The mission of HOSA is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health science technology education students, therefore, helping students to meet the needs of the health care community.
News From Around The States

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On Dec. 3, 2010, I attended the Connecticut HOSA Annual Fall Leadership Conference. Hosted at the Gateway Community College in North Haven, Connecticut, the conference was open to all HOSA members in the state.

At the conference, we listened to a guest speaker lecture about leadership. We attended several workshops, learned about juvenile diabetes, different nursing jobs, and received a mini tour of the nursing floor. They also provided attendees with a light breakfast and lunch.

By attending this conference, I explored the different levels of leadership. Furthermore, the event empowered me by making me aware of the many opportunities that are available in the medical field.

It also allowed me to gain added social skills, and solve more problems by teamwork. At the conference, we received immeasurable information and knowledge of the health care opportunities available to us today.

Our HOSA chapter is planning to attend the State Leadership Conference in April as well as hoping to attend Nationals. In addition, East Haven High School has also achieved by winning a trophy for having the highest membership levels.

Overall, the Fall Leadership Conference was a good experience for me, and I plan and look forward to attending more HOSA events this spring.

HOSA has helped me explore, empower and achieve more than I thought I would this school year. These three goals are shaping the person I am to become and giving me useful skills for my future.

Serving as treasurer of my HOSA chapter helps me explore working with money, including how to write a deposit slip. Before this school year, which is my first year being in HOSA; I had no idea how to write a check or even how to address an envelope.
Recently, the Period 3 HOSA Chapter organized a toy drive for the Smilow Children’s Cancer Center. We were planning to take a field trip to the Smilow Hospital to explore different professions in the field of cancer care and tour their state-of-the-art technology. However, a motion to fund a toy drive for their Toy Closet changed our plans slightly. We thought that the children in Smilow’s Cancer Center deserved as good of a Christmas as anyone. They deserve something special for being so strong and resilient each day. Even the children who go in for a simple outpatient procedure deserve a little something to cheer them up. I know that when I had my eye surgery, the toy that I received made me happier.

In mid-November, we began to buy toys and encourage others in the class to purchase small things to prepare for the field trip on Dec. 19, 2010. By the time we went on the actual trip, we had collected over 16 toys for children ages 3-13 years old. It was a great success and we were all happy with the outcome.

Being in HOSA provides positive impacts on me and I’m glad I am part of it. Even though it is only half way through the school year, East Haven High School and I are reaching our goals of exploring, empowering and achieving.

Exploring, Empowering and Achieving Through HOSA
Nicole Peterson, East Haven High School

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This HOSA activity encouraged me to explore. As vice-president, I personally e-mailed someone to arrange a tour of the Cancer Center for our HOSA chapter. I explored important values, such as how to communicate effectively with other people. Because I had to arrange the field trip as committee chair, I learned how to communicate with the tour coordinator. In addition, I explored my organization techniques. I found myself to be a very organized person and kept the chapter on track to achieve our goal of taking the trip, and delivering the toys.

This activity empowered me to do something to help the sick children in Smilow. I used my leadership skills to contact the tour scheduler, and I donated two toys myself. It also made...
me feel empowered to give during the Christmas season. I will certainly do more projects such as this one in the future.

Last, I cannot forget to mention how this activity helped me achieve my goals. My goals for my junior year in high school were to do something important and run for a chapter office. The toy drive and the HOSA chapter helped me achieve this goal. I not only ran for vice-president and won, but I then organized a field trip and a toy drive. If someone told me that I would do this someday as a freshman, I wouldn’t have believed it. By coming up with, organizing, and making the field trip and toy drive happen, I did achieve my goal.

This activity was very personal to me, as well as a few other HOSA members. We knew someone with cancer. She was only 13-years-old when she passed away from leukemia. During four of those 13 years, she spent most of her time in the hospital, and less time doing the things she loved. Before becoming sick, she skated with me. Our entire ice rink and skating team bought her Christmas, Easter and Valentine’s Day presents. I thought of her when someone mentioned a toy drive for the Smilow Toy Closet.

This is why this project became highly important to me on a personal level. The many gifts that we gave her, even the little things, made her smile. To think that I made at least one little girl or boy smile with my toys made me feel like I had empowered myself and achieved something. I also felt good, thinking about my friend. She would have loved the fact that we did this project. She was always empowering herself by doing things for other people, even though she was sick.

This activity gave all the HOSA members, along with the Medical Career Fundamentals Class, the chance to explore, be empowered and achieve. We all successfully demonstrated these three values of East Haven High School. Both the field trip and toy drive helped and shaped us into better people. HOSA projects helped all of us demonstrate those three things.
Every 2 seconds someone is in need of blood, and sadly, the majority of the eligible population has never donated blood. The main obstacle? You may think it is a fear of needles or assumptions of being anemic; however, the problem outweighing all others is the fact that they were never asked or informed of all the opportunities to participate in a blood drive. This year, the University of North Carolina at Charlotte (population approx. 25,000 students) made history and broke the university’s record for the number of blood donations in a single-day event.

UNC Charlotte HOSA co-sponsored the 2nd Annual “49ers for Life” blood drive on Jan. 13, 2011, from 9 a.m. – 8 p.m., with the American Red Cross. The drive involved the cooperation of more than 20 student organizations on campus, three months of intense preparation, hundreds of hours of outreach and marketing, and nearly 1,000 students, faculty, staff, and alumni. HOSA recruited 100 student volunteers alone to help manage the registration, logistics, and the canteen for the day of the blood drive.

Faced with many hurdles, such as huge snowstorms and university closings the week before the drive, the event was a fantastic success. Local businesses donated chicken wings, chips and salsa, pizza, ice cream, and much more. At the end of the day, more than 806 potential donors checked in for the event. After processing all the donations, the American Red Cross collected 720 productive units of blood, which exceeded the goal set by the Red Cross. This number far surpassed the record of 486 units set in 2010 at UNC Charlotte as well.

UNC Charlotte HOSA is proud to have worked with the American Red Cross on this project and help save lives in the Carolinas. By collecting 720 units, more than 2,160 lives were touched in some way. The need for blood is constant. Donating blood is far less painful than people think and it is one of the best ways to contribute directly to saving lives.

What would you do if the members of your family were in a car wreck or undergoing emergency surgery? There are people in that kind of situation every day.

HOSA is a proud partner of the Red Cross. If you are interested in donating blood, go to http://www.redcrossblood.org. For more information about the HOSA chapter at UNC Charlotte, go to http://www.charlottehosa.org.
F-16 jets thundered above the beautiful copper dome in the Arizona sky on Jan. 3, 2011, to celebrate Governor Jan Brewer’s inauguration. Representatives from Arizona HOSA were invited to attend the inauguration by Mr. John Huppenthal, Superintendent of Public Instruction. Arizona HOSA also helped by greeting and seating many of the distinguished attendees. This was a great opportunity for us to spread the word about HOSA.

Once everyone was seated in front of the Old Capitol, Governor Brewer and her husband, Dr. John Brewer, were escorted down the red carpet by Major General Hugo E. Salazar. Before the administration of the oaths took place, several speakers and performers displayed the true spirit of Arizona. The first was a Hopi and U.S. Army Veteran named Leonard Talaswaima who performed a traditional blessing. A musical interlude followed where the 108th Army Band of the Arizona Army National Guard performed “Amina March.” Prior to the oath administrations were welcoming remarks by the Master of Ceremonies, Barry Young, the Pledge of Allegiance led by Michael Brewer, son of Governor Brewer, and the invocation by Reverend George A. Spicer of Governor Brewer’s church. It was wonderful to see many diverse talents that represent the spectrum of Arizona’s passionate individuals.

Governor Brewer was sworn in by the honorable Rebecca White Berch, Chief Justice of Arizona Supreme Court. Governor Brewer captured the audience during her inaugural remarks as she spoke strongly about the plans of her administration and about the prospects of “[…] our glorious state.” For her, it was “[a] calling that draws us together on this mighty ship—Arizona—now fit for any peril on the sea.” At the conclusion, Arizona’s Official State Balladeer, Dolan Ellis, performed “ARIZONA.” Much of the audience, including the officials on stage, joined in. It was fun to partake in such a casual interlude in the midst of a formal ceremony.

Immediately following, the administration of the oaths of office and remarks by several other elected officials. This included Secretary of State Ken Bennett, Attorney General Tom Horne, State Treasurer Doug Ducey, Superintendent of Public Instruction John Huppenthal, and Mine Inspector Joe Hart. The officials commented on the support of the administration and of their families. Their remarks preceded the prayer for leaders by Rabbi Robert L. Kravitz, the Retirement of the Colors, and the adjournment.

After the ceremony, we met with Mr. John Huppenthal and his family. We were able to share our HOSA experiences, the impact and growth of the organization, our career choices, and other future aspirations. Mr. Huppenthal’s family easily related to our passions within health care as Mrs. Huppenthal was a nurse and their eldest daughter is a biomedical student. We also attended the Governor’s reception where we mingled with many of the inaugural attendees and shared about HOSA. We were honored to meet Governor Jan Brewer, and had the opportunity to speak with her to convey the importance of HOSA and how it has changed our lives. She was very excited to hear about the impact HOSA has had on the lives of Arizona students.

Overall, the day was a once-in-a-lifetime opportunity for all of us. We made memories that we will have for the rest of our lives and are very thankful that we were invited to attend such an exciting event.
Exciting new efforts for expansion are underway in New Mexico. The NM HOSA delegation is exploring opportunities to grow and make connections to strengthen the pipeline of future health professionals in the state. Between forming a newly organized board and establishing relationships with surrounding industry, it is evident that there is much in store for New Mexico HOSA.

At the reception held in Albuquerque on January 14th, the enthusiasm and support was overwhelmingly widespread. Representatives from industry, colleges, and high schools attended while demonstrating a spectrum of HOSA knowledge.

While some were HOSA experts, others were new to the organization entirely. This provided for many great tools and fresh ideas to be exchanged between the attendees. There was a revamped passion for HOSA from different angles and experiences that will be a great resource for expansion.

One attendee in particular had a truly revamped HOSA passion. As a former HOSA member originally from the state of Tennessee, Traci Willis is extremely excited to join in on the initiatives for expansion. Now the CEO for Lovelace Rehabilitation Hospital, Mrs. Willis is the perfect example of a passionate member of the healthcare community. She firmly believes in the exposure to healthcare and the leadership experience that HOSA provides. Her dedication and enthusiasm is an inspiration and will serve as a valuable resource for HOSA. We are very excited for Mrs. Willis to register as an official HOSA alumnus.

Although expansion is a tedious venture that faces its own set of struggles, enthusiasm and brainstorming are perfect for laying the foundation. The New Mexico delegation is pouring the cement and uniting the leaders necessary to build HOSA back up within the state. As one of the original states in HOSA history, it is exciting to look toward the future of NM HOSA.
North Carolina District One attended the District 1 Fall Leadership Workshop at the Cale Retreat in Hertford, NC on the Perquimans River.

There were 96 registered delegates representing 11 schools from District 1. Local chapter officers received leadership training in how to effectively manage their individual chapters through a diverse training program promoting teamwork, leadership, responsibility, and dependability.

The District 1 HOSA held their formal elections with members making the cut after the application process, being slated to run for district office. All presented a campaign speech before the entire assembly. At the end of the voting session, the District Executive Council was as follows: Gavin Harrison, Vice-President; Blaire Conner, Secretary; Ashley Overman, Treasurer; Emmaline Smith, Reporter; Charlie Moore, Jr., Historian; and Kathryn Gurganus, Parliamentarian

Leading the opening and closing session as well as facilitating four leadership sessions was District 1 HOSA President and NC HOSA State Officer Sierra Ambrose, representing Plymouth High School. She emphasized how important it is to be a good team leader. “We worked on team work and creating a ‘Plan of Work’ in each school’s chapter.” National HOSA Secondary Board Representative Shayna Mooney, from South Central High School, assisted with these sessions.

“The four sessions provided so much more than a student can get sitting in a lecture hall being ‘told’ how to work as a team. They actually do activities that promote the concept, instead of just listening.” stated NC HOSA Advisor of the Year, Linda P. West, RN.

There were four breakout sessions. The delegates were pre-assigned to one of four groups with individual school delegations being split up to allow the students to meet new people and be exposed to different ideas. In addition to the leadership sessions conducted
by Sierra, Ms. Jillian G. Mistak, MBA Assistant Director, Allied Health Education Eastern Area Health Education Center conducted a second leadership session; the delegates did a low ropes course and canoeing.

“One of the four sessions was canoeing on the Perquimans River. We learned that canoeing takes teamwork. This includes getting in and out of the canoe and getting from point A to point B and back again. The people I was canoeing with had never been in a canoe before so it was a great first experience!” Stated Plymouth High School President Jessica Roberson.

“In Sierra’s session, we tied a ‘human knot’ to see if you could get ourselves untangled by using team work and communication...the catch was we couldn’t let go of each others hands.” Stated Caitlyn Horton, PHS HOSA Vice-President.

Kiana Spruill, PHS HOSA Secretary said, “We did a low ropes course where we pretended to be pirates and the ship was burning. We had to get on a life boat. The life boat was actually little wooden planks and 26 people had to fit on 2 planks. It taught us how to work together, communicate and we lost respect for our own personal space!”

Brooke Paxton said, “We had a rope spider web, connected to two trees. Each hole was a different size. One person had to go through first and the remaining people had to put through one person at a time without touching the ‘spider web’. You could use one hole 3 times max during the transfer. This was the best part to me especially being lifted up in the air.”

My Experience In The Red Cross Blood Drive

Kevin Ta, East Haven High School

Last fall, the East Haven High School HOSA chapter sponsored the Red Cross Blood Drive. The event was possible due to the hard work of the Connecticut HOSA chapter and the Red Cross employees present.

The blood drive, which took place in the EHHS gym, lasted the entire day and allowed people of appropriate age, weight and health to participate by donating blood to the less fortunate individuals in need of blood donors.

I was not of appropriate age at the time, but I still wanted to participate and help my community. In order to achieve this goal, I decided to volunteer my assistance during my regularly scheduled lunch period and Medical Career Fundamentals class. During my time volunteering, I helped the donors by escorting them to their seats and providing them with food and drinks after they finished donating.

The experience allowed me to explore my interests in the medical field by viewing trained medical personnel at work. It empowered me to be more comfortable with the ideas of donating blood for the greater cause of saving a life. My experience in the blood drive caused me to want to become a regular blood donor in the future. I hope to participate in many future HOSA events.
My HOSA Leadership Journey

By Brittany Ebbing

When I think about where I am today...

I think about my journey with HOSA. Being a member of HOSA has benefited me in countless ways, including the following: helping me to be better prepared for my future career, becoming a more competent leader, and providing me with once in a lifetime opportunities.

The first time I heard about HOSA, I was a junior in high school and in the health care science class. I had no idea what to expect let alone any idea what kind of journey I was about to embark on. As president of our high school chapter, I endured tremendous leadership growth. However, I was hesitant to consider the state office until my local advisor approached me near the end of the year and asked me. I am a quiet and shy person and was not sure if I would be able to handle that kind of responsibility. Eventually, my advisor convinced me that it would be a wonderful experience, and I applied.

Becoming a state officer shocked and excited me. Thereafter, my HOSA journey truly took off. I had many opportunities to attend leadership and public speaking trainings and various leadership conferences. All of these experiences contributed to a significant personal transformation that became apparent to every one around me. The first experience where I realized this transformation was at the Fall Leadership Conference during my first term as a state officer. I was to speak in front of approximately 1,000 people; and I doubted that I would be able to do it. To my surprise, I made it through my whole speech without fainting.

This was not the only area of noticeable change. I was becoming a more confident leader and I was increasingly preparing myself to be a future healthcare provider. The competitive events helped me develop skills that I need today and in the future. I have competed in both “Medical Math” and “Job Seeking Skills” and both of these events will help me with my goal of becoming a Pediatrician. I would not have gained this knowledge without the help of HOSA.

HOSA has also provided me with many once-in-a-lifetime opportunities that I would not have experienced otherwise. An example is when I had the chance to attend the Washington Leadership Academy. I sharpened my leadership skills, networked with other state officers from around the nation and advocated for HOSA to national legislators.

This past year I helped start a chapter at Arizona State University. It has been one of the most challenging, yet rewarding, endeavors in my HOSA journey. It is exciting to see my peers also become enthusiastic about HOSA and I enjoy helping everyone find the resources and opportunities available. The leadership skills learned throughout my years in HOSA have helped me immensely in building a successful chapter at the largest public university in the nation.

I am eternally grateful for all of the wonderful and life-changing experiences HOSA has provided me. If I had not been in HOSA, I would not be the person I am today. With the help of my advisors and fellow state officers, I have been able to transform into the leader and future healthcare provider that I am today. So thank you HOSA, from the bottom of my heart, for helping me along this journey.
With the number of collegiate chapters on the rise, there are increasingly more questions about the role that HOSA plays at this stage of the educational journey. One thing is for sure, all HOSA members share the same interest in pursuing compassionate quality healthcare. “In high school, HOSA brought students together. We were all interested in exploring the healthcare field and had big dreams for the future,” says National President Claire Lucas, “It is no different in college.”

HOSA plays a critical role in connecting students to field experience, which is an opportunity that is often lost by college students fulfilling their general requirements in the first couple of years. Health science courses in high school keep passions relevant through routine clinical experiences and community volunteerism. Right out of high school, HOSA members are aware of their passions in healthcare and have more insight into their future career options. They are ready to go out and achieve their goals.

However, it can be a little disheartening to have a distant course load during the beginning of college. While students cannot wait to engage in upper division courses that will be relevant to their passions in healthcare, HOSA is instrumental in keeping the connection alive.

It is obvious that HOSA is just as important at the collegiate level for a number of reasons, but how is HOSA different in college? What will it take to start HOSA chapters in colleges across America? These are some of the burning questions that are spreading amongst students and advisors. As many are exploring the answers to these questions, we are hoping to gather different ideas and experiences that can serve as a starting point for successful growth. Thus far, a few flourishing college chapters have shared some of the obstacles they face and given their tips for success. (SEE INSERT)

“One exciting upcoming opportunity is the North Carolina HOSA Collegiate Leadership Conference. This conference will bring members from all the collegiate chapters of North Carolina to N.C. State University to network, share ideas, and engage in leadership activities.” --Claire Lucas, N.C. State’s Collegiate HOSA chapter

A detailed Collegiate HOSA Chapter Guide can be found at www.hosa.org. We would love to hear about your collegiate HOSA experiences. Starting a new chapter is a rigorous yet rewarding process. Keep doing a fantastic job and help us achieve our mission of “providing opportunities for knowledge, skill and leadership development” to students through expanding our collegiate membership. All input is much appreciated. Please contact your state advisor or National HOSA with personal thoughts and ideas!
Wolfpack HOSA has its hands full lately. They just completed HOSA week and now they must look towards the future because N.C. State University will be holding the first collegiate-level HOSA competition in the region.

During HOSA Week, the Wolfpack HOSA spread awareness of HOSA by putting up posters, and letting students on campus know that HOSA is there to help them shape their vision of health care for the future as well as assist them on their career path.

Members also placed a table on the Brickyard, the most high-traffic area on campus, in order to foster interest in and educate the student body about the health care system, as well as their own health. By offering students a chance to calculate their Body-Mass Index and blood pressure, the Wolfpack HOSA was able to garner student’s interest in staying healthy in an engaging way.

After serving as a judge at the 2010 National Leadership Conference, below are tips about public speaking from a judge’s perspective:

- If you use index cards, use the podium. Keep both hands free to gesture. Standing in front of the podium with index cards in hand can look awkward.

- Vary the tempo of your speech. If you say a sentence with every syllable in perfect tempo your level of expression drops. Slowing your tempo to make a point can be very effective.

- Take a deep breath before you begin to speak. Breathing in the middle of a thought interrupts the flow of your ideas.

- Judges remember the first and last thing you say. Make them count.

- The most important thing is to relax. How? Do not do a presentation and do not give a speech. Think of it as a conversation. Presentations are hard to do - conversations are something we do all the time. If you can talk to one person you can talk to a thousand. Conversations also allow the judge to discover who you are in the most natural way possible. Don’t over-think the idea of public speaking.

Best of luck in your public speaking ventures

We do it every day!
The table also featured oversized hand-made cards thanking the Rex Hospital and Student Health Services. The cards were open for everyone to sign and show appreciation to our local health care professionals. Wolfpack HOSA let Rex Hospital know that N.C. State is grateful to the service they have provided to the university for 10 years by providing quality emergency response, and coming to all the games in case a need should occur. Student Health Services at N.C. State also plays a crucial role in student life, without it, students would not have access to affordable care or a pharmacy right down the street. Student Health Services even provides many services free!

Finally, the Wolfpack HOSA raffled off an embroidered, N.C. State logo football and signed by football coach Tom O’Brien, with all proceeds going to the Juvenile Diabetes Research Foundation (JDRF). This was not the first time the Wolfpack HOSA opened its hearts to JDRF. During an on-campus Halloween celebration, members sold raffle tickets. The proceeds from the raffle were given to JDRF and a team of five represented Wolfpack HOSA at the “Walk to Cure Diabetes.” In total, the Wolfpack has raised more than $170 for JDRF.

As for the future, the club has many special events planned. To get even more involved with the community, the chapter plans to commit time and effort towards events such as running a blood drive, raising awareness for World Cancer Day, as well as working a bone marrow drive. In addition, we will involve ourselves in non-medically related events such as Service Raleigh, canned food drives and Habitat for Humanity. Wolfpack HOSA is planning and ready to serve the future.
The EWH (Engineering World Health) Summer Institute (www.ewh.org), now housed at Duke University has been sending college students to developing world hospitals for nearly 10 years. The result has been better facilities and many, many, saved lives. “When we see the students come from the EWH, we are happy because we know improvements are on the way for our hospital,” according to Dr. Enrique Alvarado, director of the Children’s Hospital (Hospital Infantil Manuel de Jesus Rivera) in Managua, Nicaragua.

A new program, The Global Public Service Academies (www.gpsa.us) has begun, patterned after the successful Duke-EWH program. However, GPSA is specifically designed for high school students.

Like Duke-EWH, The Global Public Service Academy for Health (GPSA) is a summer experience. The program targets sophomores and juniors interested in health careers, including doctor (MD), nurse (RN, LRN), pharmacy, biomedical engineering (BME), dentistry and many other fields. The Massachusetts Institute of Technology (MIT) in Boston and Florida Gulf Coast University (FGCU) in Fort Meyers are the educational collaborators.

A GPSA participant’s experience begins a few days before departing the U.S. in Florida. Students learn to facilitate several screening measurements (height, weight, temperature, blood pressure, heart rate, etc), to understand how to conduct problem identification interviews, how to frame scientific problems and complete some introductory cultural training.

The entire group, including participants, faculty and students from Duke and MIT depart for Calhuitz, Guatemala. Calhuitz is a peaceful Mayan village in the hills of Guatemala. Very poor and steeped in tradition, the indigenous Mayan’s are struggling to bring modern medicine to their village. This is a place where high school students can really make a difference.

Participants will spend about three weeks in Guatemala. During this time, students take language classes in the afternoons as well as a technical class. In the mornings, students either conduct health screenings (see photo 1), vaccinate (see photo 2), shadow a physician, conduct research activities, or participate in engineering problem development or perform traditional volunteer tasks. Teams rotate every few days.

The engineering problem identification component of the program is unique. It entails identifying and documenting the needs of individuals with disabilities. Once the students have documented the research projects, they use class time for discussing each case and students help summarize their project. When the students return home students interested in pursuing their project as a Science Fair entry (or equivalent) will be provided the opportunity to work with a university mentor, a faculty member or a senior engineering student to carry out a prototype development. Some funds are reserved to help support returning students continued work.

GPSA participants will get a deeper experience that is more meaningful because students are working in a developing world to make a difference, not just studying the developing world or watching tragedies transpire on the news. Students will tangibly improving healthcare conditions in the developing world.
Dietitians typically work in hospitals, nursing care facilities, outpatient facilities, schools or other places where diet plans are needed. Dietitians manage food and nutrition programs, supervise meal preparation, and promote healthy eating habits through education. A renal dietitian works specifically with patients suffering from kidney failure. Their job is to inform the patient of critical diet guidelines to prevent further kidney problems and toxin accumulations. This assists successful dialysis and healthy lifestyles for the patients. Not only does it involve knowledge of healthy eating, but also of the renal systems and the aspects the dialysis. All in all, it is an interesting and ambitious field that requires knowledge, skill and compassion.

Mrs. Morrison is very knowledgeable and successful in her field. Not only is she dedicated to helping her patients, but also she has worked extensively with the local Payson HOSA chapter in Arizona since 2007. Coordinating between multiple DaVita facilities from Scottsdale to Payson, she is an inspiration to many. Mrs. Morrison happily agreed to do this interview to educate members about this field, which she is so passionate about.

**questions & answers of the job of a Renal Dietitian**

**An Interview of Dona Morrison, M.S., R.D. Renal Dietitian**

*By Nicole Scott, Region 1 Vice President*

**Q:** What made you go into this branch of the medical field?

**A:** Mainly, my interest is in patient care. Diabetic patients were my initial interest, but the position as Renal Dietitian is a broader field and allowed me to do more.

**Q:** What exactly does your job entail?

**A:** Well, it is two-fold. As a dietitian, I oversee the nutritional needs of all the patients but I am also the facility administrator. This means that is my duty to admit patients, provide education to both my staff and patients, and facilitate the overall operation of the facility.

**Q:** In terms of education, what is required to attain this position?

**A:** To be a registered dietitian, I earned a Bachelors of Science and Master’s degree. The master’s degree is also applicable to my administrative position.

**Q:** What would you say is most rewarding part of your job?

**A:** Being able to help patients: someway, somehow. Just helping them feel more comfortable is rewarding. It feels great to know that one small thing can make such a big difference in one’s life.

**Q:** What would you say is the toughest?

**A:** Feeling helpless and wishing that you could have done more. When a patient is deteriorating and you know that nothing more can be done. That overall feeling of losing a patient and wanting to do more is definitely the toughest part.

**Q:** Do you have any advice for those who want to pursue a career in this field?

**A:** Go for it! Whether it’s nursing or social work there is a place in the dialysis specialty. I would not hesitate; it is rewarding and covers so many areas.

**Q:** From what you have seen of HOSA members, how do you feel about the organization?

**A:** I think it is fantastic! You are all so motivated and ambitious and I enjoy your bubbling personalities. I know it is great for career preparation and you all really support the patients too. I am proud and amazed by all your hard work.

**Q:** How can HOSA members help dialysis patients in their local areas?

**A:** Just keep doing what you are doing. Communicating and touching base with your local clinics would be a great way to help; we enjoy your youthful faces. Through community awareness and education, we can make a difference together.

In light of Mrs. Morrison’s busy schedule, we appreciate her taking the time to educate HOSA members about this interesting field. Also, her role in the organization has provided insight into balancing patient care and administrative responsibilities. On behalf of National HOSA, thank you Mrs. Morrison for your generous contributions to our organization and the healthcare community.
Every time God directs our path to Haiti, we come back fulfilled, thankful, humbled and so glad we can use our God given skills to help the people who come to St. Boniface Hospital in Fond des Blanc, Haiti. Drs. Marichal and Muskus along with our nurses, Kristin Foerster, Ronnie Jo Myers, Mary Monahan, Amy Maris and myself were not quite sure what we would encounter on this trip. After all, this was our first gynecological surgical trip and even though we knew the patients had been waiting a long time to have their operations, nothing prepared us for what we would see.

From the moment Dr. Eduardo Marichal and Dr. Andy Muskus gowned and gloved, they knew that these women had unique tumors that would require all of their clinical judgment and surgical skills. Seemingly slight of frame, women that presented themselves looking like they were 7 months pregnant, were essentially carrying fibroid and ovarian tumors that they had for up to so many years. Patients ranged from 21-36 years old and only a few had been able to have any children because their tumors were occupying their entire uterus. But with much diligence and perseverance, our surgeons were able to dissect these masses and give these women a chance to have a child.

Amy and Mary were in the pre-and-post operative areas calming the patients and communicating in so many special ways: touching, smiling, laughing and using their God-given nursing skills to allay the fears and help with the women with their pain. What a pleasure to see their interactions. Kristin was in the OR scrubbing with the doctors and Ronnie Jo was everywhere, especially in labor and delivery when there was a baby born.

My highlight was going to the Queen of Peace Senior Home, Lakay Grammon, and seeing the joy in the residents when we gave them their clothes and toiletries. There have been a few deaths recently, but nothing can dissuade the exquisite joy that is in their hearts. They are so well taken care. We should feel very proud that we are providing them with three well-balanced meals a day, they have a shelter over them, screens on their windows to keep the animals out of their rooms, caring women that take care of them.

Recently they added a new senior who is blind that was living in a cardboard shelter. She is now smiling and interacting with the other residents for the first time in many years. Thanks be to God that we found this woman.

We leave again March 14, 2011, and I am extremely excited because for the first time we will be taking two college students. Rahma Mkuu, from University of Florida and Laura Bedford, from Florida State University, will both be interacting with our surgical patients and actively participating in patient care.
One of the National Consortium for Health Science Education/ HOSA scholarship recipients, Jeana Dunn, recently graduated from a Bachelor of Science in Nursing Programs at Francis Marion University (SC). Jeana received her NCHSE/HOSA scholarship in 2007 and graduated from Francis Marion University in December, 2010 – congratulations on achieving this career goal in 3½ years with the help of college credits earned while a high school health science student and HOSA member at the Academy for Technology and Academics. HOSA congratulates Jeana Dunn!

The HOSA, Inc. Board of Directors recently elected Lowell Doringo as Chair-elect for 2011. He will serve as Chairman in 2012. Lowell brings his commitment and experience with HOSA having served as National HOSA President in 1998-99 and as the 2007 National Outstanding Alumni Member of HOSA. We are proud to have Lowell’s motivation and thought leadership on the HOSA Inc. Board of Directors in his new role as Chair-elect and we are confident that he will help to continue moving the mission of HOSA forward across the nation with our members and partners. Lowell currently serves as the Leadership Development Consultant for Operations Learning and Development at The Walt Disney World Resort in Lake Buena Vista, Florida.

HOSA was honored to share the spotlight with the Medical Reserve Corps in a webinar hosted by COCA (Clinician Outreach and Communication Activity), Centers for Disease Control and Prevention, entitled Engaging Youth in Public Health Preparedness and Response. The transcript from the January 27 webinar will be found at http://emergency.cdc.gov/coca/callinfo.asp.

COCA is designed to provide two-way communication between clinicians and the CDC about emerging health threats, such as pandemics, natural disasters, and terrorism. COCA provides the best possible care to patients by supplying them with the most current and reliable information and to identify clinical issues during emergencies to help direct communication strategy and outreach to clinicians.

Clinicians have varying information needs, so COCA provides a variety of products and services to serve these diverse needs, including: email updates about new/updated CDC information on emerging health threats; training and conference announcements; direct email access for questions and feedback via coca@cdc.gov; and Continuing Education opportunities, including COCA conference call presentations.

The Director of HOSA’s conference call through COCA was Loretta Jackson Brown, MSN, RN, CNN; Clinician Health Communicator, McKing Consulting Corporation, Emergency Risk Communication Branch, Office of Public Health Preparedness and Response, Centers for Disease Control and Prevention. Loretta Jackson Brown was a HOSA member at Boyd Anderson High School in Lauderdale Lakes, Florida in 1981-82.

In Ms. Jackson Brown’s role at CDC, she serves as a clinician to design and implement innovative health education strategies to enhance efforts to effectively educate affected populations, their families and healthcare providers on public health surveillance, prevention, and intervention, and develop educational curricula for medical and allied health professionals related to emerging health threats and emergency preparedness and response events from natural, biological, chemical, radiological/nuclear, and traumatic disasters. She collaborates with scientist and other subject matter expert to delivery excellent public health programming. Ms. Jackson Brown works in Atlanta, Georgia.
Local chapters are the powerhouses of HOSA, increasing the national membership to more than 125,000 members. Chapter officers are the backbone of this student organization and without their leadership we wouldn’t have the success rate we have today. Members live through their local chapters and as a result, officers are responsible for stimulating their fellow classmates and giving them the encouragement and resources to succeed. Imagine having a head start in organizing a chapter and having everyone on the same page and in agreement of set goals.

JumpStart’s objective is giving chapter officers the preparation they need before they go in front of their classmates and propose their intentions for the year. Developed by Georgia HOSA, JumpStart is offered to all local officers in the middle, secondary, and postsecondary divisions. It focuses on local chapter development, management, and engagement. This training program is in its 2nd year, providing essential information to increase local chapter success and the overall success of Georgia HOSA.

Covering 960 miles, State Officers and Region Representatives traveled to the central areas of Georgia, reaching out to over 155 officers. Beginning in July, JumpStart spread across the state. The trainings initiated in the northern region, with the first JumpStart at Centennial High School in Roswell, GA. The next training took place at Houston County Career and Technology Center in Warner Robbins, central GA. The training wrapped up in the southern part of the state at Colquitt County High School in Moultrie, GA. Local chapter officers from across the state came together to attend the several workshops that JumpStart had to offer. They learned the benefits of HOSA to members, specific officer duties, creating an effective program of work, how to have a structured meeting, creative ways to recruit more members, innovative budgeting techniques, and how to effectively engage their members to have more active members.

This training program allowed all the officers to network with other schools, hear plans for the year, and set goals of their own. As leaders of their chapter, it was a self-evaluation as well. They have many responsibilities to adhere to, as well as raising the standard from the prior year.

Developed by Georgia HOSA, JumpStart is offered to all local officers in the middle, secondary, and postsecondary divisions. It focuses on local chapter development, management, and engagement.

JumpStart provides the connection between local officers, region representatives, and state officers, allowing everyone to share their passion for HOSA. By holding the meeting at the peak of the school year, officers can return to their respective schools and start their chapters with goals in mind, find ways to recruit members, such as having a membership drive at their open house, and find innovative ideas to start fundraising.

During JumpStart, chapter officers broke up by position and each state officer talked about expectations and specific duties at a meeting. They taught how to give an elevator speech, how to give a presentation to a potential local partner, and how to run for a state office position. In addition, they talked about the different conferences for the upcoming year. At the end of the training session, the officers were given time to speak with their chapter and advisor to help develop a work program that they will carry throughout the year. The overall objective of JumpStart allows the officers to realize the many characteristics they have as a leader and how HOSA is the greatest resource.
HOSA Continues Success With JDRF

What a great first semester! Over $40,000 has been raised and countless community service hours have been logged for JDRF! Let’s keep up the wonderful enthusiasm and participation this spring!

HOSA Chapters have held successful and creative Team JDRF events. Here are a few examples:
- Nacho and lasagna lunches
- Teddy bear sales
- Carwashes
- Coin wars
- A neighborhood or school Walk to Cure Diabetes

MORE TEAM JDRF IDEAS:
- Charity sports tournament: Pick your sport - dodgeball, volleyball, kickball, basketball anyone?
- Set your price – How much will you charge each team to participate? How much will observers pay to watch the games?
- Are their other ways to raise additional funds? Refreshment stands?
- Like to dance, bowl or watch movies? Why not hold a dance or bowl-a-thon or movie night?

Please visit www.jdrf.org/teamjdrf for ideas, best practices and to sign up your event. Be sure to “Like” our new Team JDRF Facebook page to hear the latest and greatest ideas!

Do you have some great photos from your Team JDRF event? We would love to see them! Please send pictures to Jennifer Mylock at JDRF at jmylock@jdrf.org (for large files or more than 2-3 photos, please contact Jennifer before sending).

While many JDRF Walks to Cure Diabetes take place in the Fall, there are still several great opportunities to participate in your local Walk this Spring.

Need help getting started? Click on the JDRF logo on www.hosa.org for valuable resources!

IMPORTANT REMINDER: Please be sure to send any donations to your local JDRF Chapter office. This is important because we want to make sure that we are tracking your fundraising results and can award incentives appropriately. CLICK HERE to find your local JDRF Chapter. You can also call 888-533-WALK to be directed to your local JDRF office.

THANK YOU for all you do to help find better treatments and a cure for type 1 diabetes!
1. **When did you join HOSA?** I joined HOSA when I was a freshman in high school and I continued to be a member until I graduated high school.

2. **What types of leadership experiences did you acquire as a member?** Some of the most memorable experiences in HOSA were during my term as President of our local chapter. Being in that kind of position provides lots of experience to be responsible to others and really helps you realize that if you can organize yourself and be a strong leader, then your peers will emulate those same traits. I learned that I needed to set the example and really try to always strive to do better.

3. **What is your favorite HOSA memory?** My favorite HOSA memory would be attending the State Leadership Conference for the first time. It was so amazing to meet other people who were as passionate about being a healthcare provider as I was. It also gave me a great way to build camaraderie with my fellow members.

4. **Did you compete in any competitions?** From what I can remember, I competed in the EMT competition as well as a public speaking competition.

5. **How has the HOSA experience influenced you?** The HOSA experience really reinforced my desire to become a healthcare provider. At the time, I was training to be an EMT and HOSA allowed me to hone my skills and apply them in a practical competition.

6. **What are your duties as a Navy Hospital Corpsman?** My duties as a Navy Hospital Corpsman can change depending on where I get stationed. When I was stationed at Naval Medical Center San Diego, I worked at several different places. I
started out working at the branch clinic we had at Marine Corps Recruiting Depot San Diego doing immunizations, blood draws, and physicals on the Marine Corps recruits as they go through boot camp. After my time there, I went to the main hospital and worked in surgical training, where I facilitated numerous types of training for surgical residents as well as staff surgeons. The types of training I received ranged from anatomy lessons and suturing labs, to actual practice surgery. Now I am in school at Marine Corps Base Camp Pendleton for training on how to be a field medic with the Marines. My duties, once I check in with my unit, will be to work along other medical staff to ensure my Marines are 100 percent fit to deploy at a moments notice. This includes things like ensuring they are up to date with all immunizations, treating musculoskeletal injuries, and taking care of any dental problems, they may have. Myself and my other Corpsman are pretty much responsible for all the medical care that our Marines need. Once we are deployed, my primary mission will be to help prevent their injuries on the battlefield and to treat any casualties that occur. As a Corpsman, I will do all the things that they do out in the battlefield, plus take care of them if things go wrong. Let me also say that I LOVE DOING WHAT I DO!

7. How did HOSA contribute to your career goal?
HOSA contributed to my career goal by introducing me to the world of emergency medicine.

8. What advice would you like to give to current HOSA members?
My advise to the current HOSA members would be to always keep your mind open to new career paths. I was planning on becoming an EMT when I graduated high school. Because I kept my mind open to new things, I found something that interested me even more: being a Navy Hospital Corpsman. In addition, I would tell them never to sell themselves short because whether or not they believe it right now, they truly can do anything they put their minds to.

9. What was the most beneficial thing about being a HOSA member?
The most beneficial thing about being a HOSA member, for me, was that it put my foot in the door to becoming a successful healthcare provider.
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