

## Great Ideas for HOSA Week

<b>School and Community Service</b>		
<b>South View High School</b>	NC	<p><b>Check Your Heart and Radial Pulse Day</b></p> <p>HOSA members set up a table outside the cafeteria during lunch. They showed other students how to check their heart rate using a stethoscope, as well as how to locate their radial pulse.</p>
<b>Park Vista High School</b>	FL	<p><b>Book Collection</b></p> <p>To help children in need, Park Vista HOSA collected books for the Palm Beach Literacy Coalition. They collected over 200 books during their book drive.</p>
<b>James Rumsey Technical Institute</b>	WV	<p><b>Salvation Army Canned Food Drive</b></p> <p>Our goal was to assist the Salvation Army fill their food pantries. We collected food during HOSA week. Announcements were made twice daily to remind students throughout the school to bring in canned food items. HOSA sponsored a contest between all the classes at James Rumsey, and awarded the class that brought the most cans with a pizza and soda party.</p>
<b>Berks CTC West Campus</b>	PA	<p><b>Health Screenings</b></p> <p>HOSA members demonstrated skills they learned throughout the year to other students in the school building. The health screening included height and weight, vision screening, blood pressure, and temperature, pulse and respirations. HOSA members also demonstrated the Hoyer Lift and handwashing.</p>
<b>Breckinridge County HOSA</b>	KY	<p><b>Blood Pressure</b></p> <p>HOSA members went to Wal-Mart and sat outside to take blood pressures of local citizens. Our community showed great interest in their health and our organization by accepting our offer to take their blood pressures and read information about hypertension.</p>
<b>Roy High School</b>	UT	<p><b>Tetanus Booster Advertising</b></p> <p>HOSA members advertised the upcoming Tetanus booster through skits, advertisements, answering of questions, and information desks.</p>
<b>Waukesha Academy of Health Professions</b>	WI	<p><b>Senior Program Assistance</b></p> <p>Our HOSA chapter worked with the Interfaith Senior Programs to choose an “elderly home owner” who needed yard clean-up. They selected the home of a man whose wife has Alzheimer’s. Everyone brought rakes and worked for 5 hours.</p>

## Opportunities in Health Care

<b>Pensacola Junior College</b>	FL	<b>Health Career Fair</b> <p>The Health Career Fair brought over 500 juniors and seniors from local high schools to attend the Fair. We took them through 13 different health programs with hands-on presentations in each. This gave them a first-hand look at what it is like to work in the different health fields.</p>
<b>Jimmy Carter High School</b>	TX	<b>Med Ed</b> <p>A speaker from the Med-Ed program attended our class to give a presentation on the opportunities that can arise from becoming a Med-Ed member. Med-Ed promotes and participates in efforts that reinforce the commitment of schools and communities to prepare students for health care and life skills.</p>
<b>Jupiter High School</b>	FL	<b>Guest Speaker</b> <p>Mrs. Donna Yates-Adelman, author of <i>Yes Sister, Memoir of a Young Nurse</i>, talked about her life, as well as the trials and tribulations that we might face in the health professions. She told personal stories of past patients and expressed the importance of putting “care” back into health care.</p>
<b>Lamar County for Technical Education</b>	MS	<b>Middle School Presentations</b> <p>Seven HOSA members traveled to Purvis Junior High and taught the Career Discovery classes about HOSA, allied health, and medical careers. We shared with them where they could get more information on a health career and shared stories about careers and job shadowing the HOSA members had seen.</p>
<b>Hiram High School</b>	GA	<b>Non-Traditional Speaker</b> <p>We invited a non-traditional healthcare worker to our class to focus on the variety of opportunities in the healthcare industry. We had a massage therapist from a local technical school talk to us about alternative healthcare careers.</p>
<b>Flathead High School</b>	MT	<b>Careers and Cookies</b> <p>Eight HOSA members went to a nearby elementary school’s “afterschool” program. Each member talked about one career. Lots of kids had questions about the careers we told them about, and even careers we did not talk about. We told them to study math and science really well, so they could work in medicine too. Then we helped them frost and decorate cookies.</p>
<b>Gulfport High School</b>	MS	<b>College Tour</b> <p>HOSA members visited the University of Southern Mississippi School of Nursing. They saw the clinical lab and “Sim Man”, a robotic training manikin.</p>

## Appreciation to the Health Care Community

<b>Brooke Point HOSA</b>	VA	<b>HOSA Outstanding Mentor Award</b> Brooke Point HOSA started an annual tradition of naming one of their community partners as an outstanding mentor for their services and support they provide to HOSA. Mrs. Mary Ellen Cole, school nurse, was given flowers, a small plaque, and appreciation card to commemorate the occasion.
<b>Cypress Bay High School</b>	FL	<b>Thank You Cards</b> To show appreciation to the health care community, Cypress Bay HOSA members created “over-sized” thank you cards and distributed them to the staff at Memorial Pembroke Hospital. Over 20 cards were hand delivered to the departments that mentor Allied Health students. Each card contained an original student message and was signed by all HOSA members.
<b>Wise County Career-Technical Center School for Practical Nursing</b>	VA	<b>Appreciation Letters</b> Appreciation letters from each student were delivered to Dr. Kunegalis for allowing our students to visit the Anatomy Lab at the University of Virginia’s college at Wise. Letters were placed into clear page protectors and compiled into one notebook with the title letter written and submitted on school letterhead and signed by the chapter advisor.
<b>Kiamachi Technology Center</b>	OK	<b>Appreciation Luncheon</b> Stigler campus Practical Nursing students invited their mentors and former HOSA alumni members to the campus for an appreciation luncheon. A meal and dessert was served to their 12 guests. Mentors and HOSA alumni members were given a single rose and thanked for their commitment to healthcare in the community.
<b>Career Center HOSA</b>	NC	<b>Appreciation Breakfast</b> We sponsored an appreciation breakfast and presented a plaque to the nursing staff of the Kate B. Reynolds Palliative Care Center.
<b>Judson Senior</b>	TX	<b>Hospital Recognition</b> Our HOSA advisor nominated Northeast Methodist Hospital for Best of Texas in Career and Technology, and they won!
<b>Martinsville High School</b>	VA	<b>Certificates</b> HOSA members presented their clinical mentors with a framed certificate of appreciation in honor of National HOSA Week.
<b>Cumberland County High School</b>	TN	<b>Goodie Bags</b> HOSA members created Goodie Bags for all of the county’s school nurses. The bags contained candy, candles, and other goodies.