IL HOSA Chapter 20007, Secondary Division

MRC Partnership

MRC Team Members
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MRC Leadership
Kathleen M. Henkelman- khenkelman@schaumburg.com

HOSA Advisor
Karisa Andrianopolous- kandrianopoulos@d211.org

William Fremd High School HOSA, 1000 S Quentin Rd, Palatine, Illinois 60067, (847) 755-2600

hosa
ILLINOIS medical reserve corps
HOSAMRC Partnership Verification Form

1. This form must be completed and added to the portfolio which will be uploaded to Teks by one member of the team by the state published regional and state deadlines, and by May 16th for the International Leadership Conference.

2. Note that a signature from the HOSA/Sentil collaboration is required, following their review of the finalized portfolio.

3. If there is no HOSA unit in your local community, contact HOSA or connect with local professionals for next steps.

4. The HOSA/DOE Partnership event is designed to encourage HOSA chapters to form and maintain a partnership with their local Medical Reserve Corps unit. Through collaborative engagement with the MRC, HOSA chapters and cooperative events teams will be involved in their community and demonstrate the spirit and mission of the HOSA MRC partnership.

5. The HOSA/DOE event will continue to engage with the Medical Reserve Corps by participating in activities that improve public health, increase emergency response capabilities, and strengthen the resilience of their communities while demonstrating an impact on their local community. 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 of the MRC unit leader.

Involved organizations include:

- HOSA Chapter:
  - Name: [Redacted]
  - Advisor Name: [Redacted]
  - Advisor E-Mail Address: [Redacted]

- MRC Unit Name:
  - Name: Village of Schaumburg MRC 33517
  - Address: 2444 W Schubart Road Schaumburg IL 60194
  - MRC Unit Leader Name: [Redacted]
  - Unit Leader E-Mail Address: [Redacted]
  - Unit Leader Phone Number: [Redacted]

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

[Signature]
HOSA Chapter Representative Signature: 
Date: [Redacted]

[Signature]
MRC Unit Leader Signature: 
Date: [Redacted]

At the completion 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:

[Signature]
MRC Unit Leader Signature (Before regional conference): 
Date: [Redacted]

[Signature]
MRC Unit Leader Signature (Before state conference): 
Date: [Redacted]

[Signature]
MRC Unit Leader Signature (Before international conference): 
Date: [Redacted]

HOSA MRC Partnership Guidelines (November 2020)
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

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

**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

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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

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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.
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 though 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

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**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