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# PNAC3 WATCH

The Official Publication: Philippine Nurses Association  
California Capital City Chapter



## A Message From the Editor

Happy New Year, readers!

As I reflect on the past newsletters, I am always amazed by the work our organization consistently does. We are a small group banding together to fulfill such a big vision. And although our vision may be big, the drive, dedication, and determination in our hearts guide us to bigger feats. Last year, we were able to help so many people, not only in the U.S. but to the Philippines. PNAC3 participated in medical missions, donated school supplies, provided scholarships, and held educational symposiums. But we didn't stop there; we still had our second annual gala, which was not only a sold-out event but also our biggest fundraising event ever.

This newsletter will focus on this event and showcase the beautiful people who help us help people. Enjoy our first newsletter of 2025, and we hope this encourages you to join us as well.

At the end of our newsletter, you will find instructions on becoming part of PNAC3!

- Kristina Rodriguez, PNAC3 Watch Editor & Recording Secretary

# A Cycle of Lifelong Learning, Commitment to Success and Paying Forward to the Community

The start of each year is an opportunity for that big change most people anticipate or prepare for in their lives. January appears to be a perfect reset date for many things big or small when moving into the next level. Next level of what? That is totally up to you!

Does it always have to be January for our next celebrated milestone? I'd like to share excerpts from a widely known author James Clear - a question that also crossed my mind recently. What happens if you get 1% better every day? From James book Atomic Habits, he spells out the concept of "aggregation of marginal gains." It is described as small improvements eventually adding up to a significant change in just a little period of time. He emphasized that goals are good to have around but it is more important to focus on the systems on how to get there. It's the daily habits that make us successful with repetition.

All of us reached our professional careers only after hard work and dedication to reaching our goals. Whether you attained a formal degree title or not, the common attribute is that we never stop learning. New things can be exciting and that describes the infinite curiosity of a child. Learning can be a fountain of youth! If you look forward to each morning as a promise of change for the better, rest assured that you'll be eternally grateful if you had been part of the story today. Set goals, aim for success, celebrate and share with others. Life will never be boring if you identify and practice progressive virtues. We always invite others to join PNAC3 - be inspired and be into action!

- Jojo Melendres, PNAC3 President



# PNAC3 Second Annual Fundraising Gala

On December 1, 2024, we held our PNAC3 Second Annual Fundraising Gala. It was a sold-out event! Here's a glimpse of the amazing event captured by our official photographer, Tronel's Photography. Make sure to visit their page: <https://tronelsphotography.com/>





# Philippine Nurses Association California Capital City holds its second annual fundraising gala

The Philippine Nurses Association of California Capital City's (PNAC3) second annual fundraising gala was held on Dec. 1, 2024, at the Union Brick by Wedgewood Weddings in Roseville, California, highlighted the chapter's dedication to the community's initiatives and the empowerment of Filipino nurses that gathered 165 members and supporters for an evening of celebration, fundraising and camaraderie.

The event kicked off with hors d'oeuvres and open bar service, welcoming guests with live music performed by the Brenna Way Band as they ushered their way in and got their passports stamped as they visited the sponsors' booth. The masters of the ceremonies were Mark Buan-Lagazo, treasurer and Kristina Rodriguez, recording secretary. The program officially opened with the national anthems led by Mark Buan-Lagazo, followed by an invocation delivered by Amie Ragasa-Sta Maria.

President Jojo Melendres gave his welcome address and emphasized that the goal was increased by 50% and was sold out with 10 sponsors this year. Guests that were recognized were Maricon Esteban, PNAA Western Region vice president; Joleen Lonigan, Chief Nursing Officer and Executive Director, University of California Davis Health Medical Center; Dr. Gertrude Tiangco-Alba, Associate Chief Nurse Executive, Kaiser Roseville; Sarah Abdolcader, Clinical Practice Consultant, Northern California Regional Patient Care Services, Kaiser Permanente; and Dr. Ian Brown and wife, Nhadine.



PNAC3 Executive Board and Members with Western Regional Vice President Maricon Esteban (second from right, first row) and Dr. Jeremy Vergara, (second from right, second row) Education Chair, PNA Northern California during the Gala Night on Dec. 1, 2024, at the Union Brick by Wedgewood Weddings in Roseville, CA.

# Philippine Nurses Association California Capital City holds its second annual fundraising gala cont.

The gala was made enjoyable by a buffet dinner, raffle drawings, photo booths, dancing and live music. Other fundraising efforts during the event were the drink ticket sale and silent auction, which raised funds for future projects. Dr. Nico Buan-Lagazo, president-elect, delivered the closing remarks expressing gratitude to Dr. Zyrene Marsh, gala project lead and the committee, participants and contributors.

The highlights of the evening were the presentation of the 2023 fundraising gala beneficiaries, which are as follows:

1. Medical Mission 2024: Maria Erespe, board member, showcased a video presentation of medical mission efforts conducted in February 2024 in the Philippines to provide essential health care services to underserved adults and children.
2. Toy drive donation: Dr. Zyrene Marsh detailed the community partnerships built by PNAC3 and the donation initiative for the Sacramento Chapter of the National Association of Hispanic Nurses (SAC NAHN) Dia De Reyes toy drive which will benefit the children from Las Palmas Elementary School in Sacramento. SAC NAHN Vice President Lisa Rodriguez received the toys. The celebration will occur at Las Palmas Elementary on Jan. 10 from 1130 to 1530.
3. Scholarship awarding: Dr. Denise Angelo Prudencio, vice president and Amie Ragasa-Sta. Maria, board member and chair of the Education and Scholarship Committee announced Ma. Milani Zabala and Dr. Sandy Phan as the first-ever PNAC3 scholarship recipients for 2024-2025, emphasizing PNAC3's commitment to supporting nursing education.



# Philippine Nurses Association California Capital City holds its second annual fundraising gala cont.

The PNAC3 second annual fundraising gala raised funds for its charitable initiatives, strengthened community partnerships and highlighted the contributions of Filipino nurses. The event showcased the dedication of its organizers, volunteers and sponsors. PNAC3 looks forward to continuing its mission of service and excellence in health care advocacy and partnerships with other health care organizations to promote health equity, diversity and inclusion.



Masters of Ceremonies Mark Buan-Lagazo, treasurer and Kristina Rodriguez, recording secretary striking a pose during the Gala Night on Dec. 1, 2024, at the Union Brick by Wedgewood Weddings in Roseville, CA.

# Philippine Nurses Association California Capital City holds its second annual fundraising gala cont.



SAC NAHN Vice President Lisa Rodriguez (eight from left) receives the Toy drive donation from the PNAC3 Executive Board during the Gala Night on Dec. 1, 2024, at the Union Brick by Wedgewood Weddings in Roseville, CA.



Scholarship awardees Ma Milani Zabala and Sandy Phan (in the middle) receive their awards with Dr. Nico Buan-Lagazo, president-elect; Amie Ragasa-Sta Maria, Board Member, and Education & Scholarship Committee chair; Dr. Denise Angelo Prudencio, vice president; and Jojo Melendres, president (L to R).











# Star Sponsors

Thank our amazing sponsors, without their support this event would not be possible!

## DIAMOND SPONSORS:

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# Medico-Legal Mission in Camarines Sur, Philippines

Free medical and legal consultations were provided to approximately 70 individuals from the local community. Our family partnered with a grassroots organization founded by my grandfather called Amamatak Civic Organization- Crusade Against Crime (ACO-CRUSAC), Universidad de Santa Isabel's (USI) Nursing Student Association, USI Central Student Government, USI Red Cross, and USI Nursing Alumni Association Batch 2011.

We are so grateful for PNAC3's donations of school supplies, which we distributed to children, parents, and volunteers. We also donated the extra supplies to the local church, which were then distributed to children parishioners.

- Zyrene Marsh, PNAC3 Member



# Empowering our Youth in Capiz, Philippines

PNAC3 had an opportunity to help Lantangan Elementary School, Capiz. The smiles created by such a precious gift are truly priceless. PNAC3 enjoyed giving back and making a difference!



# DepEd Tayo Bia-o ES Extends Gratitude to PNAC3

“When stakeholders give their blessings, they plant the seeds of growth and opportunity.” DepEd Tayo Bia-o ES extends its heartfelt gratitude to PNA California Capital City (PNAC3) through the initiatives of maam Jane Dasalla Peña for the two boxes of school supplies for the 193 learners of Bia-o Elementary School. We sincerely express our heartfelt gratitude for your generous donation of school supplies. Your kindness and support make a significant difference in the lives of our students, providing them with the tools they need to learn, grow, and succeed. Your thoughtful contribution is not just a gift of materials; it is a gift of hope and opportunity for our learners. It reminds us of the power of community and the impact we can achieve together. Thank you for being a vital part of our journey toward empowering and educating future generations. We deeply appreciate your commitment to making education accessible and meaningful for all.’

- DepEd Tayo Bia-o ES



# Dr. Denise Angelo Prudencio Inducted as RCSI Fellow, Honoring Filipino Nurse Leadership

December 2024 marked a significant milestone for Dr. Denise Angelo Prudencio as he was inducted as a Fellow of the Faculty of Nursing and Midwifery at the prestigious Royal College of Surgeons in Ireland (RCSI). This esteemed recognition is one of the highest honors in the field, awarded to individuals who have demonstrated exceptional contributions to nursing practice, education, leadership, and global healthcare advocacy.

Dr. Prudencio, Vice President of PNAC3 and a board member of USTNAI, is a distinguished Nursing Professional Development Specialist and educator at UC Davis Health. His leadership spans mentoring, evidence-based practice, and community outreach, with a steadfast commitment to nursing professional development, diversity, equity, and inclusion. This honor further highlights his dedication to shaping the future of healthcare and advancing the nursing profession on a global scale.



Alongside Dr. Prudencio, two other esteemed PNAA nurse leaders, Dr. Jose Arnold Tariga (PNANE) and Dr. Christine Pabico (PNAMDC), were also inducted as RCSI Fellows, underscoring the profound impact of Filipino-American nurses in international healthcare.

Reflecting on this achievement, Dr. Prudencio shared, “This fellowship is not just a personal achievement but a testament to the indomitable spirit and unparalleled expertise of Filipino nurses around the world. It is a privilege to receive this recognition and to be part of this historic moment alongside my esteemed colleagues.”

The induction of Dr. Prudencio into the RCSI Fellowship reaffirms the vital role of Filipino nurse leaders in shaping global healthcare excellence and inspiring future generations.

# Dr. Denise Angelo Prudencio Inducted as RCSI Fellow, Honoring Filipino Nurse Leadership cont.



The newly inducted Fellows and Members of the Faculty of Nursing and Midwifery with the Commissioners.



Dr. Denise Angelo Prudencio (on the right) with the Chief Nursing Officer of the World Health Organization Dr. Amelia Latu Afuhaamango Tuipulotu (on the left)



From left to right: Dr. Jose Arnold Tariga, Dr. Christine Pabico and Dr. Denise Angelo Prudencio

# Congratulations Jane!

PNAC3 is proud of one of our Board Of Directors, Jane, for her new promotion as Associate Chief Nurse Executive for Patient Care Services at UC Davis Health. We are excited and eager to see what you will accomplish for future patients.

CONGRATULATIONS



JANE PENA,  
MSN/Ed,  
RN, NEA-BC

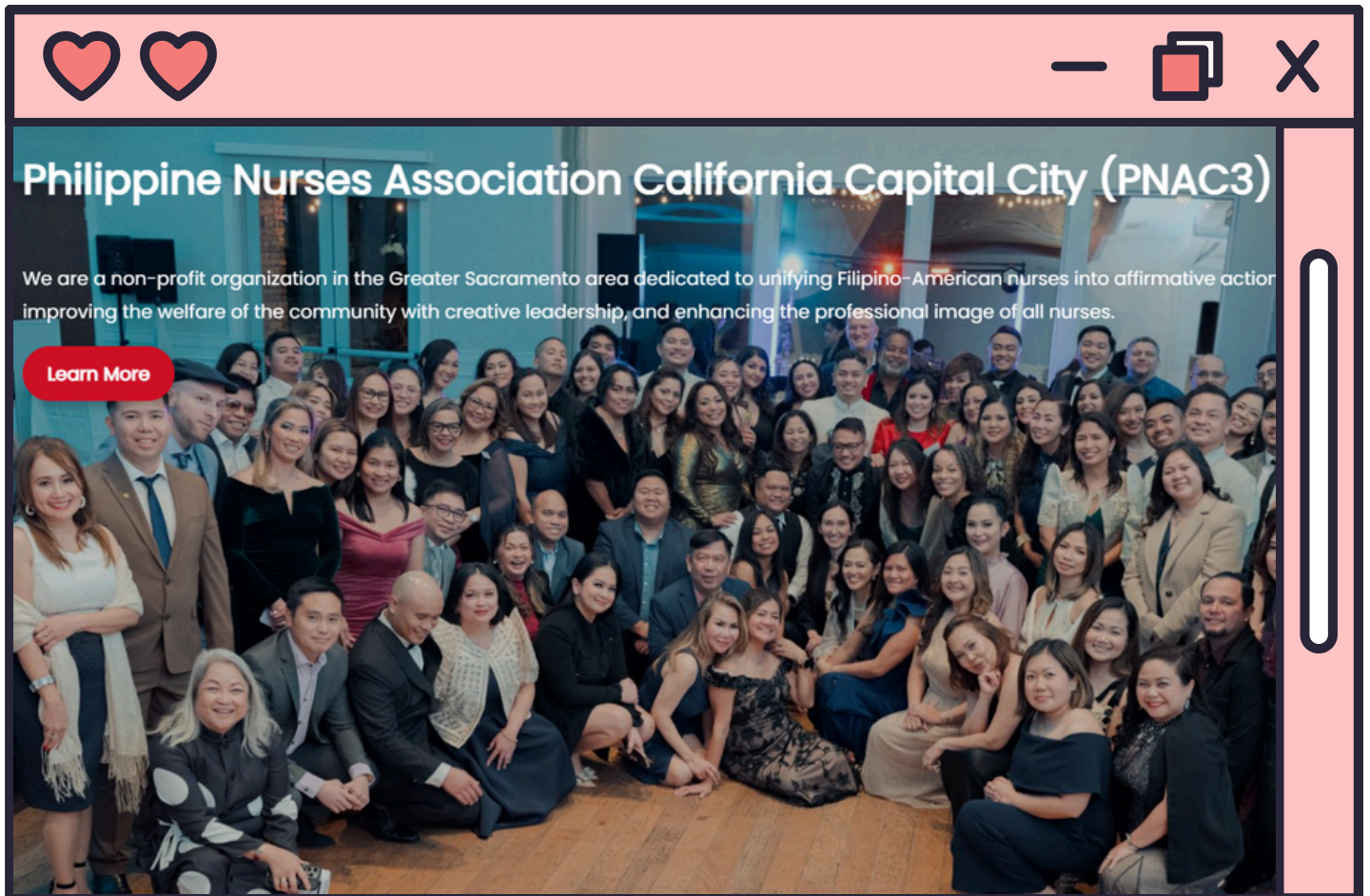
*Jane has been promoted as an Associate Chief Nurse Executive (ACNE) for Patient Care Services at UC Davis Health.*

*She currently serves as one of the Board of Directors of the Philippine Nurses Association California Capital City Chapter (PNAC3).*

*Congratulations!  
We are so proud of you.*

# PNAC3 Website

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

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

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

Share your accomplishments with us so we can celebrate your achievements within our 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:



# Connect with PNAC3

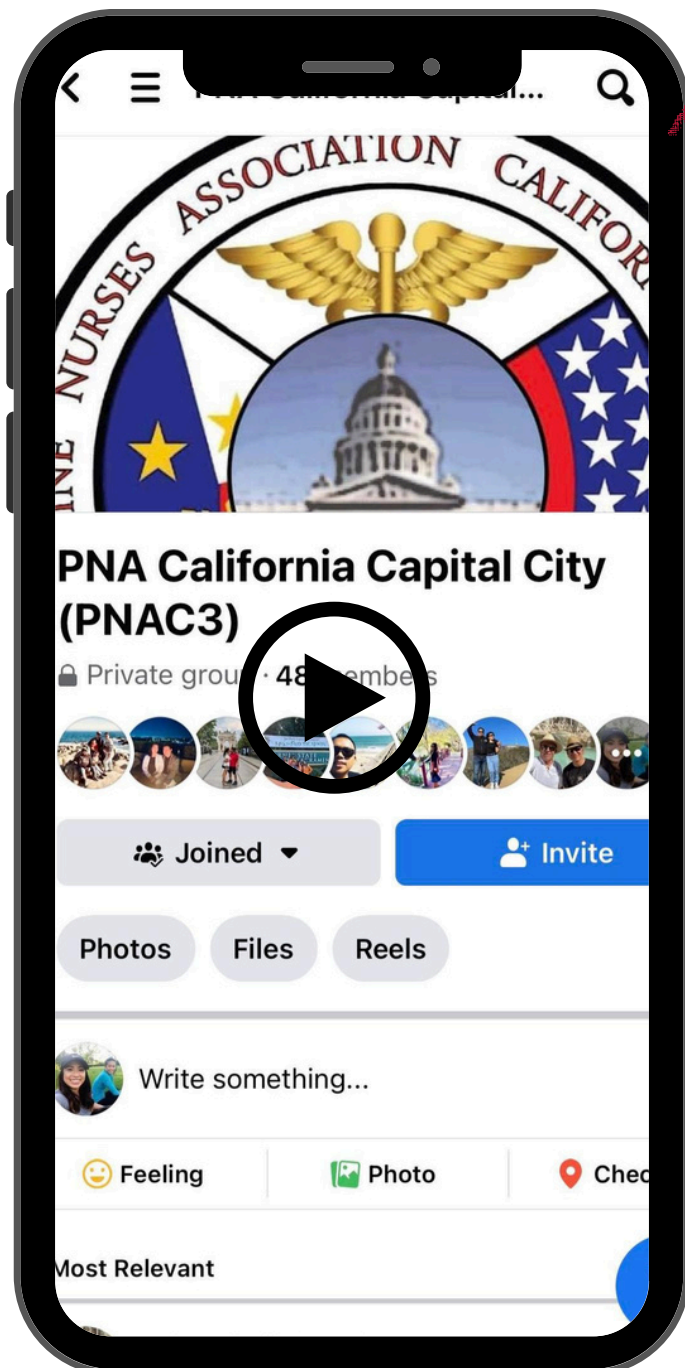
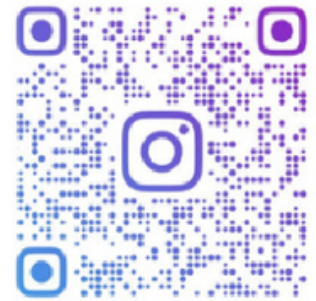
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# MEMBERSHIP REGISTRATION

## 1° STEP

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



## 2° STEP

Select Chapter Membership Level

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



## 3° STEP

Enter your email address and complete the registration forms



## 4° STEP

Select PNAC3 Chapter Membership

- Pay the required fees



For more information on how to become an official member of the PNAC3, PNA California Capital City Chapter visit

<http://mypnaa.org/>

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

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