



# FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses Association

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## Presidential Address

Hello everyone and welcome to August!

I hope you all had a fun, safe, and well rested summer! In light of our current conditions and modifications that we have enabled into our daily routine, I would like to wish you all a successful welcome-back-to school year! It is my pleasure to serve as your HISNA President for this academic year, as I look forward to see what lies ahead for you all as you embark and continue your nursing journey!

Mahalo,  
Angelique Mara  
HISNA President



# Meet Your 2020-2021 E-Board!



## Angelique Mara

*President*

Chaminade University of Honolulu

Class of 2022

Prospective Nursing Field: Pediatrics; CRNA

Fun fact: Was invited to try out for the Olympic Team in 2018

## Oscar Tomas

*Vice President*

Chaminade University of Honolulu

Class of 2021

Prospective Nursing Field: Critical Care

Fun fact: Finished the Spartan Race Ultrabeast in 2015



## Amanda Barlan

*Co-Vice President*

University of Hawai'i at Mānoa

Class of 2022

Prospective Nursing Field: Telemetry

Fun fact: One of my favorite movies is Kung Fu Panda



## Anna Jane Fujioka

*Secretary*

Chaminade University of Honolulu

Class of 2023

Prospective Nursing Field: Pediatrics

Fun fact: I like to dance



# Meet Your 2020-2021 E-Board!



## Caelon Evans

*Co-Secretary*

Chaminade University of Honolulu

Class of 2023

Prospective Nursing Field: Midwife/Perinatal CNS/  
Fertility

Fun fact: I have a BA in Healthcare Admin

## Amy Takaki

*Treasurer*

University of Hawai'i at Mānoa

Class of 2022

Prospective Nursing Field: Undecided

Fun fact: I like to play the piano



## Jocelyn Jeon

*Co-Treasurer*

University of Hawai'i at Mānoa

Class of 2022

Prospective Nursing Field: Labor & Delivery

Fun fact: I love to travel but hate flying on airplanes

## Kelvin Manganaan

*Director of Communications*

Chaminade University of Honolulu

Class of 2023

Prospective Nursing Field: Oncology

Fun fact: I can deadlift 475bs



## Meet Your 2020-2021 E-Board!



### Brandon Julio

*Co-Director of Communications*

University of Hawai'i at Mānoa

Class of 2023

Prospective Nursing Field: L&D/Cardiology

Fun fact: I have my black belt in karate

### Menjam Tamang

*Social Media Director*

Hawai'i Pacific Univesity

Class of 2022

Prospective Nursing Field: Pediatric/Labor & Delivery

Fun fact: I have been doing judo for 7 years!



### Alexis Mercado

*Co-Social Media Director*

Chaminade University of Honolulu

Class of 2022

Prospective Nursing Field: Undecided

Fun fact: I love anything Disney related!



## Meet Your 2020-2021 E-Board!



### Ruffalyne Villanueva

*Committee Director*

Chaminade University of Honolulu

Class of 2021

Prospective Nursing Field: Labor & Delivery/ NICU

Fun fact: Cooking, baking, and crafting are my favorite self-care activities

### Noealina Tiaseu

*Co-Committee Director*

Chaminade University of Honolulu

Class of 2021

Prospective Nursing Field: Cardiology

Fun fact: I have a twin



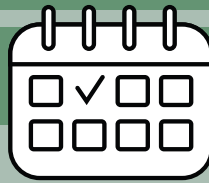
### Prof. Jen Nafarrete

*HISNA Advisor*

Hawai'i Pacific University

Fun fact: Fostered over 12 animals!

# A Glance at the '20-'21 Year



## FALL SEMESTER

*October 3:  
HISNA Fall  
Conference*

*Fall Community  
Service:  
TBD*

## SPRING SEMESTER

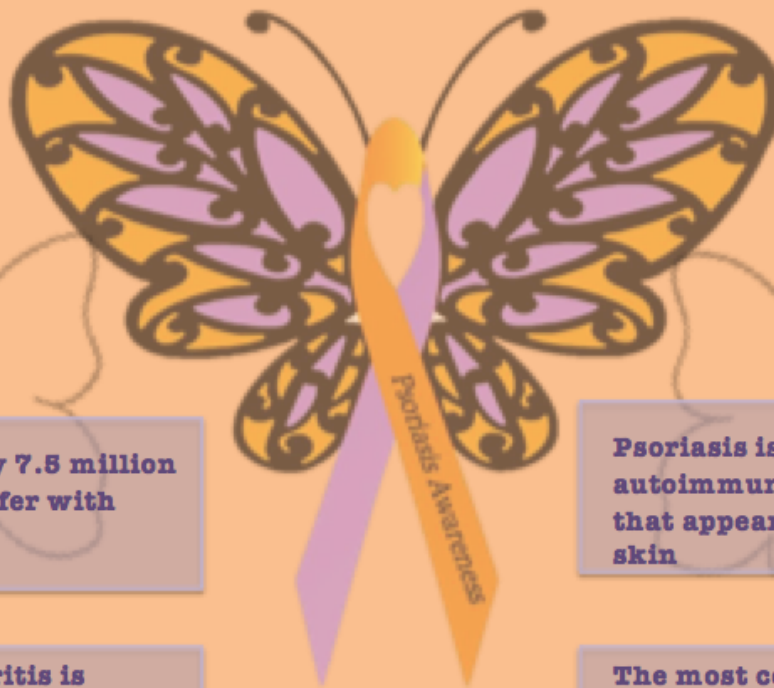
*April 7-11:  
69th Annual  
NSNA  
Convention*

*April TBA:  
HISNA Mixer*

*Spring  
Community  
Service:  
TBD*

# August Awareness Month

## NATIONAL PSORIASIS AWARENESS MONTH



**Approximately 7.5 million Americans suffer with psoriasis**

**Psoriasis is a chronic autoimmune disease that appears on the skin**

**Psoriatic arthritis is painful and causes damage to the joints and pain can be disabling**

**The most common form is plaque psoriasis with raised red patches and white dead skin cells**

**Psoriasis is not contagious**

Source: <https://www.allsup.com/allsup-place/august-is-psoriasis-awareness-month>

Made by HISNA Social Media Directors

# Week 1 of August: World Breastfeeding Week

HISNA

## BENEFITS OF BREASTFEEDING

WORLD BREASTFEEDING WEEK  
AUGUST 1-7, 2020



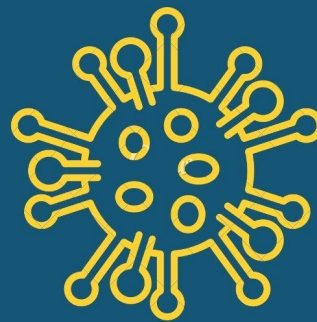
PROVIDES ESSENTIAL  
NUTRITION FOR  
INFANTS



REDUCES RISK OF  
BREAST CANCER AND  
OVARIAN CANCER IN  
MOTHERS



REDUCES RISK OF  
POSTPARTUM  
DEPRESSION IN  
MOTHERS



BUILDS CHILD'S  
IMMUNITY, HELPING  
FIGHT INFECTIONS  
AND INCREASES  
RATE OF SURVIVAL  
IN FIRST YEAR OF  
LIFE



SOURCE: NATIONAL INSTITUTE OF CHILD HEALTH AND DEVELOPMENT

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# Stay up to date with HISNA!

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