Hancock County Health Sciences Instructor Bridget Shartzer and Robyn Marvel (bus driver and chaperone) work on their centerpiece for the banquet.

“This is the first year we have brought students under the Hancock Co. High School Chapter to the State Leadership Conference. We have a membership of 61 and brought 22 participants. We are proud of how much we have increased the number of students who have joined HOSA,” says Shartzer. “I’m a former HOSA member under Mrs. Debbie Gray (Breckinridge Co. ATC). I’ve always wanted to be the kind of teacher and adviser that she is. If I make a difference in one person’s life, then I have accomplished what Mrs. Gray has done since the first time I stepped foot in her classroom.

I used to be a student walking in the classroom, but now, I’m watching my students walk into the classroom!

At this time, the Florida HOSA state team is preparing for the State Leadership Conference set for the middle of April. All regional conferences have been held and the winners chosen. The Florida HOSA state team is hard at work planning for a remarkable conference.

Prior to being elected as a Florida State officer, my mission was to try to bring HOSA to the forefront to health professionals and more postsecondary prospects. Currently that goal is being accomplished through promotional efforts of HOSA to established health organizations and community colleges.

The first of February, the Florida Physical Therapy Association (FPTA), a member of the American Physical Therapy Association (APTA), Student Conclave was held at the University of Florida in Gainesville, where student physical therapists and student physical therapist assistants had the opportunity to network with each other. In conversation with attendees, it is evident that we have more work to education health care student on HOSA at the postsecondary level.

We are currently working on a HOSA campaign to communicate the benefits on belonging with the students at the University of Florida. The students at the University of Florida are very open-minded and look forward to knowing more about this great organization.

There is a great amount of excitement hosting the National Leadership Conference in Orlando, Florida and the State Officers look forward to a great experience.

National HOSA members - see you soon in Orlando!
The Practical Nursing Class of 2007 kept their audience captivated as they presented a PowerPoint and fashion show at the 8th Annual Practical Nursing Leadership Workshop, held in Newport News on February 20, 2007. The students combined their creative talent and nursing knowledge to present an informative, educational and entertaining skit accompanied by a PowerPoint presentation on the importance of a healthy heart.

The students experienced the role of a leader, learned the value of hard work and determination and experienced a sense of pride in teaching others about heart wise decisions. The presentation was great, but the message was greater! Thank you to Rachel Barnes and Marilisa Reyes for the PowerPoint production, Sarah Stacy the narrator, and performers: Pam Ackerman, Brooke Campbell, Colleen Rivera and Imelda Ross.

In addition, the nursing students participated in a fashion show demonstrating nursing attire; stressing the importance of appropriate professional attire whether working on the hospital floor or during an interview. Thank you to the master of ceremonies Denise Braddy; Clarissa Laumann and Katie Zdyb wearing professional dress; Ashley Marshall and Alex Strielkaskas wearing sporting scrubs; and Danielle Rucker and Maria Vasquez wearing the Virginia Beach School of Practical Nursing’s official uniform. Kudos to all!!

(Check us out on-line: http://www.techcenter.vbschools.com/ under: Nursing Goes Red for Women.)
While it is easy to imagine the thrill and excitement of such a show, HOSA members should imagine something more. Imagine how physically demanding it can be to be an artist at La Nouba, and imagine the team of health professionals who keep the performers fit and ready to perform.

HOSA had an opportunity to go behind the scenes at La Nouba™ by Cirque du Soleil®, located in Downtown Disney at Walt Disney World, and talk with members of the health care team.

Brian Oudyk is an athletic trainer and athletic therapist from Canada. A former hockey player, Brian turned his love for sports into a career that included two years as an athletic therapist with the Canadian Football League. Athletic Therapy is a health profession in Canada, similar to physical therapy, but with a concentration in sports medicine. These therapists are responsible for injury prevention, emergency and acute injury care, assessment and the rehabilitation of injuries.

Nicole Ferguson is a Physical Therapist, certified Pilates instructor, EMT, and Certified Strength and Conditioning Specialist (CSCS). She is a graduate of Miami University in Ohio and Regis University in Colorado.

Marc Oceguera holds a Doctor of Physical Therapy, a Master’s degree in Occupational Therapy, and is a Certified Strength and Conditioning Specialist (CSCS). He graduated from San Francisco State University and the University of St. Augustine in Florida.

Brian, Nicole and Marc make up the full time health services team at La Nouba. Other members of the team include a part-time acupuncturist, massage therapist, and orthopedic surgeon. It takes a team of well qualified health professionals to keep the artists in shape for their demanding performance schedule.

What’s it like to be on the health team at La Nouba?

Operating from a well-equipped health services clinic adjacent to the main training room, Brian, Nicole and Marc stagger their arrival times to assure that someone is always available when they are needed. From early afternoon until well past the final curtain call, these therapists care for the health and fitness of a diverse range of athletes.

Ninety percent of the artists experience chronic overuse injuries, mostly of the spine, then shoulders, knees and ankles. Some of the artists come from a circus tradition, some are Olympic athletes, and others are highly trained performers, dancers and gymnasts. All are at the highest level for their skill, and depend upon the health services team to keep them in good physical condition so they can perform.
Brian, Nicole and Marc use much of the same treatment techniques you might see in hospital-based physical therapy, including massage, joint mobilization, and stretching. They use modalities such as ultrasound and electrical stimulation, and of course, lots and lots of ice.

They also use natural remedies and homeopathic techniques, and work with the artists on injury prevention. Core strengthening classes are offered, as are Pilates classes and Yoga. The team provides nutrition workshops and other services to help keep the artists in optimal physical health.

**So, how do these therapists like working at La Nouba? They LOVE it!**

The health care team at La Nouba works with athletes from all over the world. The cultural diversity is sometimes challenging, but mostly provides a dynamic and exciting work environment. According to Brian, it's like traveling around the world, having an opportunity to learn about different cultures, and truly opening one’s mind to people and places from around the globe.

Nicole describes her job as “a lot of fun.” She enjoys being able to help someone get back to what they love to do. Because the team works with the same clients on a daily basis, they really get to know and care for the artists of La Nouba.

When asked about the most exciting part of their jobs, Nicole and Marc explained that they get to try out the circus tricks. It turns out that Nicole is a former gymnast and Marc an all-around athlete. They need to know the show and experience what the artists are experiencing so they can better understand the specific stresses that certain tricks and skills have on the body.

Wow! A physical therapist on a flying trapeze. Who knew that health care could be so much fun?!

As it turns out, behind every good athlete and Cirque du Soleil performer is a licensed healthcare professional who cares for the individual’s physical needs and helps to assure that the show can go on. We think that Brian, Nicole and Marc are excellent examples of health professionals who love what they do and the people they serve.

La Nouba comes from the French phrase “faire la nouba” which means to live it up. We think the therapists at La Nouba are living it up in their unique, challenging and exciting health careers!
The Edison Health Science Technology Students and the Edison HOSA Chapter from San Antonio, Texas, presented the Spring Safety Extravaganza to the students at their high school.

The purpose of the event was to promote safety and raise awareness to various issues that may jeopardize the health and well being of people during the spring and summer seasons.

Many of the presentations included poison control, burns, ladder and tool safety. Other issues that students team taught were first aid, splinting and wheel chair transportation.

Checking the scene, calling for help, caring for injured people and the basic steps for CPR were available to those who wished to participate. All students that attended the fair were trained on the Automated External Defibrillator.

This was the first time that the students presented such a safety fair. The event was such a success the students decided to make it a yearly event.
Heeding repeated calls to serve the autism community as “one strong voice,” nearly 240 staff and volunteers of the newly combined Autism Speaks and Cure Autism Now, or CAN, joined forces in Washington, D.C. March 16-20 for their first combined leadership conference.

The gathering, which drew approximately 160 volunteers and 75 staff members from around the country and overseas, among them 80 from the former CAN operation, focused on integrating geographically far-flung teams to work together on the organization’s newly expanded walks, special events, scientific research and awareness efforts. The meeting was scheduled to conclude with a day on Capitol Hill and more than 100 visits with congressional representatives from 26 states.

As Autism Speaks President Mark Roithmayr put it during the gathering: “Look at us now. … We are coast to coast, we are urban, we are suburban, we are rural. We are one strong voice fighting for one thing. It is about autism.”

The annual meeting comes just one year after the then newly-merged Autism Speaks and the National Alliance for Autism Research, or NAAR, met together for their first organizational leadership conference in the nation’s capital. And much of the celebrating during this several-day conference was over how much the two combined organizations have accomplished since last year.

When Autism Speaks and NAAR merged more than a year ago, “Many of you were no doubt wondering what was in store for you, what was in store for the Walk program, and what was in store for the cause that we are all so devoted to,” remarked Autism Speaks Co-founder Suzanne Wright during a March 16 awards dinner. “Well, a year later, I think we have our answer. It’s called success. You raised $12 million last year, exceeding our goal by more than $2 million. This is a tremendous accomplishment, and a testament to your commitment and also to the strategic rationale of combining our two strong organizations.”

Awards for Outstanding Contributions
HOSA, which choose Autism Speaks as their National Service partner at their 2006 National Leadership Conference in June, was recognized for their commitment to those affected by Autism Spectrum Disorders. Receiving the award for National HOSA were Virginia State President Ashley Profitt and HOSA’s Washington DC representation, George and Taryn Sifakis. Autism speaks and HOSA are excited about building on a great first year of partnership.
Combining Forces for New Successes

Beyond celebrating the successes of last year, central to this year’s meeting was talk of how the “new” Autism Speaks will continue to grow, given the combined forces of the two largest autism advocacy organizations following the CAN merger.

Autism Speaks Co-founder Bob Wright used remarks during the March 16 awards dinner to point to the ways in which previous joint efforts between the two groups have already paid off. He cited, as an example, the combined work to pass the landmark Combating Autism Act in 2006. But Wright said much more needed to be done, particularly at a state level. “If elected officials talk about health, if they talk about children, but they don’t talk about autism,” he said, “they should be ashamed.”

Wright reserved his highest praise for the volunteers who helped raised $18 million in last year’s Autism Speaks-CAN walks, and called for an even greater contribution to the Autism Speaks revenue stream now that the walks group is one. “Volunteers are the frontline and mainline of everything we do,” he concluded.

In fact, the organization’s 70 walks this year are expected to raise over $20 million in revenue, said Susan Gloor, national walk director, while Roithmayr said major gifts is budgeting for $15.6 million. In total, the organization hopes to generate revenues of nearly $55 million in 2007, more than half-way to the long-term goal of becoming a $100-million-a-year organization.

Providing an enthusiastic spark for that effort was conference keynoter Neil Balter, Walk Now Phoenix Chair 2006 and founder of California Closets. In his presentation, he talked about how Autism Speaks would be driven by its local organizations, as was his former company, “It was the franchisees and their commitment level on the ground that grew that company,” he explained, adding: “Now is the time to go back, dig deep, get your friends and families involved. … Remember, enthusiasm is contagious – catch it.”
Texas HOSA... More Than Just A Pretty Face

By: Charlie Lin, State PS/C Vice President

The Texas HOSA State Officer team offers a small sample of just how Texas is more than a pretty face. From our lush grasslands to the sweltering summer heat, Texas HOSA members find time and ways to reach out to the community.

We are proud to say that Texas HOSA was able to contribute over $20,000 to last year’s National Service Project: the Alzheimer’s Association. Among those that were recognized at the National Recognition Session were Judson High School, Duncanville High School, Abilene High School, North Garland High School, South Texas HSHP, and the University of Texas at Arlington. Our members continue to give much of their time to support organizations, like the American Cancer Society and Autism Speaks, as we all push for a common cause: the advancement of healthcare.

Not only did Texas HOSA members contribute financially to these amazing organizations, but members also poured out their hearts into the various types of community service projects made available around the state. While the 40+ Texas HOSA State and Area officers have completed thousands of hours of community service collectively, this is a small fraction of the time given to these projects and overall effect of what all the Texas HOSA members have done for our society.

Jane Lee
President
Organization(s): National Technical Honor Society (Treasurer), National Honor Society (Vice President), Student Council (President), Business Professionals of America, Student Ambassadors
Volunteer: Valley Regional Medical Center, La Posada, Sunny Glenn Children’s Home

Osama Hanif
Secretary
Organization(s): Muslim Student Assoc. (Vice President), Key Club (Class Rep), National Honor Society
Volunteer: South Davis Elementary & Bob Mann Health Clinic

Charlie Lin
PS/C Vice President
Organization(s): Student Congress (Nursing Senator Chair & Student Affairs Co-Chair), Nursing Constituency Council (Vice President), Nurses Christian Fellowship (Treasurer), Arlington Nurses Student Assoc. (PR Rep), UTA HOSTS, THIRST (Administrator)
Volunteer: Bob Mann Health Clinic, STARS for Nursing, & Webb Elementary School

Beverly Patuwo
Vice President
Organization(s): Student Council (President), United Way Youth Advisory Committee (Sr. President), National BETA Club (President), Principal Advisory Committee (President), President’s Club (President)
Volunteer: M.D. Anderson Cancer Research Center

Sunny Park
Historian
Organization(s): Student Council (Homecoming Chair), National Honor Society (Community Service Chair), KWMC Mission Fields Team, KABA Dance Collaboration (Capt), History Club, Science Club, Ecology Club
Volunteer: Valley Baptist Medical Center & Special Olympics

Zainab Farzal
Reporter
Organization(s): KEY Club, Student Congress, National Honor Society, French Club, French National Honor Society
Volunteer: Habitat for Humanity, Turkey Trot, Dallas Arboretum & Heritage Manor Nursing Home
LEADERSHIP ATTRIBUTES:

SELF-KNOWLEDGE

by James Cartwright
Region II Vice President

One of the hardest actions that can be attempted, according to the Milesians, the first school of Greek philosophy, is that of seeking self-knowledge. It is rather unfortunate for leaders, but it is impossible to be a truly effective leader without first having a concept of your knowledge, leadership style, strength and weaknesses.

Having the right knowledge (especially technical) can make or break your ability to lead in any situation. Almost every realm of possible activity requires the mastery of a specific language, or set of terminology which is necessary in order to communicate effectively and solve problems with others in your field. In addition, just living in the Information Age requires a certain technical knowledge which includes familiarity with contemporary computer systems and applications. Assess your knowledge in these fields, if you are lacking in any one these you will find that numerous resources are available to bring you up to date.

It is important to know your strengths and weaknesses so you will not attempt to take on responsibilities, tasks or positions that aren’t complemented by your current skill set. If you’re just a mediocre speaker, don’t volunteer to speak on behalf of the organization. Instead you might want to write for the newsletter or help with publicity for an upcoming campaign.

The more you know yourself, your knowledge, your skills, your strengths and your weaknesses, and the more you work toward your knowledge and skills, augmenting your strengths, and eliminating your weaknesses, the better leader you can become!
Wisconsin State Officers VISIT THE STATE CAPITOL

In February, the Wisconsin state officers visited the Wisconsin state capitol. While at the capitol, each state officer was able to meet with the senator and representative from their district. The officers had the opportunity to inform the legislators about the benefits of being a member in HOSA and learned more about how the legislative system works. The best thing about the day at the capitol was hearing the support and encouragement to continue being leaders from all the legislatures that talked with the state officers that day.

HOSA Louisiana RE-ORGANIZES

Three years ago, HOSA returned to Louisiana. Initially, the Career and Technical Education staff of the Louisiana Department of Education served as the catalyst and oversaw the state activities and operations. Under Louisiana law, the Department could not remain in this position, and a contract was let to manage the state activities. Unfortunately, the work on HOSA came to a halt.

Beginning in February of this year, the staff of the Louisiana Hospital Association Center for Workforce Development assumed the responsibility of the state activities. Karen Sue Zoeller, Vice President of Workforce Development for the Association, will serve in the official role of state advisor. Dawn Verrett, Workforce Coordinator, is responsible for the day-to-day activities of the chapters and the Board of Directors.

Although activities at the state level ceased to operate, a number of local secondary school chapters continued their active participation. Plans are currently being made to hold the Spring Competitions in Baton Rouge. The first, second and third place winners will advance to the national competitions in Orlando. To encourage participation for next year, schools may send two junior students who are not HOSA members to observe the competitions.

The LHA goals for the next year are threefold:
1. development of an active board that can support the organization
2. increase in the number of secondary chapters
3. introduction of HOSA to the Louisiana Community and Technical System to build support for post-secondary chapters.

Questions may be directed to Karen Sue Zoeller (kzoeller@lhaone.org) or Dawn Verrett (dverrett@lhaonline.org) by calling at 225-928-0026.
Rochester Public Schools, Rochester Community and Technical College and Mayo Clinic

UNVEIL NEW HEALTH SCIENCE CAREERS CENTER

In January of 2006, Rochester Public Schools announced a community collaboration with Rochester Community and Technical College (RCTC) and Mayo Clinic to expand the District’s Health Science Careers Program (formerly known as the Medical Careers Program). On February 1, 2007, the partners unveiled their new Health Science Careers Center.

The Health Science Careers Center is designed to allow the Health Science Careers Program to expand to meet the needs of students and the growing demand for healthcare professionals. The facility boasts 11,000 square feet of state-of-the-art classroom and lab space, which can accommodate 270 students.

“RCTC is very pleased that the Health Science Careers program has grown into new space designed to better meet the curriculum and enrollment needs of the program,” says RCTC president, Don Supalla. “This move frees up space at University Center to accommodate new secondary career and technical programs.”

The Health Science Careers Program is a year-long course open to high school juniors and seniors. Appropriate for both pre-college and pre-technical programs, students learn the industry requirements for a number of health-care careers, from doctors, nurses, and first responders to pharmacists, dentists, and veterinary technicians. Students also study human anatomy and physiology and participate in hands-on activities with medical equipment such as hospital beds, blood pressure cuffs, and stethoscopes. This course is a Nursing Assistant State Approved Program that integrates knowledge of life sciences such as physiology and anatomy to provide entry-level health care services.

By promoting health-care careers, this collaboration supports the human resources needs of Mayo Clinic and encourages enrollment in RCTC’s health-care programs and programs at the Mayo School of Health Sciences, all while improving the student-learning experience.

“I am absolutely thrilled for the students who will benefit from this partnership,” says superintendent Jerry Williams. “They will have access not only to outstanding professionals, but also to wonderful career opportunities in medicine.”

Mayo Clinic allocated $1.3 million for the development of the new Health Science Careers Center, including renovation, facilities maintenance, computer and classroom equipment, and administrative support funding.

“Investing in educational space is investing in students and in our future,” says Glenn Forbes, M.D., CEO of Mayo Clinic Rochester. “We take our partnership with Rochester Public Schools and RCTC very seriously. . . and we are excited to see this program expand.”

The Health Science Careers Program provides articulation agreements for students to earn college credits that apply to RCTC programs.

The Health Science Careers Program allows students to earn credits toward both high school graduation requirements and college. RCTC provides articulation agreements for students to earn college credits that apply to RCTC programs.

The Health Science Careers Program is currently 28 percent—even greater than the 26.5 percent diversity in Rochester Public Schools’ general student population. This is important as the United States continues to become more diverse and people seek health-care providers with cultural backgrounds similar to their own.

The Health Science Careers Program was moved into the new Health Science Careers Center. At that time, 61 students were enrolled in the program. Enrollment had nearly tripled by late December 2006, when 167 students moved into the new Health Science Careers Center.

For more information contact the Communications Office at (507) 328-4242 or niferrara@rochester.k12.mn.us