



Kapi'olani Medical Center for Women and Children: 100 Years of Pediatric Care in Hawaii!



Hawaii HOSA logs 1400+ hours for Community Service

By Jenna Maligro, Hawaii HOSA State President

After returning home from the HOSA National Conference each year, our state officers visit Hawaii Pacific Health (a generous supporter of Hawaii HOSA) to share accomplishments of our delegates at the national meeting. Unlike other years, we had heard that one of our local hospitals, Kapi'olani Medical Center for Women and Children was celebrating their centennial (100th Birthday) and were seeking volunteers from the community to help run this free public event at our local Honolulu Zoo on August 30, 2009.



Allen Orense and Sharie Rivera examine furry "patients", sterilize wounds, take blood samples, and apply bandages.

Without hesitation, we volunteered, because it was time that members gave back to our wonderful partner who has supported our state conference, scholarships, summer institute, internships and other initiatives for the past five years. Carl Hinson, Director of Workforce Development, was elated that HOSA members were willing to provide the volunteers needed for this special occasion.

Although most chapters usually finalize their membership by September or October, and postsecondary members were starting classes a week before the event, most chapters recruited returning and potential members, (Health Services Pathway students) and HOSA alumni to volunteer for the numerous health- and hospital-related booths. After the initial message went out, our advisors started responding to our e-mails, and in two weeks, we had over 300 student, alumni, advisor, and parent volunteers ready to serve.



Kaylie and Brianna guide children and "patients" through the Teddy Bear Clinic departments (Admissions, Lab, X-Ray, OR).

The day finally arrived, and some members worked six-hour shifts among numerous booths (Teddy Bear Clinic, health education, crafts, Keiki (children) I.D.'s, a Jungle Obstacle Course) and assisting with other duties (checking in guests, traffic control, passing out water, cake and goodie bags, set-up and clean-up) to help organizers run the event smoothly.



Children learn about their digestive system at this booth with Marci, Jae-Yun, Lance (State VP) and Jenna (State President).

Many Hawaii HOSA volunteers, such as Cori Komiyama, had positive things to say: "It was a great experience to help kids and families as well as gain social experience working with so many people." In the end, all agreed that it was a great experience working with the community, and a success with thirteen chapters from the island of Oahu making a difference. If there are opportunities in your local area, be sure to ask how you can help so that your partnership continues to grow!!!

Alabama Officers

BLAST OFF

By Kristin Montgomery, Alabama HOSA State President

On June 24-27, 2009, Alabama hosted the 2009 BLAST OFF State Officer Training program at the Drury Inn and Suites in Montgomery. The three-day program provided training for the new state officers in life management, presentations, social skills, personal goals and assessment. The officers came from a number of different student organizations in Alabama.

The 2009-10 HOSA Executive Council attended BLAST OFF and prepared for their upcoming duties and service. Along with acquiring and honing the necessary skills for the forthcoming year, the Alabama HOSA officers also got to know each other and come together as a team.

This September, the Renaissance Hotel and Spa located in Montgomery, Alabama, accommodated the 2009 Joint Leadership Development Conference (JLDC) which was held on September 29 – 30. Over 3,000 members and advisors from Alabama student organizations arrived for the conference. HOSA had over 200 members and advisors in attendance. The keynote speaker at the conference was Ben Glenn, “The Chalk Guy”, who taught the importance of motivating yourself to succeed. Over 20 workshops, led by state officer teams from each student organization, were offered to the conference attendees, providing them with an opportunity to learn about team-building, personal finance, career preparation, and leadership. The 2009 Alabama HOSA Executive Council prepared and administered a successful and engaging team-building themed workshop for members and advisors.



Teams work together to build the tallest structure using a Styrofoam cup, tooth picks, and marshmallows.



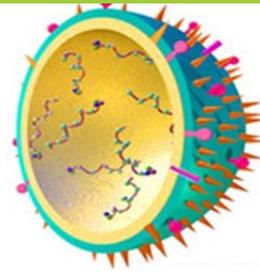
Brandon Hancock, AL HOSA Southern Region VP, explains activity instructions to workshop participants.



Kristin Montgomery, AL HOSA President, and Ragan Haymon, AL HOSA Northern Region VP, try to decide the winning team after a photo finish.

PREVENTING H1N1

Shaina Manuel, Oklahoma State President



There have been a little over one million cases of the H1N1 virus in the United States. Hundreds of thousands of people have been hospitalized and over a thousand have died. The H1N1 virus is currently characterized as “moderate in severity”.

HOSA members can talk to people about washing their hands, vaccine safety and distribution, and infection control. This virus is spread by people sneezing or coughing and touching other objects or people without washing their hands first.

This is not the first year that the H1N1 virus has emerged as an infectious disease. In 1918, the H1N1 virus was referred to as the Spanish Flu. The 1918 pandemic lasted from March 1918 to June 1920, killing an estimate 50 to 100 million people worldwide

Young children, the elderly, pregnant women, and people with medical conditions such as asthma, heart disease and diabetes have an increased risk of getting the H1N1 virus. If you come in contact with a person who is infected with this illness you should try to avoid face-to-face interaction with this person, In order to avoid this you could wear a medical face mask, and always make sure to wash your hands thoroughly.

In the early fall of 2009 there was a problem getting enough vaccines for the H1N1 virus. The vaccine has been determined by the CDC to be safe and effective, but the process to produce the vaccine is too slow to meet public demand. The President of the United States, Barak Obama, has declared the H1N1 flu a national emergency. Efforts are underway to get the vaccine available and out to the public.

Neurosurgery: *A quick look at a long road*

By Deanna Lines, Service Vice President, Utah State HOSA

Imagine that you have just been in a car accident and your brain has begun to swell. The EMTs are doing everything they can but what really matters is time. They rush you to the hospital and hand you off to the neurosurgeon who knows exactly what to do with a swelling brain that has nowhere to go. Time to scrub in and make some room.

When one thinks about neurosurgery the term “brain surgeon” comes to mind. However, if asked a neurosurgeon would never define what they do solely by the brain. Neurosurgeons work with patients who have injuries to their spine, peripheral nervous system, and brain. They treat conditions ranging from strokes to carpal tunnel syndrome.

The journey to become a neurosurgeon is anything but short. To become one of the 3,000 neurosurgeons in the United States, four years of undergraduate college, four years of medical school, and a six to eight year residency is required. Although this specialty requires the longest medical training in the U.S., the average salary is \$192,000 per year.

The life of a neurosurgeon can be very demanding. Many operations can be long and technically difficult. Surgical emergencies such as bleeding within the brain or sudden compression of the spinal cord can occur at any hour of the day or night and demand immediate attention. The high pressure of the job can be emotionally draining yet a successful case can offer a great deal of personal satisfaction. Neurosurgery is a very demanding, yet extremely rewarding specialty. It offers a wide variety of clinical challenges and surgical options. It is well suited to those individuals seeking a career in surgery who have a strong interest in the human nervous system and the various disorders that can affect it. The technological advances that continue to evolve will help keep neurosurgery a fresh and exciting field for decades to come.



Career Focus:

Biomedical Engineering

By: Patrick Chancy, Georgia HOSA

Healthcare has the broadest spectrum of opportunities in the workforce by far. With the economy in its current position, it is important to have the job security that healthcare offers. Many people believe that they cannot work in the healthcare industry because they do not want to be a doctor or a nurse, but there are many options for those interested in helping others. There is a branch of healthcare that focuses on engineering called biomedical engineering.



Biomedical engineers focus on enhancing the quality of life of patients. In order to do this, engineers use technology like computers for research and development to create technology to help patients live a better life. An example of the work done by these engineers is the artificial heart. This technology was created from the research and design done by a biomedical engineer. The creation of the artificial heart, prosthesis, pacemakers, etc... is only one part of biomedical engineering. Other areas of biomedical engineering include:

- Biomechanics
- Tissue engineering
- Pharmaceutical engineering
- Genetic engineering
- Medical imaging
- And many more

The demand for biomedical engineers continues to increase each year. With technology becoming more advanced, medical technology must stay up to date with the rest of the world. This requires knowledgeable engineers that are able to change with the times. In order to become a biomedical engineer, a student will need a bachelor's degree, however some students have a degree in mechanical, electrical, and chemical engineering with a specialty in biomedical. There is also the option of continuing the education to receive a master's or doctorate degree. The salaries of the engineers vary with the education. The average starting salary for a bachelor's degree is \$52,000, but the salary of an engineer with a doctorate degree can be over \$90,000.

Countless lives are saved everyday by the research and development of technology by biomedical engineers. These engineers give some people that second chance in life that they thought they would never get again. From the prosthetic limbs to the medication taken by those across the world, biomedical engineers are helping change lives.

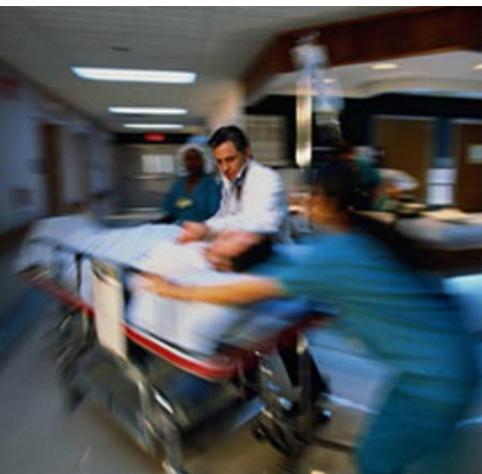


The Never-Sleeping Life of the Emergency Room

by Alyssa Smith, Weber/Davis Vice President, Utah State HOSA

You're sitting at the desk, finishing up a patient's chart, when suddenly a nurse comes rushing into the desk area of the ER holding a limp blue baby, yelling "Doctor, get over here!" After successfully resuscitating an infant in respiratory arrest, the ambulance pulls up with a patient on whom they are performing CPR saying "he's had an acute MI and we just lost his vital signs!" After shocking him back to life, you are led into a room where a man, pale and diaphoretic, was brought in after a chain saw accident leaving a huge gaping wound in his thigh. After controlling his bleeding, and preparing to repair his wound, you hear a belligerent, foul-mouthed woman wrestling with two of your staff, screaming that the aliens are trying to abduct her. She looks as if she hasn't had a bath in two weeks and is covered with urine, feces, and vomit. You can smell her long before you can see her.

You might think you're trapped in a Steven King novel, or perhaps, just living a normal day in the Emergency Department.



E.R., Royal Pains, Grey's Anatomy, M.A.S.H., Third Watch, Scrubs, House. What is it that makes these shows so irresistible to millions? Is it the excitement? The adrenaline rush of a life on the line? Whatever it is, it's easier watched than done. Obviously, the Emergency Room is on alert 24/7, since no emergency is ever intended to happen at a certain time. Webster's Dictionary defines Emergency Medicine as; Emergency Medicine: *n.* medical specialty in which a physician receives practical training to provide patients with acute illnesses or injuries which require immediate medical attention.

The International Federation for Emergency Medicine claims, "Emergency medicine is a medical specialty—a field of practice based on the knowledge and skills required for the prevention, diagnosis and management of acute and urgent aspects of illness and injury affecting patients of all age groups with a full spectrum of undifferentiated physical and behavioral disorders. It further encompasses an understanding of the development of pre-hospital and in-hospital emergency medical systems and the skills necessary for this development. "

Emergency Med (EM) encompasses a large amount of general medicine and the physician requires a broad field of knowledge and advanced procedural skills including surgical procedures, trauma resuscitation, advanced cardiac life support, and advanced airway management. Ideally, Emergency Med Physicians have the skills of multiple specialists.

EM is a relatively young medical specialty. Before it was recognized by the American Board of Medical Specialties in 1979, Emergency Departments (EDs) were staffed with physicians on a rotating schedule, including surgeons, internists, dermatologists, and psychiatrists. Many times, nurses, residents, and foreign graduates also staffed an ED. During the 60s and 70s, groups of physicians began leaving their respective practices to devote their time to the ED. The first group to do this was at the Alexandria Hospital in Virginia. They established the 24/7 emergency plan which was then called the "Alexandria Plan". Soon, the problem of the ER's poor state of affairs was propagated by the media, resulting in the establishment of the first emergency training program in Cincinnati. Other residency programs then developed throughout the country.



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The Never-Sleeping Life of the Emergency Room

During the French Revolution, Dominique Jean Larrey applied the idea of ambulances after seeing the speed with which the carriages of the French flying artillery maneuvered across the battle fields. Larrey proposed a way for rapid transport of wounded soldiers to a central place where medical care was more effective. He manned ambulances with trained crews of drivers and others and brought wounded to the centralized field hospitals. He is sometimes known as the Father of Emergency Medicine for his effective strategies in the war.

The road to being an Emergency Med Doc. is neither fast nor easy. After Acquiring a Bachelor's Degree (4 years), a rigorous Medical College Admission Test (MCAT) is taken for entrance into medical school. Following four years of medical school, one must apply and gain acceptance to an EM Residency which is usually 3 or 4 years in duration. After residency, jobs may be sought for in the ED.

According to Physician D. Thomas, "Emergency Med Physicians are usually attracted to the high energy, fast paced, urgent situations, where quick decisions and life saving procedures are utilized to save lives, alleviate pain, take control of dangerous situations, or simply calm a parent's anxiety. We have a wide variety of patient interactions, from sore throats to crushing substernal chest pain, to intoxicated combative patients who are not in their right mind. Being an ER Physician is for people who want quick patient interactions, meaning if a doctor does not want to join the business of caring for long term chronic patients, he/she can address immediate medical concerns, and then discharges them to their own physician, or admits them to the hospital. EM is shift work, if you're on you're on and if you're off you're off. There is rarely on-call EDs. Perhaps the best thing is making a life saving decision or performing a life saving procedure using your specialized training and being able to provide pain relief to so many people on a daily basis.



Some of the difficulties of EM include the 24/7 rotating schedule, meaning night shifts, circadian rhythm disruptions (messes up sleep cycle), and working nights, weekends, and holidays. Also, overcrowding in the ER is a common occurrence, as many EDs of America are the safety net to treat anyone with a medical problem, whether they can pay for it or not."

Such a life is not for the faint hearted. It is a job of heroes, who give their lives selflessly for the renewing and sustaining of others.



Remembering Casey Russell

Submitted by Angela Scott, Gravette HOSA advisor, with the permission of the Russell Family.

“While we are mourning the loss of our friend, others are rejoicing to meet him behind the veil.” -John Taylor

Knowing **Casey Wayne Russell** was a privilege. He left you with a smile and was the kind of friend who made everything an adventure and turned the dull-drums of everyday life into fun. He put his heart into everything he did but still managed to maintain a “silly” side.

Casey, a Junior at Gravette High School, was a varsity football and baseball player, a member of multiple clubs, including Health Occupations Students of America. A two-time state medalist in Veterinary Assisting, he also competed at the National HOSA conferences in Dallas, Texas, and Nashville, Tennessee.

What happened to Casey shouldn't have happened. But, I imagine that is what you would expect to be said when any young life is taken suddenly.

On Wednesday, September 16, 2009, Casey was participating in football practice. He had taken what he called a “funny hit” that really hurt in his lower back. The coaches pulled him from practice and sent him to a doctor. Casey was seen by a chiropractor each of the next two days who took x-rays and gave him several adjustments, sometimes two or three a day, because his hips were out of alignment. His symptoms at this time pointed to a possible pinched nerve and his course of treatment followed accordingly.

Casey had some limited improvement but did not return to football. He rode with his parents to the game in Wellington, Kansas, a five hour ride, to be on the sidelines to support his teammates. During the game, several noticed Casey was having trouble standing, often having to lean on teammates for support. Still, a pinched nerve was thought to be the culprit.

As Saturday came, Casey was able to have dinner at a friend's home followed by a movie. However, by Sunday afternoon and evening, Casey was feeling poorly again. His major symptom was still pain, and some nausea, but no fever. On Monday, Casey was in severe pain that was moving up his back. His parents tried to get him in to the orthopedist earlier than their scheduled appointment but had to settle for an appointment with the family doctor, a general physician, instead.

At the family doctor's office, more x-rays were taken with no results. Casey was still not running any fever, so pain medications were given to help Casey rest through the night until he could see the specialist the next day. By Tuesday (September 21) morning, however, Casey was having trouble standing on his own and had difficulty urinating. He was increasingly worse by his 2:00 p.m. appointment. The specialist examined him and ordered him to the hospital for an MRI of his lumbar spine. During the MRI, it was determined Casey had an infection between the L4 and L5 vertebrae and within his spinal column, that was pressing on his spinal cord threatening paralysis. There was also an abscess to the right of his spine beneath the muscle. Due to the pressure on his spinal cord, it was determined Casey was in renal failure. The specialist brought Casey's parents in for conference advising them emergency surgery would be needed immediately to relieve the pressure on his nerves, clear the spinal column of infection, and clean up the abscess.

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At 4:50 p.m., Casey was prepped and ready for surgery. The estimated time for surgery was at least an hour and a half. Periodically, the surgeon would send word to the family everything was going fine. After closing up his incisions, the surgeon left Casey with the anesthesiologist to bring him out of anesthesia. A few minutes later, the anesthesiologist requested the surgeon leave his dictation and return to the operating room. Casey was not coming out of anesthesia.

The surgeon and the anesthesiologist explained what had taken place to the family but were not sure why Casey was not waking up. More devastating, Casey was not breathing on his own. They, at first, thought Casey might have had a reaction to the anesthesia, so the doctors conferred with Children's Hospital in Little Rock, Arkansas. The decision was made to fly Casey to the Pediatric Intensive Care Unit at Children's Hospital. Casey's helicopter landed in Little Rock about 1:15 in the morning. Casey's mother, Lori, was allowed to fly in the Angel Flight helicopter with him. I was waiting for Lori in Little Rock. I happened to be in the city for another meeting. At 2:30, Lori and I were conferencing with his lead physician at Children's Hospital who asked many questions and expressed her concern over Casey's not waking up. She described his condition as septic and had great concern for his brain.

While Casey's father, Blaine, and his two sisters, Lindsey and Lana, drove to Little Rock, doctors were comparing test results of their own with those from the hospital in Northwest Arkansas. After examinations by several physicians and numerous tests, the family was informed Casey suffered from a staph infection. At 11:00 a.m., September 23, Casey was pronounced brain dead.

The family was now faced with the decision to leave Casey on life support or to take him off. Since Casey had such great interest in the medical field and a desire to help others, his family attempted organ donation. However, organ donation was not possible. Casey's infection was MRSA staph. It was suspected to be systemic which made organ donation impossible. Preliminary results from Casey's autopsy confirmed his infection had gone systemic. Sections from various organs revealed staph presence.

We have many questions concerning Casey's passing, not the least of which being "why?". In the early hours of the morning, as we listened to doctors and answered their questions, we finally had to ask, "How this could be missed?" The lead physician at Children's Hospital told us, "This is what we see when this happens. We have otherwise healthy, strong kids, often football players, who have no symptoms other than pain. They will usually be able to attribute their pain to some hit or fall in practice or another activity just like Casey. When they do develop symptoms indicating something greater is wrong, it is often too late. Doctors don't always have reason to suspect there is an infection as an underlying cause."

Through the entire course of his illness, Casey never ran a fever. We realize we will probably never know exactly how Casey contracted this infection. Many of our questions surrounding Casey's illness and passing remain unanswered. For the Russell family and those who loved Casey, there will always be questions. The wish is for other families to learn from this experience and be able to ask the questions while there is still time for an answer.

We celebrate his life, count ourselves blessed to have known him, and miss his goofy smirk everyday. We hope, as he would, the telling of his story might prevent the loss of another child.

Dr. Andy Baldwin Inspires Pennsylvania HOSA

HOSA members first had an opportunity to meet Dr. Andy Baldwin on September 22, 2009. U.S. Navy Lieutenant Commander Andrew Baldwin, M.D., was a speaker during HOSA's congressional reception and briefing at the Capitol Visitors Center in Washington, D.C. Dr. Baldwin spoke to HOSA state officers and advisors about his work with the U.S. Surgeon General and the program "Healthy Youth for a Healthy Future" – a national program that combats childhood obesity.

Dr. Andy Baldwin is an Undersea Medical Officer, Ironman triathlete, Navy Diver, and humanitarian currently stationed in Washington, D.C. at the Navy's Bureau of Medicine and Surgery. He is a spokesman for Navy medicine, an inspiration for future healthcare professionals, and an advocate for children and teenagers in the United States and throughout the world.



Navy Lt. Commander Dr. Andy Baldwin speaks to HOSA members at the Washington Leadership Academy in September, 2009.

and friends on Wednesday, Oct. 7 as they arrived on bikes as a part of Dr. Baldwin's Cross PA Health Ride & Kids Fitness Days. The event included a Fitness Expo, a bike rodeo, ultimate Frisbee, a soccer clinic, raffles, and other activities led by Dr. Baldwin. Raffle prizes ranged from gift baskets and certificates to a new mountain bike.



The crowd welcomes Dr. Andy Baldwin when he arrives in Cumberland Valley, Pennsylvania.

The event also included a "Childhood Obesity: Paths to Healthy Living" roundtable discussion. Members of Pennsylvania HOSA attended the event, and Shelby Paul, a PA HOSA state officer, served on the health care panel.

Andy Baldwin's Pennsylvania Health Ride and Kids Fitness Days 2009

"The nation's epidemic of childhood obesity weighs heavy on the future of our youth - and on my heart personally. As committed citizens and neighbors, we can and must serve as important role models to our children and teach them the power of healthy habits. Step up and join my effort to help the kids of Pennsylvania get and stay healthy!" - Navy Lt. Commander Dr. Andy Baldwin

For more information on the U.S. Surgeon General's program to prevent obesity, visit <http://www.surgeongeneral.gov/obesityprevention/index.html>



Dr. Andy Baldwin poses for a picture with PA state officers Kaitlyn Weaver, Lehigh Career & Technical Institute, and Shelby Paul, Cumberland Perry AVTS



Healthy Youth for a Healthy Future calls attention to a serious health concern in this country. Since

1980, obesity has more than doubled among children ages 2-5 and more than tripled among youth ages 6-11 and adolescents ages 12-19. Much of this increase in overweight is attributable to a lack of physical activity and poor eating habits. Data from the CDC suggests that 12.5 million children ages 2-19 years or 17.1 percent are overweight.

Obese children and adolescents are at risk for health problems during their youth and as adults. For example, during their youth, obese children and adolescents are more likely to have risk factors associated with cardiovascular disease, such as high blood pressure, high cholesterol, and Type 2 diabetes.

As part of his work with "Healthy Youth for a Healthy Future", Dr. Andy Baldwin sponsored a program called **Cross PA Health Ride & Kids Fitness Days**, which featured discussions led by Dr. Baldwin and other professionals about the dangers of childhood obesity and ways families can combat the epidemic. One of his stops was in Cumberland Valley, Pennsylvania.

Cumberland Valley welcomed Dr. Andy Baldwin

HOSA National Officer Meets Former President

Travis Carlile, Region II Vice President, had the opportunity to meet Former President George W. Bush at a recent Mustangs' football practice. Travis is attending Southern Methodist University in Dallas, Texas, where he is majoring in Chemistry and is a walk-on player for the football team.

Bush's presidential library will be built on the SMU campus. Former First Lady Laura Bush is an SMU graduate. President Bush talked about his connection to Dallas and the SMU campus – including the football program.



HOSA Success Story

Former National HOSA Officer, Jeff Reece, currently serves as the Chief Executive Officer at Marlboro Park Hospital in Bennettsville, South Carolina. Jeff recently contacted National HOSA and shared the following about his HOSA experience:

My goodness how time has flown. It seems just like yesterday I was putting on my white tux to take the stage in Salt Lake City. HOSA truly impacts students and students impact the future. I thank all of you for teaching me so much. Just the other day I was attending a formal dinner and the person sitting beside me leaned over and said "which fork is mine". To this day, I remember the training sessions HOSA gave us on proper etiquette. It's the little things like this that one learned that lead them to accomplish life goals and to hang on to memories. Again, thank you all for teaching me so much! Without HOSA, who knows where or what I might be doing! I owe you all a lot!

As a product of the HOSA organization myself I can tell you this is a wonderful program for the health care field. When I was in HOSA way back in the early 80's, I was very fortunate to serve as a local, state and national officer. In fact, I was the first National Collegiate President. I am very familiar with the competitive events program and participated in the First Aid/CPR competition. HOSA helped me decide at an early age that I wanted to deliver quality health care to patients. Who knew then I would go from student, to nurse, to CEO of a hospital. WOW! what doors HOSA can open is truly amazing. If I can be of assistance let me know.



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Give a Day of Volunteer Service in 2010, Get a Day of Disney Theme Park Fun – Free

Disney Parks Hopes to Inspire 1 Million Volunteers Beginning Jan. 1



Disney Parks is launching a program that celebrates the spirit of volunteer service with a simple proposition: “Give a Day, Get a Disney Day.”

Disney hopes to inspire families to volunteer in their communities during 2010 through this first-of-its-kind program. One million people who perform volunteer service for a participating organization will receive a free one-day admission ticket to a Walt Disney World Resort or Disneyland Resort theme park.

While the “Give a Day, Get a Disney Day” program kicks off Jan. 1, right now guests can learn more about the program and how to get their free one-day admission to a Walt Disney World or Disneyland theme park by visiting www.DisneyParks.com (for the United States and Puerto Rico) or www.DisneyParks.ca (for Canada).

In the past year, guests have been celebrating all sorts of special moments in their lives at Disney parks – from birthdays and anniversaries to reunions and graduations – as part of the “What Will You Celebrate?” campaign.

“In 2010, we want to recognize and add one more reason for celebration: the contributions people make to their communities every day,” said Jay Rasulo, chairman of Walt Disney Parks and Resorts. “We want to inspire 1 million volunteers – people who will invest time and energy to make their own communities and neighborhoods a better place.”

To enable people to sign up for an eligible volunteer project, Disney is working with HandsOn Network, the nation’s largest volunteer network. Part of Points of Light Institute, HandsOn Network has 250 on-the-ground volunteer action centers across the country and connects volunteers to more than 70,000 nonprofit agencies that need their help.

“Wherever we live, our communities need our hands-on help to thrive,” said Michelle Nunn, CEO of Points of Light Institute. “We are thrilled at this unprecedented effort by Disney Parks to help mobilize 1 million volunteers into action. ‘Give a Day, Get a Disney Day’ has the potential to

reach so many families and instill the volunteer spirit in a new generation.”

Bob Iger, president and CEO of The Walt Disney Company, said, “‘Give a Day, Get a Disney Day’ fits perfectly with our long history of supporting and participating in volunteer efforts. It’s a great way to honor guests who are making a positive contribution to their communities.”

Starting Jan. 1, 2010, guests can go to www.DisneyParks.com for the United States and Puerto Rico to search for volunteer opportunities available in those areas through HandsOn Network and sign up for a day of volunteer service. Many of the opportunities will be for projects that entire families can participate in together.

To raise awareness for grass-roots community volunteerism and the “Give a Day, Get a Disney Day” program, Disney VoluntEARS and volunteers from Southwest Airlines are joining with local volunteers on projects coordinated by HandsOn Network in cities across North America this fall and winter. Southwest Airlines also is providing transportation for the initiative.

“Southwest Airlines strives to make a positive difference in the communities we serve, from protecting the environment to supporting a local cause,” said Linda Rutherford, vice president of Communications and Strategic Outreach, Southwest Airlines. “Southwest employees give back both locally and nationally through volunteerism, with individual and personal efforts, serving together as teams or through companywide efforts. The opportunity with Disney unites two companies that are devoted to the spirit of volunteerism.”

Give a Day, Get a Disney Day details: Must pre-register and sign up for eligible volunteer opportunity at disneyarks.com. Ticket quantities for this program are limited. Must be at least age 6 to participate. Other terms and conditions apply. For details, see disneyarks.com in the United States and Puerto Rico. In Canada, see disneyarks.ca.



About HandsOn Network

The volunteer-focused arm of Points of Light Institute, HandsOn Network is the largest volunteer network in the nation and includes more than 250 HandsOn Action Centers that reach more than 83 percent of the nation's population and extend to 10 countries. HandsOn includes a powerful network of more than 70,000 corporate, faith and nonprofit organizations that are answering the call to serve and creating scaled impact. In 2008, the network delivered approximately 30 million hours of volunteer service.

About Walt Disney Parks and Resorts

Walt Disney Parks and Resorts are where dreams come true. More than 50 years ago, Walt Disney created a new kind of entertainment families could experience together,

immersed in detailed atmospheres and vibrant storytelling. His vision now includes a collection of five of the world's leading family vacation destinations – Disneyland Resort, Anaheim, Calif.; Walt Disney World Resort, Lake Buena Vista, Fla.; Tokyo Disney Resort, Urayasu, Chiba, Japan; Disneyland Resort Paris, Marne-la-Vallée, France; and Hong Kong Disneyland Resort, Lantau Island, Hong Kong, China. In addition, Walt Disney Parks and Resorts includes the world-class Disney Cruise Line; Disney Vacation Club, with nine resorts and more than 420,000 members; Adventures by Disney, a guided group vacation experience to some of the world's most popular destinations; Disney Regional Entertainment, which operates the ESPN Zone dining and entertainment centers; the World of Disney stores; and Walt Disney Imagineering, which creates and designs all Disney parks, resorts and attractions. For more information and images, please visit www.disneyparks.com.



A HOSA *Thank you!*

by Seiichi Villalona, 2008-09 National Region III Vice President

HOSA has grown significantly since its establishment in 1976. Here we are in the year 2009, 33 years later, with 47 affiliated states and well over 106,500 members nationwide. It is extraordinarily impressive how Health Science Education students across our nation come together each year with the purpose of making a difference in the lives of others. This is evident in our commitment in delivering compassionate, quality health care as current and future health care providers. HOSA members nationwide maintain the passion of the health care profession - growing stronger year after year.

All these accomplishments are beyond praiseworthy for a strong and continually growing national organization. However, where would we be without the support, dedication, and encouragement of our HOSA advisors? Although HOSA has grown and strengthened in carrying out our mission, we could not have done it without the outstanding devotion of our advisors!

With my experiences as a chapter, state, and national officer, I have had the wonderful opportunity to work with advisors at all levels in HOSA. It is remarkable how HOSA advisors are committed to seeing their students succeed. All advisors are unique but carry one common character trait. This trait is the ability to encourage us, as students, to be our personal best!

From arranging meetings and coordinating fundraisers to planning conferences and judging competitive events, HOSA advisors play a pinnacle role in the success of our organization. They do an incredible amount of work while having encouraging smiles and loving spirits. Undoubtedly, it is through the continued support of our advisors that each HOSA member is instilled with compassion and determination in order to make a difference in our communities.



Next time you meet with your advisor or advisors, take the time to thank them for all of their support. Without their sparks of encouragement, dedication, and compassion, the HOSA flame would not burn as strong brightly as it does today!

To all the HOSA advisors: THANK YOU!!!



HEALTH WORKFORCE Information Center

WASHINGTON, D.C. – With health care job vacancies reaching crisis levels – including critical shortages of physicians, nurses, and allied health personnel across the country – solutions to address the vacancies can come none too soon.

The new Health Workforce Information Center (HWIC), www.healthworkforceinfo.org, provides information on health workforce solutions in one centralized and easy-to-access online location. Resources available through HWIC's Web site will help health providers, educators, researchers and policymakers around the nation develop strategies to meet future workforce demands.

Funded by the U.S. Department of Health and Human Services Health Resources and Services Administration and operated by the University of North Dakota (UND) School of Medicine and Health Sciences, the center will offer the latest on health workforce programs and funding sources; workforce data, research and policy; educational opportunities and models; and news and events, also available through e-mail updates.

Visitors will have a broad range of publications and other resources at their fingertips. The site also offers free, customized assistance from information specialists (digital librarians), who will search databases on workforce topics and funding resources, furnish relevant publications, and connect users to workforce experts and federal programs, among others.

“Many people in government and private and nonprofit organizations need access to the type of quickly assembled, user-friendly data the center will make available,” said Kristine Sande, HWIC deputy director at the UND School of Medicine and Health Sciences. “Accurate information on the health workforce will be vitally important in the ongoing health care debate, and we provide a way for individuals to get it from a single, trusted source.”

“We are delighted to join with the University of North Dakota to create the Health Care Workforce Information Center, a one-stop-shop for people seeking information about health workforce in America,” said Dr. Elizabeth Duke, HRSA Administrator. “HWIC can provide valuable information to health leaders across the country, ultimately increasing staffing, educational programs, and retention of health workers.”



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Medical Assistant HOSA Members Enjoy Unique Clinical Opportunities

By Maggie Blackwood, WV HOSA State Reporter

The post secondary Medical Office Assistant students of Ben Franklin Career Center's HOSA chapter participate in a unique clinical experience. Each year, the students participate in a clinical rotation at the West Virginia Police Academy which is located in Dunbar, West Virginia. Ben Franklin Career Center is fortunate to be located in the same community.

At the Academy, the new state police cadets receive their initial physical by the Academy physician, Dr. Marsha Bailey. They are then required to receive a biannual physical until the age of forty. When they reach the age of forty, the state police troopers are required to have annual physicals with an EKG.

Beginning in February of each year, the students go to the West Virginia Police Academy located ten minutes from the Ben Franklin Career Center campus. They assist the physician and the registered nurse, Margie Bolyard, with the state troopers' physical examinations. Tina Nolen, Medical Office Assistant instructor, says her students receive an experience that many other schools are not able to offer. The students are able to complete 60 of their 180 required clinical hours in this unique medical setting.

The students perform a variety of procedures with the troopers including spirometry, body fat, audiometry, vital signs, and EKG. This is one way our students are able to give back to the community as well as enhance their clinical experience.



The students are able to complete 60 of their 180 required clinical hours in this unique medical setting.

Scrubs are the uniform of choice for this future Army physician

Wearing blue scrubs, third year medical student Elizabeth Puntenney holds out her hands in the operating room for a colleague to clip on her gloves. Her face covered by surgical mask and visor, she prepares to spend a few hours observing and learning during another day in her surgical rotation.

Blending in with the nurses, surgeon, anesthesiologist and techs, the Georgetown medical school student doesn't require or receive a salute today. Most don't know she is a Second Lieutenant in the U.S. Army Reserve.

Puntenney is part of a long and distinguished tradition in American medicine – a student receiving exceptional medical training from one of the nation's best medical schools through an Army scholarship.

She is one of hundreds of medical school students across the country who plan to become part of the U.S. Army. Through the Health Professionals Scholarship Program (HPSP), Puntenney has the full cost of tuition to Georgetown's medical school covered, as well as funding for the cost of books and a monthly stipend to assist with living expenses.

Unless they ask, most of her friends and fellow students have no idea Puntenney is an Army Officer. She goes about her day and her schooling like every other student. However, she has gone through Officer's Basic Training and she will complete her residency in one of the many Army health care facilities across the country, depending on her specialty.

"I applied for HPSP immediately after receiving my first acceptance to a medical school. Just like some students come in knowing they want to be an orthopedic surgeon, I knew I was interested in military medicine," Puntenney said.

Unlike her classmates who may face hundreds of thousands of dollars of debt after finishing medical school, Puntenney found the HPSP scholarship to be an attractive way to address her concerns about tuition costs and living expenses in the Georgetown area. Aside from the financial benefits of the Army scholarship, her commitment to her country has always been strong.



Second Lieutenant and medical student Elizabeth Puntenney at Officer Basic Leadership Course

Hailing from Prescott, Ariz., Puntenney gained knowledge of military life from her two grandfathers, both of whom retired as lieutenant colonels. One grandfather, Clifford Willey, served for more than 25 years as a pilot in the Air Force, joining after witnessing the attack on Pearl Harbor. The other, William Puntenney, served in the Army in World War II and landed on Omaha Beach on D-Day.

"They both passed on an appreciation of patriotism and willingness to persevere," she explained. "I always had a sense of how military service helped shape them into the great men that they were."

Georgetown has a long history of supporting military medicine. Each year, a handful of Georgetown medical students accept and receive HPSP scholarships. Throughout the year, Army recruiters arrive on campus to provide lunch and information to prospective students who may be thinking about military careers.

"Dr. Steven Mitchell, the dean of the medical school, has long been a proponent of our program," explained Capt. Ron Poynter, commander of the U.S. Army Medical Recruiting Company in Elkridge, MD. "Every year, we hold a ceremony where HPSP students are commissioned as officers into the Army. Dr. Mitchell has not only allowed us to hold these ceremonies on campus, he has taken part in them himself. Having him play such an active role gives the students a sense that

they have made a great decision for themselves and for their country.”

Poynter explained that Punttenney’s exceptional medical training from Georgetown will dovetail with her military training. “She is receiving one of the best medical

school trainings anywhere in the country, honing her critical thinking and diagnostics skills, while also sharpening her patient care skills. In the Army, she will combine that with organizational and operational skill training that will prepare her for any number of assignments,” Poynter said.

The HPSP scholarship and the Army seemed a natural fit for Punttenney. At the time she was accepted, she drew on the experience of her brother James “Will” Punttenney, a West Point Cadet, to help her make her decision.

“His ups and downs really pulled back the curtain to allow me to see the realities of a service commitment in the modern Army,” Punttenney said. “I am very glad I chose Army medicine because there seems to be a greater variety of specialties and residency slots at a more medical centers compared to other branches of the military.”

Currently, Punttenney is interested in the field of diagnostic radiology. This summer she plans to apply for a diagnostic radiology clerkship program and is fascinated by the scope of radiologic training and the ability to see the cause of a patient’s symptoms.

“I think it is amazing to watch a trained radiologist pick up and interpret findings that would have gone unnoticed by anyone else when looking at the same image,” she explained. She also pointed to radiology’s changing role, from X-ray technology to nuclear medicine, magnetic resonance imaging and interventional radiology, all of which she could see herself doing on a daily basis.

Always the adventurous type, Punttenney views her medical school and Army journey with the same attitude. She says there are twists and turns with each venture that were never anticipated. But she emphasized that neither should be taken lightly. Just as she researched where she wanted to go to medical school, Punttenney put in numerous hours of study into the Army scholarship plan. The HPSP scholarship was not just a means of paying for college for her, but a career choice.

Like most medical students, Punttenney is extremely bright and thoughtful. She carefully considered her career options and contacted an Army Medical Recruiter about the scholarship. She had done her due diligence online and knew the commitment that would await her after residency (normally one year of active duty for every year of residency training). While much of the Army world was unknown to her, she has gotten to know other HPSP students at Georgetown through their time training together.

Most of Punttenney’s fellow classmates are unfamiliar with the HPSP scholarship program and only a few know she is in the Army. She said students like her get a lot of questions including “what does the military pay for?” and “how many years do you owe?”

“The quick answers are: all required tuition and textbooks are paid and we get a \$1,900 monthly stipend. As far as years go, the ballpark figure is that you end up owing as many years active duty as years of residency completed,” she said.

Focusing on a radiology clerkship during the summer of 2008 and contemplating her options for residency training, Punttenney is excited about her options and her future. She has experienced the best of both the civilian and military world of medicine. Not only has she had an exceptional medical school experience at Georgetown, but she has completed clerkships in family and internal medicine through Army medical centers. Those experiences have helped affirm her decision and given her peace of mind.

Deciding to join the Army during an active conflict was a daunting decision, but one that Punttenney doesn’t regret. After carefully considering the risks, she determined that the benefits outweighed the potential challenges of being an active duty Medical Officer. Like many of her HPSP scholarship colleagues, she sees ample opportunities to grow and expand her medical knowledge.

Partnerships Key in Planning for NLC 2010

By Jan Mould

One of HOSA's challenges each year is in finding the best possible clinical sites for skill events at the HOSA National Leadership Conference. As the Chairman for the Health Professions events, I had the opportunity to travel to Orlando, Florida in October, and take a look around at what facilities and opportunities the area has to offer for HOSA competitors.

When looking for clinical event sites, we take a look at many factors. Our number one consideration is in offering a "national" caliber event experience. We know we can simulate any of our events in a hotel meeting room, but we prefer to raise the bar whenever possible by offering dynamic competitive scenarios in a realistic clinical setting.

For HOSA, establishing partnerships with local healthcare agencies and educational institutions is critical to our success. Creating partnerships is essential at the HOSA chapter level when it comes to preparing HOSA members for skill events. Our national partners give HOSA a sense of perspective that improves our ability to prepare students to pursue health professions through the HOSA pipeline.

The first potential partner we visited was Dr. Louise N. Pitts, Dean, Health Sciences, at Valencia Community College. Valencia Community College was a strong partner for HOSA at NLC 2007 and fortunately for us, they are welcoming us back for NLC 2010! In addition to the West Campus facilities, HOSA will also be using the nursing lab and adjacent classrooms at the Osceola campus. <http://www.valenciaccc.edu/west/health/>



Valencia opened up a state-of-the-art Dental Hygiene Clinic in 2009, which promises to offer the best possible facilities for the HOSA Dental Assisting event at NLC 2010.

As part of our efforts to find new and exciting clinical sites, we traveled to the Conservation Station at Disney's Animal Kingdom at Walt Disney World – just a few miles from

HOSA's convention hotel. With more than 1,700 animals from 250 species, Disney's Animal Kingdom theme park keeps a team of veterinarians, veterinary technicians, and host of medical professionals VERY busy.

Conservation Station includes a number of educational exhibits that showcase the care, feeding and health of wild animals. The highlight for HOSA members is a surgical suite with a wall-to-ceiling window that permits guests to watch animal health screening and sometimes, special procedures. We were lucky because we had an opportunity to watch a tiger have a root canal.



In this photo, Dr. Mark Stetter, DVM, Director of Animal Health at Disney's Animal Kingdom, is explaining the procedure to be performed by a visiting veterinarian who specializes in the dental care of exotic animals.

And this is a close-up of the tiger during the actual procedure, taken from behind the glass in the public viewing area. A sleeping tiger is a beautiful animal – and the operation was a success!



For more information on Conservation Station, go to <http://disneyworld.disney.go.com/parks/animal-kingdom/attractions/conservation-station/>

We will continue to develop partnerships and look for the best possible clinical event sites for HOSA members. While nothing has been confirmed yet, don't be surprised if NLC 2010 brings unique competitive experiences for HOSA members – with a little bit of magic sprinkled in.

See you in Orlando for an exciting NLC!

About the author: Jan Mould is the HOSA advisor and a Health Science teacher at Science Hill High School in Tennessee. She is a member of the National HOSA Competitive Events Leadership team and currently serves as the Chairman of the Health Professions events.

JUNIATA COLLEGE HOSA

President – Hannah Frank

Vice President – Blair Saul/Lindsey Draper

Secretary – Rachel Naar

Treasurer – Kelsey Thrush

Webmaster – Zac Cupler

Although we are only halfway through our first semester, the Juniata College HOSA chapter has already participated in and hosted numerous events. One of the ongoing projects that we are most proud of is our partnerships with the local JC Blair Memorial Hospital and the local nursing home. Each semester, numerous students from the club volunteer their time to help out in and around both establishments. In the hospital, students volunteer everywhere from the information desk to the maternity department. In the nursing home, we have established a program called Senior Buddies in which students are paired with residents and go visit with them each week.

In addition to our efforts at the hospital and nursing home, we also participate in several events in the community. At Huntingdon's Healthy Harvest, HOSA makes a table with information for the community revolving around different health concerns. For example, we have featured information on diabetes, proper nutrition, and how to maintain healthy blood pressure. Students from the club also volunteer with an annual charity run hosted by JC Blair Memorial Hospital. During the Scott Grugan Run, our club members help to clean off and mark the trail, fundraise within the community, and help out with various tasks on the day of the race. Another exciting community event that we host is Pet Therapy. HOSA students go to the nursing home with various pets and visit with the residents, allowing them to pet the animals and talk to the college students. Many of the residents may have had pets earlier in their lives or do not have any family members who come to visit with them, so this allows the residents to have some one on one time with students and the animals.

On campus, HOSA attempts to connect students with other health professionals by organizing meetings and lunches with various health care professionals and representatives from an assortment of graduate schools. During these events, the speakers give presentations about their fields or schools and students are able to ask questions and make connections with these individuals. In addition to these speakers, we host an annual Homecoming Tea event during which we invite HOSA alumni back to campus. During this time, students can speak with past Juniata students about their current careers and their experiences in graduate schools. Students are also able to network and set up potential internships and shadowing experiences which can be very helpful for the future.

The Juniata College HOSA chapter also makes efforts to pair with other clubs on campus. For example, we will be partnering with the Tri Beta Biological Honor Society for a biology learning night in which the clubs will prepare fun biology-oriented demonstrations to elementary and middle school students. This year, HOSA will be teaching students how to build molecular structures out of healthy foods. We also hold many fundraising events on campus throughout the year. Recent fundraisers have included scrub sales and a volleyball tournament in which a portion of the proceeds were donated to cancer research.

Finally, HOSA will be participating in a new and innovative event this year. A poverty simulation will be taking place in which role playing activities will be used for individuals to be able to experience what it is like to struggle as a low income person. This event is a collaboration between the school and community, and will be a very informative and educational experience for all involved.

Financial Leadership Activities Colorado Style

By Lauren Vigil, Colorado HOSA President, and Shelby Richards, Colorado HOSA President-Elect

HOSA members may ask, why is participating in financial leadership activities important to HOSA? They are important because financial leadership activities:

- \$ Increase funding for HOSA chapters,**
- \$ Increase attendance at state leadership conferences, and**
- \$ Provide funding for service activities.**



Not only will financial leadership activities increase funding sources, but these activities are also a great opportunity to promote teamwork and provide leadership skills to HOSA members.

Engaging in such activities serves as a chance to educate others about the HOSA organization and increases awareness of what HOSA means. In addition to all of these great skills, financial leadership activities teach members various life lessons that will be valuable in the health care industry and workplace, such as meeting deadlines, proper scheduling, communication, and overcoming obstacles. Developing these skills are great resume enhancers and character builders.

Colorado HOSA advisors have brainstormed a list of financial leadership activities that worked in their community. They include:

- **Selling first aid kits**
- **Themed dinners**
- **Creating HOSA t-shirts or hoodies**
- **Dunk tanks**
- **And even your creating your own HOSA member auction.**



Chapters can also team up with different fundraising companies in their area to sell their products, such as butter braids or cookie dough. For more information about financial leadership activities see these websites, <http://www.fundraiserinsight.org/ideas/> and http://www.hosa.cccs.edu/permanent_documents/FundraiserInfo.pdf.

Before beginning your financial leadership activity, remember that the activity should be approved by the whole chapter and that you are working as a team from start to finish. Financial leadership skills are great qualities for all HOSA members to hold and Colorado HOSA hopes that you find these activity ideas helpful in your chapters.

Developing these skills are great resume enhancers
and character builders.

RECRUITMENT IDEAS FOR 2009-2010

By: Rhama Mkuu, Florida HOSA State President

HOSA national membership currently stands over 100,000!! But why stop here? In order to increase membership we need to not only focus on high school membership, but also recognize the importance of building a strong middle school foundation. However, what we do after our contribution to the organization is also important, which is why becoming an alumni member can continue to impact the success of HOSA.

Creating well-prepared healthcare students, HOSA continues to fuel the progress of medicine. The importance of establishing a foundation of serving others at an early age is important. Why start at a secondary level when it is possible to begin earlier? Loyalty for a career, organization, or a group of people increases with time; and beginning membership at the middle school level is a way to start. Through brochures and presentations, students will get an idea of what HOSA offers to help them increase their knowledge of medicine. As this generation thrives on technology, HOSA can increase awareness by the same means. Partnerships with major television networks, like Nickelodeon and Disney Channel, can spur this awareness through the use of commercials exhibiting the fun there is in medicine and competition. Footage recorded at regional, state and national conferences can demonstrate the professional aspects of teens nowadays but also their ability to influence society, expand social networks and create a future for themselves beginning at a young age. HOSA information on Twitter and Facebook can have an incredible effect! The resources are out there. It is just a matter of using them and appealing to youth at an early age about the health professions.

The backbone of most career technical organizations such as HOSA is usually composed of alumni. Through dedicated alumni, organizations are able to thrive and succeed. Alumni members give their time and effort to the benefit of HOSA. First Alumni membership can be improved by awareness. Many members are oblivious of such a category of membership. A way to improve alumni membership is to advertise it in state and national programs. HOSA members who make it to the state and national levels are usually experts in their competitions and would love to help judge as alumni members. Offering alumni members benefits such as career resources and opportunities to judge HOSA events, as well as networking opportunities with other alumni members will significantly increase membership.

As you can see it is imperative to produce new membership in the middle school and alumni division, not only to improve our organization as a whole but also to assist our members in their future endeavors. A strong foundation of middle school members will enhance the experience for all members through igniting the fire in the youth of today to excel tomorrow. Alumni membership growth will keep our members engaged in HOSA as well as providing them with valuable resources and networking opportunities.



Membership Benefits

By Jennifer Zhu, NC-HOSA State President

Sometimes, students may feel that they are surrounded by a sea of clubs and various activities that are all calling their name. Other times, schools without Health Occupations Students of America (HOSA) chapters wonder what benefits HOSA would bring to their students. HOSA is a well-known national student organization endorsed by the U.S. Department of Education and the Health Science Education Division of ACTE. While HOSA is a great way to get involved at your school and in your community, what makes HOSA truly special is the full extent of its many tremendous membership benefits:

Gain Knowledge and Professional Experience

If you're interested in pursuing a career in health care, HOSA is *perfect* in exposing you to more knowledge about various fields of medicine. With 57 competitive events, there's an event for everybody and every interest. Use your creativity for Career Health Display, hone your memorization skills for Dental Terminology and Medical Math, practice medical skills in Nursing Assisting and Sports Medicine, or nurture the public speaker in you with Prepared Speaking. When you prepare for competition, you pour time and effort into obtaining medical knowledge necessary for doing well in your event. You may even have the opportunity to practice hands-on skills by learning from a professional in the field—which then establishes valuable connections through networking.

Find your passion

Even if you don't know that you want to pursue a career in medicine, HOSA provides you with the opportunities to explore options and different careers—whether it's by listening to speakers, touring medical facilities, or trying different competitive events. With competitive events that range from photography to public speaking, HOSA can point you in a direction and spark a passion.

Improve Your Future

HOSA's a huge resume and college application builder. Whether it is for a job or for university admittance, people are impressed when they see that you have been active in extracurricular activities, competitions, and community service. By doing HOSA, you show that you already have goals for your life and a strong interest in a specific career. HOSA makes it easy to obtain volunteer service hours by offering a variety of community service projects to be involved in. In addition, there are scholarships that are only available to HOSA members.

Life experiences

Through different levels of competition (Regionals, States, Nationals), you are able to meet so many amazing people who share the same dreams or even quirky similarities! You have many opportunities to form meaningful friendships with people from different parts of the state or completely different states. The experiences of Regional, State, and National Leadership Conferences are simply unforgettable life experiences—Nationals this year is in WALT DISNEY WORLD after all!

Most importantly, don't forget—by being a part of HOSA, you are not only benefiting yourself but your community. As a member of HOSA, you commit to helping our nation's future and the future of health care. Together, we HOSA members are able to promote career opportunities in the health care industry and to enhance the delivery of quality health care to all people. So while we can always ask "What can HOSA do for you?", always remember to think: "What can you do for HOSA?"

\$5 from each ring purchase goes direct to HOSA!

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Create a ring that tells your story!



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HOSA has partnered with National Recognition Products (NRP), a leading manufacturer of high school class rings, to offer a custom side design exclusively for HOSA members.

Not only can you create your own piece of history by designing a class ring on NRP's state-of-the-art ring designer, you can rest assured that your creation will be protected with the Industry's Best Warranty!

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