

White House Conference on HELPING AMERICA'S YOUTH



WASHINGTON, D.C. – George Sifakis of Axela Government Relations, LLC represented HOSA Thursday, October 27, 2005 at the First Lady's *White House Conference on Helping America's Youth* at Howard University.

President Bush appointed First Lady Laura Bush as the leader of the initiative, Helping America's Youth, during his 2005 State of the Union Address. Helping America's Youth is focused on addressing and finding solutions to problems negatively impacting the future of America's at-risk youth. By educating children and teens about ways they can reach their full potential, Helping America's Youth hopes to encourage at-risk youth to strive to be their best.

HOSA was represented among 500 educators, researchers, child development specialists, faith-based and community service leaders who attended *The White House Conference on Helping America's Youth*. This one-day event highlighted the many challenges that children and teens experience including teen pregnancy, HIV/AIDS, and illiteracy and substance abuse leading to high dropout rates. The conference presenters used this opportunity to discuss proven solutions and programs that have helped at-risk youth overcome the common problems they face today.

President Bush and First Lady Laura Bush were included in the list of distinguished guest speakers. Secretary Mike Leavitt, U.S. Department of Health and Human Services, served as the moderator during the "Connecting with Family" session, which focused on the importance of marriage. Secretary Elaine Chao, U.S. Department of Labor, and Secretary Margaret Spellings, U.S. Department of Education, served as moderators in the sessions, "Connecting with the community on a local level" and "Connecting with school."

HOSA's representation at this conference was a huge step in continuing our efforts to advance HOSA's awareness in Washington, D.C. and to share HOSA's important mission.



Indiana HOSA Chapter Helps with Hurricane Katrina Relief

By: Ingrid Miller, North White High School HOSA Advisor

The North White Health Occupations class in Monon, IN is composed of nine students, four from West Central High School and five from North White High School. Recently, the chapter raised over \$3,000 to send to the American Red Cross for Hurricane Katrina. They sold T-shirts at both high schools and collected donations from residents and businesses in the surrounding communities. The project was started on September 1, 2005 and ended on September 29 when the students presented a check to representatives from the local American Red Cross.



Ingrid Miller (Advisor), Kelsey Cosgray, Jeff Bramlage, Lindsey Stevens, Ashley Tiede, Sam Keeton, Tabeitha Carter, Allison Housinger, Jenny Rickert, and Brandi Tincher.

North White HOSA advisor and Health Occupations instructor, Ingrid Miller, RN, BSN, said, "The enthusiasm was contagious at the beginning of the project, and donations and sales were astounding."

Lindsey Stevens of West Central High School was appointed committee chairman. Her responsibilities included raising donations and selling T-shirts from Francesville as well as overseeing others on the committee. "We will have helped the lives of many people just by doing a small town fundraiser," Stevens said.

Assistant chairman, Brandi Tincher, of North White High School, was thrilled that this project helped their HOSA chapter and Health Occupations class work effectively as a team. Tincher collected donations in Monon, IN and also helped with selling T-Shirts.

As secretary of the hurricane relief project, Tabeitha Carter, of West Central High School, made a scrapbook of the chapter's efforts during the month of September. The scrapbook contains follow-up reactions from each member and reports on his or her individual duties during the fundraiser.

The team treasurer, Jeff Bramalage, of North White High School, collected money and turned it into North White High School's treasurer each day. He gave \$50 from the relief funds to a Monon, IN resident who wanted to make flannel blankets to send to Louisiana through an organization called Newborns in Need.

Kelsey Cosgray, also of North White High School, handled the Public Relations area of the project and decided to sell the T-shirts for \$10. She ensured that \$5 of each sale was earmarked for the American Red Cross.



American Red Cross officials from White and Cass Counties in Indiana accept the check from Lindsey Stevens, Chairman, and Jeff Bramlage, Treasurer.

This Hurricane Katrina relief project brought the class together and was a great teambuilding experience that helped each member to embrace the unique personalities that make up the HOSA chapter and Health Occupations class. It certainly was a good feeling to know that this Health Occupations class was doing something to help others.



Health Care in Mexico

By: Sierra Jenkins, National HOSA President Elect

Health care in Mexico is provided by free clinics and hospitals run by Mexico's government. Generally, when a person is hospitalized, it becomes their family's priority to visit as much as possible. Part of Mexico's culture and medical healing philosophies are based on mysticism, individual supernatural power, and healing through special herbs. For example, the curandera/curandero, a spiritual healer, may perform ritualistic activities to cure an illness. Other folk healers include the yerbalistas (herbalists), and sobadoras (masseuses).

A major issue in some areas of Mexico is the lack of sanitary conditions, which can make it difficult to deliver quality health care. If you come from a country with a reputation of having some of the best hospitals, the thought of being a patient in a hospital in Mexico can be unnerving. Most visitors do not know what to expect should they need to be taken to a hospital in Mexico. In actuality, Mexico has excellent hospitals that provide excellent care, with relatively inexpensive fees. Mexico has good doctors and physicians that provide health insurance at an inexpensive rate. A visit to the doctor's office will generally cost between \$30 and \$50. In Mexico, as with every country, there are advantages and disadvantages to the established health care system.





We Left Our Hearts in SAM Francisco

By Reginald Coleman and Sierra Jenkins



In September, your National President, Reginald Coleman and National President-Elect, Sierra Jenkins attended the 2005 State Advisors' Management (SAM) Conference in San Francisco, California. Each year, the SAM Conference is held to bring State Advisors together to discuss HOSA happenings in their state, learn new ways to increase HOSA awareness and prepare for upcoming state conferences and the National Leadership Conference.

We were invited to the SAM Conference to share the National Executive Council's goals for the year and to give updates on each Executive Council member's HOSA activities. We were not only serving as representatives of the National Executive Council but also as representatives of HOSA members across the nation.



During the conference, we were able to attend workshops with HOSA's State Advisors. Meghan Roth from the Alzheimer's Association shared information about HOSA's 2004-06 National Service Project, Memory Walk. Meghan reported on HOSA's progress and chapter efforts to raise money for the Alzheimer's Association. There is a link on The Alzheimer's website at www.alz.org that can be used to find a local memory walk, easily register for a memory walk, and see what chapters in each state have participated in and how much money they have raised for Memory Walk.



Meghan Roth and Teresa Williamson, Chair, HOSA, Inc. Board of Directors

ARMY ROTC SAN FRAN. JPG, Caption: LTC Carolyn Jolitz, Teresa Williamson and LTC Barbara Ryan

HOSA's Washington representative, George Sifakis of Axela Government Relations, LLC, shared with us his progress in helping increase HOSA visibility and networking in Washington D.C. He also mentioned upcoming and exciting projects in HOSA's future.

Lt. Col. Carolyn Jolitz and Lt. Col. Barbara Ryan from the Army ROTC, one of HOSA's partners, gave a dynamic presentation on military nursing opportunities and the benefits of being an Army Nurse. If you or someone you know is interested in finding out more about being an Army Nurse, visit http://www.goarmy.com/rotc/nurse_program.jsp.



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We Left Our Hearts in SAM Francisco



Andrea Perry from Cedars-Sinai Health System in Los Angeles and Linda Gaylor, California HOSA State Advisor, presented information on forming corporate-based HOSA chapters. Andrea and Linda have been working closely together to establish a HOSA chapter at Cedars-Sinai. Corporate-based HOSA chapters are an exciting opportunity for increasing HOSA membership and involvement in your state.



Another highlight of the conference was the presentation from Bio-Rad Laboratories on Biotechnology in the Health Science Classroom. Julie Mathern, a Bio-Rad Representative, facilitated the workshop alongside Educators Kirk Brown and Stan Hitomi. This hands-on presentation was fascinating. After breaking into small groups, we began with the Bio-Rad's Genes in a Bottle Kit. We gathered our own DNA from our cheek cells and, through a short chemical process, we were able to see strands of our own DNA! We also performed some tests during another short assignment from the ELISA Immuno Explorer Kit to learn more about the immune system and disease detection. If you would like to find out more about

Bio-Rad's educational kits, log on to www.bio-rad.com.

Mark Burley (MI) and Kathy Greenwood (LA) take part in Bio-Rad's hands-on workshop

Other presenters included Claire Husted from Kaiser Permanente who gave advisors tips and information on grant writing. Larry King from Awards Unlimited, HOSA's supply service, brought samples of and information about new HOSA items available this year. Lara Skaggs, Director of Competitive Events, presented Competitive Events updates and processes to state advisors in preparation for upcoming State Leadership Conferences and the NLC.

It is evident that HOSA's State Advisors have been working hard to prepare for upcoming state conferences as well as HOSA's 2006 NLC in Anaheim, CA. The SAM Conference provided advisors many learning opportunities through workshops and networking that will benefit all local HOSA chapters.

Of course, a HOSA trip would not be complete without educational tours and plenty of FUN with HOSA's State Advisors! During our time in California, we had the opportunity to take two tours. The tours included stops at famous San Francisco landmarks such as, Lombard Street, Golden Gate Bridge, Sausalito, Nob Hill, Twin Peaks, Ghirardelli Square, and Golden Gate Park to name a few.

During the tour, our bus driver played an old familiar tune by the legendary Frank Sinatra, "I Left My Heart in San Francisco." This is true. We can both say that we indeed fell in love with **SAM Francisco!**



Since August 2005, our nation has been struck by three major natural disasters: Hurricanes Katrina, Rita and Wilma. Many states, including Alabama, Louisiana, Mississippi, and Texas were affected, and they are just now beginning to rebuild from the devastation of these storms.



Photo from the American Red Cross

Hurricanes HIT CLOSE TO HOME

By: Marko Mijic, Region I Vice President

Hurricane Katrina, a category four storm, hit land on Monday, August 29, 2005. With winds of almost 160 mph, Hurricane Katrina roared through the Central Gulf Coast and devastated a number of different cities and communities. The next storm, Hurricane Rita, gathered power and made landfall on September 24, 2005 with winds reaching 120 mph. Hurricane Rita severely damaged parts of Texas and western Louisiana. The final storm, Hurricane Wilma, hit the southwest coast of Florida on October 24, 2005. The winds of Hurricane Wilma were approximately 125 mph and, roughly six hours after landfall, it made its way back to the Atlantic Ocean.

HOSA members in the states that have been impacted by the hurricanes are receiving help from across the nation. We are so thankful to the many HOSA chapters and members who have helped with hurricane relief efforts. It will take months for most states to rebuild, so please don't think it is too late to help. You can contact your local American Red Cross, and they can give you an idea of what relief efforts are still needed at this point. Any contribution to the American Red Cross or other legitimate relief organizations can still benefit the many hurricane victims.

As a united organization, we will help our HOSA members in need and will continue to support and encourage our HOSA states that have been affected by Hurricanes Katrina, Rita and Wilma.



Photo from the American Red Cross



Health Science and HOSA Students:

As a former Health Science and HOSA student, I understand the challenges you have before you and the many questions and decisions that are racing through your mind. What career path should I take? If I select a career in health care, then what career is best for me? Do I have a passion for helping others? And yes, you should have questions, but know that you have already made one of the best decisions in your young life by enrolling in Health Science classes and becoming a HOSA member. As I mentioned before, I too was enrolled in the Health Science Education Program approximately fifteen years ago. And because of that experience, my life has truly been rewarding. The classes introduced me to the various health care careers. It provided me with the knowledge and skills to successfully become a contributing member in the health care field. During that time, HOSA, also played giant role in my life by helping me establish effective leadership skills and building my self-confidence. As I became more comfortable with my skills, I decided to compete in HOSA's Medical Laboratory Assisting event my senior year. To my surprise, I placed 1st in regional, 2nd in State, and 3rd in Nationals. As a result, I became a Medical Technologist and worked in this field for eleven years until last year when a Health Science teaching position became available with the Memphis City School system. Now I'm teaching the classes that influenced my life and hopefully I can influence the lives of others.

Sincerely,

Danita R. Mullings, BSMT
Kansas Careers and Technology Center
Memphis, TN





Oklahoma HOSA Members Assist with Animal Rescues

Tina Welchel with puppies



Tina Welchel and Elizabeth Cohn, Veterinary Assisting students from the Health Career Certification class at Kiamichi Technology Center in McAlester, Oklahoma recently returned from the Louisiana area after helping rescue animals affected by Hurricane Katrina. Tina and Elizabeth worked with Pets Without Parents and Animal Crisis Team of Oklahoma.

Elizabeth and Tina, along with approximately 50 other volunteers, helped care for many lost and abandoned pets in Louisiana. The sight of a reunited animal with each owner made every minute worthwhile. It was so rewarding to see the joyful look on each owner's face after realizing his or her beloved pet was safe.

Sore and tired, the small group of nine volunteers made the long trip back to Oklahoma on Sunday, September 11. They returned to their homes, schools, and the people who supported them in their endeavor to improve the lives of a few animals after such a devastating experience.

Tina and Elizabeth's HOSA advisor is Heather Fenton.



Indoor arena area



Outside the kennel area



Elizabeth Cohn with puppy

Vets working with animals



HOSA Chapters Participate in the National Service Project



Caption: from left to right Judy Brewer, HOSA Advisor; Lashonda Reese, Heather Hopper, Alyssia Burgess, Erica Porter, Wesley Huntley, Lindsey Miller, Natasha Black, Kristen Eubank, Misty Griggs, Lacy Glover, Amanda Beegle, Anna Heard, and Taylor Foust.

The Giles County High School HOSA chapter participated in their local Memory Walk, HOSA's National Service Project, on Saturday, September 17, 2005 at Rotary Park in Lawrencburg, TN. The chapter was honored to lead the walk and had the privilege of carrying the Memory Walk banner around the track. They also won with the spirit award for their enthusiasm, creativity and energy throughout the day.

Through donations and fundraising efforts, the GCHS HOSA Team raised a total of \$650.25 for the Alzheimer's Association. Way to go Team!! The Giles County High School HOSA chapter wants to make a difference, and this is only the beginning of this year's HOSA events. The local HOSA president, Erica Porter, would like to thank all of those that participated in the walk and fundraising.

Left to right: Kay Gray, Advisor; HOSA Members: Jennifer Gilbert, Leah Parker, Chelsea Roberts, Jennifer Bordelon, Kim Capps, Jessica Hill, Erica Davis, Elena Arroyo, Jessica Barnes, and Jessica Ward



Georgia's Hiram High School participated in the local Alzheimer's Association Memory Walk on Saturday, October 1st. The chapter raised over \$580 with contributions from HOSA members, school faculty and staff, and our local partner, Kimberly Assisted Living. Ten chapter members took part in the walk, several bringing other family and friends for support.



Career Spotlight: Medical Illustrator



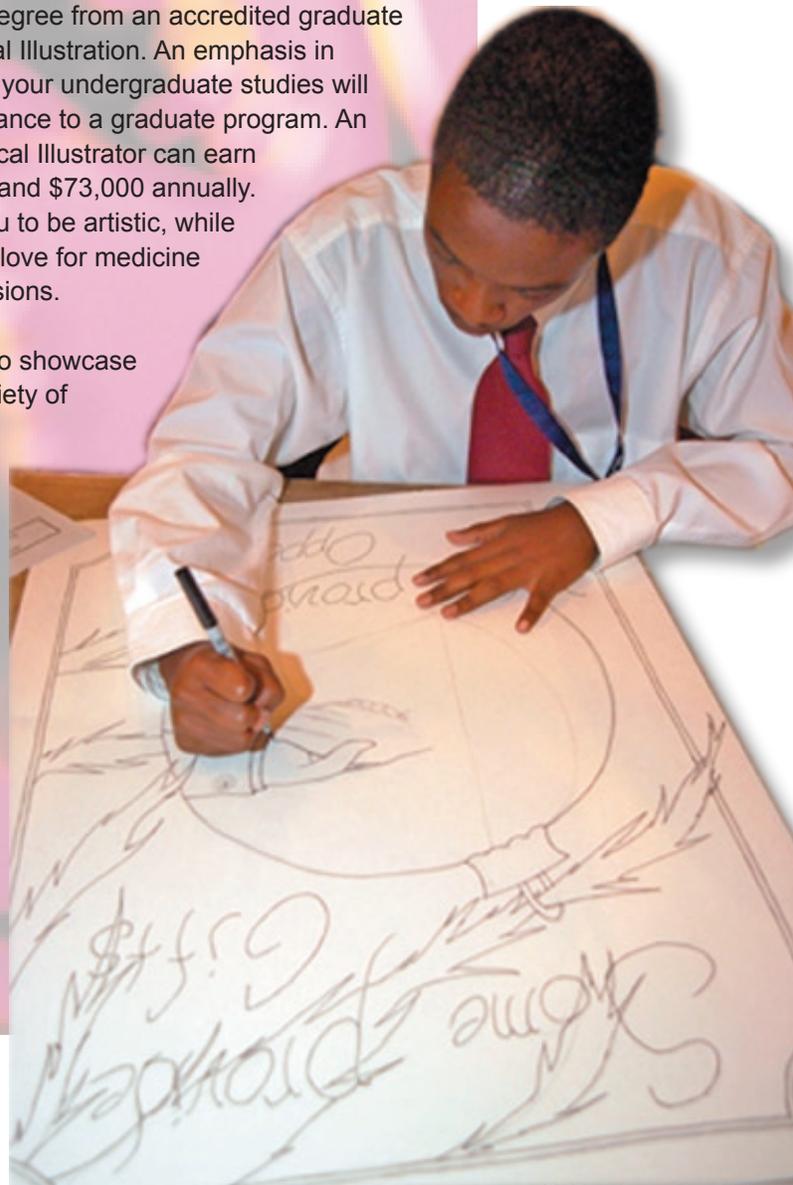
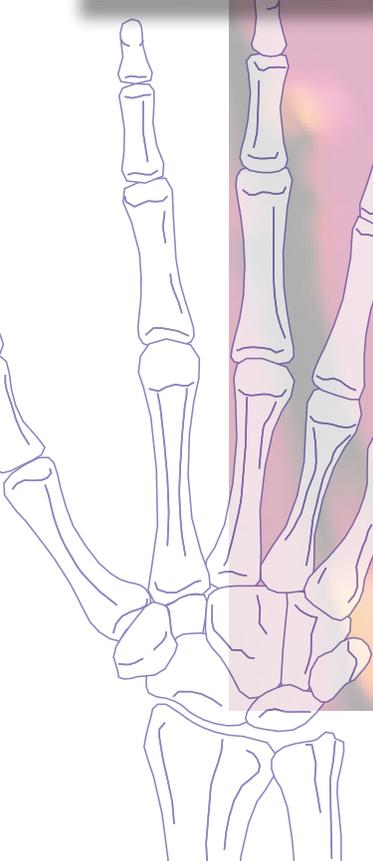
By: Brittney Earle, Region III Vice President

Do you love to draw but want a career in medicine? If so, you should consider becoming a Medical Illustrator. This profession will allow you to utilize your creative and artistic talents while learning about medicine and science. Medical Illustrators create visuals to go along with medical and biological related materials. The illustrations appear in medical textbooks, advertisements, instructional videos, computer-assisted learning programs, and exhibits. Medical Illustrators work in three dimensions, creating anatomical teaching models, models for simulated medical procedures and prosthetic parts for patients.



This field is most rewarding for those who enjoy both art and science. To become a Medical Illustrator, you must have a master's degree from an accredited graduate program in Medical Illustration. An emphasis in science and art in your undergraduate studies will aid in your acceptance to a graduate program. An experienced Medical Illustrator can earn between \$52,000 and \$73,000 annually. This job allows you to be artistic, while still pursuing your love for medicine and health professions.

HOSA gives you the opportunity to showcase your artistic talents through a variety of Competitive Events. For instance, Extemporaneous Health Poster allows you to develop a poster on a health-related topic. Career Health Display allows you to create a visual display of a specific career or cluster of careers in health. If you are interested in becoming a Medical Illustrator, competing in these events allow you to practice and refine your skills to prepare for a job in this field. If Medical Illustration interests you, start now with HOSA!



HUMAN BINGO

Submitted by Colleen Powell, Postsecondary/Collegiate Vice President

Prepare a Bingo grid on a sheet of paper divided into fairly large squares by using a pen/pencil/marker and a ruler (or you can create the grid on a computer). Fill in the squares with facts that you feel would be interesting to know about HOSA members in your chapter. These can be phrases such as *has been in HOSA for two years, would like to become a Physical Therapist, has run a marathon, enjoys sports, has participated in a Competitive Event at the national level, etc.* The number of squares you fill in is up to you, but the more you create the more time it will take to complete. Blank out all empty squares by coloring them in and photocopy the final grid. Make sure you have enough copies for everyone in the group.

At the beginning of the meeting or class, give one copy of the Bingo grid to each HOSA member in attendance. Once everyone is ready and has a pen or pencil, the leader will begin the game of bingo. HOSA members will walk around the room at the same time, while stopping each person to find out if they are associated with a specific task on the Bingo grid. For example, one participant would ask another whether they have competed in a HOSA Competitive Event. If the participant being asked *has* done that specific activity, they will sign their name in that box. Each person can only ask **one** question of the other before moving on, but they can meet the person again later and ask another question.

Continue the Bingo game until someone has all of the boxes filled.

ICEBREAKER

