ABUNDO
Principal II



Behind the Scenes: PNAC3 Induction Ceremony

Below are some photos of the River City Queen, the boat where the induction ceremony will take place—big shoutout to our PRO, Ariel, who was a significant component in reserving and coordinating this. President Jojo and Ariel visited the place and met up with Captain Jim (in blue). Stay tuned for our following newsletter to see our induction ceremony.



Donate Life California Sierra Donor Services

On April 26, Sierra Donor Services and PNAC3 members collaborated to celebrate our donor heroes in a heartwarming ceremony at Kaiser Permanente South Sacramento. PNAC3 is committed to advocating, promoting education, and disseminating information about organ, tissue, and eye donation to our communities.



Aniban Central School

I took some time off in February to volunteer at Aniban Central School in Bacoor, Cavite. It was my first trip to the Philippines in over 25 years. Every year, my family chooses an elementary school to donate school supplies or scholarships to the students. This year, I wanted to do something different and immerse myself in the Philippine classrooms. Initially, we had difficulty identifying a school, but ultimately, we chose the elementary school my Dad attended. I had no anxiety about preparing for this day because one person who helped us throughout this process was Mam Cathlyn Rosales. Mam Cathlyn is a phenomenal teacher that I wish I had growing up. During our video calls, she made me feel comfortable establishing the itinerary, what supplies the students needed, and which classrooms I would volunteer in.

I remember the day I chose to volunteer, which was very hot. I did not need to look at my weather app to know it was over 100°F. We were welcomed by students holding a banner and jumping around. It was so cute! The bell rang, so the students needed to return upstairs to prepare for morning announcements. To my surprise, I saw them going up five flights of stairs. I never believed the saying “It takes a village” until I looked behind me. My family and neighbors were going up the stairs with the heavy blackboards, notebooks, toys, and snacks.

As the day progressed, each classroom visit was a rewarding experience. Engaging with the Principal, observing the teachers, and sitting with the students showed me more of a side of the world, which made me appreciate my school experience in the States.



Aniban Central School cont.

I sat in a warm classroom with no air conditioning but electric fans. I looked at the school lessons on a screen approximately 30 inches. I learned teachers preferred chalk over Expo markers because they could split the chalk for more usage. I saw kids ask each other for pencils and paper because their parents could not afford it. Unfortunately, these are just a few issues the students dealt with. Even the supplies I brought did not feel like enough, and I wanted to give everything, even down to my pen, in my purse. Thankfully, I was not the only person who noticed these issues and wanted to find strategies for the children to succeed. One person who has paved the way for this school is Principal Dr. Nancy Eclarinal. Dr. Nancy Eclarinal is the definition of a leader; she empowers her team to find innovative learning materials, coordinates with community leaders to find resources for students, and cultivates a supportive learning environment for all.

I came to the Philippines intending to help others but left, realizing they helped me. Everyone helped me go outside of my comfort zone. I became more patient and understanding of a resilient culture. Despite the many barriers these students and teachers faced, they were grateful for such simplistic items. I've never been more proud to be a part of something special.

I look forward to doing more volunteer projects with Aniban Central School. It is only the beginning of a new adventure. You can follow the accomplishments and celebrations of Aniban Central School on Facebook: <https://www.facebook.com/anibancentralschool107877>

- Kristina Rodriguez, PNAC3 Corresponding Secretary



39th Pacific Rim Conference in Hawaii

Jojo has been involved in the Leadership Education in Neurodiversity and Related Disorders (LEND) Program of the Association of University Centers for Disability (AUCD). UC Davis is one of the teaching hospitals that are researching this specialty field. During the one-year program, every cohort member is expected to develop a capstone project – the Pocket ASD (Autism Screening and Diagnosis) app- his academic entry.

This involves collaborating with senior computer science and engineering students from UC Davis main campus and using various scientific tools necessary to perform autism screening among kids 3 to 5 years old. The app runs on iPhone devices and is under TestFlight mode (not yet available in the Apple store). The group has a Principal Investigator, Dr. Charleen Singh, and a co-PI, Lisa Kain (Jojo's training cohort partner). UC Berkeley CITRIS Banatao Institute found this project appealing for their Spring business start-up education, and Jojo was part of that cohort as well.

Only in a matter of time and resources can the team get this app out into mainstream practice. Jojo learned that venture capitalists and start-up groups typically spend at least 50 grand in the incorporation and patent processing so it can attract Silicon Valley-level investors.



2024 39th Annual Pacific Rim International Conference on Disability and Diversity



Pocket ASD - A Mobile Phone App for Autism Screening and Diagnosis

By Jojo Melendres

February 27, 2024 / 12:30 PM - 02:00 PM

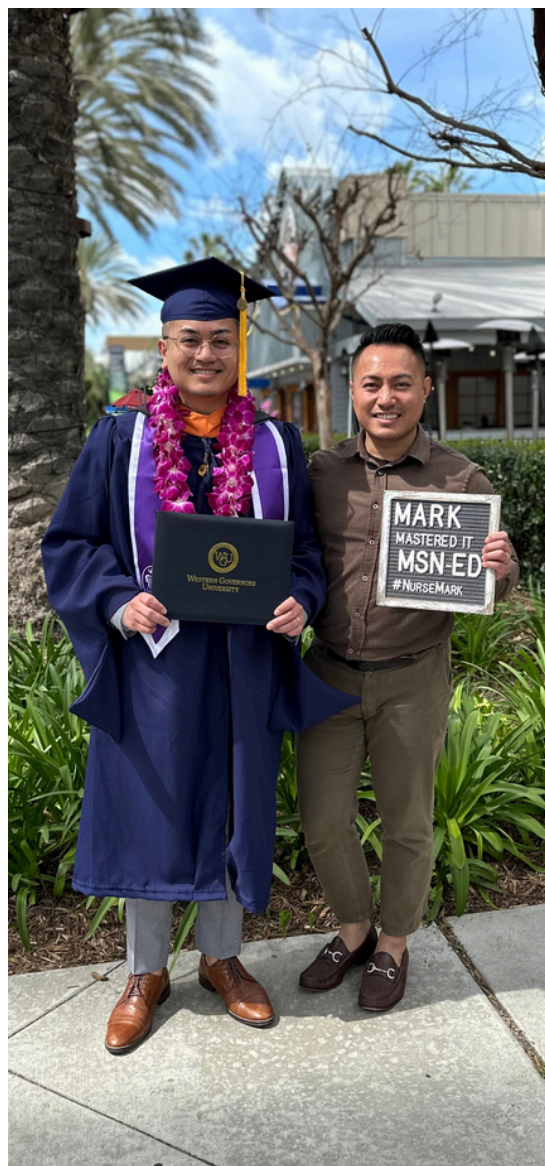
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Congratulations to Mark!

This year, I graduated with my MSN in Nursing Education after working countless hours on a fifty-page paper that focused on a project regarding CLABSI Prevention in Critical Care Pediatrics with the use of Prevantics - pads with 3.15% Chlorhexidine Gluconate and 70% Isopropyl Alcohol which reduces the scrub and dry times from fifteen seconds to five seconds to allow more time for care. As a Clinical Nurse III/Clinical Resource Nurse in the PICU/Peds Cardiac ICU at UC Davis Children's Hospital, obtaining my MSN-Ed encompasses the dedication and excellent work I commit to the Unit. After two years of evidence-based practice research and papers, I was able to bring information not only to the PICU/PCICU as Co-Chair of the Nurse Practice Council but to my peers and students at Samuel Merritt University and Betty Irene Moore School of Nursing where I also work as an Adjunct Faculty member and a Clinical Instructor, respectfully. My newest degree further exemplifies my dedication and commitment to nursing practice and nursing education. I am excited to bring a new perspective to nursing education and continue my commitment to higher education.

- Mark Buan-Lagazo, PNAC3 Treasurer



Congratulations to Sandy!

Sandy Phan DNP, RN, NPDA-BC, CRRN, a member of PNAC3, received the Champion for Scientific Inquiry Award from the Association of Nursing Professional Development at the national annual conference in April 2024 in Chicago, IL.

Dr. Phan is an NPD Specialist at the University of California, Davis Health, and a Program Manager at Health Impact. She is recognized for promoting workplace civility, revamping evidence-based practice programs, and developing nurse leaders. Dr. Phan is a peer reviewer for a chapter in the NPD Core Curriculum and the Journal for Nurses in Professional Development.

She is passionate about creating evidence-based mentorship programs and diversity, equity, and inclusion initiatives to enhance patient outcomes and achieve health equity.



Congratulations to Denise!

On February 22, Vice President Dr. Denise Prudencio was awarded a prestigious honor. He is one of the three finalists recognized for the inaugural Society of Internationally Educated Nurses in North America (SIENNA) DAISY Award for Extraordinary Nurse Educator for an Internationally Educated Nurse (IEN)!

Denise is a Registered Nurse and Nursing Professional Development Specialist at UC Davis Health's Center for Professional Practice of Nursing. He was born and raised in Manila and migrated to the US in 2009. He has extensive experience in ICU, leadership, and education. His contributions to the community include but are not limited to providing workshops, supporting Filipino nurses and students at the University of Santo Tomas, and taking part in virtual conferences that help Filipino nurses and students. He is committed to community outreach initiatives, particularly through his involvement with UNHCR and World Vision Philippines.

PNAC3 proudly recognizes Denise for his endless dedication to contributing to our community. We know his work and service will inspire all.



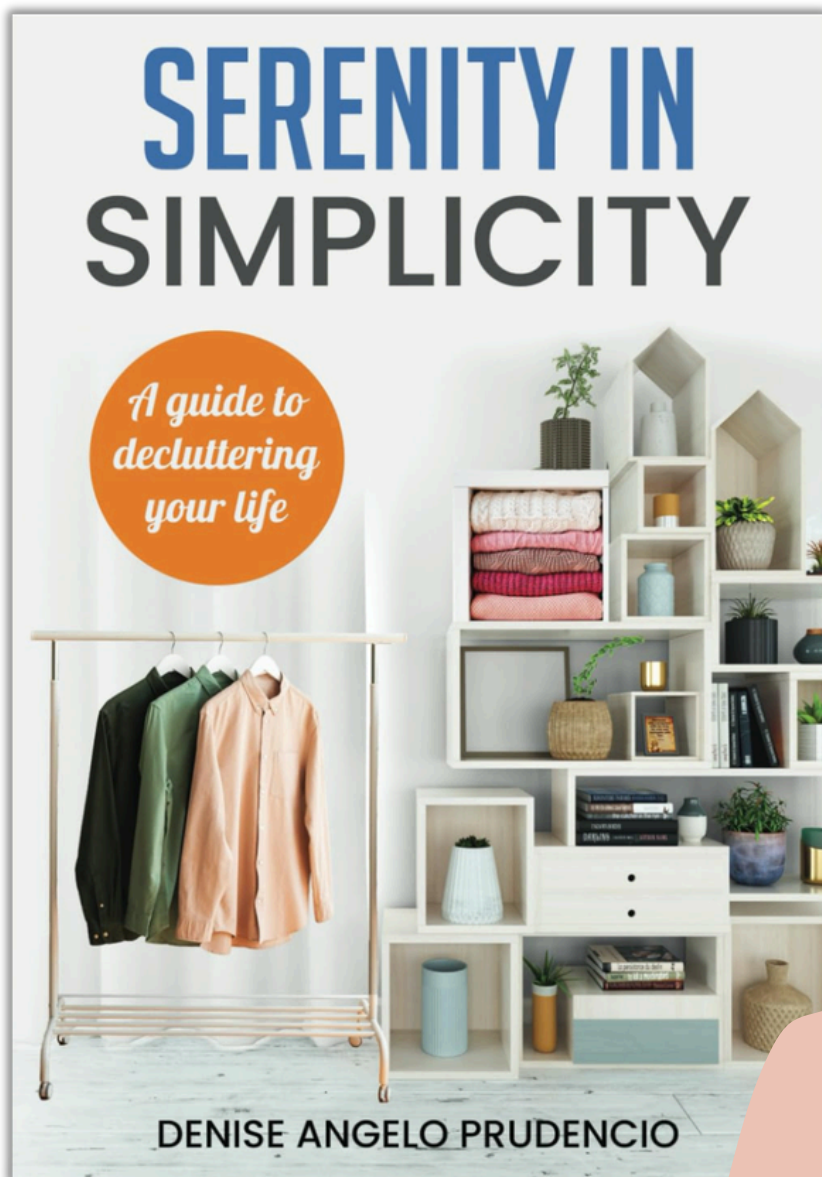
Serenity in Simplicity

"Serenity in Simplicity: A Guide to Decluttering Your Life" is a transformative book that explores the profound impact of decluttering on our well-being. In a world overwhelmed by possessions and distractions, this guide offers practical strategies and insights to help you reclaim simplicity and find peace in your living spaces.

Through this book, you'll discover the power of decluttering to reduce stress and anxiety, gain control over your environment, and prioritize experiences over possessions. You will learn how to identify and declutter problem areas in your home, office, and digital life, along with sustainable practices to maintain order.

Drawing on cultural perspectives, this book acknowledges the personal nature of our attachment to possessions, offering empathy and encouragement to help you let go. Whether you're looking to create a more peaceful home or seeking personal liberation from clutter, "Serenity in Simplicity" is your guide to a more simplified and fulfilling life.

- Denise Angelo Prudencio, PNAC3 Vice President



Get your copy of Serenity in Simplicity: A Guide to Decluttering Your Life today! You can purchase it via Amazon by scanning the QR code below.



Call For Volunteers



**Philippine Nurses Association of America,
Inc. 1346 How Lane, Suites 109, 110
North Brunswick, New Jersey 08902**

Call for Volunteers

Join Us and Amplify Diverse Voices - Volunteer Opportunity!

Dear Valued PNAA Member,

I hope this message finds you well. I am reaching out to you today as a passionate advocate for diversity and inclusivity within our leadership ranks. I have consistently been inspired by the impactful work within our committees and chapters championed by individual members who care enough to make a difference. I sincerely believe that unique perspectives and voices would contribute immensely to the mission and goals of PNAA.

PNAA is a non-profit organization that aims to contribute to significant outcomes to healthcare and society by promoting professional excellence and fostering the image and welfare of Filipino American nurses. As an ethnic minority nursing association, PNAA lays the groundwork to ensure that all voices are heard and represented, regardless of race, gender, religion, sexual orientation, or any other aspect of individual identity. We firmly believe that diverse perspectives not only enrich our discussions, but also enhance the impact of our initiatives.

We are seeking dedicated and passionate volunteers to join our committees and taskforces. Your involvement would be crucial in advancing our work and mission. By volunteering, you will have the opportunity to engage in meaningful work through education, research, practice, and service.

What we're looking for in our volunteers is a commitment to diversity, a willingness to learn, and an eagerness to collaborate with individuals from various backgrounds. Your unique perspective and experiences would play a vital role in shaping our programs and initiatives. We value your professional expertise, personal experiences, and your strong desire to make a difference, whether you are a founding member or a new member.

Here are some of the areas in which we need volunteer support:

PNAA Standing Committees: Archives, Awards, Budget and Finance, By-Laws, Community Outreach, Education, Ethics, Human Rights, Journal of Nursing Practice Applications and Reviews of Research, Legislative, Communications and Marketing, Membership, Nominations and Election, Policy and Procedure, Advanced Practice Nursing Forum, Research, Scholarship, Ways and Means, Website, Inside PNAA (Newsletter), Global Affairs, Business Development, and Legacy Building.

Task Forces and Ad-Hocs: Diversity-Equity-Inclusion-Belonging-Social Justice, Patnubay sa Pagtagumpay (Mentoring Program), Leadership Development Program (iLDP), Philippine Nursing Scholarship Program Task Force, and Camp Aruga.

Potential New Initiatives: Student Leadership Forum, Nurse Executive Forum, Nursing Professional Development Forum, Military and Veterans Forum, and Nurse Entrepreneurs Forum.


Please let me know if you are interested in volunteering with us by May 31, 2024. If you have any questions or require further information, don't hesitate to reach out via email or phone. While we do not have any specific criteria for selecting members, we generally use the following guidelines:

- Volunteers must support the mission and vision of PNAA
- Committee or task force composition must be representative of all four regions

This is a call for volunteers for the 2024-2026 term. Each individual application will be carefully reviewed and considered. The 2024-2026 Executive Director and I will be working with the committee or task force chairs (after approval by the Executive Board) and will be seeking the input of the Regional Vice Presidents in selecting the members to ensure equal representation.

Thank you for considering this opportunity to make a positive impact. We look forward to hearing from you and welcoming you to our teams!

Maraming Salamat,


**Marlon Garzo Saria, PhD, RN, NEA-BC, NPD-
BC, FAAN
President-Elect 2022-2024**



Scan the QR code
to apply!

Connect with PNAC3

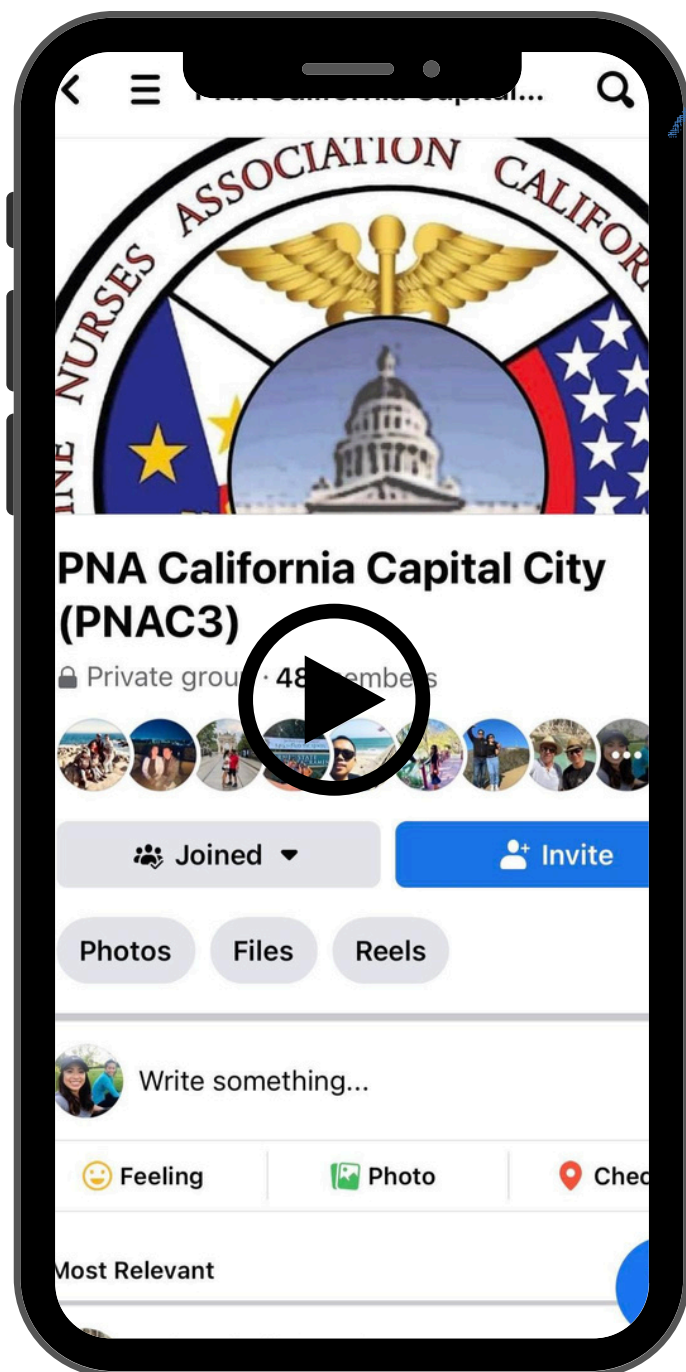
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Follow us on our social media accounts to keep up with the latest content and event updates.



Scan the QR code to view our website or visit:

pnac3.org

MEMBERSHIP REGISTRATION

1^o STEP

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



2^o STEP

Select Chapter Membership Level

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



3^o STEP

Enter your email address and complete the registration forms



4^o 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