


HAWAII STUDENT NURSES' ASSOCIATION

Ianuali (January) Edition



Monthly Newsletter of the Hawai'i Student Nurses' Association

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PRESIDENTIAL ADDRESS

Aloha everyone,

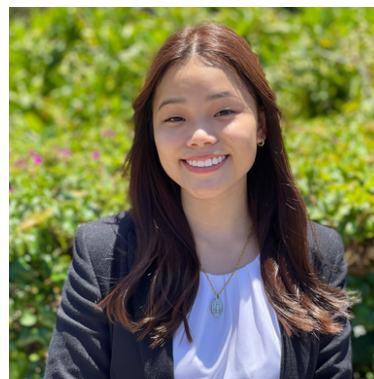
Happy 2023! I hope you had a wonderful winter break and a great start to your semester. Now is the time to reset and create nursing goals for the new year. What is your New Year's resolution?

As a senior nursing student, I am making the most out of every interaction and lesson made on campus and in the clinical setting. To my cohort, we are almost to the finish line. Let us end our undergraduate studies strong together!

After welcoming 7 newly elected officers to our team, HISNA is excited for the semester to come. What would you like to see more of from our association? Send your answers to our social media accounts found on page 8. Your feedback is very important to us.

Happy studying!

Mahalo,
Anna Jane Fujioka
HISNA President



HAPPY NEW YEAR



Welcome to our 7 new executive board members:

- Aviana Gregorio, Vice President, Chaminade University
- Catherine Foronda, Treasurer, Chaminade University
- Sandra Xiao, Director of Communications, UH Mānoa
- Emily Carrillo, Social Media Director, Chaminade University
- KryzandreaH Espanol, Social Media Director, Chaminade University
- Francis Taya, Committee Director, Chaminade University
- Desira Ferrer-Sistoza, Committee Director, Chaminade University

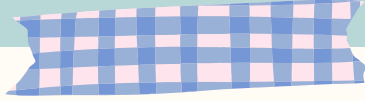
KBPA KAIMUKI CHRISTMAS PARADE



On December 1, HISNA walked in the Kaimuki Business and Professional Association's Kaimuki Christmas Parade with a total of 28 students and faculty from Chaminade, HPU, and UH Mānoa! Our members distributed nursing and health-related goodies. We also helped the East Department of Health pass out COVID-19 testing kits while they rocked their awesome Zumba dance moves!

Congratulations to UH Mānoa SNA for winning our school competition. With 9 students participating in the parade. \$100 has been awarded to the school chapter to help fund their future events.

SENIOR SEND OFF



**MAHALO AND CONGRATULATIONS TO OUR
2022 DECEMBER GRADUATES!**



Vice President

LEUWELLA GONZALEZ

Chaminade University of Honolulu

HONORS:

- NSNA Student Leader Cord (HISNA)

Fun fact: She previously graduated with a Bachelor of Science in Public Health.



"I have accepted an offer from a hospital in Eastern TN to work as an OR nurse!"

Director of Communications

KELVIN MANGANAAN

Chaminade University of Honolulu

HONORS:

- HOSA Stole: Active Membership
- HOSA Cord: Placement in Top 3 in State Conferences Competitive Events
- NSNA Student Leader Cord (HISNA)
- NSNA Student Cord (Chaminade SNA)

AWARDS:

- Leadership Excellence
- Professional Development



"I will be going to Tacoma, Washington, to work in the Cardiac Med Surg unit at St. Joseph Medical Center."

Social Media Director

ISABEL VILLANUEVA

BSN with a Minor in Psychology
Chaminade University of Honolulu

HONORS:

- NSNA Student Leader Cord (HISNA)
- NSNA Student Cord (Chaminade SNA)
- Psi Chi International Honor Society in Psychology
- Sigma Theta Tau Honor Society



"My plan is to pursue an RN New Graduate position in the ICU (fingers crossed) and follow my mom's footsteps in becoming an ICU nurse! Most importantly, I am looking forward to being able to touch people's lives and make a difference. Until then I will continue to challenge myself through my studies and to pass the NCLEX."

WHAT'S NEW IN HAWAI'I SNA CHAPTERS?

Chaminade University of Honolulu



- CUH SNA members are inviting general members to apply and potentially join a few officers at the National Student Nurses' Association (NSNA) Annual Convention being held in April of this year in Nashville, TN. More information will be released at their first general meeting of the semester.



Hawai'i Pacific University

- Hosted a "Be the Match" drive on December 1, 2022 to get swabbed and see if participants are a bone marrow match!
- Welcome Laura, HPU'S new HISNA/NSNA representative!



University of Hawai'i at Mānoa



- Attended and won HISNA's School Competition for the Kaimuki Christmas Parade held on December 1, 2022. Participants distributed nursing/health-related goodies while walking to promote physical activity!
- UH Mānoa had a SNA/Mentor-Mentee Christmas Social on December 5, 2022. Attendees enjoyed cookies, milk, and popcorn while watching "The Polar Express!"
- Hosted a Sigma Connects 2022 Event on December 7, 2022, to learn about Planetary Health

JANUARY AWARENESS



January 2023

National Blood Donor Month



@hawaii_sna



How long does it take to donate blood?



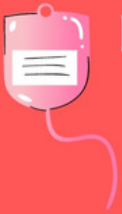
- Whole blood takes about 45–60 minutes
- Platelets and plasma takes about 1 1/2– 2 hours
- Double red cell takes about 30 minutes longer than a whole blood donation

How can I prepare?



- Before donating, eat a healthy meal and drink plenty of water
- Go well rested and wearing shirt with sleeves that can easily be rolled up.
- Bring your donor card, driver's license or 2 other forms of ID

How Often Can I Donate Blood?

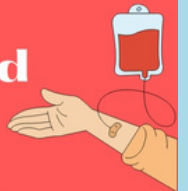


Plasma donors
may donate as often as every 28 days.

Platelet donors
may donate as often as every 8 days, and up to 24 times in a 12-month period

Double red cell donors
may donate as often as every 168 days

How else do blood donations help?



When you donate blood, you're helping others and giving back to your community. Donated blood benefits people in local hospitals who need blood transfusions. Each whole blood donation may help as many as three people. Donated blood helps meet many medical needs, including those of people who have lost blood due to trauma, an organ transplant or other major surgery, as well as those who cannot make enough blood on their own due to illness or treatment.

STAY UP TO DATE WITH HISNA!

INSTAGRAM



@hawaii_sna

FACEBOOK



@hawaiisna

WEBSITE



www.hisna.org