



# FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses Association

## NEWS & FEATURES

Presidential Address  
**PAGE 1**

What's new in Hawai'i  
SNA Chapters?  
**PAGE 2**

Update for the '20-'21  
HISNA Year  
**PAGE 3**

September Awareness  
**PAGE 4-6**

Stay up to date with  
HISNA!  
**PAGE 7**

## Presidential Address

Aloha everyone! Can you believe it's already September?

I hope you all had a wonderful and successful first month back to school! I know it's been an interesting first month of adapting and adjusting to the new learning measures. I know we are all anticipated to get back into clinicals and in-person learning, but I thank you all for taking safety precautions by wearing your mask and maintaining a social distance Mahalo nui loa for being a responsible and safe members of the community.

As midterms are around the corner, I hope you all are making time for self-care (As Tom Haverford says, "Treat Yo Self").

Mahalo,  
Angelique Mara  
HISNA President



# What's new in Hawai'i SNA Chapters?

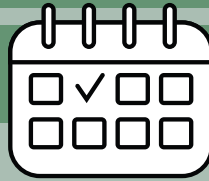
## Hawai'i Pacific University

- 08/17/2020 - Created a presentation and presented a video regarding HPU SNA, HISNA and NSNA to the incoming Nursing cohort at their orientation
- 09/02/2020 - Students volunteered with the City and County of Honolulu and the Office of the US Public Health Service Commissioned Corps, helping to assemble 30,000 COVID-19 test kits for the Surge Testing event on the H-3 (photo below)
- Holding a Donation Drive to collect toiletries for Institute of Human Services (IHS) later this semester. The Executive Board is working to find community involvement volunteer opportunities and fundraising events, and working on the logistics of a future Medical Mission.
- Encouraging students via social media, newsletters, emails and Blackboard announcements to join one of their committees to increase involvement in SNA!



*Photo credit: Menjam Tamang*

# Update for the 20-'21 HISNA Year



## FALL SEMESTER

**\*\*CHANGED  
TO SPRING:  
HISNA  
Conference**

*Fall Community  
Service:  
Holiday Cards*

## SPRING SEMESTER

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

*April TBA:  
HISNA Mixer &  
Conference*

*Spring Community  
Service:  
TBD*

# September Awareness Month

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@hawaii\_sna



SUICIDE PREVENTION AWARENESS MONTH  
**YOU MATTER.**

*Made by HISNA Social Media Directors*

# National Deaf Awareness Week

## September 20-26

@hawaii\_sna

### **Are you Deaf Aware?**



Nation Deaf Awareness Month  
September 20-26, 2020

@hawaii\_sna

#### **Speak clearly**

with plain language,  
normal lip movements and  
facial expressions!

#### **Check the environment**

for good lighting and little  
background noise!

#### **Look at me**

when you are speaking to  
me!

#### **Keep your voice low**

as it is uncomfortable for a  
hearing aid user if you  
shout!



Source: Action On Hearing Loss, UK

# World Heart Day

## September 29

# WORLD HEART DAY

September 29, 2020

USE  TO BEAT 

World Heart Day informs people about heart disease and stroke

Cardiovascular disease is the number one cause of death

Use Heart is about using...

Your head

Understand what it takes to live a heart healthy life

Your influence

Set examples for your loved ones, make positive changes

Your compassion

Support society and help identify underlying heart related conditions

Source: World Heart Federation

# Stay up to date with HISNA!

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hisna.org