

HAWAII STUDENT NURSES' ASSOCIATION

Kepakemapa (September) Edition

Monthly Newsletter of the Hawai'i Student Nurses' Association

HIGHLIGHTS

PRESIDENTIAL ADDRESS

PAGE 1

REGISTER FOR OUR 9TH ANNUAL HISNA CONFERENCE!

PAGE 2

PHILIPPINE NURSES' ASSOCIATION OF HAWAII EMPLOYEE APPRECIATION PICNIC

PAGE 3

WHAT'S NEW IN HAWAII SNA CHAPTERS?

PAGE 5

SEPTEMBER AWARENESS

PAGE 7

KEEP UP TO DATE WITH HISNA!

PAGE 8

PRESIDENTIAL ADDRESS

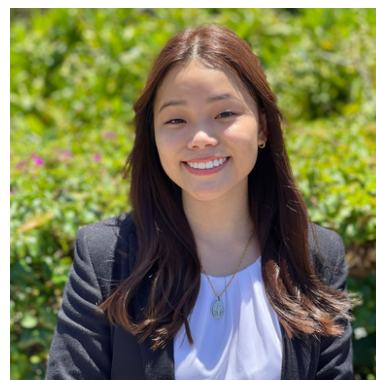
Aloha everyone,

I hope your semester is going well. Although this school year has challenged us from the very beginning, you hold the capabilities to overcome and succeed!

As we continue to adapt to completely in-person lifestyles, we must live every moment to the fullest. I encourage us all to get out of our comfort zones and make those little but meaningful relationships. A great way to do so is at our 9th Annual HISNA Conference approaching in October (please see page 2 for more details)! This event will be a wonderful opportunity for nursing students to network, grow professionally, bond with the nursing community, win prizes, and so much more. As we showcase the diverse areas of nursing, who knows? Maybe you will discover your passion through this event.

I personally invite you all to register for our conference and look forward to meeting you there.

Mahalo,
Anna Jane Fujioka
HISNA President



REGISTER FOR OUR 9TH ANNUAL HISNA CONFERENCE!



REGISTRATION
IS NOW OPEN!

9th Annual
HISNA CONFERENCE

EXPANDING
THE
POSSIBILITIES

Sunday October 9, 2022
9AM-3PM

Location: Chaminade University of Honolulu



REGISTRATION
QR code



A registration link will also be posted in our bio!

PHILIPPINE NURSES' ASSOCIATION OF HAWAI'I EMPLOYEE APPRECIATION PICNIC



- On Sept 3, four of our students attended the Philippine Nurses' Association of Hawai'i (PNAH) annual picnic. We set up a table booth and strengthened the bond between our associations. Their nurses filled out our table activity found on page 4!

- HISNA students volunteered at the different booths and participated in morning zumba, fun activities, like the balloon toss game, door prizes, and more!



(PNAH Message to Our Students)

To: Hawai'i Nursing Students

Aloha!!
Keep on going!!
Nursing is the best profession!!
If you need a job reach out
to me!! Jacque Dardenero
Care Resource Hawaii #matterwith.

Remember to take
time for self-care
☺
Celebrate
yourself proud!

Thank you for
coming to PNAH
appreciate your
presence -
PNAHOB
PNAH pres-elect

Never Give Up on your
Career Goals as a Nurse.
Keep Learning and
Advance Your Degree!!
Enca Calis Sales
APRN

Aloha Nursing Students
Blessing & continued success
graduates & talk w/me

From: The Philippine Nurses Association of Hawai'i
Be: Career in the Industry (1/1/2021) J. J. J.

To: Hawai'i Nursing Students

Strive hard
Study hard
Looking forward to see young faces
in Nsg. field
Marianela

You chose the BEST line of work. All the
best in the future and see you on the floor!
- Rente

Ask lots of questions. No such thing as a "dumb" question!
Always clarify if you are unsure.
It will be tough at first, but eventually nursing will become
second nature. Just stick with it and you'll get there!
See you when you work @ Queen's! - Natalie Jacob

From: The Philippine Nurses Association of Hawai'i

To: Hawai'i Nursing Students

Have a heart!
Be Patient
Be Compassionate
be Caring

Enjoy The Process
Be Strong = Challenges
Come & Know That You
Can Do It!
Armi Gail Alicia
Mila RN, BSNS
Nora
Amy ☺

Good Luck!

Ramon Semibeay, PhD, MHA, BSU, RN
MAJ (ret), US Army

Remember
You make
a difference.
Must Aloha,
Dane

From: The Philippine Nurses Association of Hawai'i

To: Hawai'i Nursing Students

Mabalo for your help @ today's event.
Would be less fun if you weren't there.
Your volunteers showed instant comfort
in being with fellow nurses.
More power to you all. ❤️ Dinnia
Edm/land.ken

YOU ARE ALL THE BOMB! CONTINUE TO ENGAGE
THE STUDENTS IN HAWAII. DO SELF CARE & REFLECT
FREQUENTLY ... BE COMPASSIONATE, LOVE YOURSELF
& SERVE YOUR COMMUNITY.
ALOHA ❤️ DR. MAGPANTAY-MONROE

From: The Philippine Nurses Association of Hawai'i

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Chaminade University of Honolulu



- CUH SNA held their first 2 SNA meetings. They gave away a free pair of Chaminade scrubs and one stethoscope to two lucky members.

Hawai'i Pacific University



- HPU SNA held their first general meeting
- They are hosting a Molokai Bread fundraiser
- HPU is looking to help out with Susan G Komen, The Pantry, Hawaii Food Banks, Kids Hurt Too, Access Surf / Wounded warrior events
- They are also excited to attend this semester's HISNA conference!

Kapi'olani Community College



- KCC SNA is continuing volunteer efforts with Pāhonu fishpond in Waimanalo this semester. This immersion helps students to build community and gain knowledge of Native Hawaiian methods of rock weaving. They collaborate with Kimeona Kane of 808 Cleanups.



WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

University of Hawai'i at Mānoa



Introducing 2022-2023 UHM SNA Officers (From left to right):

- Front: Melanie Yang, Natalie Welch, Ellie Tan, Kaile Oleyar, Mayele Bautista
- Middle: Lyla Kaneshiro, Kaialani Stubblefield, Shirayuki Takemoto, Marissa Iwahashi, Fannie Yang
- Back: Kumu U'i (advisor), Naiya Raphael, Namie Sato, Zoe Matayoshi

University of Hawai'i Maui College



- UH Maui SNA is currently reviving their chapter and taking applications for membership!
- They are planning to send 2 students and 1 faculty advisor to the conference in Oahu on October 9th

SEPTEMBER AWARENESS

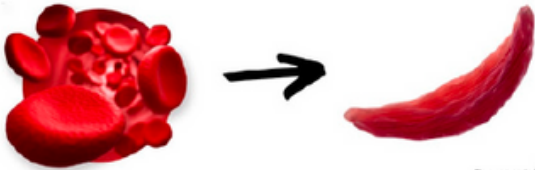
@hawaii_sna

SICKLE CELL DISEASE AWARENESS MONTH

SEPTEMBER 2022

WHAT IS IT?

SICKLE CELL DISEASE (SCD) IS AN INHERITED BLOOD DISORDER WHERE RED BLOOD CELLS BECOME SICKLE-SHAPED AND HARDENS. SCD IS NOT CONTAGIOUS AND THERE IS NO UNIVERSAL CURE.




For more information visit <https://www.mayoclinic.org/diseases-conditions/sickle-cell-anemiasymptoms-causes/ycj-20355876>

@hawaii_sna

National Cholesterol Education Month

Cholesterol levels are checked through a *fasting lipoprotein profile*

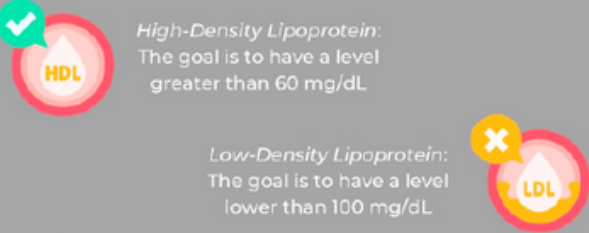


Total Cholesterol:
The goal is to be less than 200 mg/dL

Triglycerides:
The goal is to have less than 150 mg/dL

High-Density Lipoprotein:
The goal is to have a level greater than 60 mg/dL

Low-Density Lipoprotein:
The goal is to have a level lower than 100 mg/dL



For more information visit <https://www.cdc.gov/cholesterol/communications-kt.htm>

STAY UP TO DATE WITH HISNA!

INSTAGRAM



@hawaii_sna

FACEBOOK



@hawaiisna

WEBSITE



www.hisna.org