



NYS HOSA

JANUARY 2024 NEWSLETTER

NATIONAL
**BLOOD
DONOR**
MONTH



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NATIONAL BLOOD DONOR MONTH

National Blood Donor Month is a significant annual observance in the United States, dedicated to raising awareness about the critical need for blood donations and recognizing the selfless individuals who contribute to saving lives through their generous gifts of blood. Celebrated throughout January, this month serves as a reminder of the ongoing demand for blood and encourages people to make a positive impact on their communities by becoming regular blood donors.

Blood is a precious resource that plays a crucial role in medical treatments, surgeries, emergency care, and various medical procedures. Unfortunately, the supply of blood is often insufficient to meet the ever-growing demand. National Blood Donor Month aims to address this issue by emphasizing the importance of regular blood donations to ensure an ample and readily available blood supply.

There are several ways for individuals to get involved in National Blood Donor Month:

How to Get Involved:

1. **Donate Blood:** Visit local blood donation centers or participate in organized blood drives. The process is quick and one donation can make a significant difference.
2. **Organize or Attend Drives:** Individuals and communities can organize blood drives or participate in existing ones. Encourage friends and colleagues to join the cause.
3. **Spread Awareness:** Use social media to share information about the importance of blood donation. Personal stories and facts can inspire others to contribute.
4. **Volunteer:** Offer your time to assist at blood donation centers or during drives. Volunteers play a crucial role in supporting these initiatives.
5. **Educate Others:** Share accurate information about the donation process and its impact. Dispelling myths helps ease concerns and encourages more people to participate.



National Blood Donor Month is important because it serves as a reminder that anyone, regardless of age or background, can contribute to saving lives. The act of donating blood is a simple yet powerful way for individuals to make a direct and positive impact on the health and well-being of others in their communities. By participating in National Blood Donor Month, individuals become essential partners in the ongoing effort to ensure a stable and sufficient blood supply for those in need.

NATIONAL MENTAL WELLNESS MONTH

National Mental Wellness Month, observed each January, holds significant importance in promoting a proactive approach to mental health and fostering a culture of well-being. Distinct from Mental Health Awareness Month in May, which often addresses mental health conditions and reducing stigma, Mental Wellness Month emphasizes the positive actions individuals can take to enhance their overall mental well-being.

The month encourages a proactive stance toward mental health, emphasizing the adoption of positive habits and practices that contribute to overall well-being. It recognizes that mental wellness extends beyond the absence of mental illness, focusing on cultivating a balanced and resilient mind through activities that nourish the body, mind, and spirit. The goal is to empower individuals to take charge of their mental health by promoting self-care practices and resilience-building activities.

Unlike Mental Health Awareness Month, which may spotlight mental health challenges, Mental Wellness Month actively promotes activities like mindfulness, stress management, and healthy lifestyle choices as tools for building and maintaining mental well-being.

Supporting Someone

Be a Supportive Listener:

Offer a non-judgmental and empathetic ear. Sometimes, simply listening without judgment can provide immense comfort.

Encourage Professional Help:

If someone is struggling, encourage them to seek professional help. Mental health professionals can provide the necessary guidance and support.

Promote Self-Care:

Advocate for self-care practices. Encourage activities that promote relaxation, such as exercise, meditation, or engaging in hobbies.

Educate Yourself:

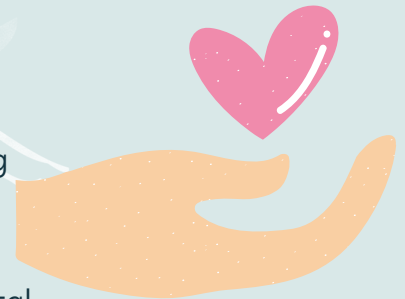
Learn about mental health and well-being to better understand the challenges someone may be facing. Education helps reduce stigma and promotes empathy.

Stay Connected:

Regularly check in on friends, family, or colleagues. Maintaining social connections is crucial for mental wellness, and your support can make a significant difference.

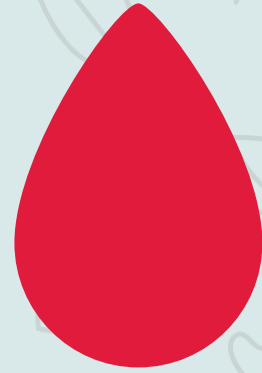
Offer Practical Assistance:

Help with daily tasks or offer practical support. Sometimes, relieving external stressors can alleviate the burden on someone struggling with their mental well-being.

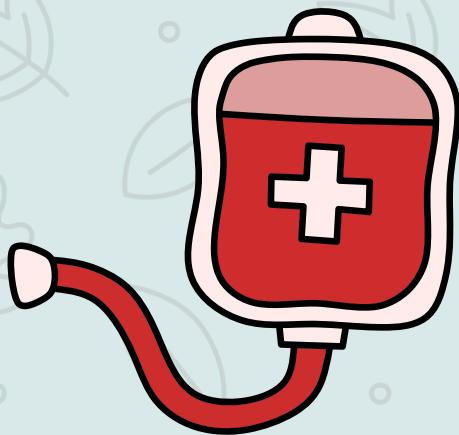


CHAPTER CHALLENGE: National Blood Donor Month Support

Send a picture of your chapter wearing **RED** in support of National Blood Donor Month!



**Worth 4
Chapter
Points!**



HOSA Chapter Challenge
Submissions must be emailed to:
NYSHOSANewsletter@gmail.com

- BE SURE TO INCLUDE:
- Chapter school name and Chapter number
- Name of the chapter advisor and chapter president
- Name and description of the challenge

STATE OFFICER APPLICATIONS

To Apply for State Office, You MUST:

- Be an active member in good standing of the HOSA Association and of your local HOSA chapter. This means you have a paid membership before you submit your application.
- Maintain good standing in school.
- Be endorsed by the local HOSA chapter, recommended by the local HOSA chapter advisor and the school principal or occupational director.
- Be given approval by your parent or guardian.
- File an application form according to specified procedure.
- Be enrolled in an approved Health Occupations Education program or member of a HOSA chapter.
- Show evidence of commitment to carry out responsibilities of the elected office of the Health Occupations/Science Education program, if appropriate.



How to Apply:

- Go to newyorkhosa.org and go to the "more" tab to find the application
- Access Officer Application on the tab labeled "[New York State HOSA Officer Application](#)."
- Follow the steps outlined



Timeline:

- Submit all required forms by 2/16/2024
- Candidates will be invited to be interviewed by the current state officers and state officer advisors.
- Candidates must attend the NYS HOSA Spring Leadership Conference and will introduce themselves to the attending members for consideration of election



Commitments:

- Attend the state officer training (Aug 2024)
- Participate in the Fall Leadership Conference planning meeting (Oct 2024)
- Attend the NYS HOSA Fall Leadership Conference (Nov 2024)
- Participate in the Spring Leadership Conference planning meeting (Jan 2025)
- Attend the NYS HOSA Spring Leadership Conference (Mar or Apr 2025)
- Participate in Executive Council Meetings and other called meetings by the President.
- Visit schools in the area and attend functions when requested and as per availability.

**POSITIONS: PRESIDENT, SENIOR VICE PRESIDENT,
TREASURER, SECRETARY, HISTORIAN,
PARLIAMENTARIAN, REPORTER, REGIONAL VICE
PRESIDENT**



PIN & T-SHIRT CONTEST

THE CHALLENGE:

We're calling on our talented HOSA members to create the iconic design that will grace our T-shirts, pins, and program covers for the upcoming year. Your mission, should you choose to accept it, is to whip up a visual masterpiece that embodies the spirit of New York and the heartbeat of healthcare.

DESIGN ELEMENTS:

1. **NY State Vibes:** Showcase the entire state in your design—whether it's the silhouette, landmarks like the Statue of Liberty, Niagara Falls, or the unmistakable outline of the Big Apple.
2. **The Power of "New York":** Incorporate the words or outline of "New York" into your masterpiece, making it a visual love letter to the Empire State.
3. **HOSA Magic:** Weave the letters "HOSA" seamlessly into your design, making it an integral part of the visual tapestry.
4. **Healthcare Harmony:** If you're feeling extra adventurous, infuse your design with a theme representative of healthcare. Think stethoscopes, caduceus symbols, or anything that screams "healthcare superhero!"

DESIGN LIMITATIONS:

- T-shirt and pin designs: Stick to a color palette of 3 colors, one of which must be the T-shirt color.
- Program cover designs: Let your imagination run wild—unlimited colors are your canvas!

SUBMISSION DETAILS:

1. One dazzling design per HOSA member.
2. Format: JPEG
3. Submission Deadline: January 20, 2024
4. Send your masterpiece to Terry Mitchell at Stateadvisor@newyorkhosa.org

WINNER, WINNER, DESIGNER DINNER:

Your designs will be scrutinized and celebrated by your elected New York State HOSA officers. The winning creations will adorn T-shirts, pins, and program covers, making you the artistic superstar of the year!

WHAT IS THE SPRING LEADERSHIP CONFERENCE? (SLC)

Gear up for an exciting experience at the [NYS HOSA Spring Leadership Conference 2024](#), scheduled from March 19 to 21 at the DoubleTree by Hilton in Syracuse, NY! This event promises an array of opportunities for students interested in healthcare professions.

Visit hosa.org/guidelines to explore the diverse competitions awaiting your participation. Whether you excel in team events, community involvement, speaking or writing skills, or have specific expertise in areas like Phlebotomy, Behavioral Health, Research Poster, or Health Career Photography, there's a challenge perfectly suited for your skill set.

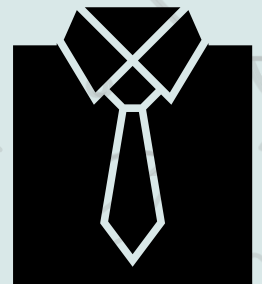
Immerse yourself in the details by reading the guidelines for each event and prepare for a conference brimming with personal and professional growth, camaraderie, and the chance to bring home well-deserved medals!

And that's not all – winners at the Spring Leadership Conference are extended a special invitation to compete at the International HOSA Leadership Conference in Houston, Texas, from June 26 to 29, 2024. Mark your calendars, embrace the challenges, and gear up for your journey toward success!



SLC PACKING

- HOSA blazer or a black or navy business suit
- Navy or black dress pants or skirt (No leggings, black jeans, or skirts more than 1" shorter than your knees)
- White button-down shirt (long or short sleeve) for men & women (or white shell for women) – bring 2-4 shirts!
- Maroon tie for men and an optional bowtie for women
- Dark socks for men wearing pants (HOSA no longer requires socks or stockings for women; ensure shoes are comfortable and don't cause blisters)
- Black or navy shoes (Closed toes and heels are mandatory. MAKE SURE THEY ARE COMFORTABLE!)
- Pajamas
- Deodorant
- Toothbrush and toothpaste
- Phone and charger
- Eyeglasses, contacts, spare pair, contact solution, and case
- Hairbrush, hair products, hair ties (hotel room has a hairdryer)
- Do not bring pillows, blankets, towels - the hotel will provide these
- Do not bring expensive property or lots of cash; the hotel and HOSA will not be responsible for lost or stolen items left in hotel rooms



Sheila Cummings Service Award

★ ABOUT SHEILA CUMMINGS:

Sheila embodied the qualities of a true team player, with an unwavering dedication to education. Her illustrious career spanned 33 years, evolving from a paraprofessional to a college advisor. A selfless science teacher, Sheila went above and beyond, mentoring new teachers and inspiring students throughout her journey.

🏆 THE AWARD:

This prestigious award will be presented at each Spring Leadership Conference to the top three outstanding HOSA members who reflect Sheila's commitment to community service, education, and mentorship. Awards will be granted as Gold, Silver, and Bronze based on completed community service hours, two letters of recommendation, and an essay.

😊 WHY APPLY?

- **Honoring a Legacy:** This is an opportunity to pay tribute to Sheila Cummings, a trailblazer in education and mentorship.
- **Recognition:** Stand out among your peers and be recognized for your outstanding commitment to community service and education.
- **Inspire Others:** Your dedication can inspire others to follow in Sheila's footsteps and make a positive impact.

🎓 APPLICATION DETAILS:

To be considered, applicants must submit:

1. Completed community service hours.
2. Two letters of recommendation.
3. An essay highlighting their commitment to education, mentorship, and community service.

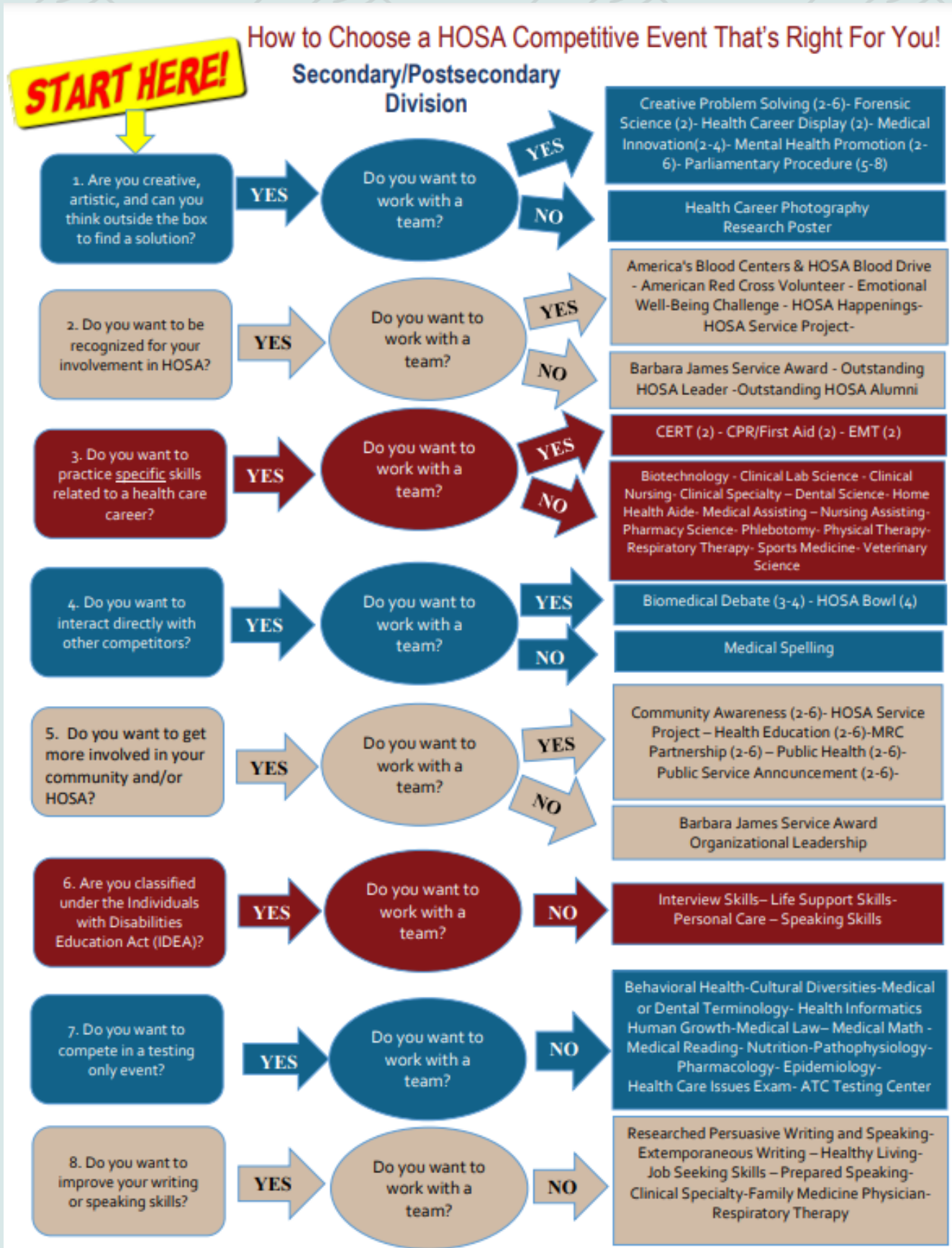
(Rubric is on the NY HOSA website under “Advisor Resources”)

📅 APPLICATION DEADLINE: [March 1, 2024]

Let's honor Sheila's memory by celebrating excellence within our HOSA community. Apply now and be part of the legacy that Sheila Cummings left behind a legacy of passion, dedication, and making a difference.

Best of luck to all applicants!

How to Pick a Competitive Event?



You can also go on the HOSA website and watch the [“Choosing your Competitive Event Video”](#)