

HOSA Member Saves a Life.

Submitted by: Jan Wallace, Springfield High Career and Technical Center HOSA Advisor

Imagine finding an unresponsive infant on a changing table with the baby's mom frantically trying to make a call from her cell phone. That's the situation Amy Butler found herself in this summer while shopping at Wal-Mart. The mother told Amy the infant had a seizure and she had tried CPR but wasn't sure she had done it correctly.

After assessing that the unresponsive child was not breathing, Amy performed the head-tilt, chin-lift maneuver and rescue breathing. Upon her next assessment, the infant began breathing and became responsive. "I was nervous but I did it," says Amy of the experience. Amy's Health Science instructor, Mrs. Jan Wallace, was very impressed with Amy's courage and quick response. "We teach CPR to all our Health Science students in the hopes that one day, if needed, they will be able to save a life. I always tell them that 'practice makes perfect' and you never know when you may have to use this invaluable skill. I am proud that she stepped up and did what she had been trained to do."

Amy Butler is a sophomore who had just completed a Health Science class this past spring. As part of the Health Science Education curriculum, she received certification in HeartSaver CPR. Amy chose Health Science Education because of her interest in the pursuit of a health-related career. She is interested in becoming a Registered Nurse or a Pharmacist. Amy is a member of HOSA, and, as an officer, she and her class helped raise money for the Alzheimer's Association and helped with Special Olympics.

HOSA members also assisted with the vision, hearing and scoliosis screens at area elementary and middle schools.

Amy's brother Andy, who also took Health Science classes at Springfield High School, influenced her to join the Health Science program. The classes nurtured Andy's interest in Emergency Medicine. Amy and Andy's proud mom, Jennie, states, "It all started in that Health Science class." Andy completed his certification as an Emergency Medical

Technician this year and is working with the Pleasant View Fire Department.

Amy's contribution will be celebrated at the beginning of this school year with a proclamation from the county commissioner. She will also be recognized at the Robertson County School Board meeting and has been nominated for the STAR award. The STAR award is bestowed by the Board to recognize outstanding performance and achievement by a student, educator or supporter of education.

The Health Science Education program is currently available to all county high school students with an interest in health careers through Springfield High Career and Technical Center. Other course offerings include Medical Therapeutics, Medical Diagnostics, Emergency Medical

Services, Rehabilitative Therapy, Forensic Science, Anatomy and Physiology, and Clinical Internship. Instructors at SHCTC are Jan Wallace and Melanie Holt. Greenbrier High is also opening a new Health Science program this year further expanding the educational opportunities for our students and our community.



*Amy Butler (left) with HOSA Advisor
Jan Wallace*



S O U T H C A R O L I N A

Baptist Hill High School - Hollywood, SC

HOSA Members Assist with Hurricane Katrina Relief Efforts

Submitted by: Aija Guedel, Baptist Hill High School HOSA Advisor

On the first day that our HOSA chapter was formed, we had many new HOSA members who wanted to collect money at the Friday night football game as a fundraiser for Hurricane Katrina relief efforts. In order to advertise the project, we made posters and a large banner. At the game, our HOSA members collected money in football helmets and were able to raise \$1,113.15 for the hurricane relief fund! Part of the funds will go to Red Cross, and the rest will go to community members' relatives who are in the damaged areas. We also plan to adopt a school in the area when the time is appropriate. *What a celebration to help others in so much need.*

V I R G I N I A

Wythe County Technology Center Wythe County, Virginia

Chapter Volunteers Assist with Blood Drives

Submitted by Jolene Cassell, HOSA Chapter 109 local reporter

During March and April of this year, Wythe County Technology Center HOSA Chapter 109, participated in and assisted with three Red Cross Bloodmobiles held in Wythe County, VA.

The first blood drive, sponsored by Fort Chiswell High School in Max Meadows, VA, was held on March 15, 2005. HOSA members volunteered their time and assisted with running the canteen and ambulating donors to the canteen. The blood drive was a huge success, and 37 pints of blood were donated by the end of the day. The second blood drive was held on March 23, 2005 at George Wythe High School in Wytheville, VA. Again, HOSA members assisted with the canteen and donors, and it was another successful blood drive with the donation of 39 pints of blood. The third blood drive was held at the Rural Retreat Community Center in Rural Retreat, VA on April 29, 2005, and several chapter members assisted the Red Cross in activities throughout the day.

Thank you to all HOSA members at Wythe County Technology Center for volunteering your time and assisting with these three blood drives!



HOSA



The Importance of HOSA's Bylaw Changes

By Reggie Coleman

National HOSA President

The Business Session at the 2004 NLC in Orlando, Florida, is one we will *never* forget. The session lasted nearly four hours. For those of us who attended, we feared it would never end. But in those four hours, our organization made significant changes. Yes, the debates may have been long and tedious, but they emphasized the importance of the HOSA's Bylaw changes. The motions passed during the 2004 Business Session were important to the growth of HOSA, so it was obvious the Voting Delegates put a great deal of thought and effort into the debates.

To refresh your memory, below are the motions that passed at the 2004 NLC, which significantly changed HOSA's Bylaws and have made a tremendous impact on our organization.

THE FOLLOWING MOTIONS PASSED:

- MOTION:** It is moved that references to Health Occupations Education be changed to Health Science.
- MOTION:** It is moved that the term "vocational" be changed to: "career and technical education".
- MOTION:** It is moved that **HOSA** be the name of this organization to take greatest advantage of the "branding" that has been marketed since 1976.
- MOTION:** It is moved that the following changes be made to the HOSA Bylaws:

HOSA BYLAWS UPDATES

ARTICLE III MEMBERSHIP

Section 1. Membership Composition.

- a. Health Occupations Students of America is a national organization of, by and for students who (1) are or were enrolled in secondary, postsecondary/collegiate health science classes and/or (2) are interested, planning to pursue or pursuing a career in the health professions.
- b. Members shall be students who are or have been enrolled in Health Science classes, and/or are interested, planning to pursue or pursuing a career in the health professions. and persons associated with, participating in or supporting Health Science in a professional capacity.



The Importance of HOSA's Bylaw Changes

Section 3. The Secondary Division shall be composed of secondary students who are or have been enrolled in a Health Science or an organized health career awareness program or are interested, planning to pursue or pursuing a career in the health professions.

Section 4. The Postsecondary/Collegiate Division shall be composed of students who are not enrolled in high school, have received a high school diploma and/or are pursuing GED and are enrolled in a health care related field at the undergraduate level or are interested or planning to pursue a career in the health professions.

Section 7. The Alumni Division shall be composed of persons who have been a member of HOSA. Alumni Division members shall pay affiliation fees, but may not vote, make motions, hold office or compete in events.

ARTICLE IX EMBLEM AND COLORS

Section 4. The HOSA slogan is "Health Science and HOSA: A Healthy Partnership."

Section 5. The HOSA tagline is "HOSA—A Student-Led Association of Future Health Professionals"

The name change from Health Occupations Students of America to HOSA and the alteration of membership guidelines were both extremely important for our organization.

Changing the organization's name to HOSA will improve marketing efforts in the future. It is possible that HOSA could expand to allow worldwide membership. The Voting Delegates realized that, in order for HOSA to extend beyond the United States, it was necessary to change the same so the focus is not on "Health Occupations Students of *America*." I truly believe that HOSA members are the pipeline of future health care professionals, and hopefully one day that will be possible across the world.

HOSA's membership guidelines in the bylaws were revised to allow membership of those students who are not enrolled in a health science class. Previously, only students enrolled in health science classes were able to affiliate with HOSA, but now membership is offered to students who have an interest in or are planning to pursue a career in the health professions as well as professional members in the health care industry.

At the 2004 NLC our organization was changed for the better, and it will never be the same. If you have friends or family members that have an interest in or are pursuing a career in the health professions, tell them about HOSA and have them talk to your local or state advisor and visit our website at www.hosa.org.



Reggie Coleman
National HOSA President



Health Care in the Philippines



By Sierra Jenkins, National HOSA President-Elect

In the Philippines, balance is important to the maintenance of good health. Filipinos sometimes view illness as a punishment for misdeeds. Very different than in the United States, obesity is viewed as a sign of good fortune and economic success rather than as a symptom or cause of poor health. Personal hygiene and whole body health is very important to Filipinos.

In most rural areas in the Philippines, there is a shortage of doctors and dentists, and there is no health or dental insurance available. The main



health concern in the Philippines is malnutrition due to general contamination of the water supply that has caused the epidemic of dysentery. Filipinos use plants and other items as home remedies to help with medical situations because of the shortage of medical professionals. However, there are American and European trained doctors and dentists available to provide necessary medical and dental care in the cities. In Manila, the capital of the Philippines, there are adequate medical facilities that treat most illnesses and medical problems.



HOSA



American Red Cross

HOSA's Hurricane Katrina Relief Efforts

HOSA members throughout the United States and Puerto Rico express their sincerest compassion for those HOSA members and their families who are responding to the devastation resulting from Hurricane Katrina. We wish them the best in both their personal recovery efforts and in the opportunity to help others who need their support.

HOSA chapters who wish to take an active role in responding to the needs of the victims from Hurricane Katrina should contact their local chapter of the American Red Cross. Local Red Cross representatives have the resources to work with local HOSA chapters to determine how best to serve others in this time of need. For more information, contact the American Red Cross at www.redcross.org.



Reggie Coleman
National HOSA President

“Dear President”

Introducing the “Dear President” Column!

We welcome this new addition to HOSA's E-magazine as Reggie Coleman, National HOSA President, answers *your* questions about HOSA!

Submit your HOSA question to Reggie at colemanHOSA@yahoo.com. All questions to be considered for publication in the E-Magazine are due to Reggie by the 15th of each month. He will respond to as many as he can and will select a few each month for publication in HOSA's E-Magazine.

HOSA's Friendly Competition:

THE HOSA CUP

By Marko Mijic, Region I Vice President

***"HOSA: Living the Profession;
Living the Dream."***

Another great National Leadership Conference is over, and we are looking forward to a new year with HOSA! Over the next year we hope that HOSA members will share their own personal HOSA experience with local chapters and encourage others to get involved. Those who do not know about HOSA will learn from YOU about our great organization, and we hope they will take this opportunity to travel on the HOSA Pipeline as a future health care professional.

The 2005-06 National HOSA Executive Council has launched a challenge between the three regions in our organization. The challenge will be titled "The HOSA Cup." It is the organization's goal to involve each affiliated state in this friendly competition. We hope that this challenge will encourage individual states to share the mission and purpose of HOSA and encourage all potential members to get involved.

Through HOSA's continued effort to build the pipeline of future health care professionals, our goal as an Executive Council is to increase membership through this Regional Membership Challenge. At the 2006 National Leadership Conference in Anaheim, California, the region and state within that region with the highest percentage increase in membership will be recognized on stage with the HOSA Cup trophy and a plaque. The HOSA Cup will be engraved with the region/state and year of membership increase and will be passed each year to the new Regional Membership Challenge winners!

HOSA members have so much to offer the health care industry. Share HOSA's many opportunities with those who are interested in health care and encourage them to become a member with other future health care professionals across the United States.

Keep in mind that this is a friendly competition between HOSA Chapters, states and regions. We'll see you in Anaheim...GOOD LUCK and let the competition begin!



HOSA's Friendly Competition:

THE HOSA CUP

**2005-06
HOSA Regions**

REGION I

Arizona
California
Colorado
Hawaii
Idaho
Kansas
Louisiana
Mississippi
Missouri
Montana
Nebraska
New Mexico
Oklahoma
Oregon
Texas
Utah
Washington

REGION II

Alabama
Arkansas
Florida
Georgia
Illinois
Indiana
Iowa
Kentucky
Minnesota
Puerto Rico
Tennessee
Wisconsin

REGION III

Connecticut
Delaware
Maine
Maryland
Michigan
North Carolina
New Hampshire
New Jersey
New York
Pennsylvania
South Carolina
Vermont
Virginia
Washington D.C.
West Virginia

“To Celebrate Youth in Action - Making a Difference”

WASHINGTON D.C.

By Marko Mijic, Region I Vice President

The U.S. Department of Health and Human Services' Administration for Children and Families held the fourth annual National Youth Summit from July 27-30 in Washington, D.C. This year, I was honored to attend and was able to share HOSA, the pipeline of future health care professionals, with other organizations. I also met youth from all over the country who are focused on and dedicated to serving their local communities. During my time at the summit, I shared ideas with others and had a chance to better understand how other organizations operate.

It was truly an adventure. Youth from all over the country met in the nation's capital to learn from each other and share their ideas and dreams for the future. During the three days we listened to motivational speakers and attended a variety of workshops such as, “Youth and the Economy,” “Youth and Public Policy,” “Youth and Community Service,” and “Youth and Creativity.” We were also given the opportunity to participate in a service project and meet new friends.

At the summit, First Lady Laura Bush served as the Honorary Chairperson and the keynote speaker. In her speech, she addressed the importance of the youth in our communities and stressed that we are the leaders of today,

not tomorrow. Mrs. Bush's message to the attendees was inspiring and motivational. She praised our nation's youth for their continued support in our communities and encouraged us to continue our efforts.

Although Mrs. Bush was one of the highlights of the summit, other inspiring speakers shared powerful messages with our nation's youth. It was an unbelievable experience to hear such speakers as, Mrs. Alma Powell, Chairperson of America's Promise; Dr. Wade F. Horn, Assistant Secretary for Children and Families, U.S. Department of Health and Human Services; Harry Wilson, Associate Commissioner, Family and Youth Services Bureau. These inspiring individuals gave motivational key addresses to our youth.

During the conference, we were given the opportunity to participate in the “Gift of Art” Service Project. We worked together to create gift packages of art supplies to be sent to youth in Iraq. The Youth and Recreation Ministry from Iraq also attended the summit and thanked us for our strong commitment to service and our willingness to help the children of Iraq.

I believe that each participant left the National Youth Summit motivated to continue serving their communities and with a better understanding of how to organize service projects. But more importantly, I believe we left with the dedication and knowledge to encourage others to do the same.



ICEBREAKER

The object of this small group exercise is to allow the group to quickly meet and share information with others. The facilitator calls out a color of the rainbow listed below, and each member of the group must quickly answer the question associated with that color. Play as many times as you would like.

Color Jacuzzi

- Red** the color that means stop. What is one thing that can stop a group from working well together?
- Orange:** the color of motivation. What motivates you?
- Yellow:** the color of creativity. What is the best idea you've ever had?
- Green:** the color of growth. How do you plan to grow as a team or individual this year? What are your hopes for team growth and personal growth during the next year?
- Blue:** the sky's the limit. What is a goal you have set for your future?
- Indigo:** a "different" color. What one thing that makes you unique?
- Purple:** the color of royalty. If you were ruler of the universe for a day, what is the first thing you would do?





Juniata College Sigma Theta Alpha HOSA Chapter

Huntington, Pennsylvania

Activities in the Juniata College Sigma Theta Alpha HOSA Chapter have already begun, and it looks like it will be a busy year! The newly elected chapter officers are **Brad Kissell** (Pre-Veterinary), President; **Michelle Nelson** (Pre-Veterinary), Vice President; **Erin Trauger** (Pre-Physician Assistant), Secretary; and **Courtney Jones** (Pre-Med), Treasurer.

Juniata College HOSA members are recognized each month with the "Student of the Month" spotlight at <http://clubs.juniata.edu/hosa/>. The Juniata College HOSA student of the month is recognized for their outstanding contributions to HOSA and the community.

In the 2004-05 affiliation year, Juniata College Sigma Theta Alpha HOSA members were extremely active and organized many events in their community. Last year, Juniata's HOSA members participated in bi-monthly bingo and monthly pet therapy visits at the local nursing home, conducted presentations for their "Tobacco Project" at local middle and elementary schools, organized a Big Brothers/Big Sisters swimming party, welcomed several guest speakers to their HOSA meetings, attended the State Leadership Conference and much more.

Congratulations on a successful 2004-05 year in HOSA, and good luck in the upcoming year!

HOSA

A graphic of a silver stethoscope is positioned below the word "HOSA".

HOSA: Committed to Building a Pipeline of Future Health Care Professionals...

Why HOSA?

As a future health care professional, HOSA offers endless opportunities for you to explore the industry, refine your skills and achieve your goals. HOSA combines classroom learning and opportunities to become involved in local health care communities.

Become a HOSA member and experience limitless opportunities for growth in leadership and knowledge. HOSA is 100% health care, which benefits members by focusing specifically on career opportunities in the health care industry.



HOSA's Competitive Events

Being part of a HOSA chapter is exciting and promotes learning in a fun and unique way through community service, chapter activities and HOSA's Competitive Events Program.

National HOSA offers 50 health science events ranging from CPR/First Aid to Career Health Display. Through the Competitive Events Program, members are encouraged to excel in their chosen profession and refine the skills necessary to succeed.

HOSA members are eligible to compete at the local, regional, state and national levels in their chosen event. HOSA's Competitive Events are separated into the following categories: health science related events, health science skill events, individual leadership events, team leadership events and recognition events.

HOSA's leadership conferences across the nation promote friendly competition between schools and individuals while encouraging student development in health related skills and knowledge.

Visit www.hosa.org to learn more about the exciting opportunities through the Competitive Events Program.



HOSA Activities

HOSA has over 2,500 chapters across the nation, each one unique in the way they operate and through the activities in which they participate during the year.

HOSA chapters schedule meetings regularly and members plan activities to integrate HOSA into the classroom and the community. Chapter meetings can include programs that discuss topics related to health care, speakers from local hospitals, planning chapter activities and much more!

Many chapters choose to become involved in their school and community through service activities. Some chapters participate in HOSA's National Service Project, the Alzheimer's Association Memory Walk. Other chapters organize social activities such as car washes, bake sales and other fundraisers as a way to help with membership dues and to promote the chapter locally.

HOSA membership is a wonderful way to meet friends and associate with others who are interested in pursuing careers in health care. Involvement in HOSA through chapter activities and competitive events leads to professional and personal growth and development.

Leadership

HOSA members develop leadership skills, communication skills and interpersonal relationships through activities and chapter programs.

Local chapter positions such as President, Secretary and Historian encourage members to take an active role in their chapter. Members take an active role in organizing and executing chapter activities, actively participating in chapter meetings, and preparing for competitions.

Involvement in HOSA helps each member reach their fullest potential and gain confidence in their leadership abilities.



...The Pipeline Begins With You.

You are the future of health care. Join HOSA and begin preparing for your future today.