



HAWAII STUDENT NURSES' ASSOCIATION

'Aukake (August) Edition



Monthly Newsletter of the Hawai'i Student Nurses' Association

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Presidential Address

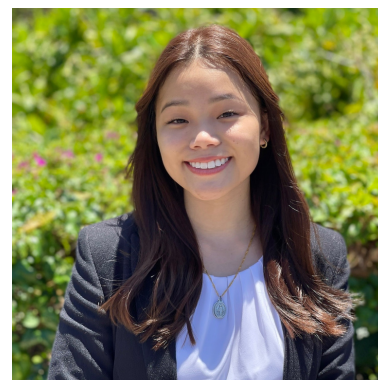
Aloha everyone,

Welcome back to the Fall Semester of 2022! My name is Anna and I am the newly elected HISNA President for the 2022-2023 school year.

I hope you were able to take some time during this break to relax, reset, and be intentional towards the activities that bring you joy. Our HISNA E-board has spent the summer planning wonderful opportunities and we can't wait to share them with you throughout the upcoming months.

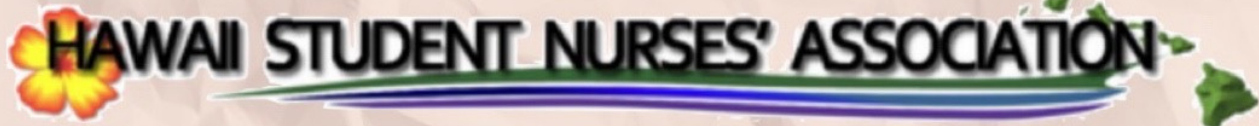
I strongly believe that the easiest way to make the best out of your college experience is to join the communities around you. Whether this is your first or even last semester, I wish you all of the knowledge, motivation, and meaningful connections possible for your professional development. Keep on pushing forward. The fruits of your labor are near!

Mahalo,
Anna Jane Fujioka
HISNA President



MEET THE HISNA EXECUTIVE BOARD

2022-2023



Dr. Jennifer Nafarrete
Faculty Advisor



Anna Jane Fujioka
President



Caelon Evans
Vice President



Leuwella Gonzalez
Co-Vice President



Mayele Bautista
Secretary



Christopher Kato
Co-Secretary



Lilinoe Akiona
Treasurer



Kelvin Manganaan
Director of
Communications



Brandon Julio
Co-Director of
Communications



Isabel Villanueva
Social Media Director



Precious Rose Coloma
Co-Social Media
Director

**HISNA
EXECUTIVE
BOARD
2022-2023**

@hawaii_sna

www.hisna.org

SUMMER AT A GLANCE



- HISNA assisted Special Olympics Hawai'i with COVID-19 Check In at their 'Aukake Classic.
 - This event is one of their three State Competitions, where Special Olympic athletes come from East & West Hawai'i, Maui, Kauai, Lanai, Molokai, and Oahu to compete in soccer and bocce!
- We applied for our first medical mission trip to Nepal. Our students are beyond grateful for this wonderful opportunity and are excited to make an impact on those overseas.
- Currently, we are planning our 9th Annual HISNA Conference! Please see the next page. . .



SAVE THE DATE

SAVE THE DATE
9th Annual
HISNA CONFERENCE

EXPANDING
THE
POSSIBILITIES

Sunday October 9, 2022

9AM-3PM

***Location:* Chaminade University of Honolulu**

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?



University of Hawai'i at Mānoa

- Renamed their School of Nursing to the "Nancy Atmospera-Walch School of Nursing"
- August 17: Promoted SNA at their New Student Orientation (NSO)



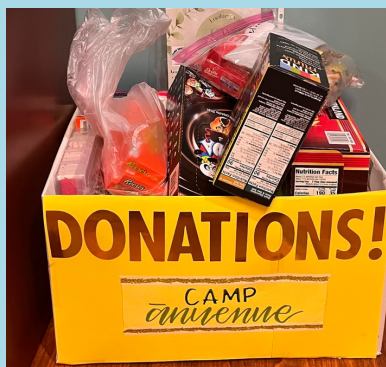
WHAT'S NEW IN HAWAI'I SNA CHAPTERS?



Chaminade University of Honolulu

- "Chaminade's SNA is excited to get back into working with our community and bettering the Nursing School experience for our students" (Caelon Evans, CSNA President)
- Adopted a new officer position: **Accelerated Student Representative**
- Will continue to partner with the AED Institute in teaching high school students the importance of knowing CPR

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?



Hawai'i Pacific University

- "HPU has hit the ground running with our awesome energetic president, Janina," says HPU classmate, as their SNA has been very active over the summer
- Provided education about the dangers of tobacco and advocated for tobacco cessation campaigns during the Oahu Heart Walk
- Donated Cards 4 Courage to Castle Medical Center
- Donated gifts (snacks and crafts) shown above to the childhood cancer survivors of Camp Anuenue

Meet the Executive Board!
STUDENT NURSES' ASSOCIATION FALL 2022

 Janina Abdelahad PRESIDENT JABELAHAD@MY.HPU.EDU	 Jinaelle Lonzanida VICE PRESIDENT JLONZANIDA@MY.HPU.EDU	 Rose Lourdes Sario SECRETARY RSARIO@MY.HPU.EDU
 Angelika Timmango TREASURER ATIMMANGO@MY.HPU.EDU	 Charina Villanueva CO-TREASURER CVILLANUEVA@MY.HPU.EDU	 Juliet Llarenas HISNA & NSNA DELEGATE JLLARENAS@MY.HPU.EDU
 Valerie-Anne Sarmiento DIRECTOR OF COMMUNICATIONS & LLEVEL REPRESENTATIVE VSARMIENTO@MY.HPU.EDU	 Ku'ulei Yamamoto MEDICAL MISSION LEAD KYAMAMOTO@MY.HPU.EDU	 Bryan Allen CO-MEDICAL MISSION LEAD BALLEN@MY.HPU.EDU

Connect with us:
sna.hpu@my.hpu.edu | [@hpu.sna](https://www.instagram.com/hpu.sna) | [Bb](#) Check for updates under 'community' tab

AUGUST AWARENESS

National Breastfeeding Month

3 BENEFITS OF BREASTFEEDING

- Breast milk is the best source of nutrition for babies and shares antibodies from the mother to the baby.
- It provides a source of comfort for babies whose regular routine is disrupted.
- Reduces the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.



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august is national breastfeeding month

For more info visit:
<https://www.cdc.gov/nccdphp/dnpao/features/breastfeeding-benefits/index.html#:~:pid=Breastfeeding%20can%20help%20protect%20babies.ear%20infections%20and%20otomach%20bugs>

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psoriasis



Awareness Month



Psoriasis is an immune-mediated disease, known for its raised plaques and swellings on the skin.

In most cases, symptoms begin



between ages 15 and 25

There are many places on the body where psoriasis can appear, including eyelids, ears, lips, skin folds, hands, feet, and nails.



For more information visit:
www.psoriasis.org

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STAY UP TO DATE WITH HISNA!

INSTAGRAM



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WEBSITE



www.hisna.org