**Tap Local Resources**

Tap the resources in local high schools. Some high schools offer chapters of the Health Occupation Students of America, a career and technical student organization. The Career Center on HOSA’s website (http://www.hosa.org/career/career_center.html) provides local contacts, career profiles, college listings, tools for selecting a health career, and much more.

Nearly a dozen public high schools in Chicago offer health career tracks within the Education to Careers Program (http://www.etcchicago.com/about.asp), which combines academic curriculum with training in career and technical subjects and helps students develop workplace skills. Guidance counselors and science or math faculty advisors often know about other resources, programs and opportunities.

**New York Providing Outstanding Opportunities**

New York State HOSA is actively working to increase the number of chapter across the State. This year we offered a scholarship for any new school to send one advisor and two students to our Spring Conference in Syracuse to see, first hand, what HOSA is all about! For the past few years, this practice has resulted in at least one new chapter each year.

At our Spring Competitive Events Conference in April, we expanded our focus to include community service activities to support efforts such as the Tsunami Relief project and a women’s shelter in the city in which the conference will be held. Donations of money and personal care items were brought to the meeting and forwarded to these two very worthwhile causes.

Our guest speaker at this year’s conference focused on motivating students to develop goals and stick with them as the proceed through high school and their postsecondary education programs. The new Career and Technical Education (CTE) Policy, implemented by the New York State Board of Regents requires approved CTE programs to develop articulation agreements with two and four year colleges that will allow the students to earn college credits while pursuing a CTE program in high school.

While our Spring Conference will center around the competitive events, our Fall Leadership Workshop, which was held in Albany, emphasized citizenship and community service. We were fortunate to be able to take all attendees to the New York State Capitol for a guided tour. In the past, we have been able to see our legislature in session. Students learn about their government and supplement what they learn in their 12th grade core course entitled Participation in Government. Students who are especially active in their HOSA chapter and meet a rigorous set of guidelines, above and beyond the level of most students’ participation in student leadership organizations, can receive credit for this social studies course through active HOSA participation.

We have been fortunate for the past two years to have active support from the regional Area Health Education Center (AHEC) offices that have helped with our funding with awards and provided scholarships for students to attend the competitive events conference. They have also given generously of their time and expertise to serve as judges for some of the events. This AHEC/HOE collaboration extends the cooperative efforts going on with the state/regional AHEC offices and the State Education Department in the development of resource materials for teachers and students. We are very grateful for their help!

HOSA continues to thrive and provide outstanding leadership opportunities for students in New York State!
A Memphis teacher is the first in the United States to receive a national Troops to Teachers Award. **Cleotis Weaver**, health science education teacher at Northside High School was presented the award at a State Health Occupations Students of America (HOSA) Leadership Conference held in Pigeon Forge. Weaver was one of the first Troops to Teacher hired to teach in the schools of Tennessee.

“We are very proud of our Troops to Teachers program in Tennessee,” said Director Mike Schroeder. “It’s an honor for a teacher from our state to be the first in the nation to receive this award, and Mr. Weaver is a deserving honoree.”

Weaver is an Emergency Medical Technician and has completed certification to become a licensed health science teacher. He has taught in the Northside troops to teacher program since August, 1994. He also assisted with setting up a ROTC program at the school for students interested in health science in the military.

Weaver began the health science program at Northside providing for students planning for a career in health care. He has built the program to include working with hospital and other health care facilities in Memphis. He initiated a program to provide his students a paid clinical internship in a health care facility. Under his leadership, a clinic for the students at Northside High School has been set-up with the health science students serving as facilitators. He has seen many of his students continue to post secondary education and become health care professionals.

Troops to Teachers is a federally funded program. The purpose is to assist eligible military personnel to transition to a new career as public school teachers in “high-need” schools. Counseling, referral, and placement assistance in Tennessee is provided through the Office of Teacher Licensing, Tennessee Department of Education.
BENEFITS OF FURTHER EDUCATION IN THE HEALTHCARE FIELD

Over the ages, vast jumps have been made in methods, technologies, and tools used to ensure quality in the healthcare industry. Even with all these advancements, the most important tool is the oldest tool – the human mind. The mind allows us to make decisions and gives us the ability to give care the best way we know how. The mind is a powerful tool, yet the sharpest of tools will rust with disuse. Even the greatest of minds can grow dull from lack of stimulation.

With many lives depending on healthcare professionals, we cannot afford to allow our minds to grow dull. The only way to stay sharp is to continue to learn. Just as iron sharpens iron, education sharpens the mind. In addition, education also allows you to do a better job. By continuing your education, you become more useful to the facility in which you work and, in turn, to the patients for which you are giving care.

Things change constantly in this world, especially in the healthcare field. Improved procedures are continuously being discovered. For example, it wasn’t long ago that recapping needles was a common practice. This procedure is no longer acceptable. With these constant changes, healthcare professionals must remain current on what is new in the healthcare world in order to stay competent and useful.

Education is empowering and it is through education that we can better ourselves. By continuing our education, we continue to make ourselves useful. We must never stop learning. The day we stop learning is the day we stop being competent providers, useful to patients that depend on us for care and possibly for their life.

Submitted by: Andrew Reeder, State Historian
WV HOSA

PENNSYLVANIA

"HURRAY FOR HOSA"

Cardinal Dougherty High School participated in their local Alzheimer’s Association Memory Walk on Saturday, October 10, 2004.

1st Row (Left to Right): Matt Heiser, Tessi Ruiz, April Gueco, Erica Gueco, Rita Alejo, Angel Tenant, Miane Morte, Francisco Garcia
2nd Row (Left to Right): Christie Giacomelli, Gina Lang, Theresa Alog, Rachel Gueco, Idalia Adan, Princess Bautista, Gang Qui (holding Chipa)
3rd Row (Left to Right): Dr. Thomas (Team Captain), Tri Nguyen, Jeanne Ho, Sebastian Charles, Chris Adams, Bichly Nguyen
Not Included In Picture: Jen Williams, Hamid Floyd, David Ho, Gabrielle Neri, Lynee Wakefield
Oh, No!!! Where’s My Underwear?

Preparing for the 2005 NLC: Reminders and Suggestions

Submitted by: Horalia Mora, HOSA, T.A. Reporter

Struggling for that one moment of success, I had diligently prepared for competition at the 2004 Texas State Leadership Conference. After taking the nerve-wracking Knowledge Test-Pharmacology, all I could think about is how I should have studied more and hung out less with my friends. Anxiously going over the test in my mind, the doubts crept in: “Were the questions I thought I got right actually wrong? Why didn’t I go back and check those questions I wasn’t sure about?” So I sat there, with my head down, becoming more and more depressed, convinced that I didn’t get any answers correct. The awards session began and winners for each event were announced. Beginning with 5th place in Knowledge Test-Pharmacology, the presenter called out the names, and I was sure I failed! “Well, there’s always next year,” I sighed heavily, in bitter disappointment. Suddenly I heard the words “First Place” and then my name and school! I was stunned! Out of my mouth came a scream of disbelief mixed with joy. I had just won first place in State Competition! Suddenly, I felt as if I had been awarded for my hard work. Feeling proud of my accomplishment, I marched to the stage to receive my award and thought, “here I come, Florida!”

As the plane flew into the clouds, I began to relax. For the first time ever I would get to visit Orlando, FL. After two hours in the air, the plane landed, and I boarded the shuttle to the Marriot Hotel. The hotel was enormous; I could not believe my eyes. I was going to spend a peaceful weekend in the most elegant hotel I’ve ever seen! Once in my room, I began unpacking my suitcase. Quite strangely, I still felt as if something was missing. I just couldn’t pinpoint what it was. I assumed I was being paranoid and left for the airport. When I arrived at the airport, the answer hit me like a bolt of lighting – I had forgotten my HOSA uniform! In absolute panic, I called my brother and begged him to bring it to the airport. This time I was very lucky, as my brother unexpectedly transformed into my “Knight in Shining Armor” and arrived with my uniform in plenty of time before my plane’s departure.

I had forgotten the simplest of things. As I had done in preparation for competition, I should have packed just as carefully and made sure all was set according to plan. So learn from my experience and realize that every HOSA member attending Nationals needs room and time to organize. For a more relaxed trip, try not to forget anything. A checklist would have probably been a smart way to start.

So, when preparing for Nationals, remember to do the following:

(continued)
First thing to do is make sure the necessary forms for registration and competition arrive at the National HOSA office by May 15th. You might want to spend a little extra to receive confirmation from the post office that National HOSA received the information.

Next, buy traveler’s checks for meals and entertainment needs. Almost all places take traveler’s checks, which can be issued by your bank. Most places also take American Express, MasterCard and Visa. Bring some cash for those places that may not take credit cards. Check to see if your cell phone is nationwide and if Nashville is part of your plan. If not, it is advised to get a phone card. Be sure to check the telephone policy at the Opryland Hotel, as some hotels charge each time a guest dials out from the room. If this is the case, finding a payphone may be your best solution.

A checklist of everything you plan to take is a smart way to begin your trip. Think of and list everything you will need before you begin to pack. This will also help when you are packing to go home. After 4 girls or boys spend 5 days in a hotel room, there is a lot of sorting to be done, and at least you will know what is yours and what you need to find.

Bring a minimum of two professional dress outfits, including proper hosiery (bring extra panty hose) and dress shoes. Casual clothes, swimming suit, underwear and sleepwear can be packed in the suitcase you plan to check. But try to carry items on the plane that you will need for competition such as art supplies (no scissors or knives), scrapbooks, Researched Persuasive speeches, scrubs and anything else you would like to keep close. When checking items, remember the airlines will only allow suitcases that are 50 pounds or less. If your suitcase weighs more than 50 pounds, you will be required to pay extra. Therefore make sure you check your suitcase on the scale before leaving home.

Make sure everything is accounted for – from your HOSA uniform to your Career Health Display to your plane ticket. And make certain to include underwear!

Good Luck to all and Have fun in Nashville at HOSA’s 2005 NLC!!!
The 2005 Kentucky Leadership HOSA Conference was held March 16-19 at the Executive West in Louisville. While many are involved on a statewide basis, the expertise and dedication of HOSA’s Executive Council is responsible for the framework of the entire event — thus allowing the adventure to begin. This year’s conference hosted 635 students, 67 advisors and numerous guests.

The expertise of many individuals provided an assortment of opportunities for all who attended. An array of secondary and postsecondary folks relayed the significance of HOSA — in terms of how important it is to network from local, regional and national levels; develop leadership skills; gain educational experiences; develop self confidence; develop public speaking skills; provide an opportunity to expand one’s personal horizons; provide an opportunity to travel outside Kentucky to see what other states are doing; have an opportunity to earn scholarships; and meet new friends. All point to hard work and dedication in developing each individual through the experience of HOSA — it is considered by many to be a journey as well as an adventure.

To read more about Kentucky’s Leadership Conference, download the PowerPoint at http://kytech.ky.gov/flashonehundredseventeen.pps

The 2005 HOSA Kentucky Leadership Conference was held in Louisville from March 16-19, 2005. The installation of the 2005-06 state officers was held during a special banquet on Friday, March 18. Newly elected officers will serve a one year term and represent KY HOSA at the national conference to be held in Nashville this June.

Lake Cumberland Health Sciences Instructor Pat Dennison will serve as the official advisor to the state officers.

Photo - Front row from l to r: Binh Tran, (Louisville Central High Magnet Career Academy), secretary; Savannah Smith (Breckinridge Co. ATC), treasurer; Brittany Ciukaj (Breckinridge Co. ATC), historian. Back row l to r: Michael Chambers (Lee Co. ATC), parliamentarian; Eddie Wells (Scott Co. HS), vice president; and Calvin Kerr (Lake Cumberland ATC), president.

March 31, 2005
Rhonda Link from Tennessee made 100 on her National Association of Parliamentarians test and was the first to receive the medallion presented by NAP.

Student Spotlight

Holly Gray

Holly is a junior at Meade Co. HS and a health sciences student under the direction of Instructor Donna Lynch at the Meade Co. ATC.

She has been a member of the local HOSA chapter for two years and plans to run for office next year. Additionally, she is a member of the National Honor Society.

Holly won a special medal for making the highest score on the 2005 National HOSA Parliamentarian Exam during state conference held in Louisville from March 16-19. As a result, she is eligible to compete and participate at the national level. She was also a member of the Meade Co. ATC Parliamentary Procedures Team that won first place at state.

Her school service projects have consisted of sponsoring three angels at Christmas, helping to sign up donors for two American Red Cross Blood Drives, and along with other chapter members is currently in the process of collecting donations for St. Jude’s Research Hospital and the Cystic Fibrosis Foundation.

Holly is currently involved in a semester long clinical rotation at the Harrison Co. Hospital in Corydon, Ind.

“This is Holly’s first year to participate on the Parliamentary Procedures Team and she studied very hard to help her team accomplish the goal of having the highest test scores,” says Instructor Donna Lynch. “She is a conscientious student and strives to give 100% in anything that she is involved with.”

“I was pleasantly surprised to win the award. I have really enjoyed being on the Parliamentary Procedures Team and winning first place,” says Holly. “It was great to win the medal for the highest score.”

Holly plans to attend the University of Kentucky beginning in the Fall of 2006.
Two Georgia high schools, Hiram High School and East Paulding High School, share the same chapter advisor, Ms. Kay Gray, RN, BSN, and went together to the state competition in Augusta, Georgia on March 10-12, 2005. Twenty Hiram HOSA members and three East Paulding HOSA members attended, and both schools had state winners! From East Paulding High School, Andrea Baskin received the Barbara James Service Award for more than 100 hours of volunteer service in Hippotherapy. From Hiram High School, Ashley Williams and Jasmine Paden took second place in CPR/First Aid. As first year health science students, Ashley and Jasmine worked with Ms. Gray on teacher work days and weekends to earn their CPR/First Aid certifications, while, at the same time, learning to excel under pressure at state competition. The HOSA Bowl Team consisted of four dedicated members: Jennifer Weidner, second year student; Ashley Tiller, third year student; Chelsea Roberts, second year student; and Leah Parker, first year student. This team worked individually and also with our Georgia HOSA President, Carol Finch, to prepare for the HOSA Bowl, and came in 2nd in the state. Nicole Adkison, 2nd year student, studied diligently and earned 2nd place in Knowledge Test- Human Growth and Development. Noel Grant, 1st year student, prepared well and placed first in the state in Extemporaneous Speaking!

We're looking forward to going to Nashville and bringing home more awards!

Congratulations to all of the Hiram High School and East Paulding students who worked hard and represented us well at Georgia HOSA’s State Competition.

Submitted by: Hiram High School and East Paulding High School
Susan LaVere did a “bang-up job” organizing the Health Professions Affinity Brunch held Saturday morning, October 2, in Tussey-Terrace Lounge. She started planning back in the summer by e-mailing alums and following through in the fall with all the details...It was a great turn-out!

Who attended? 32 people total including 12 alums from medicine, optometry, and pharmacy, 12 students, and Deb Kirchhof-Glazier.

What did they do? They distributed a copy of the HOSA code of Ethics developed last year (see below) and held a discussion on ethics as experienced by alumni in practice and in professional school, and heard from current students on what they are learning about ethics at Juniata.

Excerpt from The Juniata Lantern

Code of Ethics of the Juniata College Sigma Theta Alpha HOSA Chapter

Preamble

A career in the health professions entails a lifelong commitment to ethical behavior. As members of the Juniata College Sigma Theta Alpha Chapter of HOSA, we recognize the following to be appropriate conduct for ourselves as current HOSA members and future health care professionals.

We shall value the contribution to health care of all the health professions and support and encourage one another in our professional and personal endeavors.

We shall be active in the education of ourselves and others, model critical thinking, and be open-minded about modalities and ways of healing that are unfamiliar to us.

We shall have a civil obligation to benefit those in need and to give back to the community that provided support in our success.

We shall be non-judgmental, respectful of personal dignity, and mindful of maintaining confidentiality among ourselves and our future patients.

We shall take responsibility for our actions and model persistence and self-determination.

We shall maintain a positive attitude, act with understanding and compassion, and be attentive to the needs of ourselves and others.

We shall recognize the effects of the social system, respect diversity, and strive to be free of prejudice.

We shall model honesty, integrity, and humility in our actions and be willing to articulate and work for what we believe is true, ever mindful of our role in the service to humanity.

We shall be conscious of changes occurring in the health care field and be proactive in helping improve the system.

We shall strive to reflect good health habits in ourselves.

We understand that human health is related to the health of the society and the environment and shall promote health from an inclusive perspective.
The medical profession is constantly changing in technology, pharmaceutical research, and knowledge. However, one of the most noticeable differences in medicine over the past 150 years has been pleasantly surprising...an increasing number of women in healthcare. Women have had an incredible impact on medicine over the past years since the first woman, Elizabeth Blackwell, was admitted into medical school in the United States 150 years ago.

Since Dr. Blackwell’s triumph, there has been a dramatic rise in the amount of female physicians and researchers in the United States. The AMA has reported that, at the change of the millennium, 22.8% of physicians in the United States were women, and 45.6% of the entrants into medical schools throughout the nation are women. It is safe to say that the drive and motivation of female medical students toward becoming medical professionals is steadily increasing.

On an organizational note, at HOSA both state and national HOSA conferences, it is easy to see that women make up a majority of the competitors. Does the future of healthcare lie in the hands of women? Some believe so, but others still see a steady future for men in the occupation as well.

Overall, the future for women in medicine is strong. Gone are the days of sexual discrimination in the medical field. Today there is equal opportunity for both sexes. It is important, however for women to remember the great fight that allowed them to pry open the doors of discrimination into this exciting field. A pioneer in this fight, Mary Mergler, wrote in 1896, “No woman studying medicine today will ever know how much it has cost the individuals personally concerned in bringing about these changes; how eagerly they have watched new developments and mourned each defeat and rejoiced with each success. For with them it meant much more than success or failure for the individual, it meant the failure or success of a grand cause.”

http://www.mommd.com/lookingback.shtml
Eliza Lo Chin, M.D.
In March 2005, HOSA representatives Dr. Jim Koeninger, Executive Director; Mrs. Karen Koeninger, Associate Director; Mrs. Regina St. George, Immediate Past Chairman of HOSA Inc. Board of Directors; and Sarah Sexton, National Region II Vice-President traveled to Washington D.C. to attend the National Health Policies Seminar. During this trip, we had the opportunity to meet with many United States Representatives, Senators, and White House Officials. The purpose of these meetings was to discuss the importance of and need for HOSA and Health Science Education.

While in Washington, we had time to sit down with members in the offices of U.S. Representatives and Senators. During this time, issues concerning health care shortages, Perkins funding, and the benefits of HOSA were addressed. This was a great experience and allowed us to bring awareness to HOSA and the opportunities it offers members and the health care community. This gave legislators an in depth view as to what HOSA really is and how it serves others. Not only were we able to meet with Legislative officials, we also had the opportunity to meet and speak with officials from the White House. In these meetings, we were given the chance again to discuss some very important issues.

In each meeting, we received very positive feedback from the legislative and government officials. They were very impressed with HOSA and the opportunities that this organization creates. This was an incredible experience and a great opportunity for HOSA. After meeting with these officials, it is evident that HOSA has a very bright future ahead.
Materials:
(numbers vary, depends on the number of participants)
- Small lunch sacks
- Various assortment of candy such as candy bars, M&M’s, etc. (candy that is contained in a wrapper)
- One piece of candy that is unique and does not look like the others
- Note cards
- Pens, pencils, or markers

Purpose:
The purpose of this icebreaker is to bring an entire group of members, who do not know each other, together. This also allows them to realize that when even though they may not know a person, they make an impact and are a part of the lives of others. This icebreaker allows members to get to know each other in a fun and unique way!

Procedure:
Determine the number of participants in this icebreaker. Assemble one sack with one note card, pen, and piece of candy per participant. Give one sack to each person at the assembly. Place the “special, unique” piece of candy in one of the sacks.

After all the bags have been distributed, explain that each person must exchange their candy with as many people as they can. When they exchange their candy, they must write their name on the note card provided. When time is up, ask who has exchanged with at least five people, ten people, etc. Determine who has exchanged the most. Then ask who has the “special, unique” candy (describe what it looks like). Then ask everyone who exchanged their candy with that person to stand up (many people should rise). The purpose of this is to display that even when we may not realize it, we have an impact on others small and large and whether we realize it or not.

By the end of this icebreaker, every person should have a different piece of candy and should have met different people.

By: Michelle Pacovsky
National Region I HOSA Vice President