WINTER 2015

HOSA LEAD

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hosa future health professionals

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PREPARING THE NEXT GENERATION of Health Care Professionals

Employment in the healthcare industry is forecast to see exponential growth in the coming years, and to ensure that these roles are filled by skilled professionals, organizations like the National Academy Foundation are taking on the task of exposing young people to career possibilities and what it takes to get there.

The National Academy Foundation's (NAF) career-themed academies open doors for more than 80,000 high school students to viable careers. For over 30 years, NAF has refined a proven educational model which includes industry-focused curricula, work-based learning experiences, and business partner expertise from five themes: Finance, Hospitality & Tourism, Information Technology, Engineering, and Health Sciences.

The Academy of Health Sciences (AOHS), NAF's newest academy theme, addresses the projected growth in the healthcare industry and prepares future healthcare professionals by providing young people with a STEM-infused educational experience using healthcare career paths as a vehicle for providing relevance. Today, AOHS includes 79 academies and serves 11,529 high school students.

NAF students have the opportunity to learn about healthcare systems at the organizational, national, and global levels; foundations of anatomy and physiology; principles of biotechnology; health career options, and more. In addition to a strong industry-focused curriculum, students interact with business professionals through several work-based learning activities culminating in paid internships.

Work-based learning connects what students are learning in class with the world of work through career awareness, exploration and preparation activities. Guest speakers, worksite tours, and career fairs build student awareness of a variety of careers and allows students to begin identifying areas of career interest. Once students build this foundation, they engage in mock interviews, informational interviews, and job shadows to explore their interests more deeply and learn about the skills necessary to pursue various careers. Lastly, the career preparation phase allows students to apply what they are learning through internships. Completing an internship in high school puts NAF students one step ahead of their peers and gives them invaluable professional experience to prepare them for college and beyond.

For many academies, these work-based learning experiences are made possible by the advisory board. More than 5,000 business professionals serve on local advisory boards to provide current industry context as well as secure funding, volunteers, and internships.

The elements of the NAF model combine to create academies that help at risk students achieve incredible academic outcomes – NAF students have higher GPAs and SAT scores than non-NAF students in their district and NAF seniors graduate at a rate of 97%. **Get connected with NAF on Instagram @NAFCareerAcads and learn more at naf.org.**

Today, AOHS includes 79 academies and serves 11,529 high school students.

ARIZONA

Hayley Owen
Undergraduate, Mel & Enid Zuckerman College of Public Health, University of Arizona

As a HOSA alumni and collegiate member, I have had seven years in this wonderful organization to learn, grow, and expand my knowledge of the health field. Starting out as a secondary member, I competed in epidemiology and became interested in public health through this competitive event. When I began attending University of Arizona, I quickly realized that majoring in public health would allow me to make an immense impact on the health of entire communities. Along this path, I have been presented with opportunities that I would have never imagined, including serving as an Arizona HOSA State Officer as well as in HOSA's internship program with the Office of the Surgeon General. Most recently, I was able to take part in a once in a lifetime experience volunteering in Southern India with the International Alliance for the Prevention of AIDS (IAPA), that I found out about through my involved in the public health program at the University of Arizona. Not only did this program change my outlook on the world and allow me to grow as a global citizen, but it also amplified my interest in global health and redirected my future plans within public health.

Although I had only ever been out of the country to visit the nearby Mexican state of Sonora, I decided to embark on an eight week-long volunteer abroad experience through my college to Chennai, Tamil Nadu in Southern India. The program takes American student volunteers each year to teach about HIV/AIDS in local schools as well as work toward other health initiatives in the area. I spent the semester prior to my departure learning about HIV/AIDS and how to be an effective teacher in order to prepare me for the experience.

After all of my learning the previous semester, I arrived in India at the beginning of summer break, only to realize that nothing could have possibly prepared me. Initially, I was overwhelmed by the sights, smells, and sheer number of people. However, throughout my time in Chennai, I fell in love with teaching about HIV everyday as well as developed an immense appreciation for the culture and the people around me. I was able to interact with so many eager students, play with children affected by HIV, and build relationships with Indian staff members who eventually became family. I flew to India extremely unsure of the decision I was making, only to fly back knowing that I couldn't wait to return to this beautiful country.

This summer, I am fortunate enough to return to India to work with IAPA, once again being able to teach about HIV as well as work on issues like hygiene and women's health in Chennai. I am so grateful to once again be able to make a difference in the health of this community as well as gain experience in working in global health. While my involvement with IAPA did not come directly through HOSA, my knowledge, passion, and confidence to travel to India all did. The people I have met through HOSA have supported me in making my global health endeavors a reality as well. Just as I am thankful for the experiences I have had abroad through IAPA, I am grateful to HOSA for opening the doors necessary for me to realize my passion for global health in the first place.

From my experiences, I have since been able to share my passion for global health and my explanations of my time in India with Arizona HOSA members at the 2014 FLEX Leadership Conference. In general, I hope that other HOSA members realize the immense impact that this organization can have on their own trajectories in the health field. I urge all members to use their time with this organization to explore their interests as well as to take advantage of all the opportunities that may come their way as a result of their involvement in HOSA.

ARIZONA

Elizabeth Carnesi
Historian, Arizona HOSA
Paradise Valley High School

THE NEVER-ENDING JOURNEY

Over the past three years, I've come to discover that HOSA is a journey that never ends. From the moment that you join, you're in for life. When I joined HOSA, I didn't realize all the amazing friends, experiences, and opportunities that HOSA would open up to myself and other members. My HOSA story falls into this category.

I joined HOSA my sophomore year of high school and instantly fell in love with it and what it stood for. I quickly decided that I wanted to do more in HOSA and ended up running for chapter office and then State Office. As an officer, I have been able to meet tons of new people that have helped me on my HOSA journey.

One of my favorite memories is from National Leadership Conference in Orlando this past summer. I met many other State Officers and made lots of new friends. I remember trying to find a bus that would take me from one of the Disney Hotels to the Coronado Springs to HOSA Leadership University. HOSA Leadership University was a leadership training for all State Officers. I couldn't find the bus. I was the only state officer from Arizona that was attending, so I was basically alone. I noticed there were a few other people nearby who were in their official HOSA uniforms and were talking about being state officers, so I introduced myself. They happened to be the Tennessee HOSA state officer team and I ended up, in a way, being adopted by them. I was able to attend HOSA Leadership University because I followed them to the bus going to the Coronado Springs. That really spoke to me about how HOSA is a giant family. I wouldn't have made it to the seminar without the Tennessee HOSA state officer team. The helpful hand that I was offered made me realize that HOSA is more than just an organization – it is indeed a family.

COLORADO

For CTSO giveback this year, the Colorado HOSA state officers volunteered at Lifeline Puppy Rescue, which is a no-kill animal shelter that has been rescuing puppies in the Rocky Mountain Region since 1993. Animals keep being found or dropped off at shelters. Some of these animals may have been born on the streets or became separated from their owners, and the people at the shelter work to better the lives of these animals. This facility relies solely on volunteers and donations to keep the rescue running. Whether you walk dogs at your local shelter, become involved educating or assisting with fundraising, you can make a difference in the lives of animals. Volunteering gives us a sense of satisfaction for helping others, can lower stress, make you feel needed and appreciated, increase happiness, and so much more. Damaris Simental, the Colorado HOSA president, said, “it’s not just about volunteering for the community it’s about understanding where all these puppies come from, from nearby states to Mexico and even South America. That’s what makes this moment so special for new owners. Having Colorado HOSA as a part of that experience really made us understand the different ways we can lead.”

A study conducted by the Natural Health magazine in 2007 showed that 95 percent of volunteers said they gained a feeling of euphoria and energy after offering their service. Volunteering truly is a feel-good activity, and what better way to spend the day than with cuddly and furry friends? It is no doubt that this rescue provides so many opportunities for families to become whole, The Colorado HOSA Vice President of Membership, Caitlyn Smith said, “I just love it because we get the chance to give back to a place that provides so many opportunities for families and animals.”

The Lifeline Puppy Rescue does so much more than saving four-legged lives; it also gives the opportunity for students to learn more about veterinary science. Mark Estrada, the Colorado President- Elect, said that, “It was a good way to experience another side of healthcare: veterinary science.” Veterinary Healthcare is one side of medicine that is often unexplored and holds so much wonder. The Veterinary Cancer Society works alongside animals with naturally occurring cancers and helps develop cancer treatments. Some vets also train in epidemiology and work alongside the CDC (Center of Disease Control and Prevention) to develop cures for potentially deadly illnesses, like West Nile virus.

Whether you’re working with patients in a hospital bed or in a shelter, we as a healthcare team we have the obligation to carry HOSA into the community and serve passionate organizations, much like the Lifeline Puppy Rescue. Colorado HOSA was represented to the community by working with other passionate volunteers, leaders are truly found everywhere. Working with other organizations and learning different forms to lead for the same purpose is what these puppy loving officers experienced, and we can all agree that the Colorado HOSA Officers enjoy giving love. The Colorado Vice President of Service, Shane Falzon, stated that, “Volunteering in the community is a fantastic way to gain leadership skills while helping people, and animals, in the process. It brings people together.”

Being a volunteer also keeps your mind, body, and emotions active and healthy; time like this keeps you thinking, moving and feeling. The animals keep coming, and more people are needed every day. For all the unrescued puppies out there, the Colorado HOSA officers will work hard to give you a home!

Auburndale Honors Allison

The students of Florida HOSA Region 4 East Auburndale High School's chapter organized Allison's Hope Walk in Allison's honor to raise awareness about multiple sclerosis and to help fundraise for the Multiple Sclerosis Association of America.

On November 19th, 2014, Auburndale High School lost one of its most courageous students, Allison DeSalvatore. Allison battled through multiple sclerosis (MS), a disease that disables the central nervous system's ability to transmit information within the brain, and between the brain and the rest of the body.

The Multiple Sclerosis Association of America is actively involved in providing support and medical services to those who have multiple sclerosis as well as their families and care partners. For more information about the Multiple Sclerosis Association of America visit mymsaa.org.

HOSA not only provides professional and leadership development through competition and experiences for future healthcare professionals, but it provides its members with lifelong friendships and a drive to take care of one another and the community. Auburndale HOSA banded together as a family to support the DeSalvatores and to give back to the community in the ongoing fight with multiple sclerosis.

Auburndale High School's Class of 2015 stood strong through this heartbreaking time. They wanted Allison's memory to live on during Allison's Hope Walk. During the walk there were games, food and a petting zoo; all proceeds from the event went towards the Multiple Sclerosis Association of America. Allison stood as inspiration for others to never give up in life and to always enjoy the little moments that often pass us by. She will be missed but her influence will continue on within HOSA for years to come.

Barbara Sanchez
Florida HOSA Region 4 East
Auburndale High School

Hello, National HOSA!

I hope everybody's experiencing a fantastic start to the New Year. I wanted to take an opportunity to talk about the opportunities available to us as students. For many of us, there doesn't seem to be much happening outside the realm of school and sports. However, there exists a plentiful world of jobs, internships, and connections just waiting for those who are driven enough to take them.

The first thing we must all do is be aware of our surroundings. Oftentimes there are many opportunities provided to us simply by virtue of our physical location. For instance, here in Jupiter, FL, there are two prestigious research institutes: the Max Planck Institute for Neuroscience (the only Planck Institute in the US) and the Scripps Research Institute. Both of these institutes offer internships and jobs to both high school and college students who aspire to be doctors or researchers, and they offer these services to local, nationwide, or international students and scientists. It's very important to be aware of what your location can offer you, especially if there is something that sparks your interest.

Secondly, be aware of the opportunities available nationwide. A single visit to the National Science Foundation's website can offer a wide variety of internships and research opportunities available for nearly every discipline under the sun (http://www.nsf.gov/crssprgm/reu/reu_search.jsp). These research options are available for nearly any student who wishes to apply. In addition, there are many openings in many different and exciting locations, giving a wide variety of options for students with differing interests. A simple Google search would likely offer even more internships and research openings across the country and even around the globe. Always be searching for the next opportunity, and be sure to ask questions of those around you to better understand how to get involved in your own future.

I hope I've offered some insight on how to get started in your chosen field. I'd like to offer one of my favorite quotes as a sort of inspiration for those of you who desire it.

"Be realistic, demand the impossible."

– Slogan of the 1968 Paris Students' Revolt

Always a pleasure,
Clayton A. Sims
FL HOSA Southern VP PS/C

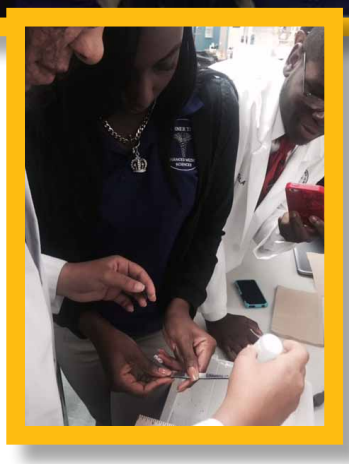
A Vibrant City's Vibrant Students

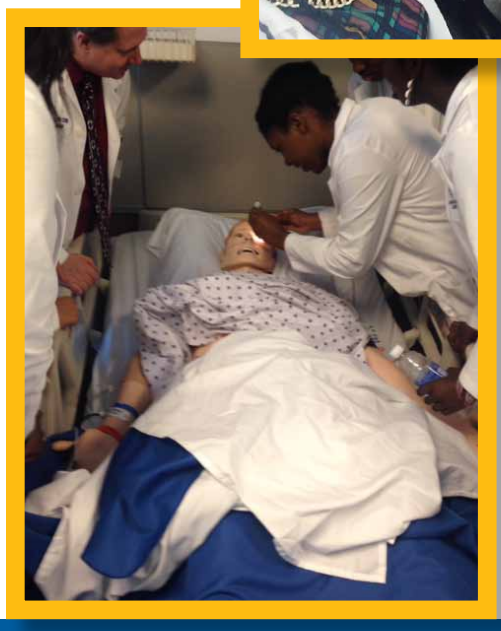
Julius Wade
Florida HOSA Chapter in Miami-William H. Turner Technical Arts HS (Turner Tech HOSA)

Vibrancy is rampant in Miami. Vibrancy exists in the diversity of Miami's communities, its richness of culture, and presence of HOSA. Out of the 3,000 vibrant HOSA members in the Sunshine State's sunshine city, a group of thirty shine particularly bright. As students at William H. Turner Technical Arts High School, members of Turner Tech HOSA, and enrollees in the school's Advanced Medical Sciences program, these HOSA members combine the might of science and service to achieve something spectacular.

In Turner Tech HOSA, the organization isn't regarded as a club, but as a tool intertwined with health science curriculum, used to broaden the professional and social horizons of young healthcare hopefuls. This especially holds true for the students of the Advanced Medical Sciences program. Every day the students apply their existing anatomical and physiological knowledge to diagnose fake patients and solve clinical problems posed by adviser, Marta Valdes. The students add to their repertoire in their visits to local hospitals and postsecondary institutions where they learn about the opportunities available to them, and act as ambassadors of the mission of HOSA in their travels across South Florida. But the real fun begins at the end of every week, as they celebrate their membership in HOSA and coordinate their next big thing in their observation of the aptly dubbed HOSA Friday. Here, their vibrant minds truly come alive as they plan community outreach events, mull over the latest Florida and National HOSA happenings, and prepare for upcoming regional and state competitions.

Each of these vibrant students embodies the consummate HOSA member in their dedication to each other, their communities, and the healthcare profession, but even more marvelous is the fact that these members are only a handful in a bustling community of over 175,000 vibrant HOSA members worldwide, each working towards making the tomorrow of healthcare a little bit better.





10 SIGNS YOU'RE A HOSA MEMBER

What HOSA has given me I could never fully put down on paper or explain to a close friend, but if my chosen words can leave any kind of positivity about this organization on a reader, then let's give it a try. BuzzFeed-style, here are "10 Signs You're A HOSA Member."

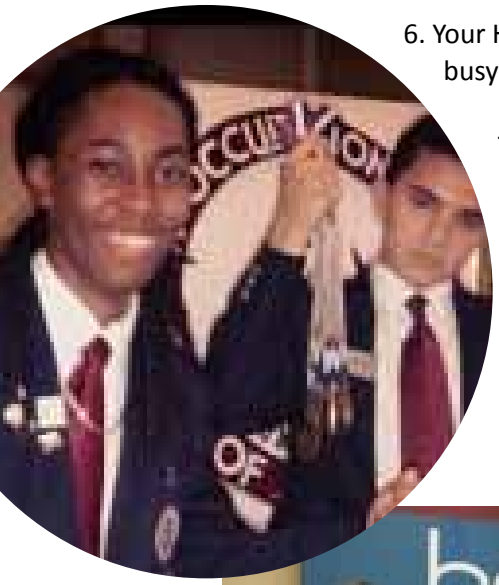
1. You think the required suits or scrubs look extremely professional, but you dread the getting ready process of it. When you're dressed for the part, you're dressed for success.

2. You can't wait for the huge dance party at NLC. When all of your hard work and studying has paid off, what better way to celebrate then with thousands of your closest friends?

3. You know that the health care industry is much greater than doctors and hospitals. Millions of options are available at HOSA members' fingertips with their involvement in the health field.

4. Seeing people in scrubs and professional wear doesn't surprise you anymore.

5. Everyone knows that you're in HOSA! You can't hide your passion and dedication from this organization from anyone.



6. Your HOSA commitments are your main commitments. You start scheduling your busy life around the incredible conferences and events!

7. You've been mistaken for a pilot, flight attendant, or any other airline employee while traveling in your HOSA gear, but don't worry! It's the best way to impress strangers with your "What is HOSA?" explanation.

8. Your HOSA advisor is basically part of your family. I mean, how could they not get to know you after pushing you to study and remember your guidelines?

Stephanie Guimaraes

9. Speaking of… You can NEVER seem to remember to have your competition guidelines! We've all been there…

10. Meeting people from across the nation, competing in intriguing events, experiencing new places while traveling, building your chapter's membership, fundraising, and staying inspired daily by the wonders of the health field are just some of the reminders to why you love being a HOSA member.

If you can relate to any one of these listed, then you're doing something right by being a member. These occurrences happen daily and help us all stay united as a family towards bettering the future of health care. Just remember, you are a member of one of the most prestigious CTSOs this nation has to offer, and if anyone ever wonders where all your motivation for the health industry comes from, just tell them "it's a HOSA thing."

FLORIDA

Florida HOSA Alumni is booming currently. We have alumni members from all over the state that are still active and help out each and every of our current HOSA members. Florida HOSA has just started a new program titled FHAPA which stands for Florida HOSA Alumni and Professional Association. This new program is a way for old HOSA members to stay involved with the organization. It targets old members who are no longer enrolled in school at the secondary or postsecondary level. The FHAPA membership consists of past national officers, state officers, and members that want to give back. Although the program is new, it is already off the ground and flourishing tremendously. The current state officer team just hosted a soiree with the FHAPA members, which was an amazing experience for both parties. Alumni members in Florida HOSA love to help out in any way they can. They are seen at the regional and state level conferences doing their best to help out. When alumni members are seen doing this, our current members are thrilled that even after their active HOSA careers end, they have something they can be a part of after the fact. Everyone in Florida HOSA appreciates our alumni members, and tip our hats to them for all the service they give back to the organization that they claim has given them so much. We love to encourage our alumni membership as well as our FHAPA membership, so check it out!

HAWAII

Hailing from Kahului, Maui High School lives and breathes HOSA culture. Quality and quantity are two words to describe the recent era of Maui High's HOSA chapter. Boasting 165 members, their presence at the regional, state, and national level is never unseen. The 2014-2015 Chapter President Ro Ann Viloria expressed her chapter's success as an action led by inspiration. In the only Regional Conference that Hawaii HOSA holds, Maui brought home a staggering 67 qualifiers for the Hawaii HOSA State Leadership Conference (SLC) held on the island of Oahu. For any chapter, gathering passionate members does not come easy. Maui HOSA attributes their success in big numbers to their passionate and diligent council. Viloria believes that every year the council has led each student with integrity on all levels. Some of their best practices include starting early and getting everyone involved. From their involvement with service projects and competitive events, they have always started early with a tangible goal in mind. As they continue to prepare for the Hawaii HOSA SLC, they can only sing praises and thanks to their wonderful chapter advisors Aaron Joyo, Grace Akou, Lupe Anitema and even the State Advisor Mrs. Ada Toyama. Giving a shout out to the advisors, Viloria reveals "… our chapter wouldn't be successful without our advisors who are driven to take each member far, and to give them the best 'HOSA experience' possible."

quality

quantity

Entering its 10th year in 2015, Hawaii HOSA has grown and flourished with hard work, perseverance, and time. 10 years ago, Hawaii HOSA began with 210 members from 12 schools. Today, Hawaii HOSA runs strong with 1300+ members and 30 active chapters from across the state. Throughout the years, Hawaii HOSA has taken great strides in improving its membership and their involvement in the community. They have participated in the national service projects, partnered with local organizations, and has poured their experience and resources into many schools. Although Hawaii HOSA has seen great numbers and created great stories these past few years, building an excited membership took time and the mindset to learn. With an exciting year ahead of them, Hawaii HOSA caps this year off with their SLC theme "Lead, Inspire, and Celebrate!" It has been a long journey for Hawaii HOSA and as they were 10 years ago, they are dedicated to building a better Hawaii, nation, and world.

"Lead, Inspire, and Celebrate!"

Established on the beautiful campus of the University of Hawaii at Hilo in the year 2011, UH Hilo's HOSA Chapter has been an organization that aims to improve leadership, professionalism, and self-esteem. Under the leadership of President Lark Jason Canico and a strong executive board, UH Hilo's HOSA Chapter made history this year by hosting the First Annual Campus Competition. Members arrived at campus early in the morning, dressed in formal business attire ready to compete against each other in various events such as Knowledge Tests and Public Service Announcements. Overall, the day was extremely successful and fun! Not only did they make history, but UH Hilo's HOSA Chapter was also kept busy during HOSA week. Members contributed to their community by hosting a canned food drive as a part of HOSA week and December's general #HOSAGIVESBACK. In addition to the food canned drive, members decorated a huge tri fold board and made leis for the University's nursing faculty to show appreciation, amongst other activities. On the last day of HOSA Week, members passed out pieces of paper with mental health care tips, which were randomly distributed to students throughout the University. HOSA week definitely left a lasting impression on the campus and the members are already planning and excited for next year's HOSA week! The University of Hawaii at Hilo's HOSA Chapter is revamped and ready for whatever the New Year will bring to them. They are busy preparing for states, and are working hard on planning for more community outreach projects, fundraising, and would like to work on expanding HOSA chapters around the island of Hawaii (Big Island).

KANSAS

Michelle Paine
2012-2013 Kansas HOSA State President

For as long as I have remembered, I wanted to have a career in healthcare. When I entered high school, my passion started to become a reality. Little did I know on my first day of medical science class, HOSA would shape my life and direct my future into the field of nursing. I quickly became involved in my local chapter during my sophomore year. As a junior, I nervously took the podium at the Kansas Fall Leadership Conference and ran for the office of Chaplain. But being elected as Chaplain that year was only the beginning of my time as a Kansas HOSA state officer. Full of passion and excitement, combined with the unwavering support of my advisor, I ran for the office of State President the next year and won! As president, I was excited for the opportunity to lead my state's HOSA group, and guide a growing field of health-minded students by encouraging them to pursue their dreams in a healthcare field.

I am so grateful HOSA gave me the opportunity to gain the necessary skills and experiences to be accepted into the program. HOSA taught me the importance of effective communication, community involvement, and striving to be the best I can be. These attributes helped me as I applied to a nursing program and proved myself to be a well-rounded individual. None of this would have been possible without the experience and guidance HOSA brought into my life.

Fast forward to today. I left Kansas to study at my dream school: The University of Nebraska Medical Center's College of Nursing. It has been such an incredible experience to work and learn alongside some of the most skilled and educated leaders in my profession. I have also proudly watched as some of the most skilled health professionals in my community came together at Nebraska Medicine to care for patients during the Ebola crisis.

My years in HOSA taught me that my dreams CAN come true if I set my mind to it.
I want to encourage each of you to take ahold of every opportunity to you have to learn something new, and don't give up until you have achieved your goals. In 2016, I'll be walking across the stage to earn my BSN…a goal I cannot wait to accomplish. So to my HOSA family that is still pursuing their dreams, keep reaching!!

My years in HOSA taught me that my dreams CAN come true if I set my mind to it.

Members of Hutchinson HOSA delivering meals to elderly members of their community through the Meals on Wheels Association of America.

Volunteer Service

HOSA not only teaches young individuals the necessary skills to become the best future health care providers they can be, it also gives them opportunities to give back to the community that has given so much to them. Through volunteer service, Kansas HOSA has been able to express its gratitude towards our fellow residents throughout the state.

Kansas HOSA has been involved with many different volunteer service projects. Some of these service projects include helping out at school wide and community wide blood drives and volunteering at local Salvation Armies, among other things.

One very helpful and fun volunteer service project – done by Winfield HOSA – is volunteering at the annual Gingerbread Festival that is set up by Winfield's local hospital, the William Newton Memorial Hospital. The members of Winfield HOSA assist children in building gingerbread houses out of kits composing of candy, cereal, graham crackers, frosting and other various goods.

Sara Shaban
Kansas HOSA Treasurer

Members of Hutchinson HOSA are also involved in a very significant volunteer service project. Every Wednesday during lunch time, members of Hutchinson HOSA deliver meals through the Meals on Wheels Association. These meals are delivered to elderly members of the community who may otherwise find it difficult to obtain their next meal.

Another volunteer service project includes helping out at some Special Olympics events. The activities that can be done during this service project range from working the concession stands to working the clock at a Special Olympics basketball game.

The previously mentioned volunteer service projects are just a few of the many opportunities Kansas HOSA has been given. Through these service projects, members of Kansas HOSA are able to increase their compassion and knowledge of members of their communities, all while acquiring helpful skills that will help them in whichever future health care career they decide to achieve.

HOSA Member makes a difference with "Chemo Bags"

Lauren Moe, MN HOSA member at Chanhassen High School used a difficult family time to help others. After watching what her mom endured after being diagnosed with Stage 3 Breast Cancer- surgeries, chemo and radiation, Lauren felt she needed to do something. It was after her visit with her mom to Minnesota Oncology that she decided she wanted to do something special for those suffering from the side effects of chemo. She watched people of all ages and stages of cancer, sick and bald, in vinyl recliners with a chemo drip in their arm. Lauren says, "I knew I couldn't cure them, but I could offer a bit of help and hope." After a discussion with her mom about her chemo symptoms and what she used to combat the nausea, dry mouth, skin, compromised immune system and neuropathy in her hands and feet, it gave her an idea to provide others with the things that were helping her mom.

Because she knew that not everyone have the support and care that Lauren's Mom did, she thought if she could provide a "Goodie Bag" to help with the symptoms they were having right now, that might give them a bit of help.

Her project objective is to teach the public about how chemotherapy affects the patients and what we can do to help.

Lauren's project started with a request for donations from local businesses. From there, she has gotten the hang of organizing logistics and made it a part of everyday. She presents her project to groups; request and collect donations assemble bags full helpful and comforting items and distribute them to patients at local oncology offices. The bags are assembled by organizations such as the Girl Scouts and Rotary Interact, friends and families and this year she could add her HOSA chapter. Shakopee Women's Correctional Facility has helped by sewing and knitting bags, scarves and hats. They also make bracelets, cards and bookmarks to add to the bags. This is a true Community Service Project with using the resources of her community.

Each item in the bag has a very specific meaning behind it, either to help the patient during the hectic time or relieve some of the terrible side effects: Dry Mouth, sensitive skin, weakened immune system, hair loss, nausea, and the metallic taste in the mouth. Also in each bag is a handmade note from Lauren to provide encouragement to the patient. Each bag includes such as soothing teas, moisturizer for dry skin, and even word games to help distract from the side effects.

As a HOSA member, Lauren has also been a part of a Safety Camp in Chaska as a part of the MN HOSA MRC. MN HOSA is very lucky to have a compassionate HOSA member today and a Future Health Professional of tomorrow.

MINNESOTA

Lauren Moe, MN HOSA member at Chanhassen High School

NEVADA

It was Wednesday, November 26, 2014, the day before Thanksgiving. Andrew Bodak, a senior at Veterans Tribute Career and Technical Academy (VTCTA) & HOSA member, witnessed a car accident. A truck lost control, jumped the center median, entered oncoming traffic, and struck the driver's side of the van that was in front of him, pushing it across two lanes of traffic.

Bodak immediately stopped, utilizing his own vehicle to block where the van had come to rest, and began rendering aid. After approaching the driver of the van, he performed a trauma assessment and noted abrasions behind the driver's left ear, as well as lacerations on the patient's left arm. The passenger of the van appeared to be uninjured. Another driver checked on the truck occupant, and he was uninjured as well.

Andrew started dressing the wounds of the van driver, and noted that the driver was feeling dizzy. At that time EMS arrived on scene, and after Bodak delivered his hand off report, the EMS crew made the determination that the van driver needed to be transported, and Bodak held c-spine and assisted in back boarding the patient.

When asked about the incident, Bodak stated, "My EMT classes at VTCTA, as well as training for the skills portion of HOSA competitions, prepared me to assist in this situation."

Unbeknownst to Bodak, the driver of the van was the parent of a fellow VTCTA student (the passenger) who he had just picked up from school. The parent made it a point to have Bodak recognized by not only the school district, but the Clark County Commission as well, who presented Andrew with an official proclamation for his heroic actions.

Andrew Bodak
drewbodak@gmail.com
702.335.0508

Nevada HOSA there was also a news report: http://www.8newsnow.com/story/27645376/teens-quick-thinking-after-crash-gets-recognized

Rosalia Salazar
Nevada HOSA
State President

Did you know that Nevada HOSA is expanding to middle schools and hopes to have middle level chapters by the end of this year? The Nevada HOSA State President, Rosalia Salazar, has introduced this idea to J. Harold Brinley Middle School, located in the heart of fabulous Las Vegas. HOSA in middle level divisions is known as JUMP, which stands for Junior Upcoming Medical Professionals. Being a Special Education major, Rosalia was able to complete her field observations at this middle school and was also able to make an attempt to reach out and recruit prospective members that are in Special Education programs. Being a part of Career and Technical Student Organizations like HOSA gives students in middle school the opportunity to participate in community service events and also discover the different health professions the world has to offer! America's youth are the industry leaders of tomorrow and Nevada HOSA saw just that when expediting this exciting new opportunity. For Nevada HOSA's State Leadership Conference, middle level divisions are allowed to compete in one of two events: Extemporaneous Health Poster and the Healthcare Issues Exam. These two competitive events are two of the many that are to become available as their middle level division grows throughout the Silver State. Nevada HOSA is excited to open up a whole new world to their middle level divisions and cannot wait to put their skills and knowledge to the test for the State Leadership Conference in March!
"Call us champions cause we are, Nevada HOSA will go far!"

HOSA members from across North Carolina attended the 1st annual NC HOSA PS/C Leadership Conference on February 15, 2014.

NC HOSA Postsecondary/Collegiate Leadership Conference

NC HOSA has over 500 postsecondary/collegiate members from chapters including UNC-Chapel Hill, Duke University, NC State University, and East Carolina University. These PS/C members attend the State Leadership Conference annually, but PS/C members desired to connect with other members in a separate event and wished to learn pertinent professional career information. An answer to this need was to organize a PS/C Leadership Conference!

As the 2013-2014 NC HOSA PS/C President, Erin Beasley created the first annual NC HOSA PS/C Leadership Conference because she wanted to create an event exclusively for NC collegiate members that would encourage collegiate chapters to network with each other and with medical professionals. Guest speakers in various healthcare roles raised awareness of different medical fields and stimulated possible career interest.

The first NC HOSA PS/C Leadership Conference was hosted at NC State University on February 15, 2014. Guest speakers included a DVM/MD orthopedist, pharmacist, Cystic Fibrosis Foundation representative, and physician assistant students.

The second NC HOSA PS/C Leadership Conference was organized by 2014-2015 NC HOSA PS/C President, DaQuan Williams, and hosted at Campbell University on November 22, 2014. Guest speakers included various nurses, and there were also leadership activities.

Erin and DaQuan were pleased that their dedication in planning these conferences resulted in a high participation level and earned acknowledgment by medical professionals. Members have provided positive feedback, enjoyed meeting other PS/C members, and learned valuable information from guest speakers. As a whole, NC HOSA looks forward to increasing PS/C involvement and continuing the annual NC HOSA PS/C Leadership Conference!

Members of the HOSA chapter at NC State University attended the 2nd annual NC HOSA PS/C Leadership Conference on November 22, 2014.

Erin Beasley (left) and DaQuan Williams (right) organized the first and second annual NC HOSA Postsecondary/Collegiate Leadership Conference, respectively.

On November 25th, 2014, 15 members of the O'Gorman-Greater Sioux Falls HOSA Chapter traveled down to the Sanford School of Medicine in Vermillion, SD to view the human body on a "life-size" scale. The trip was filled with knowledge, excitement, and a surprise ending.

Dr. Stuart Inglis and two Physician Assistant students, David Boedecker and Kathryn Sorenson, guided the HOSA members in learning about the human body and how it works. Dr. Inglis began the tour by welcoming the students and advisors by explaining to them that they refer to the deceased persons as "donors" because they were gracious enough to donate their bodies for the continuing education of health care students. He also explained that the students need to treat the donors with the utmost respect. The students heeded his words and were extremely respectful to the donors throughout the tour.

The tour commenced with the students receiving gloves and being divided into two groups. The first group went over to view the nervous system of a donor. They were able to see the spinal cord and the brain. It was amazing for them to see that the spinal cord does not continue down the entire back. About midway down, the spinal cord splits into nerves called the "cauda equina", which is Latin for "horse tail". The students also were instructed on how the brain is categorized into the left brain and the right brain. Dr. Inglis discussed how the left brain is more analytical and how the right brain is more creative. On the second donor, students were able to see an assortment of body parts. The heart, thyroid gland, and arm and leg muscles were viewed. The second donor was a body builder so it was amazing for the students to see the muscle definition the donor had on their arms and legs. The group was very thankful to Dr. Inglis and the two Physician Assistant students for helping them tour the human body.

On their way out, the group came across a surprise. One of the group member's parents invited the students and advisors on an unexpected tour. Both Samuel Sathyanesan, Associate Professor, and Monica Sathyanesan, Research Associate, of the USD Sanford School of Medicine offered the students a tour of the research lab where Dr. Sathyanesan is working on a project titled "Role of Trophic Factors in Neuropsychiatric Disorders". This research project examines the anti-depressant effects of protein molecules on mice and how it can be used in drug development. The students and advisors had the chance to view a computer controlled, micro-dissection microscope that is able to cut specimens with a laser. The students were also fortunate to see a whole mouse brain and various slides containing regions of stained mouse brains.

Overall, the trip was a success. The HOSA members and advisors were able to increase their knowledge of the human body and view, first-hand, important research. The group is very appreciative of these opportunities and can't wait to go there again.

Hannah Vaca
O'Gorman-Greater Sioux Falls HOSA
Sioux Falls, South Dakota

TENNESSEE

Active Summit HOSA members at the lower Middle Tennessee HOSA Regional conference

What Makes My HOSA Chapter So Great?

My name is **Hayden Hughes** and I am currently serving Tennessee HOSA as the Middle Tennessee Vice President. I am a senior and a proud member of one of the greatest chapters in the nation: Summit High School HOSA. When I first joined HOSA my sophomore year, my advisors pushed me to become involved by volunteering and competing. After many events and my first regional competition, I was hooked. The opportunities to miss school and hang out with friends attributed to my love for HOSA, but the greatest reasons are still evident in my chapter today.

The membership of my chapter started small with approximately 30 students; however, only 4 years later we have reached almost 150 members! This was not achieved by luck, but by the dedication and leadership these HOSA members have exhibited. Ever since I joined, these members have encouraged me and pushed me to become greater, and we have truly become a family. Their love for HOSA and passion for the medical field has driven them to create an amazing chapter.

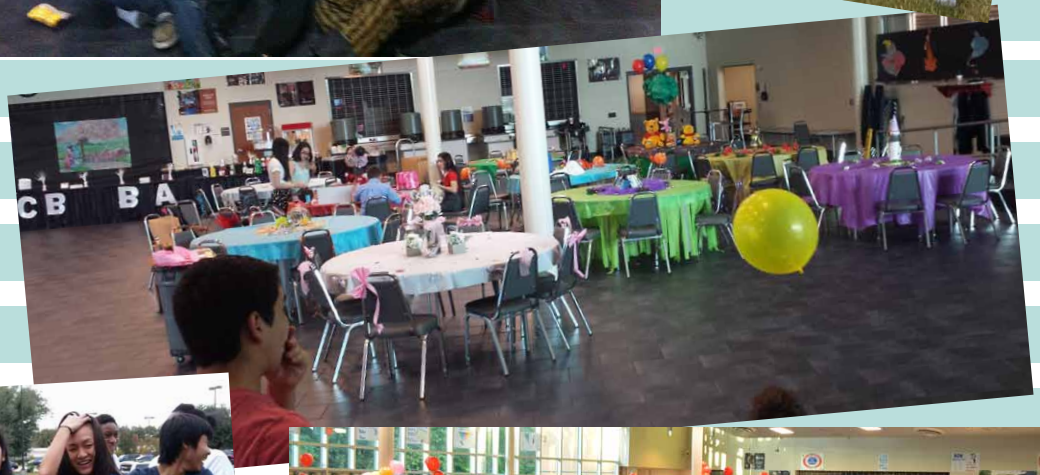
Mrs. Asbury and Mrs. Isong are not just the most amazing advisors I have ever met, but also some of the most incredible people I have ever met. They have done an amazing job building the young chapter at Summit High School. Their leadership has prepared us to become not only future health professionals, but young adult leaders as well. I can speak for every member in our chapter by saying that they are two of the greatest advisors HOSA-Future Health Professionals has ever seen.

There are many reasons why my HOSA chapter is so great, but the strongest are the amazing members and the incredible advisors. In all chapters across the nation, members and advisors are the most important components. They both must channel their passions and aspirations to succeed in building not just a wonderful chapter, but a close family. ***That is what makes my HOSA chapter so great!***

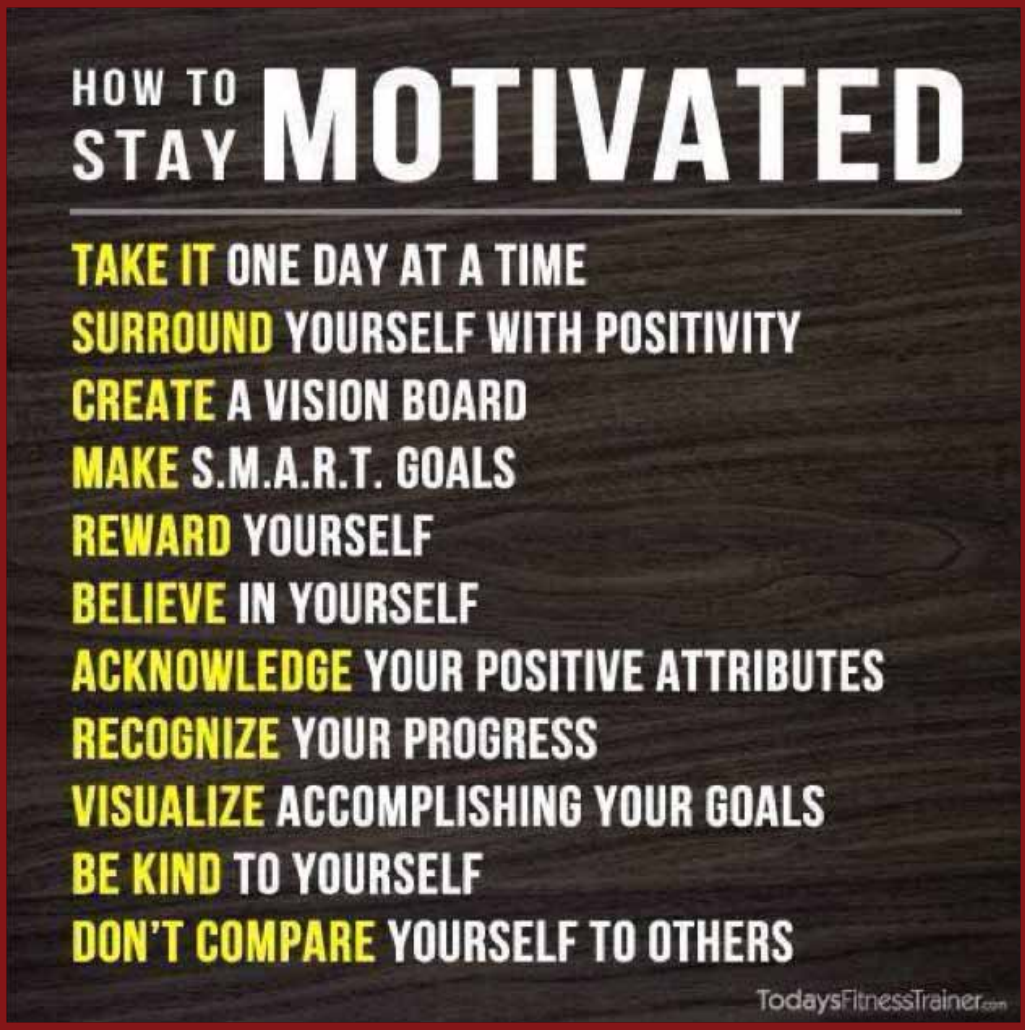
TEXAS

Over the summer, a new health trend emerged called the ALS Ice Bucket Challenge. The challenge was to either dump ice water on yourself or donate money to the ALS organization. Whoever was nominated had to nominate people. Those nominated people had 24 hours to complete the challenge. The officers at Carl Wunsche Sr. High School decided to use this idea for the LLS Ice Bucket Challenge to help HOSA's service project, The Leukemia and Lymphoma Society. However, the officers alternated the rules a bit. The officers gave the school a whole month to raise $500 towards the ice bucket challenge. There was also a $200 mark on our goal to raise a $500. If the school raised $200 dollars before the month was over, the chapter advisers had to be dunked in ice water. If the school raised $500 before the month was over, the chapter advisers and officers had to be dunked in ice water.

Sure enough, during the Area 6 Fall Leadership Conference at Carl Wunsche Sr. High School, we hit the $200 mark. The advisers were dunked as soon as the closing ceremony was over. Afterwards, we were $200 dollars away from our $500. We shared the video of our advisers everywhere and some of our teachers donated to our cause. Exactly one day before the cut-off, we reached our goal of $500. **We raised $607 for The Leukemia and Lymphoma Society.**



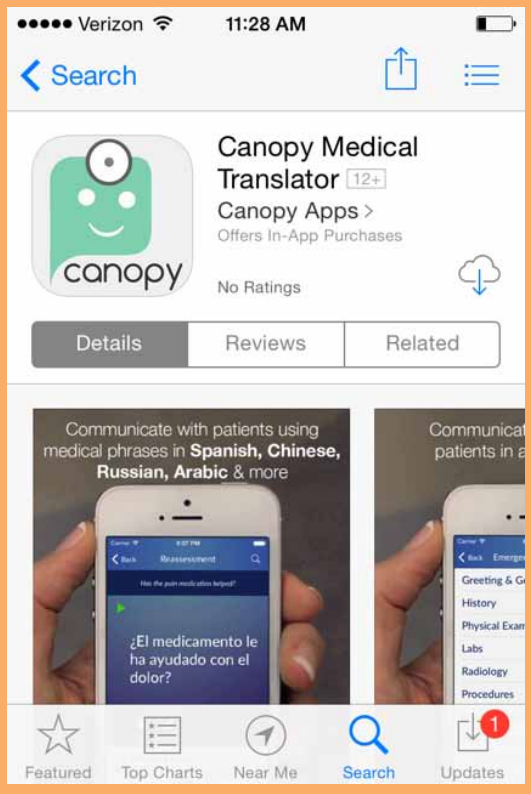
Now, Carl Wunsche St. High School HOSA chapter nominates every HOSA chapter to do the LLS Ice Bucket Challenge.



Developed with support from the National Institutes of Health, the new "Canopy Medical Translator" app from the American Public Health Association is definitely worth checking out!

The Canopy Medical Translator translates 1500 common medical phrases created by medical professionals in 15 different languages, including Spanish, Chinese, Arabic and Russian. The phrases cover emergency medicine, internal medicine, obstetrics and gynecology, general surgery and more. In a hospital system, the app can be set up to connect with the facility's translation system. HOSA members working and shadowing in multi-lingual settings may find this especially useful.

iOS users can search for the app in the App Store, and Android users can search for the app in the Play Store.



HOSA COMPETITIVE EVENT

1. Research shows that those who have a good attitude about testing have higher levels of achievement than members who do not have a good attitude about testing.
2. Do you know what's expected of you? Check the guidelines for the test plan. The test plan shows topics and percentage of questions from those topics. If you are competing in a test with 100 questions and 25% of the test plan is about root words, then you can expect 25 questions about root words.
3. Members benefit when they have an opportunity to become familiar with the format of the test. HOSA members should have practice with:
   a. The actual test will be multiple choice questions. The tie breaker may be fill-in-the-blank or an essay question.
   b. Following directions.
   c. Performing under specific time constraints – to include using time wisely and pacing yourself appropriately. How much time do you have to take the test? An hour? 90 minutes?
4. How do you deal with test anxiety?? Use those strategies to deal with test anxiety you feel when competing at HOSA events.
5. Do you receive any scrap paper for the test? If so, use it! If you are taking a paper and pencil test, you may be able to write on the test itself.
6. With HOSA Competitive Events testing, you will never be penalized for an incorrect answer or guessing.
7. Do you know how to make educated guesses?? By eliminating choices!
8. HOSA members should get a good night's sleep and eat a breakfast of substance routinely before taking any test.
9. Some HOSA members may find it helpful to cover the answers, read the stem, and think about what the question is asking – BEFORE looking at the answer choices.
10. Complete the tie-breaker questions, if time. Focus on the actual test questions first, but make sure not to skip the tie-breaker questions!

GOOD LUCK with your HOSA Competitive Events testing experience!

I was born with a spatula in my hand. Grease stains covered my shirt. Milk was too expensive; black tea filled my bottle. My first words were not "Mom" or "Dad" but "Hunan Kitchen," the name of my parents' small Chinese restaurant. Before library books, menus taught me to read. On the outside we look like a typical first-generation Chinese restaurant family, but I am anything but this stereotype. Rap and Hip Hop, the music of T.I., Eminem, and 50 Cent, made up the soundtrack of my childhood. I grew up with a babysitter in a different neighborhood than what I was accustomed. However, I loved the food – especially the dishes of cornbread, collard greens, and macaroni and cheese; it was so different from what I ate at home. The lively, almost double-speak phrases that Sonja, my babysitter, and her family and friends used starkly contrasted my household's. I easily assimilated into the environment and befriended every child on the block, each of whom was racially and culturally different than myself.

Now, you might be thinking, what does this have to do with my HOSA experience? Well, it was at the Woodbine housing projects where I witnessed my first medical emergency, when I saw an ambulance pull up with medical professionals beginning CPR on a man on the ground. However, this is also where I got my identity. I learned everything is multidimensional. My life is multidimensional, as I grew up with Chinese roots in a predominantly Black neighborhood all while attending a predominantly White Catholic school. Once I finally reached high school, I wanted to see if I could take what I learned growing up and apply it. That is when I joined the HOSA chapter at the Academy For Allied Health Sciences in Scotch Plains, New Jersey. I found that healthcare is multifaceted too and I wanted to share my experience in HOSA.

Having centered my short and long term goals on the steps necessary to become a physician, I was excited to join clubs that coincided with my interests, and expanded on my early experiences with my grandfather in the hospital. HOSA captured my attention because it provides its members with an early glimpse into the lives of medical professionals by providing opportunities to become exposed to the environments. I quickly became an active member of the general body and volunteered to be a public relations committee chairperson. I made it a point to take initiative and lead where I was able to. I made sure all members were informed and became the link between the officers and general membership. However, I began to see personal deficits. I was afraid of speaking in front of people, had a difficult time working in teams, lacked organizational skills, and was not good at clearly articulating my thoughts--traits necessary for any physician. After hearing about personal transformations from the peers who I looked up to, I found myself more and more dedicated to the organization with an unwavering desire to improve my capabilities. I felt as if they were closer to achieving the goals I had set for myself than I was and I wanted to put myself in the right direction.

To improve upon these areas, I was nominated and elected to various executive board positions. My first position was public relations chair. I communicated club activities to the student body. The chapter advisor, Ms. Larsen, guided me and immediately I could see improvement in my ability to communicate my thoughts through all mediums, whether it was physically speaking or electronic. I had an easier time working with teams and relaying my messages across large bodies of people through public speaking. With my improvement in communication, my transition to president was seamless. I managed several other executive board positions and juggled schedules to meet deadlines in order for the organization to fundraise, attend leadership conferences, and become exposed to the medical field. Together, with the addition of a second chapter advisor, Ms. Varga, I was excited to see progress through not only mine but our dedication.

HOSA further introduced to me the multidimensional nature of being a physician. In addition to medicine, there was an entire realm of health standards and professionalism that I had yet to experience. They showed me that being a doctor is about more than just treating people; it is about providing a quality of care with the proper professionalism to patients and colleagues alike. Whether inside the examination room or at the local coffee shop, there was a standard of professionalism that I wanted to show everyone. Therefore, HOSA impacted not only my goals, but also my day-to-day conduct.

The benefits of HOSA have come full circle. I have not only become a well-developed leader, but also gained an awareness of my capacity to contribute in other settings. Each of these components have continued to push me towards my goals and taught me more about the rigorous standards I would be expected to uphold. I found HOSA is more than just an organization, it is a lifestyle. Through HOSA, I have been prepared to take on the world head first, but more importantly, to LEAD.

Calvin Zhang
Academy For Allied Health Sciences
HOSA President

The benefits of HOSA have come full circle. I have not only become a well-developed leader, but also gained an awareness of my capacity to contribute in other settings.

Lifesaving Begins with HOSA

About Delete Blood Cancer DKMS

Blood Cancer is the second most common cause of cancer deaths in the U.S. For many patients with leukemia and lymphoma, a bone marrow transplant is their only hope for survival. Delete Blood Cancer leads the global fight against these deadly diseases. Worldwide, we have registered more than 5 million potential bone marrow donors and over 48,000 of those have donated marrow to patients.

How HOSA is making a difference

Over the past two years our work with HOSA has gained momentum. We are proud to share that HOSA has already registered nearly 400 new potential lifesavers onto the National Bone Marrow Registry.

The HOSA members at Durant High School deserve a huge shout out for becoming expert Swabbers in the short span of two months! They've already held four donor drives and continue to spread awareness of the importance of registering not only in their high school, but also in their surrounding community.

Advisor Toni McLemore shared, "This was a great community awareness project because it fit so closely with the HOSA National Service Project and it raises the awareness of what people in the community can do to help fight Leukemia and Lymphoma."

Keep the Momentum Going

Getting involved in saving more lives can be done whether you are an active member or dedicated alum. Some of the ways to join the lifesaving movement are to:

Organize a drive or host a swab party with your school, company, community or register guests at your next gathering.

Volunteer to help at donor registration drives in your area.

Hold a fundraiser or awareness event to support our registration efforts. It costs Delete Blood Cancer $65 to process each registration. 100% of all contributions go directly to registering potential bone marrow donors.

In whatever capacity you choose to be involved, one of our Donor Recruitment Coordinators will be assigned to you and will support all your efforts. To get started, contact Devshree Khachane at **Devshree@deletebloodcancer.org.**

Donor Drive at HOSA National Conference

Lexi Diessner and Cooper Webb at Durant High School's Donor Drive

DELETE BLOOD CANCER | DKMS

DELETEBLOODCANCER.ORG

/deletebloodcancer

@getswabbed

@deletebloodcancer

Expand Your Knowledge of Biology, Biomedical and Life Sciences, Public Health, Preparedness, Health History and Genetics

PubMed
www.pubmed.gov
PubMed provides free access to numerous literature and molecular biology databases and makes it easy to search and find medical literature.

PubMed Central (PMC)
http://www.ncbi.nlm.nih.gov/pmc/
PMC is the free full-text archive of biomedical and life sciences journal literature.

Disaster Information Management Research Center (DIMRC)
DIMRC develops and provides access to health information resources and technology for disaster preparedness, response, and recovery.
http://sis.nlm.nih.gov/dimrc.html

Health Services Research and Public Health Information Programs
Health services research examines how people get access to health care, how much care costs, and what happens to patients as a result of this care.
http://www.nlm.nih.gov/hsrph.html

Turning the Pages
This digital project allows people to explore historic books and feel as if they are actually turning the pages.
http://archive.nlm.nih.gov/proj/ttp/v2/

Genetics Home Reference
http://ghr.nlm.nih.gov/
Genetics Home Reference provides consumer-friendly information about the effects of genetic variations on human health.

GeneEd
http://geneed.nlm.nih.gov/
GeneEd Web, developed and maintained by the National Library of Medicine (NLM) and the National Human Genome Institute (NHGRI), National Institutes of Health (NIH), is a safe and useful resource for students and teachers in grades 9 - 12 to learn genetics

Digital Projects
http://www.nlm.nih.gov/digitalprojects.html
This page contains information to NLM's digital projects and online exhibitions including:

- Profiles in Science—celebrates 20th century leaders in biomedical research and public health. http://profiles.nlm.nih.gov/
- "Changing the Face of Medicine" – Discover the many ways that women have influenced and enhanced the practice of medicine. http://www.nlm.nih.gov/exhibition/changingthefaceofmedicine/index.html
- "Opening Doors: Contemporary African American Academic Surgeons" – The journey of the African American physician from pre-Civil War to modern day America has been a challenging one. http://www.nlm.nih.gov/exhibition/aframsurgeons/index.html

MEDICAL PHOTOGRAPHY

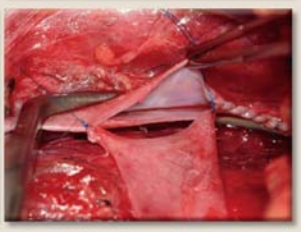
Focus on Your Future

A Career in Medical Photography

Medical photography, or perhaps more accurately medical-related photography has evolved over the years. Beginning as documentation of medical conditions, this generally consisted of photographs of patients, surgical procedures and anatomical dissections.

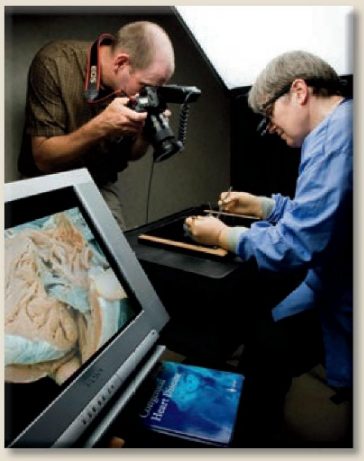
Today, medical photography continues to play a key role in the diagnosis, treatment and research surrounding numerous medical conditions which can include the areas of dermatology, plastic surgery, oncology and orthopedics. It could be a one-person department and include public relations work as well or very specialized training in ophthalmological photography in a larger organization.

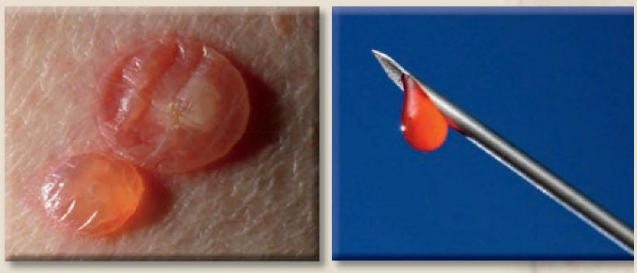
Chances are though, that you will not be spending much time in a darkroom. You may see your final work on a web site, a poster presentation, or a national publication. There are numerous photography programs offered across the country, but only a limited number that offer degrees in biomedical photography. A good source of information would be at http://bca.org/, the web home of the BioCommunications Association.

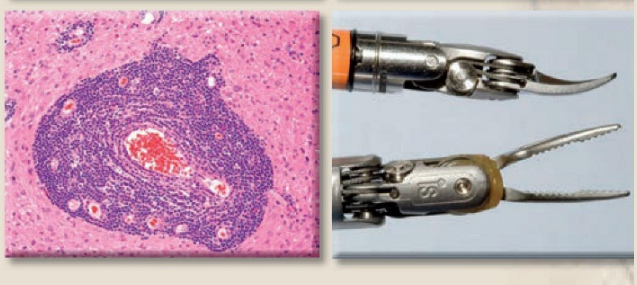


Read. Experiment. Ask questions. Be curious. While as a photographer you may spend much of your time with one eye closed, keep both eyes open to the world around you. As you continue to learn, you will be better prepared to visually convey to others what you see.

MAYO CLINIC







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SATURDAY, MARCH 7

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we can see the end of cancer from here.

These people are a new generation of blood cancer patients. They live normal lives, some managing their condition with just a daily pill, thanks to discoveries funded in part by The Leukemia & Lymphoma Society. And these discoveries apply to many different kinds of cancer. In the last 12 years half the cancer therapies approved by the FDA were developed with research supported by LLS. **Cures today, not someday.** That's the goal. And soon, with your help, blood cancer will be yesterday's news. **Give at www.lls.org or call 888.HELP.LLS.**

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ANAHEIM 2015

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