HOSA Members Attend Signing of the Health Care and Education Reconciliation Bill

On March 30, 2010, President Barack Obama signed into law a reconciliation bill known as the Health Care and Education Reconciliation Act (H.R. 4872), that finalizes the Administration’s comprehensive overhaul of the U.S. health care system and made the government the primary lender to students.

The signing of the bill was held at Northern Virginia Community College where Dr. Jill Biden, the Vice President’s wife and English Professor, had the honor of introducing President Obama for this momentous occasion.

HOSA was honored to receive an invitation from the White House to be a part of the signing ceremony and was represented by: George Si kas, Director of HOSA’s Washington Office; Captain Robert Tosatto, Director of the MRC; Marko Mijic, former HOSA National Officer and Staff Assistant to Donald B. Moulds, Acting Assistant Secretary for Planning and Evaluation at the U.S. Department of Health and Human Services; Megan Lamb, Virginia HOSA President-Elect; and Sabbu Bajimaya, Virginia HOSA Region IV Vice President.

During the signing ceremony, HOSA’s representatives were most fortunate to meet many of President Obama’s Cabinet, including Interior Secretary Ken Salazar, Housing and Urban Development Secretary Shaun Donovan and U.S. Trade Representative Ron Kirk.

After attending the ceremony, Sabbu Bajimaya, Virginia HOSA Region IV Vice President, shared the following: “It was really fun and most exciting! We took a lot of pictures – and, sadly, I only got to touch President Obama’s suit. I did have the opportunity to shake hands with Speaker Nancy Pelosi and took pictures with several Senators, Captain Tosatto and many other important people. What a great experience!”

The Reconciliation bill makes several changes to the Patient Protection and Affordable Care Act that was signed into law on March 23, 2010. The changes include:

- Increase the tax credits to buy insurance
- Eliminates several of the special deals given to senators
- Lowers the penalty for not buying insurance from $750 to $695
- Closes the Medicare Part D “donut hole” by 2011 and gives Seniors a rebate of $250 dollars

(continued)
• Delays the implementation on taxing "Cadillac health-care plans" until 2018  
• Requires doctors who treat Medicare patients be reimbursed at the full rate  
• Sets up a Medicare tax on the unearned incomes of families that earn more than $250,000 annually

About half of undergraduates receive federal student aid and about 8.5 million students are going to college with the help of Pell Grants.

Title II of the Reconciliation bill deals with student loan reform. The reform package:

• Ends the process of the federal government giving subsidies to private banks to give out federally insured loans. Instead loans will be administered by the Department of Education.  
• Increases the Pell Grant scholarship award.  
• For new borrowers of loans starting in 2014, those who qualify will be able to cap the amount they must spend on loan repayment each month to 10% of their discretionary income (current cap is 15%).  
• Also, for new borrowers after 2014, loans will be eligible to be forgiven to those who make timely payments after 20 years (the current time-frame being 25 years)  
• Will make it easier for parents to take out federal PLUS loans for students  
• Several billion will be used to fund historically poor and minority schools, as well as increasing community college funding

The government will essentially guarantee that workers in low-paying jobs will be able to reduce their payments. Current law caps monthly payments at 15 percent of these workers’ incomes; the new law will lower the cap to 10 percent.

About half of undergraduates receive federal student aid and about 8.5 million students are going to college with the help of Pell Grants.

Obama was effusive in his praise for the lawmakers who stood by him on the health care and education legislation. Many of them face tough sells in their home districts over the massive health care legislation, a complex mix of crackdowns on the insurance industry, coverage expansion and insurance mandates.
HOSA Internship in the Office of the Surgeon General

Discover the Possibilities

Mike Brode, National HOSA President, and Claire Lucas, National HOSA President-Elect, were selected to serve as HOSA’s inaugural interns in the Office of the Surgeon General (OSG) during the week of March 15 at the Medical Reserve Corps in Rockville, Maryland.

The mission of the HOSA Internship in the Office of the Surgeon General is for HOSA members to gain knowledge about public health and scientific issues and to develop as leaders in health care. Interns will discover opportunities for advancement in their education and career through the United States Public Health Service; thus, enhancing the pipeline from students to health care professionals. The joint effort between HOSA and the Office of the Surgeon General is to strengthen endeavors in public health and emergency preparedness through experience and mentorship with the leading professionals of the United States Public Health Service.

Mike and Claire spent five days the week of March 15 in meetings discovering the opportunities available to HOSA members. From a National HOSA perspective, the goals of the internship were:

- Meet with the Surgeon General, Deputy Surgeon General, Chief of Staff to the Surgeon General, Senior Staff members, and other professionals within the Office of the Surgeon General (CAPT Tosatto, RADM Romano, and others)
- Complete a project based on interns’ interest or as suggested by the Office of the Surgeon General. (i.e. write a research column on a public health issue to be reviewed by the Surgeon General)
- Write and submit daily post narratives with pictures to National HOSA that will be published on the www.hosa.org
- Prepare a presentation for the interns to use at their educational symposium at the HOSA National Leadership Conference.
- Complete a thorough evaluation to ensure continued improvement of the internship program for the future.

Days 1 and 2 were filled with briefings, interviews and orientations which included a meeting with CAPT Robert Tosatto, Director of the Medical Reserve Corps. Day 3, Mike and Clair spent the morning with RADM Williams, Chief of Staff for the Office of the Surgeon General, followed by meeting Dr. Regina Benjamin, Surgeon General, and RADM David Rutstein, Acting Deputy Surgeon General. Mike and Clair had the opportunity to participate in a staff meeting conducted by RADM Williams and to see the enormity of requests for the Surgeon General’s time. Afterwards, Mike and Clair met with Dr. Mary Beth Bigley, Acting Director of Communications in the OSG, to discuss the Surgeon General and science-based communications among other responsibilities that are covered on a daily basis.

A very rare opportunity came to these two HOSA interns, a tour of the Secretary’s Operations Center (SOC) for a Command Briefing. The Operations Division is responsible for the operational effectiveness of the HHS response to medical and public health emergencies and serves as the eyes and ears of the Assistant Secretary for Preparedness and Response, coordinating activities for HHS with its partners. The SOC is the focal point for collection and distribution of critical public health and medical information on behalf of the U.S. Government. Through the SOC, the Operations Division provides real-time situational awareness, analysis, and monitoring of the public health, medical, and human services environment.

Days 4 and 5 were spent in senior staff meetings, a visit with the Office of Commissioned Corps Operations, Medical Reserve Corps’ Capacity Awards Debrief and preparation of deliverables, next steps and conclusions for HOSA members as interns in the Office of the Surgeon General.

The experience was simply amazing!

The opportunities for HOSA members is so widespread that it truly is difficult to explain the possibilities but this week in the life of Mike and Clair truly gave insight as another avenue for HOSA members to discover the possibilities.

A special thanks to CAPT Robert Tosatto and LT Sam Schaffzin for “dreaming the dream” and for the coordination and oversight of HOSA’s inaugural internship. More information about HOSA’s Internship in the Office of the Surgeon General will be forthcoming.
HOSA at the NASSP Conference

By John Tham, National HOSA Region I Vice President

We all know HOSA advisors are the most hands on with us when it comes to supporting HOSA. However, principals who take initiative that allows us to get initially involved in HOSA are just as important to our HOSA experience.

At this year’s conference for the National Association for Secondary School Principals (NASSP), HOSA Inc. Chair, Mrs. Sheila Carlton and I were able to meet even more of these same individuals who truly have a love for learning, providing their students with the best opportunities available. Many high school principals stopped by the HOSA booth to find out information about what HOSA does and how we connect with teachers and students interested in the healthcare field. One principal from Louisiana had never heard about HOSA, but when Mrs. Carlton and I spoke to him about competitive events and the free co-curricular resources which National HOSA offers online, he quickly volunteered to host a fall leadership conference at his health-oriented technical school. Another couple from Oklahoma spoke about how their daughter got involved in HOSA during high school, and how her initial experiences compelled her to get her CNA Certification. Inspirational stories like these show how much HOSA has to offer when we inspire students to pursue a health profession.

As HOSA enters a new decade we are growing faster than ever but we still encounter obstacles such as a lack of awareness of what HOSA has to offer students who are interested in healthcare. Thankfully, with our involvement at conferences such as the NASSP conference, we are able to network with principals from around the country and share the good news about HOSA with them.
So, you qualified to attend the HOSA National Leadership Conference in 2010! Outstanding! Each NLC city is unique and exciting, and NLC 2010 at Walt Disney World in Florida is no exception. The more you know before you go – the better prepared you’ll be for a successful National HOSA experience.

BEFORE YOU LEAVE HOME
Pack carefully. Be sure a HOSA uniform or black suit is at the top of your list. If you don’t know why, you better read the entire HOSA E-magazine article NLC 2010: Yes! Dress Matters.

It will be HOT in Florida in June. How hot? VERY hot! BRING SUNSCREEN! You are health science students so you know the importance of protecting your skin. Also, bring a hat and an umbrella. It rains in Florida every day in the summer at 5:00 pm. Really!

WALKING AROUND THE HOTEL AND THEME PARKS
Tennis shoes! Comfortable walking or running shoes with good arch support are essential, and your feet will thank you for it.

CE MATERIALS
Read your guidelines right before you leave home, and be sure to bring them with you to NLC 2010. If your event requires that you bring any materials, be sure you know what to bring and be sure you have it all safely packed for your trip.

TRANSPORTATION
Getting around Walt Disney World is fairly easy. There is free bus transportation from your hotel to all the theme parks and Downtown Disney. But here is a word of caution…sometimes it takes longer to get somewhere than you think it will take. If you find yourself running tight on time, consider taking a taxi. There are taxi stations at every park and hotel, and they’ll usually get you where you’re going in less than 10 minutes. A cab ride on Disney Property averages $10, and it is worth every penny if it keeps you from being late for a HOSA obligation.

FOOD
If you missed the NLC Preview article in the February 2010 issue of the HOSA E-magazine, you will want to print and read it. It includes money-saving tips for HOSA conference delegates.

Your hotel room may be ½ mile or further from the meeting rooms in the convention center, and you will be walking outside in the Florida heat. Carry your dress shoes in a backpack or string bag, and change your shoes when you get to the convention center.

SAFE TRAVELS – AND WE LOOK FORWARD TO SEEING YOU AT NLC 2010!
HOSA at Disney’s Port Orleans Resort

The HOSA National Leadership Conference continues to grow as more HOSA members have an opportunity to demonstrate their knowledge and skills on a national stage. We are happy to celebrate the accomplishments of a record number of HOSA members in 2010, and understand the flexibility that HOSA members and advisors must demonstrate in order to accommodate all 6000 HOSA NLC delegates, judges and guests.

Every HOSA National Leadership Conference requires more than one hotel to house all of our delegates. We have been in as many as 12 hotels, and as few as two. This year, HOSA members will be housed in one of two conference hotels, Disney’s Coronado Springs Resort and Disney’s Port Orleans Resort. The accommodations and amenities are similar for both hotels, and both hotels offer a special kind of NLC experience that staying on Disney property provides. Once the Coronado Springs is full, NLC delegates will be accommodated at Port Orleans.

Port Orleans is a short bus ride from the Coronado Springs. Considered by many as one of the most beautiful hotels on Disney property, Disney’s Port Orleans Resort will let you experience old Southern Hospitality in one of two unique settings – Riverside or the French Quarter.

What makes staying at Port Orleans so special?

As an official HOSA conference hotel, Port Orleans provides the same outstanding Disney service and security that HOSA chapters appreciate. HOSA will provide regular shuttle service to the Coronado Springs, and HOSA members staying at Port Orleans will enjoy the convenience of being dropped off at the entrance to the convention center at the Coronado Springs.

In addition to having free bus transportation to all theme parks and water parks, Port Orleans is a short riverboat ride to Downtown Disney.

Swimming pools? Oh yes! There are 5 quiet pools (no life guard) and one large theme pool at Riverside and at the French Quarter. There is also a shaded jogging trail, two arcades, a fishin’ hole, and a guest laundry. You can rent boats or bicycles at the marina, and or go for a horse-drawn carriage ride.

There are two quick-service restaurants. The bakery opens at 6:00 am and a full breakfast is served from 7:00 – 11:00 am, followed by lunch and dinner until 10:00 pm, with the bakery open until midnight. You can also get pizza delivered to your room until midnight.

Whether you are a 10-minute walk or 10-minute bus ride from your hotel room, most HOSA members will spend a good part of their day in general sessions, educational symposiums, and in competitive events at the convention center adjacent to Disney’s Coronado Springs. When your conference responsibilities are complete, you will find that Port Orleans is a great complement to your NLC experience.
NLC 2010 Preview: Take a Walk to the WILD Side

HOSA members who attend NLC 2010 will find plenty of opportunities to represent their school and state by attending general sessions, participating in competitive events, and taking advantage of the variety of learning opportunities a national leadership conference offers. After your delegate responsibilities are done, your chance to learn about a future health profession does not end at the convention center.

Take a Walk to the Wild Side

Disney’s Animal Kingdom is part theme park, part zoo, and part wildlife preserve. With over 1,500 animals from 300 different species, Disney’s Animal Kingdom is a living adventure all its own. With so many animals to care for, Disney has a way of making animal health both fun and educational, and gives guests an up close look at the veterinary professionals who care for a group of very special patients.

Conservation Station® is a part of Rafiki’s Planet Watch® and provides HOSA members with an opportunity to watch the veterinary staff go about their work in caring for animals. Inside Conservation Station is a large window that provides a view of an operating suite. Every day, a variety of animals receive medical care from 10 veterinarians and 6 veterinary technicians under the watchful eye of hundreds of guests.

Experience: Veterinary Medicine – including wild animal surgery
Location: Disney’s Animal Kingdom – Conservation Station®
Time: 9:30 am – Noon, 7 days a week
Afternoon options: Talk to Disney veterinary professionals, and possibly observe an emergency procedure

Here’s How It’s Done

Arrive at the park when it opens. That will give you an opportunity to walk on a number of attractions before any long lines form. On HOSA Day, June 26, Disney’s Animal Kingdom opens one hour early for resort guests (that includes you) so take advantage of this special perk and get there before 8 am.

Ride Expedition Everest (once or twice), and then race to Dinoland, USA to ride the Triceratops Spin and Primeval Whirl. Then head to Africa and pick up a fast pass for the Kilimanjaro Safari before boarding the train for Rafiki’s Planet Watch®.

Once inside conservation station, go directly to the Animal Health and Care section, and check out the schedule for the day.

On the day of our visit, the first patient was a green sea turtle (we’ll call him Sam) who had been rescued and was being cared for by the veterinary staff at Disney’s Animal Kingdom. While this young patient will never be a part of the show, he will have a chance to recover from serious damage to his shell and an infection. Once Sam heals, he will be returned to his home off the coast of Florida.
After taking x-rays, Sam had some blood drawn by a veterinary technician, and then was treated by a veterinarian.

Notice the white protective covering on Sam’s shell. When he was rst treated at Disney’s Animal Kingdom, his wound was cleaned and then dressed with a protective water-proof material. The purpose of today’s visit was for a recheck to make sure Sam’s shell is healing properly.

Sam’s shell was cleaned and redressed. As you can see, the damage to Sam’s shell was signi cant, but he is healing nicely and a full recovery is expected.

After your view into the world of Disney veterinarians and veterinary technicians, be sure to stop by the nutrition center to learn about animal nutrition, and then say hello to one of the Conservation Station residents.

Following your up-close-and personal experience with Disney veterinary services, you will still have time to experience the Kilimanjaro Safaris, walk the Pangani Forest trail, and then return to your hotel for a nap and shower, in preparation for a very exciting National HOSA Awards Session.

For learning AND excitement, nothing beats HOSA and NLC 2010 in Orlando, Florida!

For information about Disney Internships in veterinary medicine and other animal programs, visit disneyinterns.com/animalprograms
“Behind the Seeds” is a one-hour walking tour that is hosted by a member of the Epcot science team. Our tour guide was Nancy, who majored in ichthyology and doing a science internship at Epcot theme park. I couldn’t quite figure out why someone who studies fish would be working in THE LAND, but I learned about that a little later.

We started our tour by learning about the use of bugs to control harmful pests. A leafminer is a fly that lays eggs inside a plant, and they can’t be washed off. The eggs hatch and the fly eats the plant, eventually killing it. Disney uses parasitic wasps to eat these harmful flies. By doing so, they are using a natural solution to control an important agricultural pest. This research helps scientists understand how best to use the wasps, which are actually extremely tiny and harmless to humans and plants.

Then we moved on to the Biotechnology lab. I was impressed! It looked a lot like I would expect a health science biotechnology lab to look, except that the research being done in this lab was with plant cultures instead of human tissue or microorganism cultures. Of course, many of the procedures in the labs are the same, particularly related to protection against contamination.

Then our tour took us through the greenhouses in of THE LAND. We saw over 60 crops from around the world, and saw some of the latest techniques used to grow and improve plants. I was impressed at how plants were being grown without soil, and had the opportunity to release ladybugs near a giant tomato plant. Ladybugs are one of the most beneficial insects you can have in your garden because they eat aphids, whitefly, fruitworm and mites. A single ladybug can eat over 1,000 aphids in its lifetime.

Then we went through the fish farm and saw sturgeon, shrimp, tilapia and alligators, and learned about fish farming. We also got to feed the tilapia.

I’m excited that Epcot Science is working with HOSA at NLC 2010. If you get a chance to go on the Behind the Seeds tour, I highly recommend it. RESERVATIONS can be made for the tour by calling 1-407-WDW-TOUR (1-407-939-8687), or same day reservations can be made at the tour desk next to the entrance to Soarin’. The cost is $16 for adults and you must already have admission to Epcot theme park.
Sports Medicine: Disney Style

The ESPN Wide World of Sports Complex is a 250 acre sports venue on Disney property. It serves as the host location for thousands of sports teams every year who compete in a variety of athletic events, and serves as the spring training location for the Atlanta Braves.

The satellite view of the complex reveals baseball and softball diamonds, soccer elds, tennis courts, a track, and a whole lot more. On any given day, thousands of athletes from across the United States participate in athletic competition at the ESPN Wide World of Sports Complex.

When HOSA members think of sporting events, they think about the role that sports medicine professionals play in supporting athletic competition. It takes a trained and versatile staff of athletic trainers to care for the physical needs of injured athletes. The sports medicine staff at the ESPN Wide World of Sports Complex is well trained and prepared to meet those needs.

A state-of-the-art athletic training facility is located at the ESPN Wide World of Sports Complex in the Milk House. A staff of full-time athletic trainers use a variety of modalities in caring for a range of athletic injuries. In addition, 4th year or graduate student athletic trainers can apply for a semester-long internship with the athletic training staff.

HOSA is thrilled to have the opportunity to hold the 2010 National HOSA Sports Medicine event in the training room at the ESPN Wide World of Sports Complex. There are two full-time athletic trainers at the ESPN Wide World of Sports Complex - Adam T. Kjosa, MS, ATC, LAT and Jyl O’Brien MBA, ATC, LAT. They are both employed by South Lake Hospital, Inc, who provides sports medicine support that is customized to the needs and numbers of athletes on a given day. As you can imagine, no two days are alike at such a diverse and expansive sports facility as the ESPN Wide World of Sports Complex.

The athletic trainers at the ESPN Wide World of Sports Complex are committed to providing the best possible care for athletes, and an outstanding competitive experience for HOSA members. HOSA members who qualify for the skill portion of the Sports Medicine event will demonstrate their skills in an authentic sports medicine setting with a little bit of Disney magic thrown in - just another reason to make your plans to attend NLC 2010 at Disney’s Coronado Springs Resort in Lake Buena Vista, Florida.
How important is what you wear at the HOSA National Leadership Conference? Well, that depends on your needs. If you want to have a stress-free, successful conference, then read this article and pay attention to conference rules that relate to dress. The more you know, the better prepared you will be to dress for success at NLC 2010.

Let’s Begin with Why

Why does HOSA have rules for dress at the HOSA National Leadership Conference? HOSA is a pre-professional organization. When you are at a HOSA conference, you represent your school, your state, and National HOSA. Your appearance should be neat, confident and professional. HOSA invites national leaders of education and healthcare to our conference. You never know when you will meet and talk with one of our guests - but you should know that through your words and appearance, you represent the future of health care.

New Dress Policy for General Sessions

HOSA has a new dress code for General Sessions at the NLC for student delegates. The dress code gives us guidelines for our professional appearance. It establishes a standard that most HOSA members are comfortable with and all can live with.

Student members of HOSA must wear a HOSA uniform or black suit to all general sessions at the NLC. That includes:

* The Opening Session on Wednesday, June 23
* The Recognition Session on Friday, June 25
* The Awards Session on Saturday, June 26

You will NOT be admitted to any general sessions if you are not in proper dress.

Be sure you follow ALL the rules!

1. Student members of HOSA must wear a *HOSA uniform* *or black or navy suit* to all general sessions at the NLC. That includes:

   * Closed toe blue or black shoes (hose optional)
   * Male members MUST wear a tie
   * Female members may choose to wear a knee-length skirt or dress slacks.

Who in the photo below is properly dressed for the HOSA Opening Session at NLC 2010?
If you said A, B, C, E and G - you are correct?

What about D and F? D is not wearing a white shirt, and F is not wearing a black suit or HOSA uniform.

NOTE: The models in the photo are missing one very important item - their conference name badge. Be sure you wear your name badge at all times when you are in the convention center and at any HOSA function.

These dress code rules are for student HOSA members. Professional members and guests should wear proper business attire when attending general sessions.

What about Competitive Events?

The dress code for competitive events can be found in the HOSA competitive event guidelines. Be sure you read and understand the guidelines for your specific event. Remember that you are being judged, and your appearance speaks to your professional behavior and credibility. If you wish to promote yourself in a positive manner, your dress must send the right message.

Some frequently asked questions are:

What is proper business attire?

Proper Business Attire

• Females -- Business suit, tailored dress or blazer, and skirt or slacks with tailored blouse
• Males -- Business suit or sport coat, vest, or sweater, and slacks with dress shirt and tie (optional)

Tips for Dress Code Success

No dress code can cover all contingencies so HOSA members must use a certain amount of judgment in their choice of clothing to wear. HOSA members who experience uncertainty about acceptable HOSA attire should ask his/her HOSA local or state advisor. When in doubt, wear your black suit or HOSA uniform.

Here are a few more tips to help you understand the HOSA Dress Code.

• No denim clothing or canvas shoes will be acceptable. Denim pants in colors other than blue are not permitted. Blue jean skirts and dresses are NOT acceptable.

• Casual tank or tube tops, t-shirts, sweat pants-shirts, or tennis shoes are never acceptable.

• Clothing that works well for the beach, yard work, dance clubs, exercise sessions, and sports contests is NOT appropriate for HOSA events, meetings, and conference sessions.

• Clothing that reveals too much cleavage, your back, your chest, your stomach or your underwear is not appropriate for HOSA delegates.

• Clothing should be pressed and never wrinkled. Torn, dirty, or frayed clothing is unacceptable. Any clothing that has words, terms, or pictures that may be offensive to HOSA delegates or guests is unacceptable.

• Open-toed dress shoes and heeled sandals are permitted. Flip-ops are not.

Can I wear Capri pants, cropped pants, etc. if they are part of a suit? NO! Business attire for women consists of a pair of dress pants or a knee length skirt. Short skirts are not acceptable. Shorts of any style or length are not acceptable.
When in doubt - DON’T! It is not a matter of looking good but rather, a matter of professional attire. Remember that you are not being judged by your peers. You are being judged by health care professionals of all ages. Play it safe, and let your skills shine through.

What about Skill Events?

As with all events, competitors should read and follow the “Dress Code” written in the guidelines for their specific event.

Competitors in clinical skill events in the Health Professions and Emergency Preparedness categories will wear attire appropriate to the occupational area during the skill procedure. It does appear that scrubs are worn by a variety of healthcare professionals, and are frequently a safe bet for skill event clinical attire.

For the orientation, business attire is preferred although clinical attire is acceptable. Be sure any school ID is covered during your competition.

A word of caution: Do not risk losing dress points! Instead, take a conservative, safe approach to dress, and let your event be judged by the merits of your performance.

Thinking about a Career in Physical Therapy?

You Can Be Me - Presented by the American Physical Therapy Association

Want to be a physical therapist or physical therapist assistant? Then you will want to watch this video!

http://www.apta.org/AM/Template.cfm?Section=Career_as_PT_PTA&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=55525
At the 2010 HOSA National Leadership Conference, HOSA will run 59 competitive events for nearly 5000 competitors from 45 states. That translates to three days of competition in 44 meeting rooms in a convention center and six different skill event sites, and over 250 judges.

Hundreds of volunteers contribute to the success of National HOSA Competitive Events. HOSA state associations select events to sponsor and provide event managers, section leaders, and timekeepers. And who plans, prepares, and manages all the scheduling, paperwork, equipment, room sets, communication, buses, and details? A group of HOSA volunteers that we call the Competitive Events Management Team.

The Competitive Events Management Team is a group of state and local HOSA advisors who spend an entire year planning for the competitive events program at the National Leadership Conference. This year’s team consists of 20 state and local advisors from 16 states, under the leadership of Jen Staley, Director of Competitive Events. Combined they have 243 years of HOSA experience, including 73 years at the national level in competitive events management.

We asked this team of HOSA veterans to share their advice for HOSA members who will be competing at NLC 2010, and for chapter advisors. We hope their words serve as inspiration, and that they help you prepare for a successful National HOSA experience.

**Words of Wisdom for Competitors**

- Read the guidelines, re-read the guidelines, re-re-read the guidelines.
- Study, study, study and practice, practice, practice.
- This is your time to show off the skills and projects you’ve worked hard to develop. When at the National Conference, make sure to meet and talk to the other members competing in your event.
- Remember to have fun during the whole process, too!

- Jen Staley (CO) Director of Competitive Events

My advice is to be prepared. Go to the HOSA website and make sure that you, the competitor, have the correct rules. Many rules change each year and if you are practicing with outdated rules, you are at a disadvantage before you begin. Also double check the supplies that you will need for your competition (which are also listed on the rules). I think competitors need to do their own preparation with help from their advisor, not the other way around. Advisors may have several students doing different things and sometimes we miss key points.

- Susan Anderson (TX) Lieutenant, Health Professions Events
A quote from Bill Cosby: “In order for you to succeed your desire for success should be greater than your fear of failure”. I firmly believe that each person involved in HOSA’s Competitive events is a success. Simply by showing the determination to make it to the national level you have shown that you are willing to go after your goals. I have found that determination should be a vital part of all health care professional’s practices – the determination to be the best that we can be. Relax in the Florida sunshine and enjoy the process of competition as you complete this step in your journey to a successful future.

- Jan Mould (TN) Chair, Health Professions Events

As a volunteer for the CE committee, it moves me to see the excitement in the faces of each competitor. I can truly feel their apprehension and nerves prior to competing. These emotions are what makes National Leadership Conference so amazing, along with the thousands that come together to share in this experience. Thank you members of HOSA for the hard work you put into your event. I admire your efforts and GOOD LUCK!

- Debra Button (OK) Lieutenant, Leadership Events

- Read your NLC Guide from front to back.
- Highlight your events and know:
  - where you need to be.
  - the time you need to be there (arrive 30 minutes early).

Review your event guidelines.
- Check your equipment - including pencils.
- Check your attire.
- Get a good night’s sleep before your competition.
- Eat a good breakfast or lunch prior to competition.
- Make sure you know where to meet your advisor after you compete.
- Turn your cell phone off before you enter the room.
- Relax, take a deep breath and believe in yourself.
- After competition - enjoy the conference and Disney!

- Cyndy Sundstrom (WV) Lieutenant, Health Science and Recognition Events

Words of Wisdom for Chapter Advisors

- Empower your students to do their best.
- Remind them to read the guidelines.
- Help them read the guidelines.
- Provide ‘experts’ to judge their skills and/or projects before competition.
- Encourage them.
- Be positive.
- Assist them with pre-competition jitters.
- Congratulate them on a job well done; regardless of if they walk away with a medal.
- Reflect after the competition…And take time to recognize your role in serving as a mentor to a successful competitor.

- Jen Staley (CO) Director of Competitive Events

All teachers go the extra mile to make it each year in a classroom. You are to be commended on going above and beyond that extra mile by attending HOSA National Leadership Conference. Bringing students to such an event takes time and effort. The reward is seeing that student who has not had many successes in their life view their participation as a victory. Robert F. Kennedy once said: “You are happiest while you’re making the greatest contribution”. I am not saying that while fundraising, making travel arrangements and tending to all the details is when I am happiest, but I will say that seeing a student grow and reach their goals makes me feel like a contributor to that student’s future. That feeling makes the effort worth it!

- Jan Mould (TN) Chair, Health Professions Events

The CE staff is there to assist in making the event for each student a positive and rewarding experience. Everyone involved in managing each event is not an expert in that field or event, but has the success of each student at heart when they are willing to volunteer. When things get stressful….step back, take a deep breath and smile. Remember that a student’s reaction to the situation, good or bad, can be a reflection of your reaction.

- Debra Button (OK) Lieutenant, Leadership Events

(continued)
A note for advisors from CE Leadership:

Trust that everyone managing events is a lot like you. We all want what is right for students. If we didn’t, we wouldn’t be here.

Know that we want your understanding. If there is something that happens with an event that you do not understand, please ask us about it. The concerns of chapter advisors are a priority of CE Management. (If we aren’t currently a local chapter advisor, we used to be.)

Students need our enthusiasm when they succeed and our support when they do not. Remember that some of life’s best lessons come from our failures. But also remember that national competition is VERY competitive. There may be as many as 40 state champions in a single event, and there are always students with outstanding performances who don’t make it on stage if there are 10 performances that are even stronger.

Remember that you are the quintessential role model for your students. They hear every word you say (except for the words they don’t want to hear) and watch every move you make. The National Leadership Conference provides a teaching opportunity that is unlike anything you do in the classroom. Your attitude about HOSA and the National Leadership Conference will go a long way toward creating a positive NLC experience for your students.

At the end of the conference, ask your students two questions. “What did you learn this week?” and, on a scale of 1 – 10, “How glad are you that you came to this conference?” If you hear scores of 9 and 10, you will know that you created a positive experience for your students and memories that will last a lifetime.

Members of the National HOSA Competitive Events Management Team meet twice a year to conduct business related to the HOSA National Competitive Events Program.
SNEAK PEEK:

Medical Reading Books 2010-11

Shhhh!!! The Medical Reading books for next year are being “leaked” for chapter advisors who want to order the books before the end of this school year.

These are the books for NEXT YEAR! The books for NLC 2010 are listed at http://www.hosa.org/member/topics09.htm Please do not confuse the books for this school year with the books listed in this sneak peak.

The 2010-2011 HOSA Medical Reading books are:

- The Anatomist: A True Story of Gray’s Anatomy (Paperback) ~ Bill Hayes
- Dr. Fisher’s Life on the Ark: Green Alligators, Bushman, and Other “Hare-Raising” Tales from America’s Most Popular Zoo and Around the World (Hardcover) ~ Lester E. Fisher
- Cheating Death (Hardcover) ~ Sanjay Gupta, MD
- My Stroke of Insight: A Brain Scientist’s Personal Journey (Paperback) ~ Jill Bolte Taylor
- How Not to Die: Surprising Lessons from America’s Favorite Medical Examiner (Paperback) ~ Jan Garavaglia M.D.
Sue Perigen, BSN, CCRN-CSC, has been an active professional member of Virginia HOSA for many years. She is a Clinical Team Leader in the Cardiac Surgery ICU at the Carilion Clinic in Roanoke, Virginia. She is a member of the VA HOSA Competitive Events Committee and chairs the Health Profession Events Category and the Emergency Preparedness Events Category. In this article, she offers great advice for HOSA members who are preparing for National competition.

One of the most heart breaking events that occurs at the HOSA National Leadership Conference is when a student cannot compete because they forgot a part of their presentation, equipment or supplies. The student(s) and the advisor are stressing as they look for another school or student to borrow the item from. It becomes an unforgettable and not so pleasant memory of the conference.

To prevent this unpleasant experience and added stress, make sure the student has read thoroughly the event guideline for their competition. Some of the guidelines are different this year (such as Clinical Specialty, Medical Photography, and Health Education) so go to the National HOSA Website (www.hosa.org) for the most up to date guidelines. The items marked with *** on the equipment and supply list are the responsibility of the competitor. This should be emphasized to the student. There may also be other items in the text of the guideline such as DVD player or a computer that is to be provided by the student to display their presentation to the judges. Read and re-read the guidelines to make sure all instructions are understood.

It may be helpful to make a checklist of equipment and/or supplies that will be brought to conference. Having more than one person to read the guidelines and go over the list may prevent an item from being missed. Collect all supplies and equipment well before the date of departure to the conference. A container labeled with the event and student’s name will provide a way to keep everything together and should be easy to carry. A final check of the contents of the container should be done prior to leaving for the conference. Check the contents against the guidelines and checklist. Have a second or even a third person check the container and the lists to make sure everything is there.

Though we cannot eliminate all stress as "how do I look", or "did I prepare enough", they will not be stressing over "Oh no, I don’t have a No. 2 pencil". Taking this extra effort and time will help the student feel more prepared and hopefully more successful.
In Memory of

Linda Jolly
HOSA Chapter Advisor, Minnesota HOSA

Linda survived for ten years after being diagnosed with breast cancer in 2000. She passed away March 29, 2010 at her home with her family present. She worked as a nurse for the University of Minnesota for five years before joining the staff of Blaine High School in Blaine, Minnesota, in 1975 to teach Health Careers. She taught there until taking a leave of absence in 2004. She was very involved in the HOSA programs state wide and was instrumental in starting the Health Occupations Students of America (HOSA) program at Blaine. Linda supported many students in their endeavors to become health occupations professionals. The staff at Blaine High School is sponsoring a scholarship in her memory to be awarded to a HOSA Internship student class of 2010 from Blaine High School. Linda is survived by her mother, Jane Thompson; husband, Kevin; sons Tyler and Corbin (ancee Samantha Ferederer); brother and sister-in-law Lyle and Carol Thompson, other relatives and friends.
Carrying on the Tradition

Guard Medic follows in his father’s footsteps

By Clint Wood

When Staff Sergeant Michael Crone joined the Indiana Army National Guard in 2002 at age 19, he knew what it’d be like to serve his country. His father had served more than 27 years in the Army as an enlisted combat medic serving in WWII, the Korean War and two tours during the Vietnam War.

But, Michael didn’t realize how well he’d be suited to his military occupational specialty (MOS)—aka, his job in the Guard.

“I wanted to be a Soldier,” said Michael. “I wasn’t so sure about being a medic until I actually had options laid out in front of me. [But] I really didn’t consider any other jobs. The 68W-Health Care Specialist was my primary choice, and that is the one I stuck with.

“I think it’s cool,” he continued. “I wanted to travel a lot, but at the same time, I wanted a civilian career. I didn’t want to be stuck in a motor pool for a year and a half at a time.”

Traveling Soldier

Michael’s Guard job has taken him many places. He’s been to Charleston, SC, for a yearlong tour supporting the shipment of uparmed Humvees to Kuwait in 2004, a Hurricane Katrina mission, and Joint Base Balad, Iraq (2008–2009).

While in Iraq, Michael served under the 215th Area Support Medical Company of Camp Atterbury, IN—mostly treating injured Iraqis. He and his Emergency Response Center staff would determine whether the injuries warranted a hospital visit.

So why does he enjoy this job?

“I just like the aspect that you directly jump into somebody’s timeline,” he said. “If you save one life, then everything that they do or their kids do, you’re directly responsible for that.”

Also, a health care specialist will never be bored and will never remain at the same unit for year after year.

“It’s interesting—you are always doing something different,” said Michael.

With responsibility come challenges. One of those challenges is research.

“You have to constantly keep up on that,” he noted. “It is a use it or lose it thing.”

He pointed out that a health care specialist is able to serve in a variety of units, including infantry. “You can kind of see the [whole Guard] without changing MOSs,” he commented.

This MOS can also be huge in furthering someone’s medical career. For example, Michael, who received a bachelor’s degree in Social Behavior Sciences from Indiana University, said his military experience accounts for 27 credit hours.

“With that experience, you can go pretty much wherever you want to in life,” he said.

Master’s in his Future

Michael is using his Tuition Assistance to earn a master’s degree in emergency disaster management through the American Military University. He intends to extend his Post-9/11 GI Bill benefits to get his second master’s degree in public health.

As a Citizen-Soldier who re-enlisted for six years while serving in Iraq, Michael said his long-term goal is to serve with one of the Guard Disaster Response Teams.

But for now, he intends to train the Soldiers in his unit who have not deployed yet.

“It kind of want to stay in [the unit] so that I can help turn them into Soldiers,” Michael concluded.

It’s Your Turn

Explore a career in the National Guard at www.NATIONALGUARD.com, where you can watch videos of Soldiers sharing their story, chat online with Soldiers to ask questions or just gather info!
President – Hannah Frank
Vice President – Lindsey Draper/Blair Saul
Secretary – Rachel Naar
Treasurer – Kelsey Thrush
Webmaster – Zac Cupler

Even after a busy first semester, the Juniata College HOSA chapter has started off the second semester strong! An induction ceremony was held in late January to formally induct each new member into our HOSA chapter. A Juniata College alumnus, who is currently a practicing physician assistant, came to speak to the new members about his time at Juniata and how it influenced his further studies and career. Additional speakers from various disciplines have also visited campus throughout the semester and spoke to our chapter about their respective health professions areas. We constantly try to educate our students about all of the opportunities that are available to them.

In addition to the speakers we bring to campus, we will be holding an accepted students panel in late March. The panel will be comprised of seniors accepted into diverse health professions programs this year, who will speak to current students about the application process. We aim to answer questions and provide insight for the students that are preparing to begin their applications.

Students have continued to volunteer in the community and our chapter is in the process of planning one of our traditional community service events. Every spring, Juniata College HOSA holds a Senior Citizens Prom for the residents of the local nursing home. Students take part in picking the theme and making decorations, as well as serving and conversing with the residents during the event. Our students dress in their own prom attire, and we encourage the residents to get dressed up for the day as well. At the end of the prom, a king and queen are crowned—in 2008, our crowned king and queen were introduced to each other for the first time, and they recently got married!

Other exciting events this semester are our Volleyball Tournament Fundraiser and the HOSA State Leadership Conference. For the volleyball tournament, students on campus form teams and pay to participate in the day-long tournament. We also sell t-shirts to the campus. The money raised from the tournament will be donated to cancer research, the Penn HOSA Foundation, and to our HOSA chapter. For the HOSA State competition, our chapter will be sending four students to compete in different events. When all of our events are completed for the semester, we will hold an End of the Year celebration and pass the torch on to the new officers for next year. Juniata College HOSA continues to be a successful chapter, both on campus and in the community.
Running for National Office

By Mike Brode, National HOSA President

Do you have strong leadership skills?
Are you committed to serving the members of HOSA?
Are you willing to work hard for the good of our organization?
Are you honest, dependable, and industrious?
If so, then you should consider running for national office in HOSA.

Running for a position on the National HOSA Executive Council is an excellent opportunity for HOSA members to learn to grow as leaders and future healthcare professionals in a truly unique way. Applicants are able to develop a professional resume, experience a committee interview, speak in front of voting delegates and meet thousands of HOSA members from across the country.

Once arriving at the National Leadership Conference applicants have the opportunity to meet with one another during an informational applicant session immediately followed by a multiple choice test. Applicants who successfully pass the HOSA knowledge test start the next day off with an interview by the members of the nominating committee. After meeting all of the applicants, the nominating committee slates the candidates with other candidates for the positions in which they will best succeed on the National Executive Council.

Once slated, candidates may officially begin campaigning. No posters, props, or materials may be used by candidates to campaign. Candidates can share their message with conference attendees during the next few days by word of mouth. One of the best ways for members to get to know the future HOSA leadership is the Meet the Candidates breakfast. During this breakfast, voting delegates are able to ask candidates many original and unique questions.

Prior to voting delegates making their final selection at the business session, candidates are given one last chance to win more votes with a final speech followed by a question drawn at random. After hours upon hours of hard work, the decision is in the hands of the voting delegates from each of the HOSA State Associations.

At last the winners are announced and installed at the National HOSA Recognition Session. Once installed, the new National Officers have an outstanding year of development and service ahead. Elected to serve or not, running for National Office allows HOSA members to network and grow in a way they are sure to never forget.
By Claire Lucas, National HOSA President-Elect

The National Leadership Conference provides opportunities for all attendees. Selected members have the opportunity to be the voice of their state and serve as a voting delegate at the National HOSA Business Session. The voting delegate is essential to shaping our organization and ultimately, the future of health care. Your vote represents your entire state’s delegation.

As a voting delegate, you are invited to the Meet the Candidates Breakfast and the Business Session. The Meet the Candidates Breakfast is the perfect opportunity to get to know the National Officer candidates. You read the candidates’ resumes and will soon hear their speeches. This is the time to get to know the candidates personally. Throughout the breakfast, voting delegates ask candidates questions like: “Share with us your greatest HOSA accomplishment?” or “Tell us three opportunities you would like to see made available to HOSA members” or even, “If you could trade lives with any person, with whom would it be?”. Take these responses into consideration because your vote will form the next National Executive Council.

The breakfast is also a time to create friendships with HOSA leaders from across the country. These relationships are invaluable as the other student-leaders share the same experiences and are equally passionate about shaping the future of HOSA. Introduce yourself to leaders from another state and start sharing your thoughts; the most innovative ideas come from these conversations.

The Business Session is where all votes are cast and counted. At the session, you will listen to candidate speeches and individual responses to a sh bowl question. The speech is the final opportunity to decide which candidate best contributes to the dynamics of the officer team. It is a challenging decision. The next officer team is dependent on your vote.

Also at the Business Session, you will vote on the next National Service Project and any motions to amend the HOSA Bylaws. These decisions influence the direction of our organization. Think about it, voting delegates chose Autism Speaks as our National Service Project twice, making Autism Speaks our service project for four years. Our members valued advocating and fundraising for Autism Speaks; signally contributing to the organization and those living with Autism. Our next National Service Project should do the same – encourage HOSA members to participate in service activities.

The four non-profit organizations that will be presented to the Voting Delegate at HOSA’s 2010 Business Session to be considered for HOSA’s National Service Project for 2010 – 2012 are:

- Juvenile Diabetes Research Foundation;
- Lance Armstrong Foundation;
- Pancreatic Cancer Action Network; and
- Susan G. Komen for the Cure.

HOSA is a growing organization; therefore, the HOSA Bylaws are revised to reflect changes to the organization as a whole. The HOSA Bylaws are located at http://www.hosa.org/natorg/hosabylaws.pdf. Any motions made are in accordance to the current bylaws. Review the bylaws and see how the prospective motion will change the reading of the bylaws. Please ask questions during the Voting Delegates Orientation Session.

The following HOSA Bylaws change in Article IV, Section 6 will be recommended by the National Executive Council for consideration:

**HOSA Bylaws: Article IV, Section 6**

A nominating committee composed of no less than one (1) member of the HOSA, Inc. Board of Directors, two (2) secondary students from non-candidate states, two (2) postsecondary/collegiate students from non-candidate states, and three (3) Region Vice-Presidents shall be appointed by the HOSA, Inc. Board of Directors. This nominating committee shall interview qualified candidates and shall nominate no more than five candidates for each secondary
and postsecondary/collegiate of ce. Candidates may also be nominated from the floor if they have met the qualifying requirements. A state association shall submit no more than two (2) secondary, and two (2) postsecondary/collegiate for of ce.

Recommended Change is highlighted below:

HOSA Bylaws: Article IV, Section 6
A nominating committee composed of no less than one (1) member of the HOSA, Inc. Board of Directors, two secondary students from non-candidate states, two (2) postsecondary/collegiate students – one from non-candidate state and the Postsecondary/Collegiate Vice President, and three (3) Region Vice-Presidents shall be appointed by the HOSA, Inc Board of Directors. This nominating committee shall be appointed by the HOSA, Inc. Boards of Directors. This nominating committee shall interview qualified candidates and shall nominate no more than five candidates for each secondary and postsecondary/collegiate of ce. Candidates may also be nominated from the floor if they have met the qualifying requirements. A state association shall submit no more than two (2) secondary and two (2) postsecondary/collegiate candidates for of ce.

Information regarding the requested change: Article IV Section 6 would change the Postsecondary/Collegiate representation from two (2) Postsecondary/Collegiate members from non-candidate states to one (1) Postsecondary/Collegiate member from a non-candidate state and the Postsecondary/Collegiate Vice President. The Postsecondary/Collegiate division will still have two (2) representatives on the Nominating Committee but one will now be the Postsecondary/Collegiate Vice President.

Prior to the Business Session, each Voting Delegate will receive a packet of information. The packet contains detailed information on the prospective service projects, explanations for the Bylaw change and rules and regulations for the Business Session. As a voting delegate, you are entrusted to vote on the next National Executive Council, National Service Project, and motions to amend the HOSA Bylaws. This is a great responsibility so preparation is essential. Read the packet thoroughly, ask questions, and share your thoughts with other voting delegates. Remember: the future is in your hands.

CAST YOUR VOTE:
DECIDE THE FUTURE
Members of Flathead HOSA in Montana had such an outstanding experience at the University of Washington Medical Center in 2008-09, that they decided to go back again this school year.

We attended one of the special dates that the University of Washington makes available to all area high schools for introductory tours and hands-on interaction with departments of interest. Our department visits this year included a presentation about the NICU (Catherine Cordner Pediatrics) where we learned of the importance of skin-to-skin bonding to these infants for proper brain development – and saw all of the very tiny supplies necessary for their care.

Next we got to have a Morgue tour where a pre-med student showed us many organs of the human body, which we were allowed to gently and respectfully hold.

The last rotation was to Cardiology research where we saw the techniques used to study plaque formation – led by a dedicated and interesting team! We then took a shuttle back to FHCC – the Molecular lab, where the processes used there were demonstrated and fascinating! It was great to see a committed group of professionals all work together on projects that were shipped from as far away as Africa, to detect and quantitate viral particles in lots of different types of samples.

Of course we all enjoyed a few hours in downtown, shopping and eating great food as well as taking a bus up to see the marvelous view from Carrin Park. In spite of drenching rain, we still had a great time seeing “hints” of springtime before returning to a few more months of snow at home!
The HOSA for Haiti Event

By Shanecka Williams

On February 22, 2010 I started an event called the HOSA for Haiti Event and encouraged everyone to donate their canned goods, gently used clothing, and personal care items. At first I was a little hesitant about starting this event because I did not want it to be the case where I did all the work and no one participated. On March 5th, when the event ended, I was astounded at how much food and clothing we had to give the people of Haiti. There where bags and boxes of clothes, bags of canned goods, and personal care items.

To be honest, it made my day. I can’t tell you enough about how proud I am of the students and staff of Northern Nash High School in Rocky Mount, North Carolina. For the event, my friends helped me place the boxes in the head of each department’s classroom. Students from all over the school could put their items in whichever room they chose. Local businesses, such as the Top of the Line Beauty Salon, also helped collect items for the HOSA for Haiti Event.

We collected all the items and with the help of my grandmother and teachers, Mrs. Constanzo and Mrs. Dunn, and took them to a local church. As soon as we got to the church we were greeted by members who helped us unload the car. The trucks that they had all the items on were massive, filled with medical supplies and food. The men were very helpful. I can’t describe to you the feeling I had deep inside me as I left the church knowing that someone in need was getting the supplies they needed. It warmed me to the very core.

This experience showed me that anyone can help out and give to someone in need. If not to Haiti, then within our own country. Wherever it may go, it is going to someone who needs it more than me. In all we collected six garbage bags full of clothes, four medium boxes with clothes, six boxes of canned goods, and one box of personal care items. Donating these items surely made me as well as others feel great and a part of the remedy. As of today there are two more programs that are helping Haiti at my school, and I’m glad I could start something so important.
Promoting health and conducting service projects are two of the many activities done by HOSA chapters in Wisconsin. The scope of the projects and the impact of health education vary from year to year. In September when the state service project was chosen, no one would have predicted how crucial the support would become following the devastating earthquake that affected families, community structure, and medical care in the already poor country of Haiti.

Wisconsin HOSA involvement with Friends for Health in Haiti began in 2008 when Dr. Catherine Wolf, MD, MPH was introduced to the Waukesha Academy of Health Professions, a charter school in Waukesha, Wisconsin. A physician in Haiti, Dr. Wolf’s mission is to improve the health status of the people of Haiti through high-quality health care. She runs a medical clinic located in Jeremie, Haiti and is the founder of the Milwaukee-based Friends for Health in Haiti organization. Dr. Wolf’s inspiring presentations to the health science students in Waukesha taught them about conditions in the most impoverished nation in the western hemisphere and the need for Global Health Care.

Wisconsin HOSA Students from the Waukesha Academy of Health Professions held a Pasta Dinner to raise money for the 2010 WI HOSA Service Project, Friends for Health in Haiti. The “Silent Auction” and “Dig for the Pearls” event added fun to the evening. The local newspaper and television station attended the event which was broadcasted the same evening. This event promoted our HOSA Organization.
HOSA advisor, Linda Farina, shared this service project with others in the state which resulted in Friends for Health in Haiti being chosen as a state service project. Working with Dr. Wolf and the state of cers, a backpack project was launched. State Special Projects Coordinator, Annmareae Dahlberg and advisor Jane Leto from West Allis Central High School, introduced the project at the fall leadership lab. Dr. Von Roenn, a Friends for Health in Haiti leader in the effort to provide supplies and health care to this impoverished nation, spoke with the group. Chapter members were inspired to raise money and collect personal hygiene items, clothing, and school supplies for thousands of children who are lacking the basic necessities of life. Money donations would be used for physical exams, anemia testing, vitamins, worm medicine, and transporting backpacks.

On January 12, 2010, as children’s backpacks, shoes, socks, personal care items, and school supplies were being collected across Wisconsin, children and families across the globe were shocked when the earthquake hit Haiti. Wisconsin’s efforts to help the children of Haiti were increased. In order to raise money for donations, collect backpack items, and build awareness of this impoverished nation, HOSA members found creative ways to inform their schools and communities about their service project. Some examples were a re department pancake breakfast, pasta dinner, silent auction, miracle minute, sweets and treats concert, dig for the pearl event, and gourmet dinner. They collaborated with student council, FCCLA, HERO, 4th hour classes, and community businesses. Waukesha Academy of Health Professions hosted a table for a very special event called Hope for Haiti, bringing in $1,000 for 10 seated guests at their table.

Annmareae Dahlberg and the West Allis Central chapter designed the state t-shirt that features W-I Love Haiti on the front and the Friends for Health in Haiti logo on the back. To show compassion and raise money for this great cause, t-shirts will be sold for state conference in April. Dr. Wolf, the founder of Friends for Health in Haiti, and her colleagues will be present at the Recognition Session to collect the hundreds of backpacks for the children in Haiti. Despite the devastating condition in Haiti, Dr. Wolf is thankful for the efforts of Wisconsin HOSA, enabling her to provide school supplies and basic necessities for children who will hopefully get to attend school in the fall.

Community partnerships play a big role in service projects. Wisconsin HOSA students from the Waukesha Academy of Health Professions gave a day of service to the Town of Waukesha Fire Department Pancake Breakfast. Through volunteering, HOSA students raised awareness of our HOSA Chapter while helping our local fire department. Community members pledged money for each student that volunteered. The money went to Friends for Health in Haiti.

Wisconsin HOSA Students, Donika Ryan and Caitlin Liddiard from the Waukesha Academy of Health Professions created a display at an event called The Celebration of Excellence. This event hosted a Gourmet Dinner for over 250 community members. The event celebrated student excellence. HOSA students displayed the WI HOSA Service Project, Friends for Health in Haiti. The display featured our Friends for Health in Haiti Backpack Project.
It was around lunch time on a rare, chilly day in Florida's capital. National Postsecondary/Collegiate Vice President Frank Berdos and a HOSA member, Bob Baker, were leaving a meeting discussing health care with state leaders "on the hill". As Bob crossed the street, an unexpected car ran the red light, and bravely, Frank pushed Bob out of the way. However, Frank was clipped by the side view mirror of the vehicle which left him with a laceration to the right arm. When he looked up, he noticed that Bob fell to the ground and was unconscious.

Luckily, Alissa Conde, National Postsecondary/Collegiate Board Representative, and Andy Conde, Florida HOSA Northern Vice-President Postsecondary, were leaving their congressional visits in an adjacent building. Having competed in CPR/First Aid as HOSA members, they were fully prepared for an emergency response. Alissa dashed to retrieve a first aid box while Andy ran to Bob. After the initial survey of Bob's condition, Andy performed CPR while Alissa administered first aid treatment to Frank's bleeding arm.

Thankfully, this was only a scenario performed at "CTE Day on the Hill" in Tallahassee, Florida. The purpose of the demonstration was to show others how being a HOSA member helps prepare you when disaster strikes. It was a great day for Frank and Alissa as they assisted the Florida HOSA State Officers in advocating for HOSA to many influential people in the State Department of Education and prominent leaders in Florida’s capital. Other Career Technical Student Organizations were present and shared their mission and talents. In addition, Florida Governor Charlie Crist issued a proclamation in honor of National CTE Month in February.

Become active in your state by showing how HOSA helps prepare you for the future, not only in a health care setting, but in everyday life!
Nervous jitters, outbursts of laughter; the sounds of over 900 students and advisors as they once again converged on the Embassy Suites and North Charleston Convention Center for the 2010 South Carolina HOSA State Leadership Conference on March 10-12. The conference provided two and a half days of educational symposiums, competitive events, exhibits, general sessions and the opportunity to network with students and healthcare partners from all over the state.

The conference ended with the awards session and the new state officer inductions. South Carolina was excited to have a very special guest at our closing session, three-star General Benjamin C. Freakley from the United States Army. General Freakley was in attendance to sign a new memorandum of understanding between HOSA and the United States Army. Michael Brode, National HOSA President and Virginia Bishop, SC HOSA local chapter advisor and National HOSA Board of Directors member were on stage for the official partnership signing.

The purpose of the memorandum is to provide the cooperative framework for HOSA and the US Army to increase collaboration in supporting the nation’s young people in developing the skills and leadership qualities necessary for success in healthcare-focused careers and beyond. Specific areas of focus that have been identified as fruitful for potential collaboration include: building a comprehensive understanding of career choices among HOSA members, including the opportunities and benefits of healthcare careers in the U.S. Army; expanded career exploration/assessment and test preparation resources for educators and students; leadership development; and improving the health and fitness of students.

General Freakley shared his battlefield experiences and highlighted the experiences of heroic military healthcare professionals. General Freakley painted a vivid picture of an Army surgeon and his team removing a live rocket from the abdomen of a soldier and the soldier’s miraculous recovery. He highlighted the Army’s state of the art equipment and many scholarship opportunities. The Army has over 90 healthcare professions including surgeons and nurses. We look forward to the many opportunities this partnership will bring; Army Strong, HOSA Strong, a win-win for all!

In June, our competitive events winners, new state officers, and local chapter advisors will be packing their bags and heading south. South Carolina HOSA is ready to take on Orlando and the 2010 HOSA National Leadership Conference.
Paraoptometry! A career choice…

The American Optometric Association Paraoptometric Section (AOA PS) would like to provide your organization with information about paraoptometry as a career choice. Paraoptometry is an exciting profession that has a lot to offer individuals who have an interest in the health care industry. The AOA PS provides assistance to individuals with resources and information about paraoptometry.

So who are paraoptometrics? A paraoptometric is an individual who works under the direct supervision of an optometrist. The mission of the AOA PS is to seek to ensure that the education and training for all paraoptometrics is consistent with and reflects the growth of the profession.

Demand for well-trained paraoptometrics is extremely high. As you may be aware, the Department of Labor projects that medical assistants will be among the fastest growing occupations over the 10-year period between 2006 and 2016¹.

Paraoptometry is a career that individuals may prepare for either through a Voc/Tech program or through "on the job" training. The AOA PS is reaching out to organizations such as yours to help spread the word to individuals about this career choice.

To help foster effective communication between our organizations, paraoptometric information will be sent to you over the coming months. Please feel free to distribute this information through Web site coverage, newsletter items, or direct mailings to your members.

Please review the information provided in this first of four packets at your convenience. If you have any questions, the Paraoptometric Section Manager, Joan Abney, is always available to assist you. You may reach her at JVAabney@aoa.org or by calling 1-800-365-2219 ext. 4222.

What is a Paraoptometric?

The American Optometric Association’s definition of a paraoptometric is “a person who works under the direct supervision of a licensed doctor of optometry; collects patient data; administers routine, yet technical, tests of the patients’ visual capabilities; and assists in office management.” The paraoptometric may assist the optometrist in providing primary patient care examination and treatment services, including, ocular trauma and medical procedures such as irrigation and photography, contact lenses, low vision, vision therapy and optical dispensing, and office management. State laws may limit, restrict, or otherwise affect the duties that may be performed by the paraoptometric.

What are some of the titles used in reference to paraoptometrics?

- Office Manager
- Optometric Assistant
- Optician
- Allied Health Professional
- Business Manager
- Certified Paraoptometric
- Certified Assistant
- Optometric Technician
- Paraoptometric
- Certified Paraoptometric Assistant
- Billing and coding staff
- Contact lens technicians
- Receptionists
- Pre-testing technicians
- Certified Paraoptometric Technician
Paraoptometry as a Career…Industry Representative

From the time I received my first pen-light, I knew that being a technician would become more than just a job—it would be my career. That was 26 years ago. At that time, I would have never imagined where the journey that working in the ophthalmic industry would take me. As many paraoptometric’s, I have held just about every role in an optician’s office, from front desk to optical to Office Manager. It was not until I began teaching an ophthalmic program at local college that I realized my true passion was to be a part of the growth of others in this field that I had come to love. In 2004, I stepped out on a leap of faith and began Foundation Ophthalmic Training & Development, where I evaluated and trained ophthalmic staff across the United States. Working as a consultant opened many doors for me, including a chance to work with the AOA as Editor of the Self-Study Guide for Paraoptometric Certification, Third Edition and represent the Paraoptometric Section at State Meetings throughout the United States providing a lecture titled, “Your Professional Toolbox”. Since 2004, I have presented over 200 continuing education lectures and published many articles in ophthalmic industry newsletters and magazines.

In my current role as Director of Education for Eyefinity/OfficeMate, I use the knowledge that I gained as a paraoptometric every day. Understanding the significance that real-life office experience brings, I find much value in hiring software trainers that are certified paraoptometrics or opticians. My staff is encouraged to keep up-to-date with the eye industry by taking continuing education courses and reading trade magazines.

I am very thankful that a doctor took a chance on a young lady without a true career path 26 years ago and wish to inspire those in this field to see their role as more than “just a job” and to be encouraged in the fact that the role they play in preserving their patient’s vision is larger than they will ever realize.

Rebecca L. Johnson, CPOT, COT, COE