Do you want to learn more about what is happening in the organization? Then make sure you’re following the National HOSA Facebook, Twitter, and Instagram pages! You’ll find all sorts of information regarding scholarships, opportunities, and reminders for different events throughout the year!

In this edition, you will find articles highlighting some of our amazing Alumni and chapters of HOSA, exciting medical developments, and information about how to get the most out of being a member of HOSA!

The National Executive Council hopes you enjoy this edition of the eMagazine and wishes you a happy start to your new year!
Hello fellow HOSA members and perspective HOSA members! My name is Trenton Stevens and I recently graduated from Lake Gibson High School in Florida HOSA and I served as the HOSA secretary for my chapter.

HOSA is a wonderful program for any student that is looking to pursue a career in health care. HOSA has taught me the fundamentals of leadership, good character, and professionalism. To this day, I still abide by what I have learned from holding a leadership position in high school.

Today, I can feel confident going to interviews, talking to health care professionals, and leading or sharing my ideas for leadership projects. Not only does HOSA teach one about how to be successful when pursuing their career, but it also teaches one how to have fun and meet new people! HOSA also provides a great opportunity to improve the social skills of a member. The cool thing about HOSA is the fact that everyone has something in common and that is to grow in character and knowledge so that we can become adequate future health care professionals because of the fact that we find joy in helping people!

My experience with HOSA was great continuously throughout high school. Everyone was professional, friendly, and treated others with respect. I compare HOSA to a large extended family that has members all over the world and the best thing about it is: HOSA continues to grow!

When I became the Lake Gibson HOSA secretary, I was very nervous but I felt like it was my duty as a member to step up to the plate because a job needed to be done. With the kindness and support from my administrators and members of the chapter, I worked hard to become the best individual for the position, no matter how many times I had to step out of my comfort zone. Because I was the secretary for my chapter, my administrators thought it would be a good idea if I went to the HOSA Fall Leadership Conference. The leadership conference really sparked my inner drive to become the best version of myself so that I would have the proper "tools" to become successful and help others along the way!

When I got back from the leadership conference, I started a parliamentary procedure group to represent Lake Gibson and we practiced and practiced the procedure until we felt completely confident that we would be able to compete with other groups at the competition. Because of our hard work, we placed first at regionals and made it to the State Leadership Conference. The time we spent at states was an excellent reward for all the hard work we did! That was another great opportunity to meet other HOSA members around the state and share our experiences and ideas. I learned how to present my ideas and the ideas of the members in front of others, and I learned how to conduct myself in such a way that I would serve as a great example and represent the Lake Gibson chapter well!

If you are a bright individual pursuing a career in the medical field or an individual who wants to develop strong character, you should join HOSA! I promise you that you will not be disappointed. I personally did not join HOSA until my junior year in high school and my only regret is that I wish I had joined during my freshman year because there are so many opportunities to improve yourself and help others in HOSA!

If you are thinking about joining HOSA, just join! Do not waste your potential!

For anyone that is a member that likes to meet new people and likes to challenge themselves, I encourage them to express interest in becoming an officer in HOSA-Future Health Professionals!
Shelby Hendricks  
*Arizona HOSA Secretary*

My journey with HOSA started in 2011 when I first walked into my advisor’s classroom to learn more about the organization that would come to be my second family.

During my five years of active membership, I transitioned from chapter member to chapter officer and, eventually, to a state officer for Arizona HOSA. The roles I had during this time were a major factor in defining my character, solidifying my career path, and gaining lifelong friendships.

Transitioning into the alumni role has been an exciting time. As of now, I am pursuing a degree in nursing, working, and coaching color guard at Buckeye Union High School. These daily activities promote me to continuously use the skills and tools that I have acquired.

Coaching at the same high school I graduated from is a special gift. I have been able to connect to students who are in the HOSA chapter that started my own journey. Also, I have had the opportunity to encourage these students to pursue leadership positions in HOSA to continue their own journey with this great organization. Being able to encourage the current generation of HOSA is a major benefit to being an alumnus.

With the help of HOSA, I solidified the decision to become a nurse and set realistic goals to achieve this. I have met amazing nurses through this organization. These incredible individuals are the ones who I look up to and am excited to join in the career field. One of the best things about pursuing a career in the medical field means that I am constantly surrounded by individuals who share the same interest as myself. Something as simple as wearing a t-shirt with the HOSA logo sparks questions of what it stands for and how it has influenced my life. Mentioning my history with HOSA has built relationships with professors and fellow classmates that has greatly benefited my academic career.

Whether you are an active member or an alumnus, HOSA has proven that it will always be there to encourage, support, and cheer you on in all your endeavors. I encourage all HOSA members to continue their journey, especially as an alumnus.
So far this school year the Southeast HOSA Chapter has been a busy organization! During the fall semester, HOSA officers and members have conducted a food drive at the high school. They also organized a district-wide blanket drive. The HOSA Chapter was able to deliver 150 pounds of food to the local homeless shelter, the Wesley House. During the food drive, the Wesley House reached out and made us aware their need for warm blankets for those in need during the winter. Seeing a need, HOSA officers felt compelled to take action. They reached out to the elementary, junior high, and high school to help with the cause. At the of the blanket drive, they were able to deliver 82 blankets to the Wesley House. During HOSA week some activities they participated in were Cancer Awareness Day (where students were encouraged to support a cancer of their choice by wearing the representative color to school), Cancer Caregiver Support Day (students wore the purple ribbon to support Cancer Caregivers), HOSA movie night, and a gift basket was presented to our school nurse for her hard work.
Imagine you are stuck in an airtight box. You feel unable to move, unable to breathe, paralyzed by your own thoughts. This is how mental illness feels. 1 in 5 children ages 13-18 have or will experience a serious mental health illness. 1 in 5 adults in America suffers from a mental illness. Half of all lifetime cases of mental illnesses begin by the age of 14; 75% by the age of 24.

The National Alliance on Mental Illness is the nation’s largest organization committed to helping improve the lives of those affected by mental illness. They educate individuals, families, and communities to provide support and information for living with a mental illness. They guide individuals and families to get the support and treatment they need. They provide free information and referrals through a toll-free help line. They lead public awareness events and activities to encourage understanding and fight stigma.

Oklahoma HOSA is proud to join alongside HOSA associations all around the world in support of NAMI. Together, we can help individuals, families, and communities access the needed support and treatment for mental illnesses. Together we can help end the stigma surrounding mental health.
So HOSA members, join us as we stand in the gap and take the pledge to be stigma free!

Here are some ways you can be a part of this initiative:

- **Spread awareness.** This can be done through:
  - Social media-use the hashtag #iamstigmafree and post information and facts about mental illness to educate your peers. Knowledge is power! You can go to www.nami.org to learn more about mental illness.
  - Participate in the Popsicle and lime challenge and then post this to social media. When you do this challenge, use the hashtag #iamstigmafree and challenge someone else!
  - Be creative! Find a unique, creative, and different way to spread awareness in your community about mental illness.

- **Share your story** about how you received support and how that helped in your time of need.

- **Fundraise** within your local and state chapters. Here are some ideas:
  - Host a bake sale or a silent auction
  - Organize a scavenger hunt and charge for registration
  - Participate in NAMI walks and get your friends and whole family involved! Go to http://www.namiwalks.org/ to find a walk near you!
  - Donate money through your local or state chapters or go to www.nami.org/donate.

- **Take the Stigma Free Pledge**
  - By taking the Stigma Free Pledge, you are recognizing that you see the person and not the illness. You are encouraging acceptance and understanding to those with mental illness.
Finding joy in serving others can bring incredible peace to the world.

But what is the world to humans in this realm of life?

Family, friends, school, or perhaps even HOSA?

Well, my world is the chance to make a difference, big or small.

As a hopeful future health professional with similar dreams as others, my sole intention is to heal the lives of many. Therefore, I do my best to engage myself in opportunities that allow me to be able to speak up about serving others. However, I've noticed many members haven’t found that true spark inside to fearlessly speak up. The stigma of voicing our concerns and passions have been constantly silenced, but we can’t let that happen anymore. I’ll share my experience of this incredible journey and perhaps you can grasp this concept a little better.

In the community, I represent future health professionals as the Texas HOSA State Historian, a pleasant experience I am honored to hold. My main task is to lead the State Leadership Conference this upcoming April with my officer team. For this conference, we have chosen the particular theme of "HOSA: Find Your Voice", an effort to encourage Texas HOSA members to engage in the conversation of whatever sparks their interest. A movement to change the way we speak and stand up for ourselves. This is crucial in that it embodies the communication we have with our world every day. We have even voiced our passion by visiting Washington D.C. for the National HOSA Washington Leadership Academy and meeting with our Congressional Representatives to advocate for specific career and technical education bills. However, this is just the beginning of developing our individual voice to echo change.
On a more familiar level, my school HOSA-Future Health Professionals chapter officer team was recently very determined to raise the most donations for this year's national service project, the National Alliance on Mental Illness. Of course, with my own distinct experience with mental illness and as president of the organization, I was immediately inclined to this idea of starting our own fundraiser project. A new door for improvement opened itself to our chapter, and we were determined. But this was really for the chance to give back to the community that has provided relief to those that need it the most. United as an officer team, we eventually developed the “Penny Wars” fundraiser for the non-profit, but we were unsure it'd be successful in my high school. It was advertised as a competition fundraiser among all class levels to see who raised the most money. The idea was far-fetched, especially because we handled the process. I still encouraged my team to press on and ask for donations during our lunch period.

At first, it seemed awkward to go around asking for proceeds, but it became easier and easier. Especially since we had such passion and excitement towards this unique cause. To us, this was a public health issue that has been plaguing teens for years. Most of us have seen it first-hand as well, so it meant so much. After a week passed of rigorous collection and persuasiveness, we concluded with the copious amount of proceeds! To our genuine surprise, it was well over our estimated goal! It was fascinating to see how this ended, and we proved our self-doubts wrong and decided to always trust our gut. Against all odds, we rose up together. It changed us, in my opinion. Personally, this wonderful experience taught me that leaders always have to do what is best for others, even in the face of anxiety and silence. Our chapter, MAV HOSA, found its voice.

In order to truly find what you’re passionate about, it has to come from home or deep within your soul. Meaning: your heart with vocal chords. Not literally, but in a sense. Finding our voices in the grass-roots level of HOSA is significant. These projects can be labeled as minuscule, but the important thing is that you did something and that something most likely changed someone’s life. There is nothing minuscule about being a servant leader, trust me. Do not be afraid, go with your best bet. Listen to your membership, and pay attention to NAMI throughout the year. Therefore, as a leader in the community, serving with a whole heart will bring about the change you want to see. Whether it’d be in your world or somebody else’s, things will change.

Strive for the chance, never let it go. It’ll be different to muster up the courage to speak, but be brave. Gather up your team and strategize for the world. And you will find your voice, I promise.

For this conference, we have chosen the particular theme of 

“HOSA: Find Your Voice,”

an effort to encourage Texas HOSA members to engage in the conversation of whatever sparks their interest. A movement to change the way we speak and stand up for ourselves.
Complete the Lead2Feed lessons and enter your Challenge project to win!

**DEADLINE: April 7, 2017**

*All entries must be submitted by a teacher/advisor.

50 winning teams!

Earn up to **$20,000** for your charity + up to **$10,000** in technology for your school.

Lead2Feed Challenge projects may focus on any need in your community or the world.

REGISTER TODAY FOR FREE LESSONS AND RESOURCES!

Lead2Feed.org
On January 19, 2017, O’Gorman High School students and the O’Gorman-Greater Sioux Falls HOSA Chapter had the opportunity to see and interact with the da Vinci robot firsthand. The features and abilities of the surgical robot were explained to students as they watched along. The da Vinci robot is helping to decrease surgical recovery time and minimize the incisions made to operate. The ability to pivot around the incision point enables the robot to have less room for error during the procedures. And as the da Vinci representative told the students about these features, they also got to see how it happened as he would move the arms around to exemplify. Students were allowed to ask questions and, man, did they have plenty! Everyone, including students and the chapter advisors, was very intrigued by the robot and curious about future medical advances they would be making with it. For now, surgeries with the da Vinci are based in the abdominal region, but in the future will hopefully spread out other areas of the human body.

An added bonus to the robot being brought for the students was that Dr. Luis Rojas, Gynecologic Oncologist from Avera Medical Group joined the presentation and shared with the students how he incorporates the da Vinci in his medical practice. He now is able to perform surgeries that at one time were unthinkable with minimal invasion to the patient. The students were also given the chance to interact with it themselves. The representative let students sit in the controller part of the robot and “be” the surgeon. Rather than actually operating, they played a ring toss game but it was amazing to see (and feel) how the movements translated into the actions that the robot arms performed. The students also got the chance to use foot pedals to switch which arms were in control and change the settings of the light probe. They had the opportunity to see and feel what the surgeon would feel and got a better idea if surgery and its medical advances would be something they would be interested in. It was definitely an intriguing experience that every student was grateful for and left the room talking about.
Mountain Ridge High School’s Project Lead The Way Biomedical Innovation/HOSA students took their four years of critical thinking, experimental investigation and problem-solving skills outside of the classroom in November. The fourth-year students, who are also HOSA members, served as citizen scientists to collect photographic evidence for the Accessing Drinking Water in Schools Research Project from The University of California Nutrition Policy Institute.

**Mountain Ridge is one of thirteen schools nationwide selected by America’s Tooth Fairy: National Children's Oral Health Foundation to participate in this study. We are the only school in Arizona to be selected.**

Students received webinar training from the principal researchers to properly document and collect photographic evidence of drinking water at four schools in our area: Mountain Ridge High School, Hillcrest Middle School, Sierra Verde STEM Academy and Terramar. Researchers hope to use the evidence to shape policy to improve free drinking water access for school-age children.

*Students in photos: Darien Colley, Inanna Nissan, and Sarah Walls.*
*Advisor Kim Rodgers*

**Medical Innovation: New Organ Discovery**

In the year 2017, a person could imagine that science had discovered all the different parts of the body several hundred years ago. This is not the case. The Lindmark University in Ireland just found evidence to help reclassify a set of structures in the body as an organ and not three separate entities. The name of this new organ is the mesentery and it connects the abdomen to the intestinal tract. Studying this new organ could lead to many different scientific breakthroughs in surgeries and other areas.

This is great for HOSA members as this new and emerging area of research known as mesenteric science and could lead to a possible future career. It also will be interesting to see how this changes medical school in the future in terms of what curriculum is taught and how the mesentery will affect other areas of study such as microbiology.

*Sources:*
https://www.sciencedaily.com/releases/2016/12/161220095129.htm
http://www.sciencealert.com/it's-official-a-brand-new-human-organ-has-been-classified (picture link)
Red Bay High School
Red Bay, AL

Recently, the HOSA students at Red Bay High School in Red Bay, Alabama hosted a program on tobacco prevention as part of students’ Health Education project. A guest speaker from the north Alabama Area Health Education Center (AHEC), Mr. Lamont Dupree, came and presented a program on the impact of tobacco products on the health of individuals. Students were actively engaged in hands-on activities, role-play, and question and answer activities. The program was a huge success in that the Red Bay High School student body was extremely attentive and actively participated during the program. The Red Bay HOSA Advisor, Dr. Kay Hargett noted that the program would be extremely effective if it deterred even one student from utilizing tobacco products. Alabama’s HOSA president and a senior at Red Bay High School, Tate Ozbirn, described this program as an “eye opening experience to what tobacco does to your body from the first use to the last.”

Great job Red Bay HOSA students on educating the student body on the harmful effects tobacco have on your health. I encourage all of you to take care of your body and be weary of what you feed into it.

Good health is a necessity to a happy life!

HOSA Activity Tracking System: Reminder!

Members must enter hours, Chapter Advisors must approve hours!

HOSA Activity Tracking System is an online system for members to create an optional account to keep track of volunteer hours and money raised for Barbara James Service Award, National Service Project, and MRC Volunteer Recognition events. Members record when, where, and what they did when volunteering. Chapter Advisors then log-in to accept or deny student hours and/or money raised. Awards and recognition for these three competitive events are given based on approved hours/money in the system as of state and National (May 15th) deadlines. Please be sure you are entering your information online and that Chapter Advisors are logging in to approve/deny the data!

Member and Chapter Advisor Instruction Sheets for HOSA Activity Tracking System are posted with the event guidelines at hosa.org/guidelines.
Mini Dance Marathon hosted by Spring Valley HOSA was a HUGE Success!

In October, the Spring Valley High School HOSA Chapter, Columbia, SC hosted its very first Mini Dance Marathon in October in partnership with the University of South Carolina. This event raised money for the Children’s Miracle Network, with all proceeds going directly to the local Palmetto Health Children’s Hospital.

Our HOSA chapter and Executive Board members worked to plan our main event, fundraise, secure event sponsors, and spread awareness. In preparation for the main event, we had a child life specialist speak to our entire chapter. In addition, our HOSA Executive Board participated in a “dance marathon retreat,” where they were able to understand the concept and planning that is required to host a successful dance marathon.

Over 260 “heroes” (student participants) showed up for the main event. The night included food vendors, Zumba, guest dance performances, lip sync battles, line dancing, and presentations by “Miracle Families” (those that have been impacted by the Children’s Miracle Network). At the end of the night, we were pleasantly surprised that the grand total raised was $7,626!

We would like to extend a special thank you to the HOSA chapter at Ridge View High School (SC) for supporting our Mini Dance Marathon. We would also like to thank our Spring Valley community and student organizations that participated or volunteered.

Want to see what it was all about? Watch this video: https://goo.gl/13QmHg
Montana HOSA continues its work to support the mission of NAMI, and we are proud to have NAMI as a partner with National HOSA.

The Capital High School HOSA Chapter in Montana established a school-based project, entitled “Take What You Need; Give What You Can.” Advisor, Tanner Duncan, explained, “This was a project our HOSA members put together in response to the high prevalence of suicide in Montana. Students wrote a variety of positive messages on the sticky notes. Students could either take or leave a note depending on how they were feeling that day. If students needed an uplifting message, they could take a note. If students felt like lifting the spirits of others, they would leave a note.”

Additionally, Montana HOSA adopted the Montana VA Healthcare System as their state project this year. Raising funds through the #22 Push-up Challenge and through sales of HONOR MT VETS wristbands on Veterans Day, they were able to secure funds to build an all-accessible garden on the patio of the VA Mental Health Clinic at Fort Harrison. Both Home Depot and Helena Community Credit Union stepped forward to help fund the project – HCCU employees will assist with garden installment. Two Montana high school industrial arts programs are building tables and elevated garden boxes. Project completion is expected late spring, 2017.

Thank you, to NAMI, for inspiring our members to do such great work, and thank you for your continued efforts to bring awareness to mental health.
In December, area high school students visited CU Skaggs School of Pharmacy to learn about careers in pharmacy as part of their HOSA Future Health Professionals chapter events. HOSA is an international organization catering to middle, high school and post-secondary students interested in pursuing health care careers. Highlights of the visit included hands-on compounding lessons and talks from faculty from the School of Pharmacy. Faculty members Danielle Fixen and Peter Rice spotlighted their careers including the variety of paths that pharmacists can pursue throughout their careers including academia, research, and direct patient care, in addition to the traditional pharmacy pathway.

High school senior Maddie Belcher said, “The day was super fun. Before this I thought pharmacists just distributed drugs at Walgreens. This opened my eyes and I learned a lot. I am still exploring careers.”

One of the students, sophomore Olivia Eldredge said, “For me pharmacy has always been interesting partly because I love science. After listening to Dr. Fixen talk about working in an HIV clinic I am interested in doing the same. I also love HOSA and my health academy advisors are wonderful — helping to guide me through the rest of my life.”

In addition to HOSA, CU has created a pre-collegiate pipeline program that also helps expose students to a variety of fields in health care. The program titled CU Pre-health Scholars Programs (CUPS) is overseen by Abenicio Rael, assistant director of the Office of Inclusion and Outreach at CU Anschutz Medical Campus. Its goal is to engage underrepresented students in higher education.
Two students who have benefited from the CUPS program and are enrolled at CU Denver are Justin Cheung and Ryan Duong, and both have their sights on pursuing pharmacy degrees. Cheung and Duong are a year apart, but both are Bear Creek High School graduates, have been involved in CUPS and are excited about where their educational journey will take them. Check out how they have benefited from CUPS and why it helped them obtain a better understanding of the field in general and the educational requirements to pursue such a pathway.
Medical Jokes

Patient: "Doctor, I get heartburn every time I eat birthday cake."
Doctor: "Next time, take off the candles."

“In medical school she worried about passing as a surgeon, but she made the cut.”

“After 5 years with the same chiropractor, I moved and had to change doctors. It was quite an adjustment.”

“The doctor couldn’t transfer the organs because he didn’t have the guts to do it.”

“The most popular operation for orthopedic surgeons is upper-leg surgery: very hip.”

“When a doctor got a bad cut the nurse said 'suture self'.”

Officer’s Corner

Which HOSA Core Value speaks to you the most?

1. Pick a HOSA competitive event
   a. Medical Terminology
   b. Prepared Speaking
   c. Public Service Announcement
   d. Medical Innovation

2. What is your favorite hobby?
   a. Reading books
   b. Playing sports
   c. Traveling
   d. Painting and drawing

3. Pick a profession
   a. Health Science Educator
   b. Hospital Manager
   c. Medical Lawyer
   d. Biomedical Engineer

4. What are you most excited about at ILC?
   a. Educational Symposium workshops
   b. HOSA University
   c. National Service Project
   d. Competitive Events

5. Pick an extracurricular activity
   a. National Honor Society
   b. Student Council
   c. Volunteering
   d. Robotics and Coding

Results:
Mostly A’s - Learn
Mostly B’s- Lead
Mostly C’s- Serve
Mostly D’s- Innovate

Q: Does an apple a day keep the doctor away?
A: Only if you aim it well enough.

Q: What do you call competing podiatrists?
A: Arch Rivals!

Health Puns

- Yesterday I accidentally swallowed some food coloring. The doctor says I’m OK, but I feel like I’ve dyed a little inside.
- The conversation between the brain surgeon and the anesthesiologist was mind numbing.
- They tried to save him with an I.V. but it was all in vein.
- I didn’t want to give the brain surgeon a piece of my mind.
- When the doctor asked the editor how he was doing, he said he had a problem with his circulation.
- Two surgeons were joking about sutures and had each other in stitches.
- In medical school he worried about passing as a surgeon, but he made the cut.
- A pediatrician is a doctor of little patients.
- The rise of the orthopedic doctor depends on the fall of the patients!
“The best way to lead emerging leaders is to lead through your core values. If your core values are out of alignment, your message won’t be as sincere. Allow emerging leaders to see the good and the bad about your leadership style and give them advice on how to improve themselves.”
Elizabeth Carnesi
National President
elizabeth@hosa.org

“Instill passion. Passion is what motivates you to work harder at everyday challenges. So it’s important that everyone is able to identify with the passion that causes them to keep going.”
Priya Rathakrishnan
President-Elect
priya@hosa.org

“Lead by example. By serving those around you daily, a prime representation of servant leadership is created. This is the characteristic that all emerging leaders should learn to possess, servant leadership.”
Jade Holiday
Region I Vice President
jada@hosa.org

“I think the key to leading is to lead with confidence but also with humbleness. Be confident in your words and action but never think that because you are in a position that you are above asking questions, seeking help, or other opinions.”
Holly Hardin
Region II Vice President
holly@hosa.org

“In my opinion when leading emerging leaders, it is most important to be down to earth and communicate with them peer-to-peer. Being empathic and putting yourself in someone else’s place is the first step to effective leadership.”
Abraham Onifade
Region III Vice President
abraham@hosa.org

“We all have strengths and because we know our strengths we work overtime to make sure we perfect them. However effective, leaders know how to spot those imperfections in emerging leaders. Not to talk about them or to put them down, but to help push and challenge them to take their imperfections and utilize them in order to reach their full potential.”
Khalil Tubbs
Postsecondary/Collegiate Vice President
khalil@hosa.org

“I think that one of the most important things a leader can do is be encouraging and open to new ideas. It’s terrifying to propose something that challenges the status quo! But, by allowing people to feel comfortable enough to share their ideas, your members and local leaders will be innovative and help to move HOSA and healthcare forward.”
Angeli Sharma
Secondary Board Representative
angeli@hosa.org

“Every team consists of people with differences. We have unique experiences that give us our individualism. Effective leaders celebrate those differences and work together, so that the very best can be achieved.”
Shawnee Chaudhury
Postsecondary/Collegiate Board Representative
shawnee@hosa.org
See YOU in ORLANDO

June 21-24, 2017

HOSA International Leadership Conference
Disney’s Coronado Springs Resort