

IL HOSA Chapter 20007, Secondary Division

MRC Partnership



MRC Team Members

Satvika Alur, Nethra Senthilkumar, Smrithi Senthil, Tanya Khosla

MRC Leadership

Kathleen M. Henkelman- khenkelman@schaumburg.com

HOSA Advisor

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5/15/2021

Mail - Kathleen M. Henkelman - Outlook

HOSA/MRC Partnership Verification Form

1. This form must be completed and added to the portfolio which will be uploaded to Tallo by ONE member of the team by the state published regional and state deadlines, and by May 15th for the International Leadership Conference.
2. Note that a second signature from the MRC unit leader is needed, following their review of the finalized portfolio.
3. If there is not an MRC unit in your local community, contact HOSA-Future Health Professionals for next steps.
4. The MRC Partnership event is designed to encourage HOSA chapters to initiate and maintain a partnership with their local Medical Reserve Corps units. Through active engagement with the MRC, HOSA chapters and competitive events teams will be involved in their community and demonstrate the spirit and mission of the MRC and HOSA partnership.
5. The HOSA competitive events teams will actively engage with the Medical Reserve Corps by participating in activities that improve public health, increase emergency response capabilities and strengthen the resiliency of their communities while demonstrating an impact on their local community. The active engagement will typically involve the HOSA team working directly (and often side-by-side) with MRC volunteers, though on occasion it may consist of working on activities under the direction or guidance of the MRC unit leader.

Involved organizations include:

HOSA Chapter:	20007
Team Member Names:	Sathyika Alur, Senthil Senthil, Terina Khosla, Nehra Senthilkumar
School Address:	1000 S. Glenview Rd, Parkette, IL 60067
Advisor Name:	Karen Andrianopoulos
Advisor E-Mail Address:	kandrianopoulos@zill.org

MRC Unit Name:	Village of Schaumburg MRC #2517
Address:	746 E Schaumburg Rd Schaumburg IL 60194
MRC Unit Leader Name:	Kathy Henkelman
Unit Leader E-Mail Address:	Khenkelman@schaumburg.com
Unit Leader Phone Number:	847-923-3760
Unit Leader Mailing Address:	746 E Schaumburg Rd Schaumburg IL 60194

By signing here, I verify that I have read the HOSA MRC Partnership Event Guidelines and agree to the attached agreed upon terms of the partnership, as presented in the Partnership Logistics Document:

K. Andrianopoulos 11/20/20
 HOSA Chapter Representative Signature: Date

Kathy Henkelman 11/23/20
 MRC Unit Leader Signature: Date

At the conclusion of the project period, the HOSA team should share their portfolio with the MRC unit leader for review. A signature is required before each applicable regional, state, or international conference.

By signing here, I verify that I have reviewed the HOSA team's portfolio and find it to be an accurate representation of the HOSA/MRC partnership activities:

Kathy Henkelman 2/11/20
 MRC Unit Leader Signature (before regional conference): Date

Kathy Henkelman 3/4/21
 MRC Unit Leader Signature (before state conference): Date

Kathy Henkelman 5/14/21
 MRC Unit Leader Signature (before international conference): Date

Partnership Logistics Document

Describe how the HOSA chapter and MRC unit will maintain contact throughout this competitive events year.

Throughout this competitive year, we have fostered a partnership between the Schaumburg Medical Reserve Corps and the William Fremd High School HOSA Chapter. Our team has advertised MRC coordinated events to and outside our HOSA chapters through the use of brochures and infographics on our social media account to adapt to the remote constraints of the COVID-19 pandemic. Additionally, our team and the MRC unit maintained frequent contact through email and zoom. Our team has strengthened our relationship with our MRC coordinator, Kathleen Henkelman, which allows each of us to contact her personally over email. We also meet with Ms. Henkelman weekly outside of our designated events to discuss ways to improve our partnership and further impact our community, as well as our HOSA chapter, which has paved the way for a collaborative partnership between our two teams.

How frequently will the MRC and HOSA chapter be in contact with each other?

Maintaining frequent contact and communication between the Schaumburg MRC and our Fremd HOSA chapter allowed for the building of a strong and impactful relationship through enhanced communication. Our team and the Schaumburg MRC met at an hourly meeting once every week to organize and discuss events and activities for the future. Aside from this, due to the close relationship and active nature building from both Ms. Henkelman at the Schaumburg MRC and ourselves, we were, and continue to be in contact as often as several times a week. To further strengthen the logical aspect of our partnership in spite of the pandemic, our team members ensured conduction of all forms of contact in a virtual or socially distant setting.

Who is responsible for initiating and maintaining contact?

The Schaumburg MRC and Fremd HOSA team were equally responsible for maintaining contact and successfully organizing the planned events. Our team initiated ideas during our weekly meetings for upcoming events and the MRC assisted us in properly executing and refining what we have organized. Likewise, the MRC reached out to our team with further ideas or information to help carry out events. We consistently emphasized our partnership by cooperating equally with one another.

MRC Unit Leader's Mailing Address:

746 E Schaumburg Rd, Schaumburg IL 60194

Description of the HOSA/MRC Partnership

Our Initial Partnership:

Initially, as we attempted to establish the first partnership in our district between our HOSA chapter and a local Medical Reserve Corps (MRC), we contacted the Mt. Prospect MRC; unfortunately, a language barrier had prevented us from successfully continuing this partnership. Still motivated, we pursued a partnership with the Schaumburg MRC. Thankfully, Kathleen Henkelman, the Schaumburg MRC unit coordinator, was as eager and ambitious as us to start this partnership. During our first zoom meeting with Ms. Henkelman, we shared our HOSA/MRC partnership goals, and Ms. Henkelman informed our team that these goals align directly with the MRC objectives. Over the course of the upcoming year, we collaborated and served our local communities through targeting our similar HOSA/MRC goals.

Quality of the Partnership:

As we worked with the Medical Reserve Corps, we accomplished similar goals of impacting schools, our general community, our state, and people across the world. As a team, we plan to better serve, support, and prepare those in our community. Our team met with Ms. Henkleman, the Schaumburg MRC's unit leader, who inspired our team to develop social media accounts to promote our health-related community events and encourage our HOSA chapter and community members to participate. As the year progressed, our team will further strengthened our relationship not only with our MRC coordinator, but with the MRC organization as a whole, by adapting to the great dedication their members make for the community. As we interacted alongside MRC members through this experience, we continued to volunteer with, participate in, and support the Schaumburg Medical Reserve Corps.

Level of the Partnership:

We ensured that our partnership with the MRC will strengthen throughout the year despite the in-person restrictions set by the COVID-19 pandemic. As a team, we have educated ourselves on ways to approach the issues that the underprivileged face in today's society and have set forth a course of action to strengthen public health, emergency response, and community resiliency. This mission continues to be referenced as we plan new events and create opportunities for our team and our community. From just what we have learned so far, we will continue to contribute to the goals we strive to achieve this year and prepare our team and our community to become influential leaders in the future through the skills we gain in this collaboration.

Quantity of Interactions

Blue for Battling Diabetes	12 HRS	COVID-19 Mask Workshop	8 HRS
Healthy Heart Habits Presentations	16 HRS	Senior Citizen Center Newsletter	4 HRS
Hygiene Flyers for the Homeless	4 HRS	Handwashing Awareness Week	8 HRS
Journey's Holiday Hygiene Drive	16 HRS	Eating Disorder Awareness Video Series	20 HRS
Feed My Starving Children Team Event	20 HRS	American Red Cross Blood Drive	28 HRS
Feeding Families	8 HRS	Ribbon Pins for Black Medical Professionals	10 HRS
Establishing the HOSA/MRC Partnership	20 HRS	Senior Citizen Food Bank Flyers	4 HRS
Team T-Shirts	4 HRS	FEMA Certifications	24 HRS
Sharing through Social Media	8 HRS	Letters for First Responders	20 HRS
MRC Career Advisor Webinar	12 HRS	COVID-19 Mask Drive	20 HRS
Weekly MRC x HOSA Meetings	50 HRS		
Flyers for HOSA x MRC Initiatives	16 HRS		

CURRENT TOTAL HOURS

332 HOURS

Impact Category One

Strengthen Public Health

Blue for Battling Diabetes

Impact: Strengthen Public Health

Activity: Our team initiated a partnership with a school club, Chronic Disease Awareness Club (CDAC), to deliver a prepared educational presentation to 40+ peers about Diabetes, including causes, symptoms, & prevention measures to strengthen knowledgeability of Diabetes among individuals at our school. We encouraged attendees of the presentation to wear blue to promote awareness of Diabetes during its awareness month. At the conclusion of our presentation, our team introduced a Tik Tok project where attendees made about 20 informative Tik Tok videos to further promote education on Diabetes to a larger audience on CDAC's Tik Tok page.



HOSA/MRC Interaction: Our MRC coordinator agreed with our team's desire to bring awareness and educate members of our school community about Diabetes and suggested that we extend our project to social media.

Date: November 24, 2020

Hygiene Flyers for the Homeless

Impact: Strengthen Public Health

Activity: Our team designed informative brochures on digital media platforms teaching readers about practicing healthy hygiene habits, including proper handwashing, toothbrushing, and showering techniques. We then printed out and assembled over 200 brochures which we then distributed to homeless shelters in affiliation with the local non-profit organization, Journey's: The Road Home.

HOSA/MRC Interaction: Our MRC coordinator supported our team's initiative to help strengthen the understanding of healthful habits among the homeless population in Palatine.

Date: December 3, 2020



Healthy Heart Habits Presentations

Impact: Strengthen Public Health

Activity: Our team reached out to local elementary schools and planned to present basic cardiac awareness to 90 second grade students of Pleasant Hill Elementary School. Speaking to the entire grade will allow for us to reach a large audience and advocate for the importance of awareness on cardiac arrest, heart attacks, its causes, risks, and dangers. February's National Heart Month has motivated our team to organize this lesson that will be presented on March 10th.



HOSA/MRC Interaction: After recognizing that February was National Heart Month, our team worked with Mrs Henkelman, our MRC coordinator, to develop a way to promote awareness on cardiac arrest.

Date: March 8th-12th

Impact Category Two Serve a Vulnerable Population

Journey's Holiday Hygiene Drive

Impact: Serve a Vulnerable Population

Activity: For the holidays, our team partnered with the local non-profit organization, Journey's: The Road Home, to organize a hygiene drive, where we collected full-sized toiletries in an initiative to improve the health of homeless individuals in Palatine. We encouraged our HOSA chapter & community members to donate hygiene items in a collection box at our school and advertised this event throughout our Instagram account, communication pages, and flyers in our neighborhoods. Our efforts led to gathering 4 large courts of hygiene products that we donated to homeless shelters through the Journey's organization. Our efforts were recognized by the Journey's organization, as well as Illinois HOSA.



HOSA/MRC Interaction: Our MRC Unit Leader encouraged our team's initiative to directly serve and enforce the health of the homeless population in Palatine and assisted in communicating our efforts to local communities.

Date: November 28, 2020 - December 11, 2020

Feed My Starving Children Team Event

Impact: Serve a Vulnerable Population

Activity: Our team planned and initiated an event for 35 members of the Fremd HOSA Chapter to come together and volunteer at Feed My Starving Children in Schaumburg, where we packaged meals and labeled boxes for underprivileged families in need of relief. In total, we packaged and boxed 17,496 meals for children at Nicaragua Resource Network in Nicaragua. By encouraging our HOSA peers to volunteer with this non profit organization and work to break the cycle of world starvation and malnutrition by taking an active role of packaging meals that were distributed to those who lack access to them, we were able to support the health of communities outside our own.



HOSA/MRC Interaction: Our MRC Unit Leader approved our participation in targeting massive hunger needs for those across the globe who don't have access to nutritious food, particularly during the COVID-19 pandemic.

Date: February 11, 2021



Feeding Families

Impact: Serve a Vulnerable Population

Activity: Our MRC Team volunteered at Feed my Starving Children by packaging meals of rice, soy, vitamins, and veggies for people living in impoverished nations and who are in need of relief. In total, we packaged and boxed 15,120 meals for children at the American Relief Agency for the Horn of Africa in Somalia. As a team, our goal in volunteering with this non profit organization was to break the cycle of world starvation and malnutrition by taking an active role of packaging meals that were distributed to those who lack access to them.



HOSA/MRC Interaction: Our MRC Unit Leader approved our participation in targeting massive hunger needs for those across the globe who don't have access to nutritious food, particularly during the COVID-19 pandemic.

Date: November 28, 2020

Impact Category Three

Develop or Strengthen HOSA/MRC Partnership

Establishing the Partnership

Impact: Develop or Strengthen HOSA/MRC Partnership

Activity: After reaching out to several different MRCs in our area before we partnered up with the Schaumburg MRC. After emailing regarding the partnership we were able to contact the unit leader of the Schaumburg MRC, Kathleen Henkelman and set up a zoom meeting to discuss a potential future. There, our team shared the mission of HOSA, event idea, and partnership logistics as Mrs. Henkelman shared the core values of the MRC, upcoming plans, and expectations of our collaboration. Upon establishing the partnership, we decided to contact Mrs. Henkelman on a weekly basis over zoom to ensure strong communication.

HOSA/MRC Interaction: Our team initiated a partnership with Mrs. Henkelman at the Schaumburg MRC through email, and established partnership logistics by discussing future events and attaining our goals.

Date: November 23, 2020

Sharing through Social Media

Impact: Develop or Strengthen HOSA/MRC Partnership

Activity: Our MRC Unit coordinator, Kathleen Henkelman, advised us to make an Instagram account for our partnership on a platform where we can display the health-related community events that we organized and carried out. By doing this, we showed the public our efforts to help the community and increase the amount of people involved in our events. Also, this helped us create a timeline of our events; it showed how much we accomplished throughout our partnership and how successful we were by committing to the Schaumburg MRC. We chose Instagram as our main platform to display our events. Through our “hosaxmrc” account, we have reached 300 followers and have 25+ posts.

HOSA/MRC Interaction: Displaying pictures and information about events organized and planned by our team and the MRC coordinator highlights our commitment to the partnership, and allows us to promote this partnership to a larger audience.



Date: November 23, 2020

Team T-Shirts

Impact: Develop or Strengthen HOSA/MRC Partnership

Activity: Our team designed t-shirts incorporating both the HOSA and MRC logo to symbolize our partnership. We wore these t-shirts to encourage students, staff, and community members to learn more about our HOSA/MRC partnership, as well as to showcase our conjoined efforts to improve health in our community.

HOSA/MRC Interaction: By showcasing our partnership through custom apparel, we educated members of our school and community on the collaboration between us and the MRC.

Date: January 10, 2021



MRC Career Advisor Webinar

Impact: Developing or Strengthen HOSA/MRC Partnership

Activity: To further students' knowledge of the MRC and involvement with Fremd HOSA, we contacted our career advisor, Mrs Waterman, and MRC coordinator, Mrs. Henkelman, to present her job as a nurse and MRC unit leader, as well as her involvement and missions as a part of the MRC. This webinar amongst the district community will allow us to reach a large group of students who will now be exposed to the MRC and their mission, as well as the unit leader, Mrs. Henkelman, who has accomplished several community activities.

HOSA/MRC Interaction: Our MRC Coordinator was thrilled to present to a large group of high school students in our district to share the missions of the MRC, as well as our partnership.

Date: March 5th, 2021

Weekly MRC x HOSA Meetings

Impact: Develop or Strengthen HOSA/MRC Partnership

Activity: To discuss plans and events that we would later execute throughout the year, our team met with our MRC coordinator, Kathleen Henkelman, at organized meetings every Monday at 4:30pm. Scheduled meeting ensured strong communication and frequent collaboration between our team and the Schaumburg MRC. The connection that we have fostered over the past few months have enabled successful execution of several community events. Confirming and communicating on the details of each event allows for quick and efficient outreach to any appropriate organizations.

HOSA/MRC Interaction: Our team collaborated and executed numerous HOSA x MRC missions through immense weekly planning with our MRC coordinator.

Date: November 2020 - March 2021

Postering our Partnership

Impact: Develop or Strengthen HOSA/MRC Partnership

Activity: Our team designed posters throughout our school to promote the Fremd HOSA & Schaumburg MRC partnership. We provided contact information, a description of both of our missions, and a joint logo to share our partnership. These posters served to promote and encourage students at school to become involved in one of our several community initiatives.

HOSA/MRC Interaction: Mrs. Henkelman assisted our team in designing these posters and led us in expanding our outreach to local MRC communities.

Date: January 7th, 2021

Impact Category Four

Improve Community Preparedness or Resilience

Handwashing Awareness Week

Impact: Improve Community Preparedness or Resilience

Activity: Our team collaborated with a preschool to inform students about the importance of washing their hands to lessen the spread of germs and viruses during the COVID-19 pandemic. We researched through reliable sources regarding proper techniques and the urgency of educating children about hand washing. To accommodate to COVID-19 safety guidelines, we are scheduled to connect with the students through zoom and will present an informational presentation, interactive activities, and games so students will fully recall the importance of handwashing after teaching it to them.

HOSA/MRC Interaction: Our MRC Unit Leader encouraged us to reach out to a younger audience to bring awareness on the importance of having good personal hygiene and encourage the students to hand wash regularly starting at a young age.

Date: March 30th, 2021

COVID-19 Mask Workshop

Impact: Improve Community Preparedness or Resilience

Activity: Our team contacted our HOSA sponsor to set up a mask workshop for our school to participate in. We researched methods of creating masks in order to find which version would be efficient in preventing the virus from spreading. We provided members with sewn and non-sewn methods of making masks to ensure this project was accessible. To accommodate to COVID-19 guidelines, we scheduled the workshop over zoom and provided members with video and image resources if they were caught behind.



HOSA/MRC Interaction: Our MRC Coordinator encouraged us to reach out to high school students to bring awareness on the importance of properly made masks and provided us the opportunity to promote community welfare during the COVID-19 pandemic.

Date: March 4, 2021

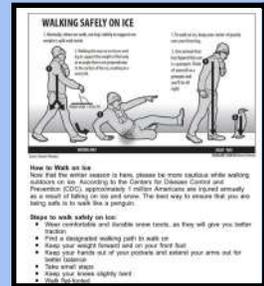
Senior Citizen Center Newsletter

Impact: Improve Community Preparedness or Resilience

Activity: Our team had the opportunity to write an article for our senior centers newsletter, where we discussed how to stay safe during the intense cold weather and icy roads of the Midwest. We provided educational tips of how to safely walk on ice and avoid winter time accidents for the senior citizens. Through our writing we lead the seniors in our community to have a safer and more prepared lifestyle in the harsh winters.

HOSA/MRC Interaction: Our MRC coordinator provided us with the platform of the senior citizen center newsletter, edited, and approved of our article topic. Mrs. Henkelman shared our section in the article with several senior citizens in Schaumburg.

Date: February 1, 2021



Eating Disorder Awareness Video Series

Impact: Improve Community Preparedness or Resilience

Activity: Our team developed & edited a video series during National Eating Disorder Awareness Week to depict the effects of eating disorders and how to support your loved ones who struggle with eating disorders. We began with an introductory video that informed our audience on the importance of eating disorders. We held interviews with individuals who struggled with eating disorders and gave them a platform to share their experiences, presenting the audience the reality of eating disorders. Our team is grateful to utilize National Eating Disorder Awareness Week to encourage attention on the important topic of eating disorders.

HOSA/MRC Interaction: Our MRC coordinator approved of and encouraged us to develop the video series spreading awareness on the importance of eating disorders and how to respond to them.

Date: March 1, 2021



Impact Category Five

Support a Non-Emergency Community Event

Ribbon Pins for Black Medical Professionals

Impact: Support a Non-Emergency Community Event

Activity: In honor of Black History Month, our team handmade 100 black ribbons & designed informational cards describing black medical professionals who revolutionized the healthcare field. We put this box at our school for students & staff to pick up & wear to show recognition & learn about these significant individuals. As a team, we are grateful that we were able to encourage a large group to advocate for the black community's achievements for the medical field.

HOSA/MRC Interaction: Mrs. Henkelman supported our team's initiative to promote large-scale appreciation of black historical figures in the medical field, during the community movement of Black History Month. Our team encouraged diversity and inclusiveness, a primary value of the Medical Reserve Corps.

Date: February 18, 2021



American Red Cross Blood Drive

Impact: Support a Non-Emergency Community Event

Activity: Our team volunteered at the nation's largest blood drive: the ABC 7 Great Chicago Blood Drive, where we collected a record amount of 2,241 units of life saving blood. We participated in a plethora of activities such as taking temperatures, helping donors get checked in and registered, supplying snacks and juice, letting volunteers know where to go next, watching the breakroom, and cleaning areas. Our efforts were able to ensure that the blood drive ran with minimal obstacles. Our team is grateful to be able to support this community event during these critical times of COVID-19.

HOSA/MRC Interaction: Our MRC coordinator supported our desire to serve our community through volunteering at the The ABC 7 Great Chicago Blood Drive.

Date: January 14, 2021



Impact Category Six

Train or Exercise to Improve Community Response Capability

FEMA Certifications

Impact: Train or Exercise to Improve Community Response Capability

Activity: Our team completed various FEMA courses to get certified for emergency preparedness. Our team completed the FEMA tests over the course of 2 weeks as we believed that incident scenario training certification would allow us to respond in the community during an emergency. We completed the following courses IS-00700: "An Introduction to the National Incident Management System", IS-00100: "Introduction to Incident Command System", IS-00200: "Basic Incident Command System for Initial Response "

HOSA/MRC Interaction: Our MRC Unit Leader introduced us with the initiative to become FEMA certified and provided us with the resources we needed.

Date: January 3, 2021

Senior Citizen Food Bank Flyers

Impact: Train or Exercise to Improve Community Response Capability

Activity: As COVID-19 cases were spiking in our local area, our team created COVID-19 awareness posters targeted towards the vulnerable senior citizen population of our community. The posters informed about the COVID-19 precautions the seniors could take to keep themselves and others safe during the holiday season. All the posters were distributed at our local senior citizen food bank and published on social media.

HOSA/MRC Interaction: Our MRC coordinator inspired us to take initiative to increase the practice of safe precautions encircling COVID-19 within the senior citizen population of our community and also assisted us in contacting our local food bank.

Date: December 1st, 2020



Impact Category Seven

Support an Emergency Response

Letters for First Responders

Impact: Support an Emergency Response

Activity: To show our appreciation to all first responders during these unprecedented times, our team planned an event with our school. We put out a google form on our school communication platform where we collected students' words and messages of gratitude. We then assembled these messages on a large poster board and delivered it to the Palatine Fire Station. This event turned out to be very successful as students were able to express their appreciation for emergency responders on the front lines.

HOSA/MRC Interaction: Our MRC coordinator encouraged us to show our appreciation for first responders, especially during the COVID-19 pandemic, that has posed an increased risk.

Date: March 3rd, 2021



COVID-19 Mask Drive

Impact: Support a Non-Emergency Community Event

Activity: With the rise of COVID-19 cases, our team was driven to improve the overall safety and health in our community by supplying masks to Northwest Community Hospital. We encouraged our community to create handmade masks for the betterment of public health through informational flyers and our constant presence on social media. All donations towards the mask drive were dropped off at our high school to further encourage high schoolers to be an active member in the community. In total, our team was able to donate 100 handmade masks to healthcare workers and patients.

HOSA/MRC Interaction: Our MRC Coordinator approved of our determination to improve public health in our community. As a group, we emphasized the importance of masks to inspire members of our community to take an active role in relieving those in need during the COVID-19 pandemic

Date: March 12th, 2021



