



# 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 2-4**

Update for the '20-'21  
HISNA Year  
**PAGE 5**

October Awareness  
**PAGE 6**

Halloween Safety Tips  
**PAGE 7**

Stay up to date with  
HISNA!  
**PAGE 8**

## Presidential Address

Happy Spooky Season!

As midterms are coming to an end, and the preparation of finals are well under the way, I hope each and every one of you are providing yourself a self care day! Whether it's by baking cookies, watching Netflix, or even taking a well deserved nap, be sure to put time aside for yourself!

The HISNA E-Board has begun preparations for the HISNA Annual conference that will be taking place on March 6, 2021! Hope to see you there!

Mahalo,  
Angelique Mara  
HISNA President



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

## Hawai'i Pacific University

- Held a Toiletries Drive for Institute of Human Service
- Currently participating in the 2020 Walk to End Alzheimer's
  - As of now \$345 have been raised
- Holding a fundraiser for Molokai Hot Bread
- Holding a fundraiser for lei donations
- Encouraging students to be donors for the Blood Bank of Hawai'i and the Bone Marrow Registry
- 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

JOIN US!

## 2020 WALK TO END ALZHEIMER'S

Walk in the morning, walk in the afternoon, walk at night! Also, join us during their Opening Ceremony. If walking, please follow all social distancing guidelines.

**SATURDAY, NOVEMBER 7,  
2020  
OPENING CEREMONY: 9:00 AM**

To sign up:  
1) Register at [https://act.alz.org/site/TR?sid=23938&type=fr\\_informational&pg=informational&fr\\_id=13391](https://act.alz.org/site/TR?sid=23938&type=fr_informational&pg=informational&fr_id=13391)  
2) Fill out the Google Form to let SNA know that you've signed up.  
3) Download the Walk to End Alzheimer's app! (OPTIONAL)

To access the sign-up links, checkout the link in our Instagram bio or look out for an email!

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

## University of Hawai'i at Mānoa

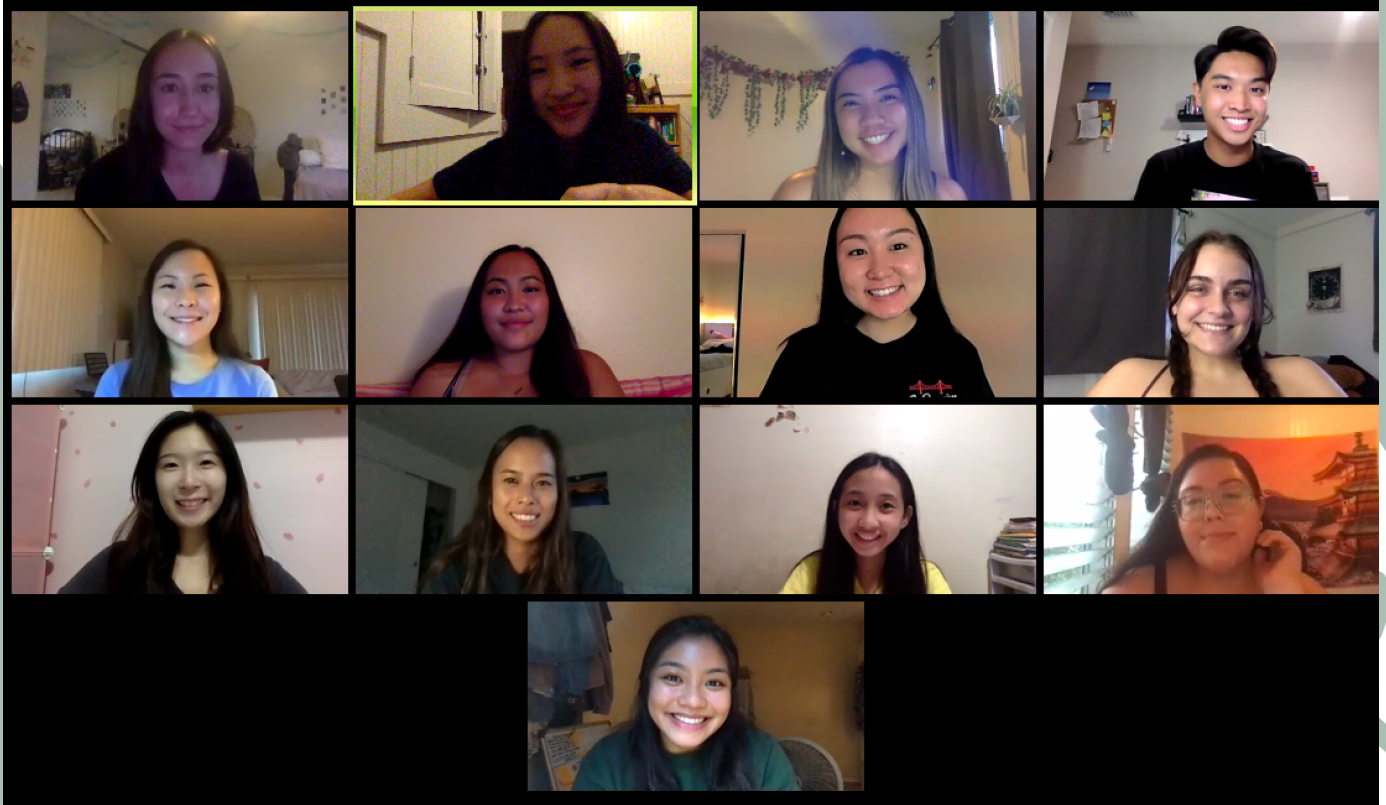


Photo credit: Brandon Julio

### Meet the new UH SNA E-Board!

- First row: Theodora You (President), Jennifer Xiao (HISNA Liaison), Maiki Au (Delegate), Brandon Julio (Secretary)
- Second row: Natalie Welsh (Treasurer), Ellie Tan (Committees Director), Kelly Yoshida (Co-Membership Director), Kenzie Logan (Co-Membership Director)
- Third row: Fannie Yang (Social Media Director), Jasmine Yount (Vice President), Mayele Bautista (Marketing Director), Brittney Slye (Student Ambassador Liaison)
- Fourth row: Airah Martin (Co-Membership Director)

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



## University of Hawai'i Maui College

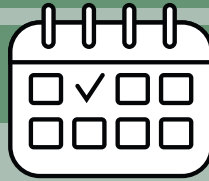
- Board of Officers for 2019-2020 AY Graduated in May 2020 from the program and are all currently working in the medical field as new Rns
- New Board of Officers will be elected in Spring 2021



## Chaminade University of Honolulu

- 9/24/2020- CUH SNA executive board officers gathered together for first executive board meeting
  - Discussion about adjustments for the school year, events, future service projects, and future meetings have been remarked and planned
- 10/01/2020- CUH SNA held the first general membership meeting
  - Meeting discussed future events, adjustments, and service opportunities that can be rewarded points towards active membership
  - Turnout of members that attended the meeting were a mix of students from first year to senior nursing students
  - A door prize was awarded to one member of each cohort for attendance

# Update for the 20-'21 HISNA Year



## FALL SEMESTER

*Fall Community  
Service:  
Mailing out  
Holiday Cards  
to Hospitals  
and Care  
Homes*

## SPRING SEMESTER

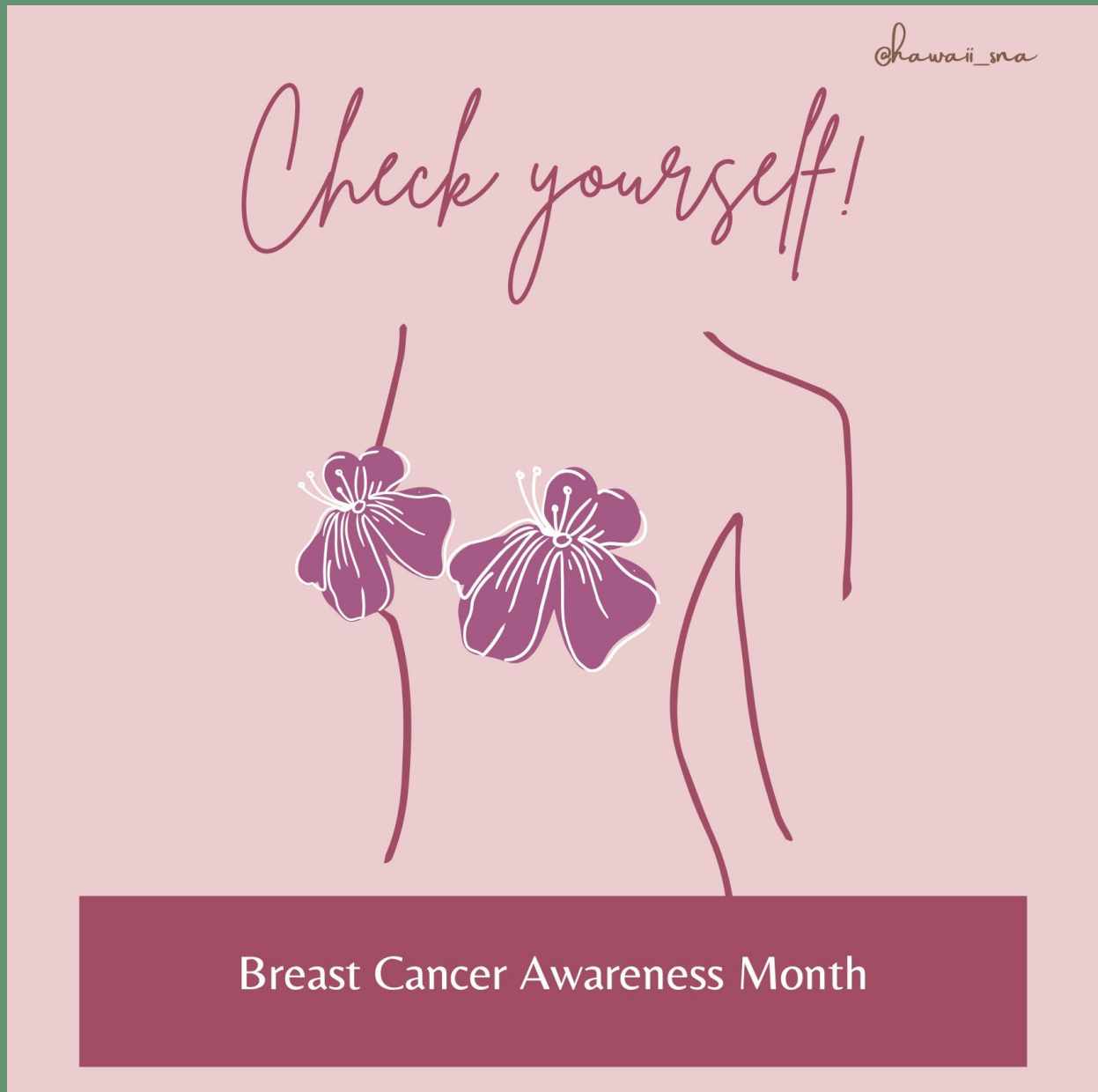
*March 6:  
HISNA Mixer &  
Conference*

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

*Spring Community  
Service:  
TBD*

# October Awareness Month

---



*Made by HISNA Social Media Directors*

TO LEARN MORE VISIT [HTTPS://WWW.BREASTCANCERHAWAII.ORG/](https://www.breastcancerhawaii.org/)

# Halloween Safety Tips

GET CREATIVE!

## How to safely enjoy Halloween!



Tips from  
*@hawaii\_gna*

### Have a spooky movie night

WATCH A SCARY MOVIE WITH A GROUP OF FRIENDS! THIS CAN EVEN BE DONE VIRTUALLY THROUGH GROUP STREAMING SOFTWARES LIKE NETFLIX PARTY!

### Leave individual candy bags in the front yard

SETTING WRAPPED BAGS OF CANDY OUTSIDE FOR TRICK-OR-TREATERS IS A GREAT WAY TO PARTICIPATE IN FESTIVITIES SAFELY!

### Decorate!!!

GO ALL OUT WITH THE DECORATIONS TO LIVEN UP YOUR SPACE AND GET YOURSELF IN THE SPOOKY MOOD!

### Carve pumpkins

GET A PUMPKIN FROM THE STORE OR A FARM (EX. WAIMANALO COUNTRY FARMS) AND CARVE FOR SOME CLASSIC FALL FUN!

### Plan a virtual costume party

ARRANGE A NIGHT OF FESTIVE FOOD, GAMES AND FUN WITH FRIENDS WHILE REMAINING IN THE VICINITY OF YOUR HOME!

### Bake fall treats

CINNAMON, PUMPKIN, APPLE!  
WHIP UP SOME YUMMY DESSERTS WITH FALL FLAVORS AND TASTE THE COMFORT OF THE SEASON!

Made by HISNA Social Media Directors

# Stay up to date with HISNA!

---

INSTAGRAM



@hawaii\_sna

FACEBOOK



@HI SNA

WEBSITE



hisna.org