

'AUIKAKE EDITION

Fall 2023

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PRESIDENTIAL ADDRESS

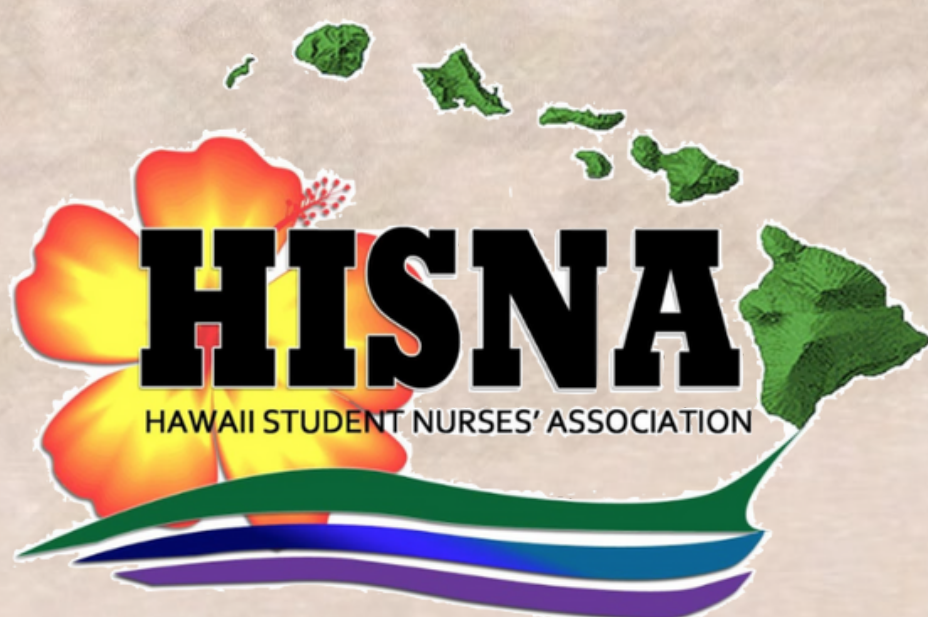
Aloha everyone,

I want to welcome you all back to a new semester full of new opportunities and new memories! My name is Lilinoe, your newly elected HISNA President. It is my pleasure to serve as your president for the 2023-2024 school year!

I hope everyone had an adventurous and restful summer, and that you are all energized for the year that awaits us. This semester I want to remind you all that self care is just as important as studying!. Although we can get carried away with school it's important to remember to take care of yourselves as well.

It is truly an honor to be able to be apart of this board and we are all so thrilled to share what we have planned in the upcoming months!

Mahalo,
Lilinoe Cabico-Akiona
HISNA President



MEET THE HISNA EXECUTIVE BOARD



Dr. Jennifer Nafarrete
Faculty Advisor



Lilinoe Cabico-Akiona
President



Aviana Gregorio
Vice President



Francis Taya
Vice President



Sandra Xiao
Secretary



Laura Maynard
Secretary



Catherine Foronda
Treasurer



Jacqueline Bassett
Treasurer



Tia Tabisola
Director of Communications



Stephanie Lau
Social Media Director



Kryzandrea Espanol
Social Media Director



Desirae Ferrer-Sistoz
Committee Director

SUMMER AT A GLANCE



- **HISNA assisted Special Olympics Hawai'i at Wai'au District Park at their 'Aukake Classic**
 - This event is one of their three State Competitions, where Special Olympic athletes come from East and West Hawai'i, Maui, Kaua'i, Lana'i, Moloka'i, and O'ahu.

SAVE THE DATE



10th Annual

HISNA CONFERENCE

"Passion Beyond Duty"

28 OCT 2023

Location: TBD

Time: TBD

More details to come!

MEET THE CUH SNA EXECUTIVE BOARD

Aloha kākou! Welcome back everybody! Chaminade University students are definitely ready to expand their knowledge in nursing! we are so excited to introduce our 2023-2024 school year executive board! this year, we took a twist on our headshots and wore our favorite colored scrubs! What brand and color way is your favorite?

Student Nurses' Association

FACULTY ADVISOR

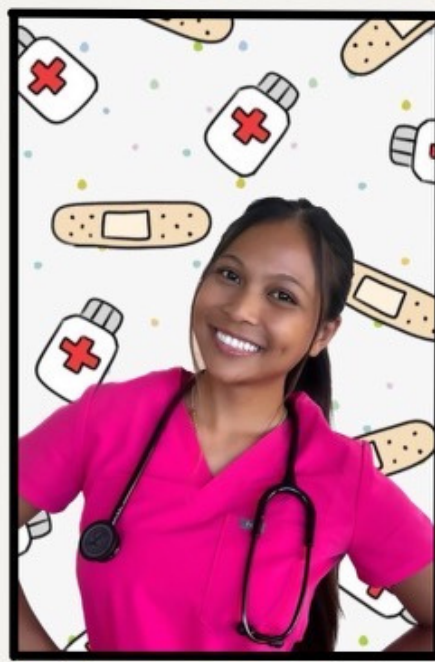


MEET
DR. LORENA
GASKILL



Student Nurses' Association

PRESIDENT



MEET
PRESH
COLOMA



Student Nurses' Association

VICE PRESIDENT



MEET
TIFFANY
IRENE
MIGUEL



Student Nurses' Association

TREASURER



MEET
KAITLYN
PAYANAL



Student Nurses' Association

HISTORIAN



MEET
VANNESSA
MAY
SANCHEZ



Student Nurses' Association

SECRETARY



MEET
KATRINA
BERSAMIN



Student Nurses' Association

SENIOR REPRESENTATIVE



MEET
SIGFRIED
HALILI



Student Nurses' Association

JUNIOR REPRESENTATIVE



MEET
AVIANA
GREGORIO



Student Nurses' Association

JUNIOR REPRESENTATIVE



MEET
LILINOE
CABICO-
AKIONA



AUGUST AWARENESS

NATIONAL BREASTFEEDING MONTH

AUGUST 2023

Visit www.dhd10.org/national-breastfeeding-month-august-2023 for more information.



@hawaii_sna

ADVANTAGES OF BREASTFEEDING

YOUR BABY

- Provides all nutrients for physical and mental development
- Prevents infections caused by germs that contaminate artificial feeding bottles
- Reduces risk of developing obesity and allergies



YOUR ENVIRONMENT

- Breastmilk produces no waste: it is produced in the right amounts for the baby's needs
- Breastmilk needs no extra packaging
- Most women do not menstruate when breastfeeding, therefore needing fewer menstrual hygiene products
 - This reduces the need for fibers, bleaching, packaging, and disposal

YOUR HEALTH

- Helps mothers recover from childbirth more quickly
- Reduces the risk of ovarian cancer and breast cancer, type 2 diabetes, rheumatoid arthritis, and cardiovascular disease
- Releases prolactin and oxytocin



CHILDREN'S EYE HEALTH AND SAFETY AWARENESS

@hawaii_SNA

<https://nationaltoday.com/childrens-eye-health-and-safety-month>



WHAT IS THE PURPOSE?

Celebrated every August to prevent blindness and to raise awareness about the importance of taking care of children's eyes.



STATISTICS

1 out of 20 children between ages of 3 and 5 has serious eye problem. If not treated early, it could result in permanent vision impairment.

IMPORTANCE?

- 1) Raise awareness of taking care of eyes for both children and adults
- 2) A push to visit your ophthalmologist
- 3) Eye health is crucial for child's development and learning process

COMMON SIGNS OF EYE HEALTH

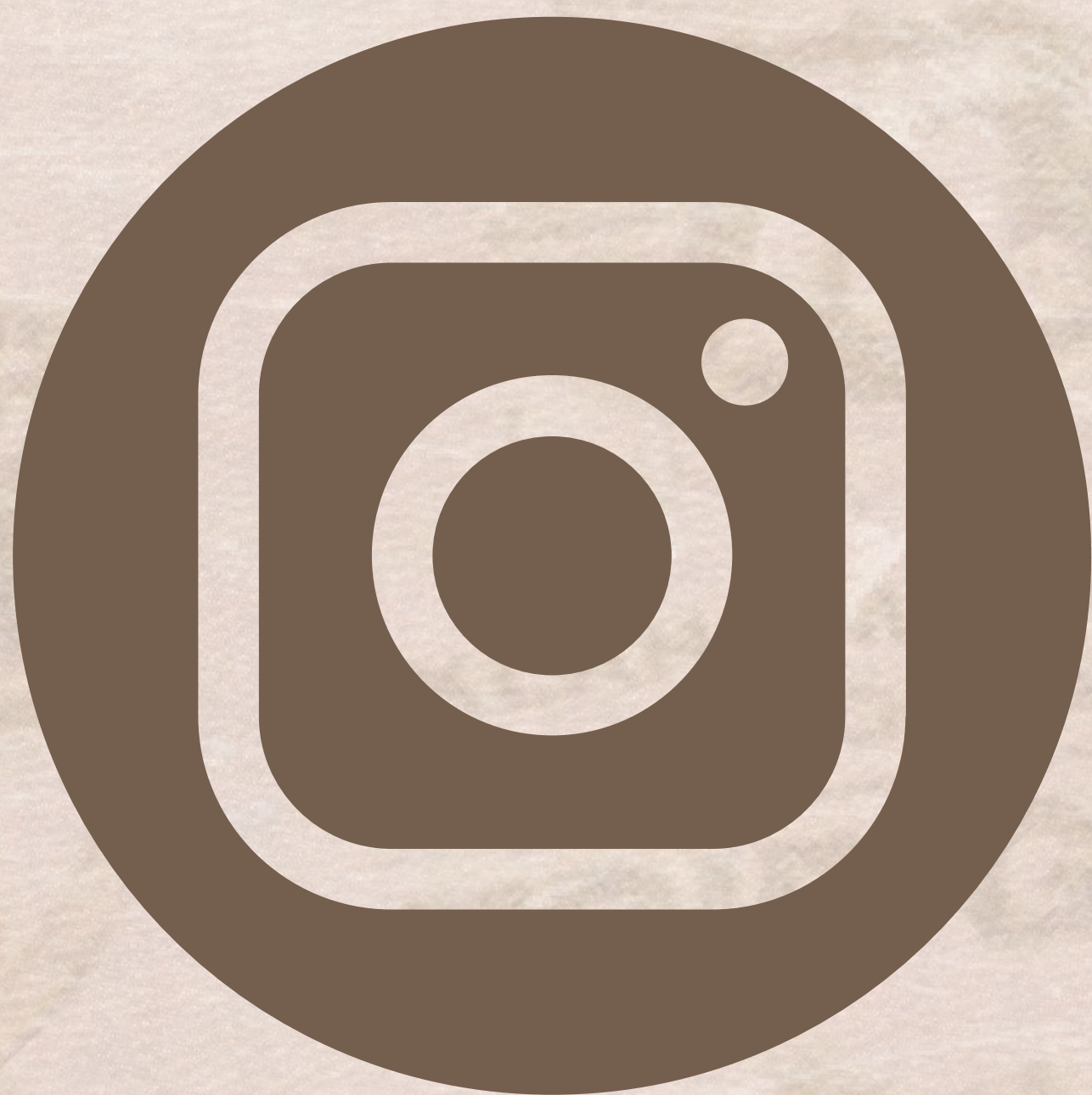
- Frequent rubbing of the eyes
- Squinting
- Tilting or turning of the head to observe objects
- Squeezing his/her eyes
- Wandering eyes

COMMON ABNORMALITIES

- Myopia (nearsightedness)
- Hyperopia (farsightedness)
- Amblyopia (lazy eye)
- Strabismus (crossed eye)
- Ptosis (drooping of eyelid)
- Color blindness



STAY UP TO DATE WITH HISNA



INSTAGRAM
@HAWAII_SNA



FACEBOOK
@HAWAIIISNA



WEBSITE
WWW.HISNA.ORG