

HOSA-FUTURE HEALTH PROFESSIONALS

TOWARDS TOMORROW

2019-2020





This HOSA year you will have the opportunity to step out of your comfort zone whether it is simply going first for a classroom presentation or applying to a coveted research position. No action is too small because each step will help you on your journey *Towards Tomorrow*.

Vivian



Jake

Believe in yourself and always keep pushing *Towards Tomorrow*. Through hard work, dedication, and a vast network in HOSA, there is no limit to what you can do. I hope that this year in HOSA will be one that strikes a fire deep inside of you that will change the world. Always look up, within, and *Towards Tomorrow*.



Fanny

We grow through experiences and opportunities, and HOSA has plenty of them. I encourage you all to use this platform to not only better yourself as an individual but to also use it as a mechanism to positively impact those around you. What we learn today will help you prepare for tomorrow.

HOSA-FUTURE HEALTH PROFESSIONALS

TOWARDS TOMORROW

Take every day as another step forward in your ambitions as a Future Health Professional. HOSA not only allows your goals to come to fruition, but it can help you discover yourself and the impact you wish to make on the world. Don't forget to keep your purpose at the forefront of your journey with each step you take *Towards Tomorrow*!



Dev



Find your passion through HOSA. Utilize being exposed to every aspect of healthcare through HOSA as an opportunity to discover your place and more importantly, your passion. This will ultimately help lead you *Towards Tomorrow* and in the right direction.

Kasey



Amanda

Learn who you are, and don't lose sight of your purpose. HOSA provides a wonderful network and an array of opportunities to help you define your values. Remember your motivations and the reasons behind your actions as you continue pushing yourself *Towards Tomorrow!*



Collin

Learn to benefit from the environment around you! Use new experiences and connections to build on past ones so that you can undergo a metamorphosis that'll turn you into an outstanding leader, in HOSA and beyond. This transformation will lead you on your way *Towards Tomorrow!*



Hebah

Within HOSA you have the opportunity to create lasting impacts on your community every day that will serve you well in your journey *Towards Tomorrow!* Challenge yourself to find new ways to utilize your unique skills and interests to create positive changes in your community!

TOWARDS TOMORROW

2019-2020

with the Executive Council



Press Release

For Immediate Release

Jimmy Koeninger, PhD, has been Inducted into the Prestigious Marquis Who's Who Biographical Registry

Dr. Koeninger accrued a Doctor of Philosophy from the Ohio State University

SOUTHLAKE, TX, September 5, 2019, Jimmy Koeninger, PhD, has been inducted into Marquis Who's Who. As in all Marquis Who's Who biographical volumes, individuals profiled are selected on the basis of current reference value. Factors such as position, noteworthy accomplishments, visibility, and prominence in a field are all taken into account during the selection process.



With more than 40 years of professional experience to his credit, Dr. Koeninger has excelled as the executive director of HOSA-Future Health Professionals since 1984. During this time, he has simultaneously found success as the president and the chief executive officer of Corporate Education Resources, Inc.

While working in a classroom setting, Dr. Koeninger realized that the setting limited the number of people he could help and decided that an association setting was more suited to working with a larger number of people from all over. Prior to entering the field of business, he worked in education in various academic positions at the University of Northern Colorado, Angelo State University, Oklahoma State University, University of Houston, and University of North Texas. During 1976 to 1984, Dr. Koeninger conducted leadership experiences for youth in summer camp environments, conference settings and retreats through the Leadership Development Institute (LDI).

Directly crediting his wife, Karen, with the success of his career, Dr. Koeninger pursued an education at Central State University, earning a Bachelor of Science in 1965. He remained at the university to complete additional study and graduated with a Master of Science in 1968 at the Oklahoma State University and concluded his academic efforts at The Ohio State University, graduating with a Doctor of Philosophy in 1973.

Dr. Koeninger is the author of numerous training materials. He has two sons, Jeffrey Glen and Jason Charles, who both work in the company, as well as four grandchildren, Quentin, Violet, Jake and Cole.

About Marquis Who's Who®:

Since 1899, when A. N. Marquis printed the First Edition of Who's Who in America®, Marquis Who's Who® has chronicled the lives of the most accomplished individuals and innovators from every significant field of endeavor, including politics, business, medicine, law, education, art, religion and entertainment. Today, Who's Who in America® remains an essential biographical source for thousands of researchers, journalists, librarians and executive search firms around the world.

Passion

Growth Learning

Family Journey

Amazing

WLA RECAP

The 2019-2020 Executive Council would first like to thank all Advisors, State Officers, and Local Leaders for making this conference one that we will always look back on with fond memories. We hope that you all were able to take something from this conference and back to your state or chartered association. Whether it was something from a main session, or just something you learned from networking with other chartered associations, how well we apply these lessons to our leadership roles to better ourselves as a result of this conference will be the measure of its success.

Our conference began with an inspiring speech from Jack Andraka. Jack invented a rapid detection test for pancreatic, ovarian, and lung cancer at the age of 15. Through his words he reminded us that although we are all Future Health Professionals, this doesn't limit us from making an impact on the healthcare community right now. Breakout sessions began immediately following that speech and into the next day where our state officers learned about how to be a positive influential leader. We analyzed what it really means to have influence with someone, not over someone and how we can utilize this to make a positive impact in the lives of others. This led to deeper discussions on the importance of power coming from influence and not position, sharing stories to form genuine bonds, and of leading by example.

Continuing onto our Industry Tours we hope that you were able to have an immersive experience in some of what D.C. has to offer us in science and healthcare. From touring some of the fine educational facilities, such as George Washington University to their health facilities like the Children's National, we hope you have a great experience.



As leaders, being an influence on others doesn't stop. That is why we must never forget to influence others positively.

The leadership displayed at this year's WLA is a testament to the great things that are to come this school year.



The leadership displayed at this year's WLA is a testament to the great things that are to come this school year. As leaders, being an influence on others doesn't stop, that is why we must never forget to influence others positively. When we do this, we empower those around us to move in a positive direction as well. With that, we encourage you to keep the connections you've made and the lessons you've learned close to your heart. With this knowledge we hope for nothing more than for the lives of future health professionals to be impacted like never before this year.



Never too Young or Old to **MAKE A DIFFERENCE**

In a culture where experience is touted, the Louisiana HOSA State Officers helped remind us an important lesson— we are never too young or too old to make a difference. During Memorial Day weekend, the Louisiana HOSA State Officers attended their Officer Training Retreat celebrating the the holiday and learning valuable lessons about leadership.

One highlight was attending a Memorial Day Service in Lafayette, LA. At the memorial, there were bands, military personnel, first responders, police, and many veterans. There were some from WWII and wars since. Most there were older than us.

When we arrived and headed towards our seats, so many people stopped us and asked who we were. Usually, these events are attended by older people, so the people all around us had been asking the officers who they were, what HOSA is, and much more before the ceremonies began. The officers took the great opportunity to tell people about HOSA....and practice their elevator speech!

Once the ceremonies began, it was very touching and heartwarming. One speaker, thinking he was only talking to older people, said, “I know there are no young people here....” At that point, people around us started to stand up and point to us and yell out, “Yes there are!” The speaker then stopped asked the officers to stand, and everyone cheered for them!

After the ceremony, they were invited to have a snack and spoke with many of the veterans in attendance, as well as having their picture taken with the veterans who gave the 21-gun salute.

What a wonderful morning we had! The State Officers left with a sense of pride not only for themselves but for their country as well. It was a great learning experience for all!



These officers showed us that leadership lessons of pride and respect can be learned anywhere if you open your heart to it, and that leadership lessons like our elevator speeches can be put into practice anywhere.

793 New Organ Donors!

Congratulations to HOSA members across Michigan for adding **793 new donors** to the Michigan Organ Donor Registry last school year! HOSA members in Michigan participated the Gift of Life HOSA Challenge, a statewide competition to register new organ and tissue donors and inspire support for donation.

In addition to registering new donors, students also encouraged their classmates, teachers and supporters to sign up through various activities and events designed to raise awareness of the importance of organ and tissue donation. Awards were presented to Anchor Bay High School HOSA, the chapter with the most new donor registrations, and to Lutheran High North HOSA, the chapter with the most activities completed in support of donation.

"We are proud to partner with Michigan HOSA-Future Health Professionals to save and heal lives right here Michigan," said Dorrie Dils, CEO of Gift of Life Michigan, the state's organ and tissue recovery program. "The energy and enthusiasm of these students is inspiring. Their leadership and passion for improving health care will ensure a successful Gift of Life HOSA Challenge. Signing up on the Michigan Organ Donor Registry is an easy, quick way to give hope to the 3,200 residents in our state waiting for a life-saving organ transplant, and tens of thousands more who need cornea and tissue transplants to improve the quality of their lives."

Samantha Pohl, assistant director of Michigan HOSA, added: "With over 7,000 HOSA members spread across the state, this challenge is a fun way to make our organization feel more cohesive, all while spreading awareness of organ donation. We are thankful for this opportunity with Gift of Life and appreciate them taking an interest in future health professionals."

Winners and participating schools were recognized at the HOSA State Leadership Conference in Grand Rapids at the end of the school year.



- A full list of participating HOSA chapters, and their scores in the Gift of Life HOSA Challenge, is available at gohm.org/hosa.
- Student leaders from each chapter are available for interviews. Please contact Alison Gillum at Gift of Life Michigan, agillum@gohm.org or 616-915-0679.
- Gift of Life Michigan is the state's federally designated organ and tissue recovery program, which acts as intermediary between donors, their families, hospital staff and transplant centers. Gift of Life Michigan, in collaboration with Eversight, provides all services necessary for organ, tissue and eye donation

Helping Kids
Beat Cancer.



MISSOURI HOSA

Over the past year, Missouri HOSA has been engaged in a campaign to spread awareness for HOSA's Service Project. This campaign, started by the Grain Valley HOSA Chapter of Grain Valley, MO and called "Knock Out Pediatric Cancer," aims at raising awareness for the National Pediatric Cancer Foundation. The campaign consisted of events at local chapters in Missouri. These events included activities like basketball games, STEM theme nights, HOSA Week activities, and much more.

"This initiative is the perfect way for chapters to both get involved with the National Service Project and become more engaged with their communities," says Maddie Merrill, Missouri HOSA President.

Maddie says that in the past year, Missouri HOSA has seen a large increase in participation with the NPCF. She says that more and more members are becoming Ambassadors with the NPCF and continuing to support this outstanding organization. If you would like to see some of the efforts made by Missouri HOSA to support the NPCF, follow Missouri HOSA on Instagram @MOHOSAOfficial or look up their campaign hashtag: #KnockOutPediatricCancer. The Executive Council is grateful for the hard work of Missouri HOSA and cannot wait to see what other states are doing to help eradicate pediatric cancer!



Members of Orchard Farms HOSA in St. Charles, MO.



Members of Smith Cotton HOSA in Sedalia, MO.

LAKEWOOD RANCH HIGH SCHOOL - FLORIDA

On September 7, 2019, five members from Lakewood Ranch High School's HOSA Chapter had the opportunity to attend the National Pediatric Cancer Foundation's "Fashion Funds the Cure" event in Sarasota, Florida. Held at The Mall at University Town Center, the event consisted of a silent auction and fashion show including pediatric cancer patients. LRHS HOSA members were volunteers in setting up the silent auction. Afterwards, they were invited as guests to watch the fashion show.

"The experience was absolutely magical, and we are extremely grateful for the opportunity NPCF provided us! Overall, our members had an amazing experience and have shared they are ready to volunteer at the next NPCF event in our area," LRHS HOSA President Nicolette Ngov said.

The NPCF holds events around the country, including "Fashion Funds the Cure" as well as 5K runs and fishing tournaments. Chapters near these events are encouraged to attend, donate, or participate in the activities. Lakewood Ranch High School HOSA is a great example of a chapter engaging with the HOSA Service Project, and are applauded for their contributions.



**Left to right: Morgan Deglopper, Cameron Willis, Kelsey Le, Nicolette Ngov, and Nichole Chen
Members from Lakewood Ranch High School attending the Fashion Funds the Cure event.**

RIVER BLUFF HIGH SCHOOL

Members of River Bluff High School, located in South Carolina, have fundraised and raised awareness throughout September in recognition of Childhood Cancer Awareness Month. The chapter's members are motivated by personal reasons, as there have been friends and community members who have been deeply affected by pediatric cancer.

Posting daily facts on social media, they are sharing information with their members about the prevalence and importance of pediatric cancer, as well as the need for further research. In addition, officers have hosted a creative fundraiser for the NPCF. Over the span of a week, the RBHS HOSA Officer team offered incentives for donations, including yellow ribbon stickers, papers, and pins. They also created custom t-shirts with their school's theme, "*Envision*," and sold them for \$15 each as a fundraiser for the NPCF. The work done by the members and advisor at River Bluff High School are great contributions towards the HOSA Service Project, and are a reminder of the amazing fundraising and awareness activities that can be completed!



GOAL SETTING

No matter where you are, it seems as though you are always working towards another goal. Maybe it is for a career, a degree, a family, or even your HOSA chapter. Here are some helpful tips for setting goals that can become a reality.

BE REALISTIC.

Find a balance between pushing yourself or your organization to new heights, but also creating goals that have the potential of being met. The University of Michigan suggests anticipating potential problems and writing down solutions to that problem in order to continue working towards your goals. But do not just write down obstacles, write down your goals themselves! Dr. Gail Matthews' study shows that people who write down their goals are 33% more successful than those who simply think of their goals and do not write them out. Writing your goals out helps you plan, and allows for more realistic, attainable goals.

KNOW YOUR PURPOSE.

While building goals, understand the reason behind the actions you aim to take. If your goals are not something that has a significant meaning to you, then it becomes increasingly harder to stay focused. Once you have a goal that means something to you, make sure it is specific enough to be fully attainable.

HAVE A TIMELINE.

After deciding on a reasonable goal, make a timeline to accomplish this objective with individual steps along the way. Be sure to consider how much time you'll need in total, as well as what other responsibilities you have. Creating a timeline will also break the goal down into smaller pieces, making it less overwhelming and more achievable.

MAINTAIN ACCOUNTABILITY.

Make sure your plans are on track. According to the same study, 76 percent of participants who provided an accountability partner with a list of their goals and action steps were successful. However, it is important that your accountability partner is, well, accountable! Your best friend may not be the best option, so seek out someone who you value a strong personal or professional relationship with. This way you are held accountable and you strengthen a relationship in the process.

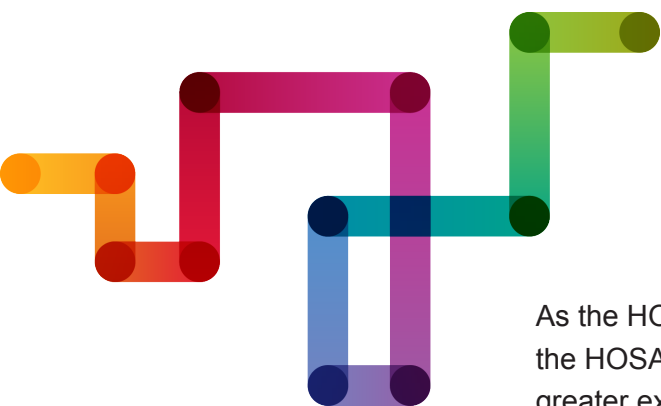
REFLECT AND REVISE.

Once a particular goal is achieved, we often move on quickly. An additional period of reflection and revision, however, is a great time to think about what can be improved. If a goal isn't met, consider what went wrong and why. You may be able to revise and continue working on your goal until you reach a point where it is achieved. Even if a goal was achieved, think about what was successful and how to continue this momentum.

Hopefully, these tips can help you create goals for this upcoming HOSA year. Intentional goal setting is a great tool for success, and we wish you the best. Happy goal setting!

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DIVISION CHALLENGES

As the HOSA year begins, the Executive Council is excited to unveil the HOSA Division Challenges! These challenges are meant to create greater exposure to all that this organization has to offer among all middle school, secondary, postsecondary/collegiate, and alumni members. New challenges will be introduced every two months, resulting in a total of five carefully selected challenges to complete through the given year. From September to October, members are encouraged to pursue a variety of opportunities.

MIDDLE SCHOOL:

We challenge you to spend a day making a difference in your community. As HOSA members, you're always encouraged to serve those around you, and being engaged in community service is a great way to do so! You could work alone, with your chapter, or even with non-HOSA members such as friends and family. Service opportunities include volunteering at a nursing home, attending charity run/walks, and many others! Feel free to pursue any volunteering activity that brings you the most joy!

SECONDARY:

As many associations begin their fall conference season, secondary members are encouraged to spend time engaging in HOSA's leadership component through attending their local Fall Leadership Conference. More information about conferences can be found from your advisor or on HOSA's website at hosa.org/associations. If local conferences are unavailable, planning activities for a Leadership Day within your chapter is a great alternative! Both options provide an environment to learn about yourself and others and grow your leadership skills.

POSTSECONDARY/COLLEGIATE:

Since many campuses hold activities and club fairs during the beginning of the year, we encourage you to attend these and advertise for your HOSA chapter! Reaching out to prospective members at the beginning of the year is the best way to get them involved, while they're still eager to find new organizations to join. Furthermore, attending these events will help you build your campus community, develop your passions, and find meaningful activities as a way to get involved.

ALUMNI:

To kick off this year, alumni are encouraged to introduce yourself to another alumnus. A great starting point is connecting with an alumnus from your previous HOSA chapter or through social media. Make sure to stay in touch, and feel free to reach out to even more HOSA alumni and expand your network!

As you complete these challenges over the coming months, be sure to let the Executive Council know through email about your progress and success stories, as you'll have the chance to be featured on social media and inspire other members. Finally, stay tuned for the announcement of future division challenges! The Executive Council hopes division challenges will provide you with HOSA spirit and a sense of direction as the year continues. We are excited to see how these challenges take off and hope they serve as valuable motivation in your HOSA journey.



COMPETITIVE EVENTS

For those of us that seek to learn, grow and do more within our future career paths, competition isn't always the first thing we have in mind. In HOSA-Future Health Professionals, walking away from a competition with nothing is something that is guaranteed to never happen. Even in mere preparation for competitions, HOSA members have a chance to collaborate, learn, and grow. Every competition has a unique skill set that accompanies it! From enhancing your leadership abilities to improving your teamwork, you will have the chance to prepare yourself as a future health professional in ways that will **not** go unrecognized.

With educational workshops, every member has the chance to learn actively from experienced professionals and leaders in the health community. Additionally, with abundant opportunities to network with current and future health professionals, it's impossible to walk away with nothing!

HOSA stands out among other pre-health organizations by offering an opportunity to compete. At conferences, the unique array of competitive events provided to members offers the chance to discover more about your specific health career interests. From career specific events such as Clinical Nursing, Veterinary Science, or Physical Therapy to broadly applicable skill development events such as Prepared Speaking, Job Seeking Skills or Creative Problem Solving, there's a place for anyone to enhance their knowledge and to increase their preparedness for a future in health.

We asked several of our dedicated members to tell us about their own experiences and take-aways from competing, and this is what they had to say.

"Competing in MRC Partnership, I've gained many valuable skills: collaborating with my team to educate our community about emergency preparedness, communicating with our MRC unit leader, and effective time management skills to finish partnership activities"

-Aparna Kuchibhatla Washington

"As a healthcare professional, you must have the ability to avoid being discouraged when feeling frustrated. HOSA competitions have helped me think critically and calmly during stressful situations."

-Angela Grace Borro Nevada

"Due to the CPR/First Aid competitive event, I feel much more prepared for emergency first aid situations."

-Shiza Ahmed Canada



HOSA WEEK

Are you passionate about the pipeline that HOSA serves for future health professionals? Do you advocate HOSA service projects, learning about the healthcare field, and advancing health career technical skills? Well, look no further because that is what HOSA week is all about! Chapters from all parts of the world will be hosting events November 4-8 to engage members, their student body and community in a positive way that promotes the mission of HOSA. This means that your chapter can do anything from a service project; host a health care professional to speak at your school or honor a health provider for outstanding service. The options are endless so we have compiled a list of ideas from chapters' around the globe to help you get started in planning your chapters very own HOSA week <http://www.hosa.org/hosaweek>.

Is your chapter up to the challenge. **Let's keep the spirit of HOSA week alive.** The Executive Council put together a set of challenges each day.

November 4- Learn more about HOSA Monday!

Get your school and community excited and educated on what HOSA is all about by hosting an "all about HOSA" event, workshop or health career exploration fair.

November 5- Towards Tomorrow Tuesday!

Wear anything from scrubs to lab coats to celebrate and raise awareness for your future careers in health.

November 6- Network with health professionals Wednesday!

Reach out to the health professionals in your community by having a guest speaker come into your chapter meeting or holding a networking event at your school!

November 7- Conference Throwback Thursday!

Look back on all your favorite HOSA memories by dressing up in your professional blues or by wearing your favorite HOSA conference T-shirt!

November 8- National Pediatric Cancer Foundation Friday!

Raise awareness for the HOSA Service project by hosting an event in your community or by reposting NPCF posts on social media.

We hope that these challenges inspire you to make the most of HOSA Week, but don't be afraid to go outside of these boundaries! This week is about all things HOSA, and what's more HOSA than its members! Make your HOSA Week about your community and the incredible impacts that HOSA can have within the community. Not only is HOSA Week an amazing opportunity to engage current members, but it is also a chance to engage some potential new members that will not know what HOSA is all about. So make sure to utilize this special time of the year to promote the beliefs and goals of your chapter. Don't forget to tag @hosafhp in all of your social media posts to get recognized for your chapter's HOSA week events by the official HOSA social media pages!



tag @hosafhp in all of your social media posts!

WHAT IS HOSA?

learn

create change

become a leader

Being a member of HOSA-Future Health Professionals oftentimes encompasses the question, what is HOSA? While it may be difficult to explain to others what exactly the organization is in a way that will allow people to truly comprehend the capacity of the organization, there are key points that will greatly help in the explanation. HOSA-Future Health Professionals is far more than just a “student-led organization.” It is a platform to create change, to foster positive environments, and to learn. Most importantly, HOSA is an opportunity. The organization offers a plethora of opportunities that allow individuals to develop essential life skills and become leaders of their communities.

One of the greatest advantages of HOSA-Future Health Professionals is the competitive events and conferences that members are offered. Through these competitions, HOSA members can experience and explore potential future careers in healthcare that will give them an opportunity to determine what career they may enjoy the most. The exposure members receive through competitions is valuable preparation to become future health professionals.

Along with these conferences comes the opportunity for members to meet other members from around the globe. By making these connections between members, they are having some first-hand experience in networking and learning to get out of their comfort zone when speaking to new people. These are extremely valuable life skills that will make them better prepared for real-world endeavors.

Along with competitions comes the opportunity to develop into a great leader of one’s community. HOSA allows members to take leadership roles that not only develop strong character in these individuals but it also makes them great assets of their communities. These leadership roles give them a platform to positively impact those around them and to always emphasize the importance of service to others before all else. Within the organization, members are given the opportunity to become local, state, and international leaders in which the responsibilities progressively increase within each level of leadership. HOSA officers are provided with training that not only teaches them what being a great leader encompasses but it also provides traveling and networking opportunities that offer life-changing experiences that positively impacts their future. These are amazing opportunities that HOSA-Future Health Professionals has to offer. One must simply take them.



Starting a NEW CHAPTER

Over the past couple of years, HOSA's membership has risen exponentially. With health as the #1 industry, health science programs continue to grow, therefore HOSA continues to grow as well. As we continue to grow across the globe, chapter numbers are expected to increase as well. Whether you know a nearby middle school, high school, or college that could benefit from HOSA or you intend on starting one at a school of your own, the process is very simple!



Your very first step will be to contact your chartered association's headquarters to express an interest in starting a chapter at your school. It is paramount that you remain in close contact with your state advisor as they will be your source of contact and help! You will be given information to access our internet affiliation system and register your chapter online. Depending on where you live, the circumstances may differ, but you have at least 5 members and 1 advisor to affiliate an active chapter.

You should plan on reviewing the HOSA Handbook as well as the *HOSA Bylaws* as you begin to get your chapter started. With the help of these resources, you will create your chapter's Bylaws. The Bylaws are the backbone to the function of your chapter and essential to its success. The opportunities that HOSA offers are truly endless, and with an organized chapter, you will be well on your way to having the ability to fully appreciate everything HOSA has to offer!

After you have successfully cleared the aforementioned logistical checkmarks, your chapter will need to have a solid foundation for its members to reap the benefits of HOSA's many available avenues. The best way to get your chapter started is to begin planning fundraisers and other events at your chapter. Communicating with your state executive council, reading HOSA's seasonal e-magazines, and taking note of initiatives like the HOSA Service Project are all ways by which you can draw inspiration to create events at your local chapter! Support a local charity, take a trip to a nearby hospital, or do volunteer work as a chapter for a community organization. The direction you take your chapter in is truly dependent on the vision of your members! So, what are you waiting for? Get started and create a new chapter in your community or college, and if you have any questions, feel free to take a look at our website, hosa.org, or contact any of your HOSA Executive Council members!



Back to School *NOT* Back to Juul

A SINGLE JUUL POD
CONTAINS THE SAME
AMOUNT OF NICOTINE
AS 20 PACKS OF
CIGARETTES.

Though it may be back to school season, this year our summer was not filled with headlines of office supply sales. Rather, they were filled with news stories of a modern epidemic, “the vaping epidemic”. The number of teens vaping is at an all-time high with records showing that 20% of high schools have vaped before. Despite these staggering numbers, it is important to note that the CDC has stated that scientists still do not know the long-term effects of e-cigarettes. As many anti-vaping campaigns note, by choosing to vape, we are choosing to be a guinea pig for a substance for which we do not know the effects. We constantly hear from users that “vaping is much safer than smoking real cigarettes.” However, with the known health effects of traditional cigarettes, it puts into question, how safe is safer?

According to JUUL, a popular e-cigarette company, a single JUUL pod contains the same amount of nicotine as 20 packs of cigarettes. Nicotine is known to have detrimental effects on a developing adolescent brain such as changing synapse formation during learning and increasing the risk for future addiction.

As of September 12, 2019, the sixth person has died of vaping-related lung disease and there are more than 430 possible cases of vaping-related lung illnesses in the US alone. Some of these patients have contracted pneumonia, and the majority complain of shortness of breath, nausea, abdominal pain, and coughing. All of these patients have needed assistance to breathe by breathing tubes and ventilators, as their lungs can no longer properly oxygenate their blood. Headlines have even noted how a teen’s lungs looked like they belonged to a 70-year-old as the aftermath of vaping. Dr. Anne Melzer notes that this difficulty breathing increases with prolonged use because inflammation occurs when substances and fluids other than air enter the lungs. Both nicotine and cannabis e-cigarettes may contain a substance known as Vitamin E acetate which triggers lipid-laden macrophages to clean out these substances leading to extreme inflammation and illness. With the looming unknowns, the FDA and CDC both advise against e-cigarette use.

Many organizations have begun tackling this issue. The FDA is continuing anti-vaping campaigns and the US Government is preparing to ban all flavored tobacco. However, ending this epidemic is **up to you**. It is up to you to choose not to partake in these substances as well as stand as an advocate against preventable lung diseases and say NO to e-cigarettes.

Sources

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LEADERSHIP ACTIVITY

The Leadership Web

Synopsis (Estimated Time 30 minutes)

In the Leadership Web, you will be able to visualize the idea of shared leadership and see how we are all truly connected as leaders. As you navigate through this tangled situation, you will learn how as a team you can lift each other and as leaders, you can motivate one another to create continued growth.

Materials

- A ball of string or yarn
- Towels (To make the activity harder, use damp towels)
- *Directions*
- One person will start with the ball of string and yell out one of their leadership qualities (ex: positivity, honesty, respect, etc.); then, throw, it to someone else while holding onto their piece of string
- Repeat until everyone is holding onto a piece of string to create a web
- Then as a team using the web try to keep a towel from dropping
- Continue with as many towels as desired
- BONUS- have some people let go of the string while keeping the towels off the ground to show what happens when people are not actively engaged on a team



Delegates at Montana HOSA's State Leadership Conference participating in the Leadership Web.

Debrief:

The debrief is one of the most critical parts of an activity. Be sure to discuss the idea of shared leadership and how, as a leader, everyone has something to contribute. The Leadership Web also shows the inner workings of a team and that we need to be present and active as we work together to ensure that our web is effective in holding up towels, representative of overcoming our obstacles and accomplishing our goals.

If you try this activity at your chapter, be sure to share your pictures and tag @hosafhp on Instagram and Facebook!

SUBMIT ARTICLES

HOSA is all about you, and we want to be able to feature you on social media and in our next E-Magazine! We want to spotlight you and what your chapter is doing. If you have an interesting event or story to share, email one of your Executive Council members for a chance to be featured!

For a list of our emails visit www.hosa.org/executivecouncil

SUMMER INTERNSHIPS

Empowering and Inspiring Students and Transforming Lives

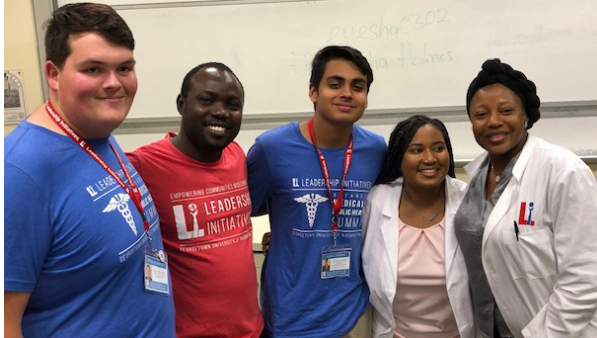
HOSA members from across the nation are taking advantage of unique opportunities to expand their health science career awareness and focus on college readiness by attending a Leadership Initiatives Youth Development Program, the Advanced Medical & Public Health or the Advanced Medical Neuroscience Summits. Whether discovering treatments for diseases or learning college application strategies, HOSA members experience real-world challenges and work together with medical professionals in compelling, hands-on activities to find solutions to problems. Students gain skills they will use in high school and any career path they pursue.

Serving as accelerated internships, students in the Advanced Medical and Public Health Summit work with high level health professionals, visit top medical facilities, become certified in first aid, CPR, and AED, learn to measure blood pressure, and practice suturing. For their final project, students study the four most common diseases in developing countries across the globe with international medical experts. Using Microsoft and Facebook's Oculus Rift technology, students diagnose patients in sub-Saharan Africa with a doctor in real time and recommend a treatment. Through a partnership with the Howard University Simulation Center, students perform an abdominal ultrasound, manage an emergency room patient, and learn to draw blood using state-of-the-art-simulation units.

In the Advanced Neuroscience Summit, students spend seven days participating in cutting-edge neuroscience experiments, exploring biological foundations of the brain, progressing from neuron cellular foundations to understand the sensory systems, and culminating with higher-order cognitive functions such as memory, emotion, and morality. For their final project, they design and propose an experiment related to cognitive neuroscience and neuroethics. Participants present experiments publicly to leading neuroscientists. Apprentices have the rare opportunity to participate in neurological tests, meet with individuals with neurological disorders, and military veterans with cybernetic enhancements. The goal is to gain significant understanding of neurophysiology and complex neuro-interfaces.

**Spencer Bentley, Vice President, Ohio HOSA, and
Katelyn Woodruff, Vice President Ohio HOSA**

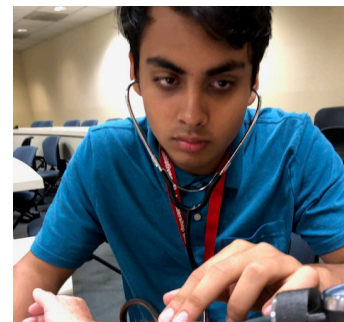




(L to R), Spencer Bentley, Umar Muhammad Youth Development Programs-International Director, Nikhil Prasad, Katelyn Woodruff, and Dr. Aisha Garba, LI Medical Summit Education Director

Nikhil Prasad, Ohio HOSA State Vice-President

Leadership Initiatives provided great insight into the medical field. Through this program, I had the privilege to listen to top medical professionals, as well as college counselors who provided valuable advice that has greatly changed and improved my perspective on the healthcare field. Significant hands-on experiences such as suturing and performing CPR on a sim man pushed me out of my comfort zone and prepared me to save lives in the future. Hearing from professionals of diverse backgrounds motivated me to expose myself to different fields and cultures. Using these experiences moving forward will encourage me to be the best professional I can be.



Katelyn Woodruff, Ohio HOSA State Vice-President

At Leadership Initiatives, one of the best programs ever attended, I had the time of my life. Hands-on activities such as earning CPR and first aid certification, suturing, casting were the great opportunities. The college panel was excellent. Being able to speak with college counselors, helped prepare me for my senior year and gain confidence in my decisions on colleges and my major. The activities at Howard University Simulation Center, venipuncture, ultrasound and CPR on the simulation mannequin are lifetime experiences I will never forget. Throughout the week, I made many connections with people from across the United States. I am very grateful for the friendships and new learning experiences earned at the Advanced Medical and Health Summit. I will definitely spread the word to my peers; with the hope they will consider attending and benefitting from this wonderful internship.



Spencer Bentley, Ohio HOSA State Vice-President

I had amazing experiences at the Advanced Medical and Public Health Summit sponsored by Leadership Initiatives. The chance to perform medical skills I could never have dreamed of as a high school student was the best. We learned the top four diseases in Third World countries. At the end of the week, we diagnosed a patient in Nigeria using Virtual Reality. The summit reassured me of my passion work in a Third World country. We traveled to Howard University to conduct ultrasounds, perform a blood draw, and run a code with state-of-art medical equipment. We spoke with top medical universities admissions staff such as Johns Hopkins University.



For more than fifteen years, Leadership Initiatives has partnered with outstanding high school students to provide real-world experience, explore future careers, develop leadership skills and experience college life. Their Youth Development Programs have assisted over 10,000 student leaders in attending college, receiving scholarships, gaining SAT and ACT training, partnering with top mentors from across the globe and transforming lives. Founded on the idea *YOU can change the world at any age*, Leadership Initiatives participants have created over 54 businesses across Africa, assisted low-income Washington, D.C. residents receive fair trials, and provided developing communities access to desperately needed medical care. Funded by Microsoft's YouthSpark Program and the Starbucks Foundation, two medical focused summits are offered annually each summer in Washington, D.C.

The Leadership Initiatives Summer 2020 Schedule has been released.
There are 750 scholarships available.

- Advanced Medical & Public Health Summit: July 5-11 and July 12-18
- Advanced Medical & Public Health Summit: July 26-August 1

These seven-day programs at Georgetown University connect students with medical pioneers from across the globe with the goal of training the next generation of health professionals in neuroscience, emergency medicine, surgery, medical research, sports medicine, and more. In the future, HOSA's partnership with Leadership Initiatives will focus to build awareness and expand these college and career-readiness opportunities for our members.

HOSA Branding in a Flash

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To most HOSA members, these character strings have no meaning or significance. They are, after all, just codes for three things most HOSA members do know: the HOSA color palette. Using these codes in graphic media ensures that you, as a HOSA ambassador, are portraying the HOSA brand correctly. But what exactly is a *brand*?

Think of a brand as an ambiance. It's the colors, the designs, and the feelings that you associate with a certain product or service. In the previous scenario, HOSA-Future Health Professionals is the organization and whatever comes to your mind when you think of HOSA is its brand. To ensure that HOSA members convey the core values and mission of HOSA-Future Health Professionals correctly, the HOSA website has a lot of tips on how to properly market the face of HOSA!

www.hosa.org/brand

After the adoption of the new HOSA logo in 2014, many HOSA chapters altered the HOSA logo to fit their chapter's specific preferences. It is okay to use the HOSA logo with your chapter's name attached—in fact, we encourage you to contact HOSA Headquarters to obtain the OFFICIAL HOSA logo with your school name—but when it comes to modifying the HOSA brand, here are a few things to avoid.



Remember, if you ever have any doubts or would simply like some help, reach out to **HOSA at info@hosa.org**

Patch Exchange Reminder

The 2019 International Leadership Conference was a monumental moment as we were able to debut the new HOSA patch, a representation of our global growth. With this, we can continue to spread the same message of diversity while demonstrating our core values to *learn, lead, serve, and innovate* on the international stage.

Don't forget the HOSA Patch Exchange Program ends December 31, 2019. Starting January 1, 2020, the new patch will be a part of the Official HOSA Uniform!

To take advantage of this program, mail your old patches to HOSA-Future Health Professionals in exchange for the new patch at a discounted price of \$1. Patches can also be purchased directly bought from Awards Unlimited for \$3.80.

For more information visit www.hosa.org/patchexchange



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