



# FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses Association

## NEWS & FEATURES

Presidential Address

**PAGE 1**

What are you Thankful for?

**PAGE 2**

What's new in Hawai'i SNA Chapters?

**PAGE 3-4**

Update for the '20-'21 HISNA Year

**PAGE 5**

November Awareness

**PAGE 6-7**

Stay up to date with HISNA!

**PAGE 8**

## Presidential Address

Happy Thanksgiving everyone!

I hope November is a month full positivity for you. As we head into the last 5 weeks of the semester, I would like to wish you all a safe Thanksgiving holiday, as well as a confident attitude as you head into finals.

The Executive Board of HISNA is thankful for your support throughout the years as we continue to grow as an organization.

Mahalo,  
Angelique Mara  
HISNA President



# What are you thankful for?



## Chaminade University of Honolulu

We are very thankful to our members, advisors and the School of Nursing faculty and staff for their continued support during these unprecedented times. We are thankful for the opportunity to continue with our nursing education despite the many challenges we face but are thankful for them because it has taught each of us to be adaptable and flexible, which are important characteristics of a nurse. Sending our thanksgiving greetings to each and everyone out there!



## Hawai'i Pacific University

We are thankful to have a group of nursing students that want to provide a memorable experience for our program! We also thankful to have access to education despite the pandemic! Lastly, we are thankful to have a hardworking SNA E-board!



## University of Hawai'i at Mānoa

We are thankful for our frontline healthcare workers and for our community for working together to maintain social distancing and keeping each other safe.

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

## Hawai'i Pacific University

- 10/28/2020 - Molokai Hot Bread Fundraiser Pick Up
  - HPU SNA raised money for their school chapter through a yummy and successful fundraiser
- 11/07/2020 - 2020 Walk to End Alzheimer's
  - Students participated in the virtual opening ceremony and went on walks, hikes, or runs to support the cause
- 11/09/20 - SNA General Meeting
  - Held the final general meeting of the semester and discussed past and future events. HPU SNA had Andrew Long, from the Institute of Human Services (IHS) as a guest speaker to discuss about volunteer opportunities at IHS.



Photo credit: Menjam Tamang



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



## Chaminade University of Honolulu

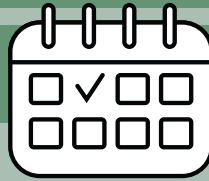
- Chaminade Student Nurses' Association is taking a more legislative route this school year
- CUH SNA is looking forward to setting up workshops to learn more about the legislative process and hopefully do a meet & greet with several legislators.
- Some of the members have volunteered for Silversword Preview Day and on-campus simulations.
- The volunteer opportunities are beginning to trickle in as the community partners are beginning to welcome more volunteers to their events, CUH SNA looks forward to working with them to offer their support and assistance to organizations in need.



## University of Hawai'i at Mānoa

- UH Mānoa had a "Cards for Courage" via Zoom
  - Members made cards for frontline healthcare workers

# 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*

# November Awareness Month

---



Made by HISNA Social Media Directors

For more information, please visit <https://www.alz.org>

# November Awareness Month

## **COPD**

**Chronic  
Obstructive  
Pulmonary  
Disorder (COPD):**

chronic inflammation of the lungs that interferes with normal airflow and breathing (Emphysema or Chronic Bronchitis)



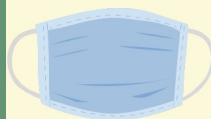
@hawaii\_sna

## **Are you at risk for COPD?**

@hawaii\_sna

**Risk factors:**

- Smoking, secondhand smoke
- Air Pollution
- Occupational dust and chemicals
- Frequent lung infections in childhood
- Alpha-1 antitrypsin deficiency
- Older Age



Made by HISNA Social Media Directors

For more information, please visit <https://www.lung.org>

# Stay up to date with HISNA!

---

INSTAGRAM



@hawaii\_sna

FACEBOOK



@HI SNA

WEBSITE



hisna.org