The Benefits of HOSA Membership
Submitted by Georgia HOSA Executive Council

To our many members nationwide, HOSA is more than just an organization that has meetings – it is a way of life. HOSA is beneficial to its members in many ways.

PROFESSIONALLY, HOSA has offered opportunities to network with such companies as Children’s Healthcare of Atlanta, who offers both scholarships and jobs to Georgia HOSA members. HOSA helps its members improve upon their skills in interviewing, resume writing, and leadership, while allowing an opportunity to polish “hands on” skills and training in the healthcare field.

SOCially, HOSA offers the chance to meet new, exciting people who share the same dreams and passion for healthcare. HOSA also offers the benefits of healthy competition, which allows the opportunity to travel around the US.

PERSONALLY, HOSA offers a sense of accomplishment through competing, earning an officer position (at any level), or even participating in any of the many community service activities HOSA supports all over the country. The sense of pride and self-esteem you can receive by being a HOSA member is the greatest benefit of all!

HOSA has positively impacted many people in many ways… How do you let HOSA impact you?

Get involved, be a part of what HOSA has to offer!

New Jersey HOSA Update

Things are always busy with New Jersey HOSA! In August 2004, the New Jersey Department of Education and the Vocational Education Association of New Jersey held a conference in Atlantic City. The Generation Next Conference provided leadership training for state officers of New Jersey Vocational Student Organizations: DECA, FBLA, FFA, FCCLA, HOSA, SkillsUSA and TSA. Mr. Paul Booden did a wonderful job as leadership training facilitator. At a special luncheon, HOSA alumnus Richard Ernst was recognized for his outstanding achievements in HOSA. Richard also presented a workshop entitled, Leadership Skills I Learned as a VSO Officer.

The NJ HOSA Fall Leadership Conference was held in October with almost 250 delegates in attendance. The Northern Regional Conference will be held in Newark on January 29, where 300 students will compete. The Southern Regional Conference will take place in Bridgeton on February 5 with over 200 students competing. Our State Conference will take place on March 15-16 at Rowan University. We expect approximately 500 students to attend.

The NJ HOSA state executive council holds monthly meetings in central New Jersey, where student officers from the north and the south meet and conduct business. We have discovered a creative way of holding meetings in the hazardous travel months of December and January: videoconference!
On November 18, the Wythe County Technology Center, Virginia HOSA Chapter 109, gave presentations for the Great American Smoke Out. The chapter traveled to Scott Memorial Middle School in Wytheville, Virginia and conducted presentations on the effects of smoking on the body to sixth and eighth grade P.E. classes. LeAnna Smith was the moderator and presented statistics and facts throughout the presentations. The following chapter members conducted presentations: Samantha Atkins and Shannon Burnham discussed chewing tobacco and its effects on the mouth; Jennifer Lawrence and Jolene Cassell described the effects of smoking on the lungs; Denesha Braxton and LeAnna Smith presented on tobacco products and “starter products.” Brittany Gordon and Jolene Cassell talked about the consequences of secondhand smoke, and Kandace Gravely presented “smoke out” adoptions and blood pressures. The chapter also took blood pressures for the sixth and eighth grade P.E. classes and any member of the faculty that requested it.
For the fifth year in a row, LaVergne High School HOSA members hosted the Rutherford County Foster Children Party for the kids and their families. The students adopted nearly 70 kids, ranging in age from 12 months to 17 years. Approximately 30 HOSA members attended the party. Not only did they give the children gifts, but they hosted a dinner as well. This year they had special guest appearances from Geoffrey the Giraffe from Toys “R” Us, a marionette puppet show, and Santa and Mrs. Claus. Each child received a gift and could take a picture on Santa’s lap. The LHS HOSA club is comprised of over 90 students and have been a member of the 100% Club for the second year in a row.

Sumatra Drayton
LHS HOSA Advisor
HOSA members from Tuscola High School in Waynesville, North Carolina have had many service projects this fall. Two of our newest projects were teaching students about the hazards of tobacco use and assisting with elementary Health Fairs. Twenty-nine HOSA members were trained this fall as Teens Against Tobacco Use (TATU) instructors. During the month of September, these members presented materials from the TATU program to ten classes of fifth grade students at six different elementary schools. HOSA members were responsible for planning and implementing a 1 hour session. The fifth grade students were able to view the difference between a healthy lung and a diseased lung; students were also able to see what spit tobacco can do to the human mouth. In total, Tuscola HOSA members where able to teach 412 fifth grade students about the dangers of tobacco use.

Tuscola HOSA members were also trained last spring as vision screeners for Prevent Blindness NC. During October and November, 40 HOSA members took part in vision screening at six elementary school Health Fairs in Waynesville. Our members assisted the school nurses in near and far vision screening. Some students also helped with the information booths on alcohol use, tobacco use, and nutrition. Although the numbers are not final, we know Tuscola HOSA members screened at least 1200 students for vision problems. We hope to be able to have even more HOSA members participate next year.
Unfortunately many people, maybe even you, can easily identify a special person in their life coping with the challenges of Alzheimer’s disease. However, you can help bring hope to that loved one by getting involved in the HOSA National Service Project. The Alzheimer’s Association is the organization that we have the incredible opportunity to assist for the next two years in overcoming this disease and its frightening effects. HOSA members across the nation have already participated in the Memory Walks sponsored by the Alzheimer’s Association, and more members will be getting involved. Many chapters have additional projects they are working on to help this organization. Whatever you and your chapter are doing to help defeat this frightening disorder - thank you! While some of your efforts may be to honor a person in your family, don’t forget that your chapter can be recognized for its hard work in battling Alzheimer’s disease. If you go to the National HOSA website (www.hosa.org), you can download the guidelines for the National Service Project and complete the forms; by doing so the Alzheimer’s Association will be able to contact your chapter members and let them know how much they appreciate their efforts. By working together, as HOSA members have done so well in the past, we can help “Maintain the Brain” and bring hope to the families of those who are afflicted by this disease.
Indiana HOSA’s Executive Council has been extremely busy this year. In June, the six officers started their term by planning the upcoming year. In this meeting they developed a motto for the upcoming year, “The Four C’s.” The Four C’s are Communication, Collaboration, Camaraderie, and Community Service. They serve as a guidance tool in all meetings, presentations, and other events. The officers showed their enthusiasm and excitement for the upcoming year by intertwining Disney’s Magic Kingdom into the state meetings at National Leadership Conference. The officers stepped into the roles of Disney characters to reveal their true personalities. Next, the officers met in Indianapolis at the start of the school year to plan for their officer term and the Indiana Fall Leadership Camp. In this meeting, they decided the best way to impact HOSA members is to have personal contact. In an attempt to promote Indiana HOSA and the Four Cs, the officers traveled around the state to increase HOSA membership in Indiana. These visits have proven to be a great success, and their efforts continue to prosper. Not only do these visits allow members to learn more about HOSA and their State Executive Council, they encourage the members to be more involved locally and statewide. Involvement in Indiana HOSA has skyrocketed! There were twice as many chapters at Fall Leadership Camp than the year before. At Fall Leadership Camp, the officers planned many interactive events and games, including HOSA workshops, a motivational speaker, hayrides, and a bonfire. Besides all of the fun activities, the state officers and the members attending Fall Leadership Camp were excited by National President-Elect Reggie Coleman’s surprise appearance. Plans are now underway for the 2005 State Leadership Conference to be held April 21-23. Due to the passion and determination of each Indiana officer, this year has surpassed all expectations. Congratulations Indiana HOSA on your success!

Allie Danks
Indiana HOSA First Vice-President

Pictured Top to Bottom - Laura Neville, State President; Allie Danks, State First Vice President; Jaimie Shofstall, State Second Vice President; Andrea DeCamps, State Third Vice President; Megan Royster, State Secretary; Stephanie Dye, State Representative
Kentucky HOSA Happenings

The Kentucky HOSA Chapter has “Gone Wild” in keeping with the theme of the State Leadership Conference “Leadership Gone Wild.” All officer workshops and training sessions at the conference were tied in with the jungle theme. Local chapter officers enjoyed the event as they got into the swing of things. All of the Kentucky State HOSA officers worked hard to make the conference a success. The individual officer workshops gave them valuable information to take back and use at the local level.

Guests included National HOSA Region III Vice-President Edward Callahan and representatives from the Office of Career and Technical Education.

The conference proved to be a very educational and rewarding experience for those who attended. We look forward to the State HOSA Conference in March.

Kentucky HOSA is proud to announce that our chapters are active in the “Unite to Read” program, which is a statewide project designed by Kentucky’s Career and Technical Student Organizations for implementation during the 2004-05 school year. The overall goal is to have all Career and Technical Student Organizations within a school or district work together in promoting literacy and lifelong reading.

In February, the Kentucky HOSA state officers will be attending a two-day leadership event in Frankfort, Kentucky. Statewide CTSO students will be meeting with Kentucky elected officials to share information about their individual student organization and allowing them an opportunity to see how state government works. The State HOSA officer team is looking forward to being a part of this event.

Kentucky chapters are also taking part in the National HOSA Service project to benefit Alzheimer’s research. We hope to see everyone at Nationals in Nashville, Tennessee!

Kayla Sullivan
KY HOSA President
There are many benefits to being a state officer. The development of leadership skills is one of the benefits, which can carry on throughout life. As a leader in your community, you will be faced with many challenges and will learn how to communicate more effectively.

From the moment you decide to run for office until you step to the podium to speak in front of the delegates, communication is a key factor in this electoral process. While running for state office, you are forced to speak in public. The speech, which is prepared before the conference, describes why you would like to be a state officer. It is also important to state your goals and the contributions that you can bring to the organization.

A popular method to aid in communicating better that is often used at HOSA conferences is “GNAP”. The “G” stands for greet. First you must greet the person to whom you are speaking by saying hello, shaking hands, and offering a pleasant facial expression. Second the “N” stands for name. By stating your first and last name, there is a better chance the person will remember you during the voting process. The “A” stands for affiliation, which means you should mention the state and chapter of which you are a member. Sharing this information will provide you with material to further the conversation. Finally, mention your purpose, or “P”, which includes the office for which you are running and the reasons why you are running. If you follow this simple method of communication, your time and efforts will be beneficial to this election process.

While running for state office in New Hampshire this past April, all candidates were required to prepare and present a speech at the State Leadership Conference. After the speeches, the Voting Delegates discuss with their chapter members and cast their votes. All offices are open to new executive members annually. The New Hampshire Executive Council positions are President, Vice-President, Secretary, Historian, Treasurer, Parliamentarian, and Post-Secondary Vice-President. When deciding which office to run for, the candidate should consider their strengths and weaknesses. One who is excellent with math and money management would make an exceptional Treasurer. A candidate who has strong organizational, speaking, and leadership skills may want to consider the office of President. Being a state officer requires responsibility and dedication, but in the end it is an extraordinary experience.

To those who are planning to partake in the elections this year, good luck. The skills that are developed by being part of an executive council will help you throughout life. On behalf of the New Hampshire State Executive Council, I urge everyone to consider running for state office because it will be an experience unlike any other.
Dentistry: The Other Medical Profession

By Tyler Webster
Secondary Board Representative

Dentistry is a large and growing health profession that not only takes care of the mouth but also has links to the prevention of heart disease, cancer, and overall health and wellness.

Education: Dentists are in typically in college for eight years – four years of undergraduate studies and four years of dentistry school. If they wish to specialize in an area, they are required to take additional courses. Some major areas of specialization are Endodontics, Oral and Maxillofacial Radiology, Oral Maxillofacial Surgery, Orthodontics, and Periodontology. These specializations can focus on a range of studies, such as straightening teeth (orthodontics), oral surgery (Oral Maxillofacial Surgery) or focusing on the inner bones and nerves in the mouth (Endodontics). There truly is something for everyone in this health field.

The dentist’s general job is to treat and detect problems in the mouth in areas such as the gums, tongue, teeth, lips, and jaw. A dentist works together with dental hygienists, and dental assistants to correct any problems in these areas such as cavities in the teeth or gingivitis in the gums. The dental equipment used is advanced and aids in the repair and hygiene of the mouth and teeth. Dentists use x-ray machines, drills, mirrors, probes, and brushes to repair the teeth, and do routine cleanings for patients.

Salary: Dentistry pays an average salary of $123,210 a year. Dentistry is a wonderful profession that is constantly changing and evolving with new technology every day. Employment in this field is expected to grow as dentists retire. It is an exciting field with many benefits to both the mind and soul.
Purpose:
The purpose of this icebreaker is to allow members to work together to meet each other while trying to achieve one goal. The goal of this icebreaker is to end up with one large circle at the end of the game instead of still being in one large “knot.”

Materials Needed:
There are no materials needed for this icebreaker other than at least six members to participate, but no more than ten. Please ensure that appropriate clothing is worn during this activity.

Procedure:
Have the members stand in a circle close to one another. Tell the members to put their hands and arms out in front of them and grab the person’s hands directly across from them. Now, instruct them without anyone letting go of their hands to find a way to become a whole circle. This exercise may take time, but there is a way to accomplish the task no matter how hard it may seem to unknot and become one giant circle.

Objective:
The ultimate purpose of this exercise is to allow members to work together and achieve a common goal. The purpose is to realize that, like HOSA, no matter how hard the tasks may seem there is a way to accomplish the goal and to succeed when everyone works together. Patience, patience, patience is a necessary virtue for this task. Good Luck!

Michelle Pacovsky
Region I Vice-President
Running for a national HOSA office is truly the experience of a lifetime that a candidate will never forget. When a person decides to run for a national office, their week at the NLC is nonstop excitement. Each minute is busy, and you are constantly on the go! From tests, to interviews, to campaigning, to preparing for your speech, you are constantly busy and constantly having fun!

Who can run for a national office? Any person involved in HOSA who is at least a junior in high school and has a 2.0 GPA. Any active member who has the drive, determination, and willingness to give over 100% to represent this organization in the most professional way possible and continue to help HOSA grow in the future.

How do you become an officer candidate? Preparation begins long before you even travel to the NLC. HOSA Advisors receive officer candidate packets that contain several forms to be reviewed and signed by the candidates. They are also responsible for submitting the packet before the May 15 deadline to national HOSA headquarters.

How do you prepare? Any candidate who runs for an office must bring with them to the NLC 200 copies of their resume to submit to the Voting Delegates. You can never be too prepared for the NLC. This means bringing extra copies of your speech, prepare for any questions you think you might be asked at the interview, and study for the test. Make sure you read all the rules for the election process, and understand everything before you arrive. If you don’t understand ASK.

If you are considering running for a national office, I highly recommend it! If you have any questions my e-mail address is pacovskyhosa@yahoo.com, and I would love to help you any way I can! I had not planned on running for a national office until my advisor convinced me to give it a try, and I’m glad I did. It’s been very fulfilling and worthwhile, and it’s not over yet. Good Luck!
“I believe that each individual is important in his or her own right; therefore I will treat each person with respect and love. To this end I dedicate my training, my skills, and myself to serve others through HOSA.”

You might be a Floridian…if you flinch when you are introduced to a person named Bonnie, Charley, Frances, Ivan or Jeanne…or you can rattle off the names of three or more meteorologists who work at the Weather Channel…or you have someone come to your door to tell you they found your roof.

There is no doubt that Florida has had more than its fair share of hurricanes this past year. Some areas around the state are still trying to recover from the aftermath, including schools that have active HOSA chapters. These Florida HOSA members have been working diligently to assist their communities as they get back on their feet, providing an outstanding example of the benevolent spirit that permeates our organization. In fact, the Florida hurricane season has brought out this spirit in the thousands of HOSA members and advisors across the nation. I have received numerous calls and e-mails from HOSA State Associations asking how their members could help. HOSA members from around the nation reaching out from their heart to help fellow HOSA members a thousand miles away – what an amazing display of compassion! Florida HOSA would like to sincerely thank those members and State Associations that responded in such a generous and powerful way. You truly represent the best of our organization as you continue to uphold and fulfill the HOSA Creed! Thank you!!!

Lloyd De Vault, R.N.
Florida HOSA State Advisor

Florida HOSA State President Amy Araya and Lloyd DeVault, Florida HOSA State Advisor welcome HOSA members to the 2004 NLC in Orlando Florida
How can an object as small as a grain of rice be so controversial? Applied Digital Solutions, the company that produces VeriChip, found out the answer to this question when the FDA approved VeriChip for use in October 2004.

VeriChip is an Implantable Personal Verification System that is placed under the skin in a procedure much like getting a shot. It then emits a radio frequency and, when scanned by a VeriChip scanner, will provide personal information about the individual. The VeriChip does not use a battery and has an expected life of up to 20 years (www.adsx.com).

VeriChip has sparked interest in the medical industry because it can hold an individual’s medical history and information. It allows those patients that are at risk and susceptible to emergency hospital visits to carry their medical needs and history with them at all times. VeriChip enables doctors to have access to pertinent information about their patient in a timely manner. This will allow for quicker medical attention and possibly life saving measures that need to be taken.

The protesters of VeriChip feel there is a possibility of a violation by having their personal information electronically accessible. Many people are fearful that their information, which can only be accessed by a secure VeriChip scanner at such places as a hospital or doctor’s office, has the possibility of being retrieved by computer hackers or identity thieves. Others that do not approve of the VeriChip seem to think that having your personal information implanted on a chip in your arm seems to be an invasion of privacy.

Overall, the VeriChip offers the ability for doctors to retrieve pertinent information about their patients in an emergency situation. Because the VeriChip is not required, people can make their own decision how they would like their information accessed.
As New Year’s resolutions are decided upon, now is the time when most people will begin making their plans for dropping the excess weight they may have gained during the holiday season. Whether you are in this group or not, visit the following websites to make sure you are preparing for the future by living a healthy lifestyle today.

**www.AmericanHeart.org**

Visit the American Heart Association website to learn about taking the right steps to prevent heart disease. In 2004, cardiovascular diseases were the leading cause of death among women and men. The AHA website offers a variety of information on living a healthy lifestyle by offering advice on diet and nutrition, exercise and fitness, lowering your cholesterol and much more. Visiting the American Heart Association website can be a lifesaving measure. Use this website to find out if you are at risk for heart disease or a stroke and take the necessary precautions to ensure you are living a healthy lifestyle.

**www.Health.Discovery.com**

Accept the challenge! Last year the Discovery Health Channel hosted a National Body Challenge. During the 2004 event, people from across the country collectively lost over 200,000 pounds. Because of the success of the National Body Challenge in 2004, the Discovery Health Channel is sponsoring this event again beginning on January 15, 2005. This challenge is a free, eight-week program to encourage people from across the country to lose weight, while giving them the necessary tools and advice for living a healthy lifestyle. Registration begins on December 28, 2004 and continues until January 20, 2005. Learn more about the National Body Challenge at [www.health.discovery.com](http://www.health.discovery.com), and challenge yourself to live a healthier lifestyle.

**www.FamilyDoctor.org**

This website offers a wide variety of information about living a healthy lifestyle mentally and physically. The FamilyDoctor.org has helpful suggestions about food choices and also gives instructions on how to create and maintain a food diary. It offers advice on how to cope with stress and ways to start an exercise routine. It even has a section on staying healthy specifically designed for teenagers. This website is sure to answer all your questions about healthy living, eating well and beginning an exercise program.

**www.Prevention.com**

Much like the others featured in this article, this website offers tips and suggestions for living a healthy lifestyle. Prevention.com gives ideas for snacking healthy during a busy day, 8 steps to great sleep, ways to beat stress and much more. In addition, this website also offers a great deal of information on diabetes, heart disease, and special sections on both men’s and women’s health.
The HOSA, Inc. Board of Directors attended the Board of Directors’ Meeting in Flower Mound, Texas on January 7-8, 2005. This meeting is held annually to allow the Board of Directors to discuss upcoming events, updates and issues dealing with the corporate aspects of HOSA, Inc.

Also in attendance at this meeting were members of the Executive Council: Lauren Sheldon, National HOSA President; Reggie Coleman, National HOSA President-Elect; Tyler Webster, Secondary Board Representative; and Joe Cate, Postsecondary/Collegiate Board Representative. These individuals shared their advice on the matters discussed by the Board from a HOSA member’s point of view. They each gave extremely helpful insight on their perspective of rules, procedures and policies that HOSA currently follows. Lauren also presented National Officer updates to the Board describing what each officer has participated in since their election at the 2004 NLC. The National Executive Council is building an impressive resume, and there are still many months to come!

Regina St. George, Immediate Past Chair, passed the title of Chairman of the Board over to Teresa Williamson, who will be acting Chairman until next year’s Board Meeting. Regina used this time to thank everyone who has helped her during the past year and was very appreciative of the opportunities that this position has given her. She has done a wonderful job, and we are excited to welcome Teresa Williamson as Chairman of the Board. During this meeting, Sandra Parker (MS) was elected to serve as the Chair-Elect and Rhonda Dunn (GA) was elected as Secretary of the Board of Directors.

Tom Karsten, CFP, joined the Board of Directors’ to review HOSA’s finances and to offer advice on what financial steps to take in the future. Jeff Koeninger, Director of Membership, presented state updates of current affiliation standings in comparison to last year’s membership. It is hopeful that each state will have a membership increase as the year continues. Larry King, owner of Awards Unlimited, HOSA’s supply service, gave an overview of last year’s sales of HOSA materials.

In conjunction with the HOSA, Inc. Board of Directors’ Meeting, the Competitive Events Committee also held their annual meeting to discuss the Competitive Events Program. While most of their changes will not take effect until the 2005-06 year, the committee was very excited about the new aspects of the program. The Competitive Events Committee split up on Saturday into categories and spent the day brainstorming and collaborating ways to better serve HOSA’s members.

It is always impressive to see the members of the HOSA, Inc. Board of Directors and the Competitive Events Committee volunteer their time to further this organization and serve HOSA members across the nation. Because of them, HOSA will continue to positively impact each member in this organization and help to build the pipeline of future healthcare workers! We thank them for their time, compassion, and support and look forward to a successful year.