Create
YOUR Future
I’m a senior at Timber Creek High School, in Orlando, Florida. I, like many, I’m sure, have always wanted to be a doctor – I knew where I wanted to go, but I was never sure of how I was to get there. I heard scary terms, like MCAT, and residency, tossed around, but I never had an inkling of what these entailed until I joined HOSA, sophomore year.

**THE SKILLS THAT HOSA HAVE GRANTED ME HAVE BEEN INVALUABLE.**

From the communication skills, which have put me into research labs, to the practical skills, which have proven essential in any research lab; HOSA’s competitions are targeted at success. Success in HOSA leads to success in other fields – The content in the knowledge tests is the same as the content in Science Olympiad, where I’ve garnered state medals, and in the USA Biology Olympiad, where I’ve received a National Silver Medal.

**HOSA IS SO MUCH MORE THAN A COMPETITION.**

It’s a space for opportunity, and discussion. It’s the place you go when you’re searching for active, motivated, members, interested in everything you’re interested in. It’s also a hotbed of opportunity. My HOSA sponsor urged me to apply to several research programs, and I ended up spending the summer working at Moffitt Cancer Institute. I spent my last summer working as a research fellow in the Department of Cancer Prevention, at the National Cancer Institute, researching focuses the origination and progression of cancer, and the mechanisms by which evolutionarily-enlightened treatment regimens may slow cancer’s growth, via computational modelling. Throughout each of these experiences, I simply took the skills that HOSA’s granted me, and applied them to the pressing problems in scientific advancement.

**HOSA IS SELF-DISCOVERY.**

After all of these experiences, I know I want to be a doctor. But I’ve also learned that I don’t just want to serve in the clinic, but also in the lab, which I why I’ll be pursuing an MD-PhD in computational biology and evolutionary oncology. That’s my story – to all of you, take advantage of everything HOSA offers, and don’t be afraid to actualize your dreams.

“HOSA has caused me to dig deeper, and dream bigger – it’s helped me reimagine my future, in research and service, and pushed me towards it.”
Millions of people globally have struggled to seek an answer to “Why Am I Not Losing Weight?” One could assume they are taking a low-calorie intake, exercising a fair amount, and are choosing a healthier lifestyle, but still not view evident results either in the way they look or on the scale. With two out of every three U.S. adults suffering from obesity, ideal ways to lose some inches has been a burning topic. However, one would never imagine that this may be easier than expected with just a few simple reminders and changes.

Calorie intake is an essential part of losing weight. To see results, one must lose more calories than he or she is intaking. Therefore, many are very cautious that their main meals of the day are low in calories, but they become oblivious to the calories they intake when snacking. Those mini snacks eaten daily add up and soon conclude to weight gain. Additionally, many people on diets decide to occasionally have a cheat day to treat themselves, but that one cheat day could possibly accumulate all the calories one tries to lose in a week.

Hence, by keeping a calorie journal, her or she often loses weight at a rate 2x the average person because they become more cautious of what they are eating and how much of it they are eating as well. Instead of a cheat day, it is preferred to simply have a cheat meal, but if doing so, remember to moderate the rest of that day’s calorie intake to balance out one rather heavy dish.

Additionally, medications like Benadryl, Ambien, benzodiazepines, older antidepressant and antipsychotic medications, Paxil, beta-blockers (for high blood pressure), several diabetes medications including insulin, sulfonylureas and thioridazines, and some contraceptive methods, especially Depo-Provera, tend to cause weight gain as well, and it is always suggested to ask your doctor for a better alternative.

However, the most surprising factor that can contribute to weight gain is eating too much of a good thing. One can easily eat too much healthy fat along with other healthy foods, including whole grains. Fat has more than double the calories of carbohydrates or protein, so fat calories, even if they are healthy, add up more quickly. Accordingly, practice proportion control with low fat food options to get the fastest results and to bring more confidence within yourself.
WHAT WILL LEAD ME TO WHERE I WANT TO GO?

Health Science students across the country are attempting to balance their priorities in all the activities available to them. With so many choices, the decision can be a difficult one. The question that needs to be asked, “What will lead me to where I want to go?”

One student found that preparation for HOSA-Future Health Professionals competitive events could help her find the answer to the question of what activity will lead me to where I want to be.

When asked about her participation in HOSA competitive events, Beth Jackson-Misenar said, “I would say that when I participated in the Researched Persuasive Speaking competitive event, it gave me the confidence to stand in front of a group of people and speak passionately about a topic.” She further stated, “those experiences also taught me the importance of being well prepared.”

Her future is now. Dr. Beth Jackson-Misenar successfully completed pre-med courses, medical school and her residency in surgery. For the past eight years in her practice as a general surgeon, Dr. Jackson-Misenar has lived the HOSA theme of “Create Your Future.” Each day she serves those entrusted in her care! She is just one example of the amazing HOSA-Future Health Professional alumnus who is making a difference in the health industry.

The hope is that you will use her example to determine what will lead you to where you want to go!

“I would say that when I participated in the Researched Persuasive Speaking competitive event, it gave me the confidence to stand in front of a group of people and speak passionately about a topic.”
Overcoming Common Challenges for Postsecondary/Collegiate Chapters

What are common challenges that postsecondary/collegiate chapters’ encounter?

1. Student Government approval to become an organization on campus.
2. Fundraising to conduct events and attend conferences.
3. Raising awareness about the organization.

How do you address those challenges and overcome them?

1. When it comes to gaining the approval of student government or of the committee in charge of approving organizations, it is important to highlight some of the exclusive opportunities that only HOSA-Future Health Professionals can offer college students while pitching the organization.
   a. Competitions against other college students around the globe.
   b. Internships such as the ASPR Intern Program or the Public Health Leadership Seminar.
   c. Ability to network with health professionals and graduate school representatives at the HOSA Expo at the International Leadership Conference.

2. When fundraising, it is important to keep in mind your target audience. For college students, make sure your fundraising and social events are appealing.

3. Raising awareness about organizations on campus can be very challenging; however, the following things may help your chapter gain visibility on campus:
   a. Place a table in busy locations during busy times of the day, such as in your university’s/college’s main center during lunch. People will be tempted to stop and learn more, especially if you have small giveaways.
   b. Advertise using fliers. Upon gaining approval from your college/university, post fliers about upcoming meeting and events in busy areas.
   c. Make sure your meetings are appealing – have speakers or do projects that will attract members!
HOSA members are encouraged to take full advantage of the HOSA Competitive Events Program, a constantly expanding and improving series of health care related competitive events. Competition within a chartered association is held as a means of identifying those members eligible for competition at the HOSA International Leadership Conference. Imagine the pride that members feel when their names are called, and they stand on stage waiting to receive an International HOSA Medallion for recognition as a first, second or third place event winner.

HOSA offers events in six categories. The first five categories are “competitive” and only the top scoring individuals and teams are recognized. HOSA also offers events in the Recognition category that recognize an individual’s accomplishments. For more details about events in the Recognition category, read the specific event guidelines at www.hosa.org.

**Competitive Event Categories:**
- Health Science Events
- Health Professions Events
- Emergency Preparedness Events
- Leadership Events
- Teamwork Events

**Recognition Events:**
- Barbara James Service Award
- HOSA Happenings
- Healthcare Issues Exam
- National Service Project (HOSA Service Project)
- Outstanding HOSA Achievement
- Outstanding HOSA Chapter
- Outstanding State Leader
- MRC Volunteer Recognition

**Wondering What Event is Right for You?**
Visit [www.hosa.org](http://www.hosa.org) → Competition→ Event Resources → 17- 18: What Competitive Event is Right for You?

This resource provides in a flowchart for finding which event best suits you as well as explanations of each competitive event!

**5 P’s: Proper Planning Prevents Poor Performance**

**Event Preparation**
1. Talk with the HOSA chapter advisor and let him/her know their interest in entering a competitive event.
2. Review the HOSA Competitive Events Program and select the event that is consistent with their career objective.
4. Study the detailed guidelines and the judge’s rating sheet(s) to know the criteria by which competitors are evaluated.
5. Practice, practice, practice and practice the event at the local chapter level before competing.
6. Talk with other members who participated in competition previously and gain as much as possible from their experiences.
7. Ask the Chapter Advisor to conduct event simulations in the classroom to allow all members to have an event experience.
8. Know all rules and procedures for the event in which they are entering to avoid disqualification or point deductions.
9. Enter competition and carefully review all instructions to event participants.
10. Enjoy the competition because the real benefit of competition was realized in the preparation.
Are you looking for a future in healthcare? Building your resume, applying to schools and pursuing degrees are all part of the journey to becoming a healthcare professional, but there are countless ways to achieve your dream. There are hundreds of majors from which to choose, let alone different types of degrees. If you need a breakdown of the different types of degrees seen in the healthcare industry, keep reading.

Most healthcare professionals have a graduate degree, and there are different types of degrees for each profession. It is important to understand the difference between an undergraduate and graduate degree. When you complete high school and graduate with your diploma, your then begin your undergraduate schooling. An undergraduate degree is also known as a Bachelor’s degree. Earning a Bachelor’s degree usually takes four years of schooling.

There are two types of Bachelor’s degrees: (1) Bachelor of Science degree (B. S.) and (2) Bachelor of the Arts (B.A.). The primary difference between the two degrees is the type of coursework you take. A Bachelor of Science degree requires more science classes; whereas, a Bachelor of Arts requires more liberal arts classes. You can choose your major, a minor, and even do a double major/minor for your degree. For example, someone could have a B.S. in biology with a minor in chemistry. After you complete your undergraduate schooling and graduate with your Bachelor’s degree, you can apply to a graduate school to pursue a graduate degree.

A Master’s degree is the first level of graduate school. It usually takes 1½ - 2 years of full-time study to complete. Earning a Master’s degree shows specified study in a certain topic, critical thinking, high analysis and professional application.

Two other graduate degrees commonly seen in the healthcare industry are a D.O. and a M.D. D.O. stands for Doctor of Osteopathic Medicine and M.D. stands for Doctor of Medicine. Both are medical degrees, require an undergraduate degree with certain pre-requisite courses (like biology, chemistry and physics), and are four-year long medical school programs. You must be wondering what the differences between the two similarly titled degrees are. The difference between the two are that a D.O. practices osteopathic medicine; whereas, a M.D. practices allopathic medicine.

Osteopathic medicine is a more holistic stance on healthcare, taking the whole body into account when treating rather than focusing on specific symptoms. D.O.s address a medical issue from both a medical and lifestyle outlook. Most D.O.s work in internal medicine, OB-GYN, and family practice. For example, if a patient had a chronic disease like high cholesterol, rather than focusing on medication, a D.O. would ask about your diet, who prepares the food, and how is the food made.

Allopathic medicine is commonly referred to as “Western medicine.” Allopathic medicine is more modern and uses pharmaceuticals or physical interventions (i.e. surgery) to treat or suppress any pathophysiological conditions. For example, a patient with high cholesterol would be prescribed simvastatin to treat them. An M.D. and D.O. differ slightly in their overall training and philosophy of healthcare.

The highest level of academia that you can earn is a postgraduate degree known as a Doctor of Philosophy degree (Ph.D.). You can earn a Ph.D. in nearly every academic field. Those who earn a doctorate’s degree are titled “Dr.” Becoming a researcher or professor requires usually requires a Ph.D., and a doctorate’s degree is a de facto entrance into an academic career. This degree is an extra three years of schooling (after your undergraduate and graduate degrees) focused on independent research under the wing of an academic supervisor. Upon completion of a Ph.D., a thesis of significant original knowledge by you is produced.

These different degrees may have you stuck between choosing a career path. Don’t feel overwhelmed! There are a lot of factors that can help you decide which path suits you best such as time, financial aid, and your intended career. As your schooling continues, there are unexpected factors that could change how you feel today too!

There is still much time ahead with plenty of room for growth, so explore as many different fields as you can to help yourself learn more about yourself!
Donate Life America

Nearly 120,000 men, women and children currently await lifesaving organ transplants, and hundreds of thousands more are in need of corneal and tissue transplants. The need is great.

Donate Life America is a 501(c)3 nonprofit organization leading its national partners and Donate Life State Teams to increase the number of donated organs, eyes and tissue available to save and heal lives through transplantation. In addition to managing and promoting the national brand for donation, Donate Life, Donate Life America motivates the public to register as donors, provides education about living donation, manages the National Donate Life Registry and develops multi-media campaigns. Their vision is to develop a culture where donation is embraced as a fundamental human responsibility.

DID YOU KNOW?

10
another person is added to the waiting list every 10 minutes

22
people die each day waiting for an organ

75
one organ, eye and tissue donor can save and heal more than 75 lives!

my organs
my cornea
my tissue

I could...

save up to 8 lives!
Donate Life America invites you to consider how you can support organ, eye and tissue donation this spring! As students pursuing careers in the medical field, you are in a perfect position to help share the message of Donate Life with others.

1. **Encourage your chapter to learn more about donation and transplantation.** Start by visiting DonateLife.net to get all the facts and information. To learn more, reach out to your local Donate Life contact.

2. **If you are 18 or older, you can register to be an organ, eye and tissue donor** through the National Donate Life Registry, RegisterMe.org.

3. **National Donate Life Month (April) and Blue & Green Day (Friday, April 13th) are great opportunities to show off your Donate Life spirit.** Encourage your entire chapter or school to dress in blue and green, and take pictures.

4. **Plan a tabling event on your school campus,** where you can tell your peers about the facts, dispel myths, and register individuals as organ, eye, and tissue donors!

**Not sure where to start?** Your chapter advisor can connect locally with your Donate Life state contact: https://www.donatelife.net/get-involved-locally/.

There are already success partnerships between local HOSA chapters and Donate Life organizations taking place across the United States. Donor Network of Arizona (DNA), an organ procurement organization, partnered with 26 HOSA chapters to conduct a Donate Life Campus Challenge. “Teaming up with HOSA made the process simple,” said Ashley Espinosa, of DNA, “Students and advisors were so open to challenge, enthusiastic about participating and took ownership over their registration efforts.”

Students planned registration drives that ranged from tabling at football games to going out into their community. Some schools even encouraged teachers and parents to register by placing registration cards with a letter in all staff’s mailboxes and sending cards home with students. As a result, the participating HOSA chapters in Arizona exposed more than 66,000 students to the lifesaving message of donation and registered thousands!

**Thank you for helping educate and motivate others to become organ, eye, and tissue donors.**

For more information, contact Aimee (adelmaai@ohsu.edu) or Valerie (vgray@donatelife.net) at Donate Life America.
Rare Disease Day takes place on the last day of February each year. The main objective of Rare Disease Day is to raise awareness among the general public and decision-makers about rare diseases and their impact on patients’ lives. The campaign targets primarily the general public and also seeks to raise awareness among policy makers, public authorities, industry representatives, researchers, health professionals and anyone who has a genuine interest in rare diseases. Building awareness of rare diseases is so important because 1 in 20 people will live with a rare disease at some point in their life. Despite this, there is no cure for the majority of rare diseases and many go undiagnosed. Rare Disease Day improves knowledge amongst the general public of rare diseases while encouraging researchers and decision makers to address the needs of those living with rare diseases.

The campaign started as a European event and has progressively become a world phenomenon, with the United States joining in 2009 and participation in 94 countries all over the world in 2017. Hundreds of cities continue to take part in Rare Disease Day and we hope even more will join in 2018.
Delaware HOSA joined the international campaign in 2014 and has created a competitive event that involves HOSA members across the entire state and takes place on Rare Disease Day, February 28, 2918 at A.I. duPont Hospital for Children. South Dakota HOSA and Louisiana HOSA have also joined Rare Disease Day to involve HOSA members in this important event.

See what activities are taking place around the world by visiting the Rare Disease website at:
https://rarediseaseday.org/article/about-rare-disease-day
Lydia Piendel, HOSA member & Smile Maker, 2010–2014

I heard about Smile Train almost five years ago when I was the vice president of the HOSA chapter at Wheeler High School in Marietta, GA (2013 – 2014).

I read an article published in a magazine, and it grabbed my attention right away as it explained how easy it is to help children born with cleft lip and palate with a simple donation process and subsequent surgery. I explored the Smile Train website and learned about the sustainable, practical, and extraordinarily helpful organization that is easy to get involved with their mission.
Then the HOSA chapter at my high school decided to host a 5K fundraiser for a charity. I suggested we donate the proceeds to Smile Train. Deciding to work with Smile Train made the event easier for me, because I felt strongly about the simplicity and effectiveness of the cleft palate treatment.

We called our event the “Miles for Smiles” 5K and fun run. HOSA members put up posters and signs throughout our high school promoting both Smile Train and our race. In addition, we hosted an educational event at our high school during a “lunch and learn event” to help raise awareness for the organization. Over 50 students, staff, and family members came to our race, and raised $4,250 which was enough to provide seventeen (17) cleft palate surgeries!

Smile Train is a perfect organization for HOSA chapters to create fundraising activities. The benefits are twofold: provide a life-changing surgery for a child and easily show high school students how they can help. Smile Train’s model aligns with one of HOSA’s belief’s which is to enhance the delivery of compassionate, quality health care as well as to help the development of health and biomedical science students in their future careers through character building, leadership, and service.

After graduating with a degree in biology and psychology from the University of Notre Dame in May 2018, I plan to attend medical school and one day become a doctor. Working with Smile Train was a fantastic way for me to develop positive character traits and organizational skills, which have helped me on many occasions throughout my college career. Nearly four years later, I still feel positively about my experience and enjoyed working with HOSA-Future Health Professionals to support Smile Train.

Smile Train has offered more than 40,000 training and education opportunities to surgeons, anesthesiologists, comprehensive cleft care providers, and nurses across the developing world.
Looking up into the morning sky at 6:00 a.m., you may be blinded by the field lights if you find yourself at a National Football League training facility. While most early-risers are getting out of bed, practice fields are being set up for training camp by athletic training interns across the NFL. Strapping medical kits to water pumpers and pushing cubes filled with ice onto the field, you’re drenched in sweat by the time it hits 6:30 a.m., upon which you go inside and prepare for treatments and rehabilitation. After those, you stretch and tape the players for practice. During the two-hour practice, not only are you sprinting from player to player giving them water, but you’re also looking for any injuries that occurred and treat those. Communicating new injuries to the athletic training staff are essential so everyone is on the same page. Decisions are often made in seconds and not being focused 100% of the time could be the difference in an excellent job and a terrible job.

After practice, you clean up the field, do treatments, restock the athletic training room, potentially cover another practice, and do treatments again. Some days can be from 6:30 a.m. to 9:00 p.m., but the bonds you form with your athletes and co-workers keep you going. The athletes I have had the pleasure of serving are some of the kindest people I have ever met – totally opposite of what I expected. One of my favorite moments was getting a bear hug from Jarvis Landry on the 50-yard-line at Hard Rock Stadium after not seeing him for a month after my internship ended, a moment that validated the hard work I put into building good relationships with my athletes and helping them succeed.

I will never forget the first time I stepped foot onto the field at Hard Rock Stadium; I was in complete awe. From the Dolphins logo perfectly painted at center-field, to how green the grass looked and how bright the sky appeared, it looked like something out of a movie. That is when it hit me that I was living out my dream of working in the NFL. Game-days are absolute chaos, controlled chaos of course. From the minute you step out of your car to the moment you step back in, you are in go-mode. There are so many moving parts, from athletic trainers, physicians, EMTs, and medical personnel present, to the equipment staff, football operations staff, and TV crew; everyone comes together to ensure games are smooth. For example, if an athlete is injured and needs to be evaluated inside of a medical tent, not only does the medical staff have to communicate properly; everyone surrounding the tent must make way for the athlete and staff to ensure their privacy is respected. Working my first regular season game against the Tennessee Titans was a thriller. While my ears were ringing from the deafening noise of the stadium, it was exhilarating seeing the players come together to win the game in a close battle.

One of the most important things I have learned as an intern in the NFL is that attitude is absolutely contagious. It not only affects your co-workers but also your patients. If it’s 8:30 at night and you give the impression that you don’t want to be there, that you would rather be laying in your bed, your athletes pick up on it and they drag through their rehabilitation and treatments. Winners don’t just play hard in the first quarter, the ones who fight through the negative parts of their day and still approach everything with enthusiasm and resiliency are the ones who genuinely win. It is easy to start off with a positive attitude, finishing with one is the real challenge. Working in the NFL has shown me how some of the best in the business do what they do. It is eye-opening that they don’t do anything extraordinary, they just give maximal effort in everything they do and strive to put quality over anything, something I will definitely emulate moving forward. I am eternally grateful to the Miami Dolphins for giving me an opportunity to be an intern in the NFL, thankful to everyone who prepared me for the job, and most appreciative for those who helped me obtain the internship... to all, you allowed me to live out my dream of working as an athletic training intern in the NFL.
HOSA is excited to partner with the Campaign for Tobacco-Free Kids, a leading force in the fight to reduce tobacco use and its deadly toll in the United States and around the world. HOSA & CTFK are joining forces to provide training to students that will help them understand the dangers of tobacco use and how their voices can help create the first tobacco-free generation.

HOSA chapters across the nation can win CASH PRIZES by participating in or hosting Taking Down Tobacco 101 trainings for Kick Butts Day, a national day of activism that empowers youth to speak up and take action against tobacco use.

**KICK BUTTS DAY IS WEDNESDAY, MARCH 21, 2018!**

HOSA chapters can participate by...

1. Hosting a Taking Down Tobacco 101 Training for Kick Butts Day to be eligible for CASH PRIZES for your chapter. (ADVISORS [click here](#) for more information).

2. Setting up a #BeTheFirst Pledge Wall and gathering signatures to #BeTheFirst tobacco-free generation. [Pledge wall activity kits](#) are available on a first come, first serve basis! Requests due by February 16th.

3. Planning your own creative and unique Kick Butts Day event! The [Activities Database](#) is full of event ideas; from airing out Big Tobacco’s dirty laundry to hosting a cigarette butt pick-up in your local park, we’ve got you covered!
The benefits of HOSA participation for future health professionals have been understood at the high school level for ten years at Farmington, Harrison and North Farmington High Schools. Individuals and teams have represented the district well at the Regional, State and International levels. This year marked the start of a district Middle School Chapter which originated as a result of an interested middle school sibling of a three-year high school HOSA student leader and his parents. What started as a small pilot program with interested students at Power Middle School rapidly expanded to include 44-members from East, Warner and the Farmington STEAM Academy due to the already existing intra-district extracurricular collaboration. A highly motivated middle-school parent and the high school HOSA advisor motivate the middle school chapter activities.

The members have focused on learning about HOSA goals and benefits, event selection, and preparation for their Regional and State Conference. The chapter goals include invitations to guest speakers, community service and fundraising ideas to support their journey to States and beyond. The first guest speaker, a parent pharmacist, was welcomed by an attentive audience. The students were highly engaged and responded with many thoughtful questions as they learned about the scope of work, personal characteristics and academic preparation required to prepare for a career in this pathway.

“HOSA is a great opportunity for us middle school students to learn about different career options in the medical field.”
—Nikhil Sheth, Warner, Grade 8

The excitement and enthusiasm demonstrated by the members of this newly formed chapter is amazing. The self-motivation and determination for success has been evident from the start. The support of each building principal and strong parental support attribute to the Chapter’s success. Thirty-eight members participated at the Region 8 Leadership Conference held at Novi High School on December 1. Learning that Farmington was the only district with a Middle School Chapter resulting in all participants being eligible to advance to the State level did not thwart their enthusiasm to put their best effort into preparing for and competing in their selected events.

“Participating in the Middle School chapter for HOSA was a great experience! It helped me explore different opportunities offered in high school. It was a lot of fun interacting with other students in my event and discussing with high school students about their experiences in HOSA. The energy and enthusiasm shown by everyone in HOSA definitely motivated me to participate in high school as well. I would definitely recommend this chapter to other middle school students who are interested in pursuing a career in the Health Science field.”
—Praneet Voleti, Power, Grade 8

It’s Never Too Early To Prepare For Your FUTURE HEALTH CARE CAREER

Middle School Mania (an excessive enthusiasm or desire; an obsession) might be the term a Medical Terminology competitor would use to describe the newly formed HOSA Middle School Chapter in Farmington Public Schools.
The first year we partnered with Queen Creek High School to help us run meetings and get ready for competitions against Newell Barney and most people got to qualify and go to the International Leadership Conference.

Our first FLEX conference was quite scary. We were a small group of sixth-graders surrounded by very intimidating high schoolers. Everybody kept calling us cute or saying things such as “Oh I remember when I was a sixth grader!” Some of us were complimented and told that we must be very mature to “have our life together” and “That’s great you know what you want to do!” By seventh grade, though, most of the high-schoolers were used to us being around.

In 2016, the FLEX conference was about the same, but we knew how to manage our time, sign in, select workshops we liked, and get to where we needed. At the state competition this year, there were more middle schools which meant more competition. Five (5) members placed 1st and one member placed 2nd, 3rd, and 4th. Internationals was very fun, and everybody placed in the top ten. Our advisors, school, parents, and other chapter members were proud of those that placed.

This is our third year as a chapter, and we are looking to continue another successful year. We have twenty (20) members who are dedicated to the chapter. We hold two meetings a month, one for business and one for guest speakers. We have already had a former EMT, a physiatrist and a firemen/paramedic come speak at one of the meetings. We plan on doing more mentoring with the Queen Creek High School and assist them in blood drives and health education. We have a few fundraisers planned to help our members attend the International Leadership Conference this year in Dallas, Texas. This will be the founding members of Queen Creek Middle School HOSA’s last year in middle school HOSA, and it has been a blast. The experience has been amazing! We have learned so much and hope the other members continue with this organization with the same pride and success with which it started!
SFMS HOSA is the largest middle school chapter in the nation. Due to this, our HOSA Officer team, composed of twenty-one (21) enthusiastic individuals dedicated to guide their peers, is the largest it has been in years. HOSA has allowed members to connect with others who share the same passion – healthcare. Whether it may be going into biotech or patient care, we create the freedom for our members to discover their passion through service events, competition, and knowledge.

All the service events our HOSA officer team creates provide a meaningful purpose. Whether it is raising money for the National Alliance of Mental Illness (NAMI), or helping others within our community, SFMS HOSA dedicates itself to community outreach. Our chapter participates in different service projects every month. One of the projects that our chapter highlighted this year was creating holiday cards for the patients at Children’s Healthcare of Atlanta. We wanted to put a smile on children’s faces during the holiday season.

This year, our chapter’s main service event is our Color Run. The Color Run is designed to raise money for NAMI and to wash away the negative stigma usually associated with mental illness. The NAMI Color Run will take place around our school inviting all students and their families to join us in changing the mindset surrounding mental health.

HOSA at SFMS also allows students to elevate their knowledge by competing in a choice of ten (10) competitive events. Our chapter has seen countless numbers of competitions at the regional, state, and even international level. Just last summer, SFMS HOSA sent twenty-five (25) members to compete in the International Leadership Conference, placing many in the Top 3 of their events.

Due to our expansive chapter and our love for medicine, SFMS offers a year-long healthcare science connection to eighth grade students. The class introduces students to the world of healthcare, while also helping them prepare for a Career Pathway in high school. We learn and study medical terminology, chain of infection, systems in the human body, and much more. In addition, every Thursday, students wear scrubs and participate in different types of labs. Each lab allows the students to have fun while exploring the related unit.

Our HOSA chapter’s unique and ambitious mindset creates the next generation’s future health professionals. We have great interest in providing service to our community, allowing us to grow as HOSA members. We hope to set an example for other middle school chapters, not only in the state of Georgia, but throughout the nation. We live, breathe, and stop the bleed!
Healthcare is the fastest growing sector of the U.S. economy, employing over 18 million workers. In 2013, one in five workers in the healthcare and social assistance industry reported nonfatal occupational injuries – among the highest number of such injuries reported for all private industries. Although it is possible to prevent or reduce healthcare worker exposure to these hazards, healthcare workers continue to experience injuries and illnesses in the workplace.

Benefits

- Classroom Friendly Online Course Format
- Student Course Completion Certificate and OSHA Wallet Card
- Online Student Management System
- Funding Opportunities Available (Perkins and Mini Grants)
- Pre-test & Post-test

$25
OSHA 10-Hour General Industry Training (Healthcare)

CareerSafe and National HOSA have established a partnership to help all young workers succeed in life and in their selected career field of interest. For every teacher who updates their account association to HOSA, CareerSafe will donate a dollar back to National HOSA for each student enrollment.

Student Feedback

- The training will better help me identify hazards: 97% agree
- The training program was easy to use: 93% agree
- Students stated this was the first job safety training they have received: 84%
- Students taking the test are currently employed: 53%
- Students would recommend this training to others: 90%

WWW2.CAREERSAFEOFFLINE.COM/HOSA
T: 888.614.SAFE (7233)
It is important for people living with mental health conditions to know that they are not alone. Sharing a story about your personal experiences with mental health challenges can help in your own recovery as well as provide encouragement and support to others with similar experiences. Telling your story can take several forms:

- Prose/poetry
- Song lyrics
- Inspirational quotes
- Drawings
- Photos
- Videos
### Advice from a Former Executive Council Member

"What advice can you give to HOSA members for the upcoming year and beyond?"

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<thead>
<tr>
<th>Officer</th>
<th>Advice</th>
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<tbody>
<tr>
<td>Aditya Vinjamuri</td>
<td>In my 8 plus years with HOSA, the best advice I can give is to take advantage of all the opportunities HOSA and an education can offer. If you have a passion for something, push yourself in all possible fronts to grow. Especially in a college setting, it is easy to get carried away with exams and grades, but learning based on interest and talking to everyone you come in contact in healthcare setting is a great way to grow personally.</td>
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<td>Aamr Hasanjee</td>
<td>Through HOSA, I developed relationships with people across the globe who continue to work to deliver quality, compassionate healthcare. This network of practicing and future health professionals enabled me to have experiences I never would have otherwise, including participating in cutting-edge cancer research, shadowing prestigious physicians, and working as an intern for three companies. The HOSA network and benefits it offers to its members are unparalleled, and I encourage every student to take advantage of HOSA's network by running for office at all levels, participating in the National Service Project, and working to win a competitive event.</td>
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<td>Elizabeth Carnesi</td>
<td>My advice for a HOSA member would be to take every opportunity that comes their way. The more you put into HOSA, the more you get out of it. I would encourage students to try new things and learn about different opportunities that are interesting to them through HOSA. There are so many opportunities available that students can take advantage if they step out of their comfort zone.</td>
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<td>Mart Joshua Lopez</td>
<td>The best advice I can give to any HOSA member is to embody the heart of exploration. When you explore different internships and jobs, you finally get a chance to see what you love and hate doing. Trying new things while you are young will bring you a few steps closer to your dream career.</td>
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<td>Jada Holiday</td>
<td>We often find ourselves in difficult positions that may keep us from succeeding. For me, that was my age difference. I thought I was too young to run for office at the international level, and I almost didn’t. But my advisor reminded me that all things are possible, and age didn’t qualify you; your leadership and your passion qualify you. I had a passion for HOSA and for serving everyone around me. There was no greater feeling than standing on that stage after my name was called as winning the election. Don’t let fear keep you from obtaining something amazing and life changing forever.</td>
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Across

1  Who is your Western Region Vice President?
3  Who is your Executive Council President?
6  Who is your Postsecondary/Collegiate Vice President?
7  The Washington Leadership Academy was held in what month?
10 What city was the Third National Conference held?
12 This award at ILC recognizes students’ health-related volunteering
13 Who was HOSA’s first national president? (First name)
14 The location of the 2019 International Leadership Conference
15 Create Your

Down

2  ’s Rules Of Order make up parliamentary procedure
3  Extemporaneous Health
4  The final line of the reads: “I dedicate my training, my skills and myself to serve others through HOSA”
5  What event involves caring for animals? Science
8  Who is your Postsecondary/Collegiate Board Representative?
9  What city is the 2018 International Leadership Conference being held?
11  The Executive Director of HOSA – Future Health Professionals... Jim