

# 'OKAKOPA NEWSLETTER



## PRESIDENTIAL ADDRESS

Aloha mai kākou,

I want to take a moment to express my gratitude for those that attended the 10th Annual HISNA Conference! It was truly a pleasure hosting such an amazing event. I hope you all enjoyed it as much as we did.

As we find ourselves more than halfway through the semester, I want to remind you all to continue to stay motivated and finish strong! I know it can be challenging, but let us all continue to support one another and strive for the best! Let us not forget to prioritize our mental health as well. Give yourselves those much needed breaks and engage in self-care activities. Your mental well-being is just as important as your academic and professional endeavors. Take care, and I am wishing you all the best in your studies!



Mahalo,  
Lilinoe Cabico-Akiona  
HISNA President

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# 10th Annual HISNA Conference



(HISNA Executive board taking a photo with our Key Note speaker Christine Griffin, PHD, RN, NPD-BC)



On October 28th, we held our 10th annual conference at Clarence T.C Ching Conference Center on Chaminade University of Honolulu's campus. Students attended interactive workshops with Cathy Parkes, Edna Monroe-Magpantay, and Jo Wakayama all surrounding the conference theme: "Compassion Beyond Duty". Throughout the rotation of these workshops students gained knowledge about the importance of self care and participated in practice exercises for NCLEX. We also opened the floor to the audience to ask our New Grad Q&A panel questions.

# Mahalo for those who attended our 10th Annual HISNA Conference!



## Congratulations to our Prize Winners



Our grand prize winners have won gifts from LevelUpRN consisting of a Tip of the Day Calendar, a Nursing Student Survival Kit, 1 year membership to view “Flashables”, a Dosage Calculation workbook, and a 1 year membership to all LevelUpRN online resources. All donated by Cathy Parkes.

We hope everyone had a blast, and hope to see you next year!



(Featuring University of Hawai'i at Mānoa students)



(Featuring Chaminade University students)



(Featuring HPU students)



(Featuring Kapi'olani Community College students)

# What's New In Hawai'i's SNA Chapters?



Let's see what UH Mānoa's SNA Chapter has been up to...



- UHM SNA hosted a Mentor-Mentee Meet and Greet on 9/29. Attendees had the chance to paint their own personalized pencil case at the social while building connections with their mentors/mentees.
- At the Discover UH Manoa Open House on 10/21, approximately 150 prospective nursing students and their families had the opportunity to interact with current UHM nursing students, engage with faculty and staff, and tour our state-of-the art simulation center.

# **Volunteer Opportunity:** At the 51st Honolulu Marathon



## **The 51st Honolulu Marathon** on **Sunday, December 10, 2023**

**Sign up link:**

**<https://signup.com/client/invitation2/secure/3622084800102/true#/invitation>**

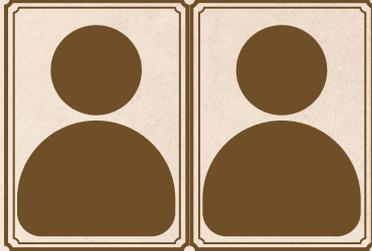
**Please sign-up as "Med Station 09 - Other Med"**

**Please be aware of road closures. Carpool when possible.**

**Refrain from parking at shopping centers.**

**Please wear sunscreen, comfortable clothing and covered shoes. You will be provided a marathon shirt/cap and vest to wear. For your comfort, please bring a chair and plan for inclement weather. If you are a medical volunteer, please bring your stethoscope. Your captain will be providing instructions on site. Light snacks will be provided for the early shift and lunch will be provided for the later shifts.**

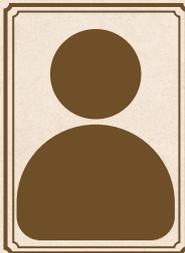
# NOVEMBER ELECTIONS



## Two Committee Directors

Some responsibilities include:

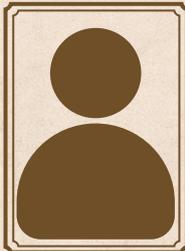
- Actively recruit members for the HISNA as well as coordinate recruitment presentations at all member schools of the HISNA.
- Report recruitment methods and membership at membership meetings.
- Serve a chairperson for membership committees aimed at recruiting new members and increasing interest in the HISNA.
- Establish committees important to the association as designated by the President and the board of directors
- Will write a report on designated activities that enhance the mission of the association.
- Serve as a mentor for the succeeding Committee Director(s) during the 4-month transitional period.
- Deliver all necessary records, papers, and other association property to the incoming Committee Director(s) upon transition of office at the end of term.
- Perform other duties as assigned by the President.



## Social Media Director

Some responsibilities include:

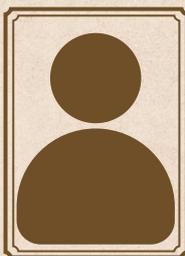
- Publish electronic communications.
- Set deadline dates associated with media projects.
- Organize assistants and delegate tasks as needed.
- Ensure timely release of content to members.
- Update and maintain electronic webpage for the association.
- Assist the President and Vice President with publicity and promotion of all events and activities of this organization.
- Keep the media contacted as to special events of the organization.
- Serve as a mentor for the succeeding Media Director during the 4-month transitional period.
- Deliver all necessary records, papers, and other association property to the incoming Media Director upon transition of office at the end of term.
- Perform other duties as assigned by the President.



## Treasurer

Some responsibilities include:

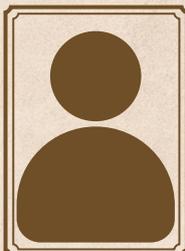
- Act as custodian of organization funds and deposit these funds in a bank approved by the Board of Directors.
- Co-sign checks for fund disbursements as bylaws and policies provide.
- Prepare a budget and make monetary disbursements with the approval of the President and as authorized by the Board of Directors.
- Serve as chairperson of the Committee on Fundraising.
- Serve as a mentor for the succeeding Treasurer during the 4-month transitional period.
- Deliver all necessary records, papers, and other association property to the incoming Treasurer upon transition of office at the end of term.
- Perform other duties as assigned by the President.



## Director of Communications

Some responsibilities include:

- Notify Board of Directors and nominating co-chairpersons of time and place of all meetings of the Association at least 2 weeks prior to the next Board meeting.
- Conduct the general correspondence of the Association as requested by the President or Board of Directors.
- Notify all schools of their state constituency status, the number of voting delegates, and the date, time and place of the annual meeting at least 30 days prior to the meeting.
- Serve as a mentor for the succeeding the Director of Communication during the 4-month transitional period.
- Deliver all necessary records, papers, and other association property to the incoming Director of
- Communication upon transition of office at the end of term.
- Perform other duties as assigned by the President.



## Secretary

Some responsibilities include:

- Record the minutes of all meetings of the Association and of the Board of Directors and also be responsible for the distribution of the signed minutes to the Board of Directors and nominating co-chairs, and to send by print copies or by email all approved and signed board of directors and annual membership meeting minutes to NSNA headquarters.
- Sign with the President such organization papers as come into their executive and administrative spheres.
- Review the policies and be responsible for recommendations of policy changes.
- Serve as a mentor for the succeeding Secretary during the 4-month transitional period.
- Deliver all necessary records, papers, and other association property to the incoming Secretary upon transition of office at the end of term.
- Work in conjunction with the Director of Communication and Media Director
- Perform other duties as assigned by the President.



# October Awareness



## BRIEF HISTORY OF BREAST CANCER AWARENESS MONTH

### WHO STARTED IT?



Breast Cancer Awareness Month began in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries.

Betty Ford helped kick off the week-long event, as she was herself a survivor of breast cancer.



<https://brevardhealth.org/blog/a-brief-history-of-breast-cancer-awareness-month/>

## BRIEF HISTORY OF BREAST CANCER AWARENESS MONTH

### WHAT IS THE GOAL?



The goal was to educate women about breast cancer and early detection tests so that women could take charge of their breast health.

One of the key goals was to promote mammograms as an important tool to be used in the fight against breast cancer.

## National ADHD awareness

@HISNA

Those with ADHD have difficulty paying attention, sitting still, or managing impulsive behavior which may affect how they perform certain daily activities.

<https://www.healthline.com/health/adhd-awareness-month>



## Symptoms

- Inattention
  - Finding it challenging to focus or follow directions
    - Not due to rebellion or challenges with understanding something
- Hyperactivity
  - Feeling the need to move constantly
    - Even when it may be inappropriate for the situation
- Impulsivity
  - May have difficulty managing impulsive behavior
  - May have difficulty considering the long-term consequences of one's actions

## Why is it important ?

- Increases access to resources needed to manage ADHD
- Allows public to learn about ADHD
- Promotes early treatment
- Access to support systems
- Get proper treatment



## History behind this awarness

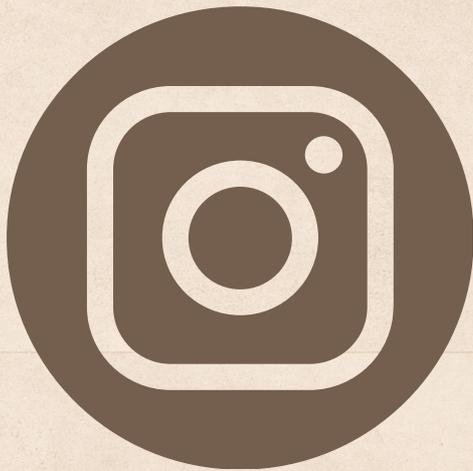
- First began in 2004 as a collaboration of mental health organizations
  - Organizations included
    - ADHD coaches organization
    - Attention Deficit Disorder Association (ADDA)
    - Children and adults with Attention Deficit Hyperactivity Disorder (CHADD)
- US Senate designated this awareness as a national holiday which later transformed into a month-long event



ADHD Awareness Month: History, Mission, Ways to Celebrate  
ADHD Awareness Month involves raising awareness and showing support for those with ADHD.  
© healthline.com 35

# KEEP UP TO DATE WITH HISNA!

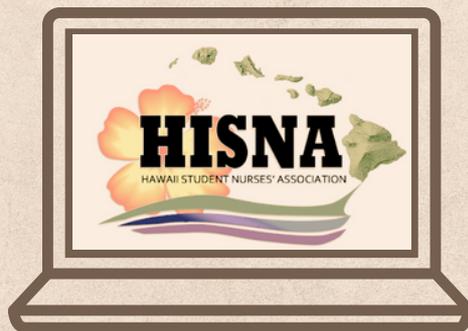
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