



# FRESH CATCH OF HISNA

Monthly Newsletter of the Hawai'i Student Nurses' Association

## NEWS & FEATURES

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## Presidential Address

Aloha everyone,

As we are approaching midterms and the half-way point of the semester, I would like to congratulate each and every one of you for working so hard to get here! Don't stop just yet, as I know everyone will be finishing strong prior to winter break and winter graduation for some!

As a gentle reminder, please stay safe and continue to practice physical distancing and wearing your masks wherever you go.

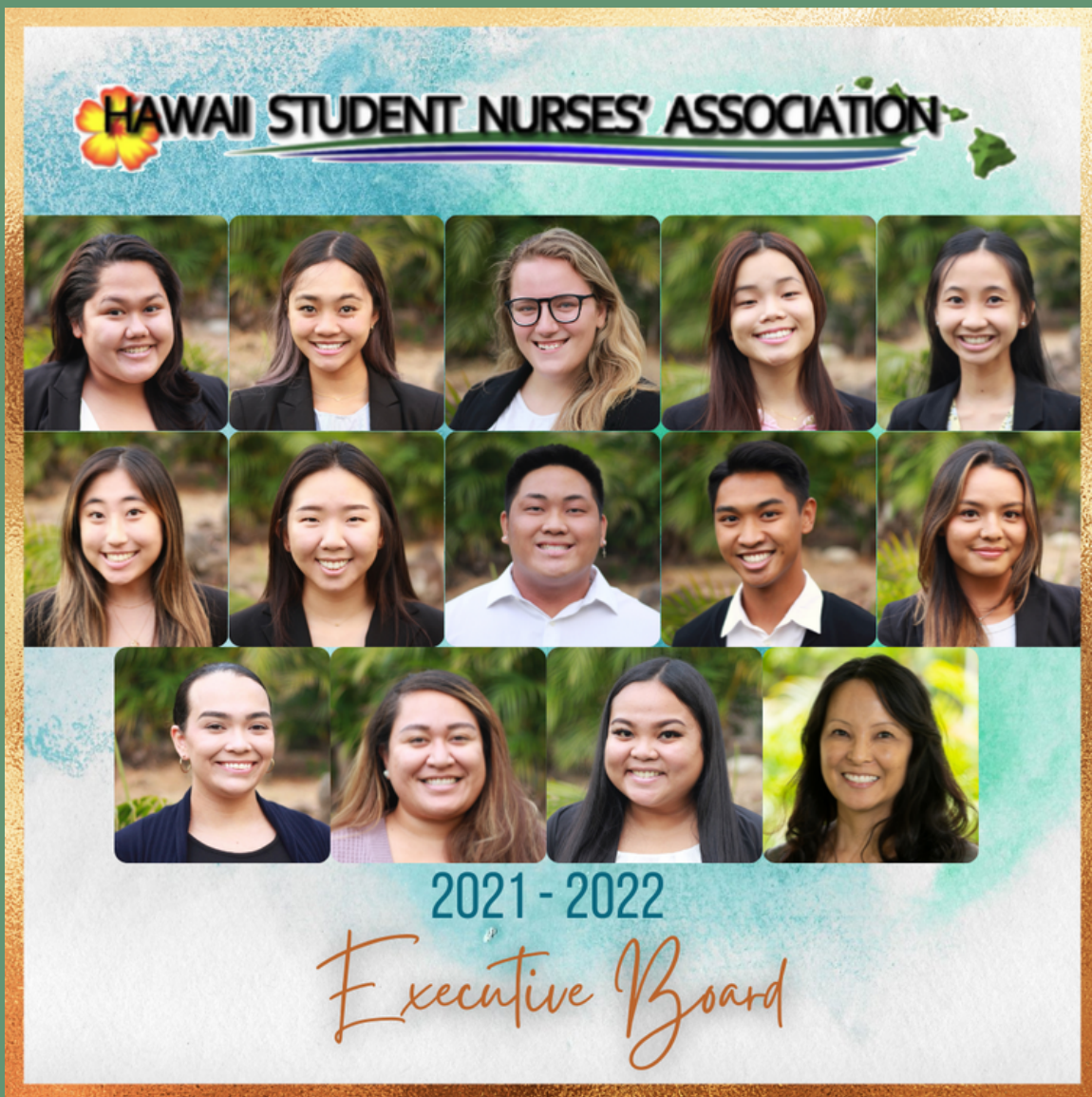
For the month of October, we wish you all a safe and spooktacular Halloween!

Mahalo,  
Angelique Mara  
HISNA President



# Meet Your 2021-2022

## HISNA E-Board!



First Row (L-R): Angelique Mara (President), Amanda Barlan (Co-VP, Caelon Evans (Co-VP), Anna Jane Fujioka (Co-Secretary), Mayele Bautista (Co-Secretary)

Second Row (L-R): Amy Takaki (Co-Treasurer), Jocelyn Jeon (Co-Treasurer), Kelvin Manganaan (Co-Director of Communications), Brandon Julio (Co-Director of Communications), Menjam Tamang (Co-Social Media Director)

Third Row (L-R): Isabel Villanueva (Co-Social Media Director), Noealina Tiaseu (Co-Committee Director), Alexis Mercado (Co-Committee Director), Dr. Jennifer Nafarrete (Faculty Advisor)

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



## Chaminade University of Honolulu

- Held first General meeting on Wednesday, 10/13
- E-board is planning several volunteer opportunities for the academic year
- Will be holding a canned food drive from 10/18-10/29
  - Donations will be given to Hawaii Food Bank

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



## Hawai'i Pacific University

- Participating in the "Be The Match" drive to help find matches for those suffering with complicated diseases such as lymphoma or leukemia.
  - Many of the HPU students have already registered to become a bone marrow donor.
- In the process of making hand written cards that will be given to hospital frontline workers to show our appreciate for all their hard work during Covid-19.
- Have teamed up with Blood Bank of Hawai'i for blood donations.
  - Students have been donating blood to help save lives since the beginning of the semester.

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



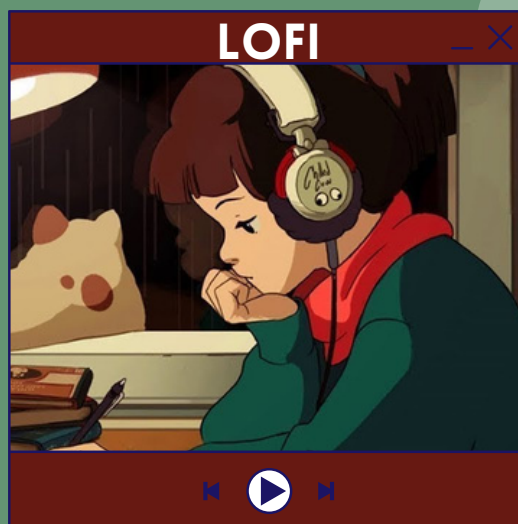
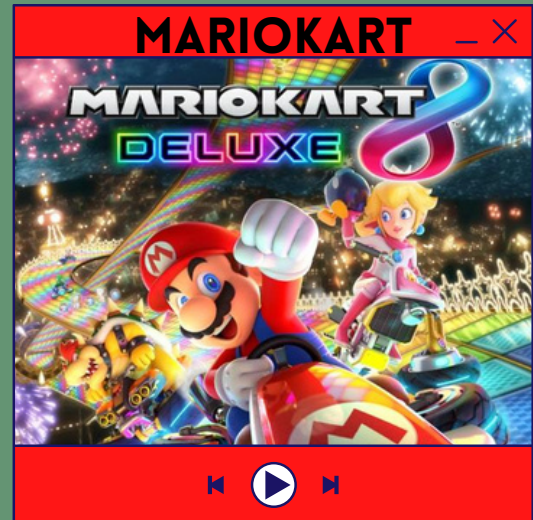
## University of Hawai'i at Manoa

- **Mentor Mentee Program (MMP)**
  - Meet & Greet event was hosted on Friday, 09/17 via Zoom. There was a Talk Story time with mentors/mentees and a Q&A session
- **First General Meeting**
  - Conducted on Tuesday, 09/28 via Zoom
- **September Newsletter**
  - Published on 09/27. Visit SNA at UHM website to subscribe!



# Student Opinions

## What's your favorite study music?



# October Awareness Month

## Down Syndrome Awareness Month



October is Down Syndrome Awareness Month!



Down Syndrome kids are born with an extra copy of Chromosome 21



CURRENTLY..  
More than 400,000 Americans are living with Down Syndrome

@hawaii\_sna

# Healthcare Halloween Costume Ideas

@hawaii\_spa

## HEALTHCARE HALLOWEEN COSTUMES

Some dress-up ideas to help you and your loved ones celebrate Halloween (Safely, of course!)



@hawaii\_spa



**MEDICATIONS**



**X-RAY MACHINE**

**EYEBALL**



**LEUKOCYTE**

cutest-homemade-costumes



@hawaii\_spa

@hawaii\_spa



**AND IF ALL ELSE FAILS, YOU CAN ALWAYS BE A NURSE!**

**SYRINGE**



**"OPERATION"**



@hawaii\_spa



# Stay up to date with HISNA!

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INSTAGRAM



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