



DECEMBER

2023



NEW YORK STATE

HOSA

Newsletter



**Laughter is the best medicine, but if the
winter cold has you down, a cup of hot cocoa
is a close second**






Table of Contents

PAGE 3: NYS HOSA CHAPTER CHALLENGES

PAGES 4: HIV/AIDS INFORMATION

PAGE 5: HOLIDAY SAFETY TIPS

**PAGES 6-7: FALL LEADERSHIP CONFERENCE
PHOTOS**

PAGE 8-9: BECOMING A STATE OFFICER

**PAGE 10: SPRING LEADERSHIP CONFERENCE
(SLC) INFORMATION**

PAGE 11: SLC PACKING LIST

**PAGE 12-15: SLC COMPETITIVE EVENT
INFORMATION**

**PAGE 16: PIN, T-SHIRT & SLC PROGRAM
COVER DESIGN CONTEST**





HOSA Chapter Challenge



BE GRATEFUL!

December is the month of family, gratefulness, gift-giving, and AMAZING food. To show the gratefulness the HOSA community holds towards their loved ones.



Create a poster or video highlighting what the members of your chapter are grateful for during this wonderful holiday season.

This challenge is worth 10 points - one poster or video per chapter

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



HIV/AIDS

What is it?

The Human Immunodeficiency Virus (HIV) attacks the immune system, compromising its ability to fend off infections and diseases. Acquired Immunodeficiency Syndrome (AIDS) is the advanced stage of HIV infection, marked by severe immune system damage. Early signs of HIV may include flu-like symptoms, while the progression to AIDS is characterized by more severe illnesses.

How to Prevent HIV/AIDS?

Prevention is key in the fight against HIV/AIDS. Consistent and correct use of condoms, using safe injection practices, and avoiding sharing needles are vital preventive measures.

Routine testing and open communication about sexual health contribute to early detection and timely intervention.

Facts to Know:

HIV cannot be transmitted through casual contact: like hugging or sharing utensils. Antiretroviral therapy (ART) has significantly improved the quality of life for those living with HIV, enabling them to lead fulfilling and healthy lives. Key preventative measures include raising awareness, fostering education, and promoting safe sexual practices. We can collectively contribute to the global effort to end the spread of HIV/AIDS.

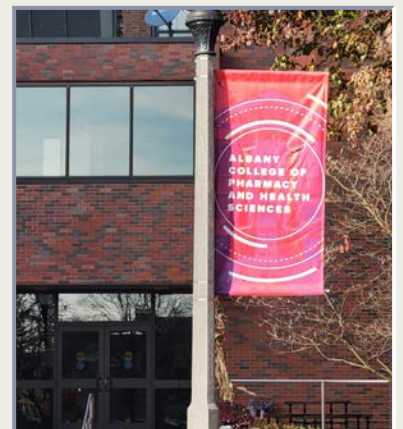
Holiday Safety Tips



Greetings festive friends! As we gear up for the jolly days ahead, let's sprinkle a little holiday magic on our safety routines. Picture this: a winter wonderland where handwashing dances with flu prevention, stress management wraps you in a cozy scarf of well-being, and seat belts buckle up for a sleigh ride of safety. In this season of joy, let's embark on a merry journey through our top 10 tips for a jolly and safe holiday celebration.

1. Wash your hands often. During flu season, you can prevent the spread of germs by singing the ABCs to wash the germs away.
2. Bundle up! The weather is getting colder wearing warm layers is a necessity and will help reduce the stress to your immune system.
3. Manage your stress. Give yourself a much-needed break. School, work and life can be overwhelming during the holidays. Connect to your loved ones and get enough sleep to recharge your batteries.
4. Be smoke-free. Avoid smoking, vaping and secondhand smoke. Smokers have greater health risks and secondhand smoke can cause the same risks.
5. When traveling take preventative measures like wearing masks in crowded, enclosed places.
6. Get your health screening. Get checked up before traveling or visiting with friends and family.
7. Get vaccinated. It is flu season being vaccinated significantly reduces your risk of getting the flu. If traveling to foreign countries, vaccine boosters could protect from many diseases.
8. Practice fire safety. Holidays means cooking. Cooking can lead to fires. Do NOT leave fireplaces unattended, check on space heaters, food cooking on stoves, unattended candles and even the lights on a Christmas tree that has dried needles can spark a fire.
9. Prepare food safely. Keep the following in mind: wash hands and surfaces often, avoid cross-contamination, cook foods to their proper temperatures, and refrigerate foods promptly and properly.
10. Eat Healthy. Stay Active. The holidays are a time when people indulge and feast but keep your health in mind. When possible exercise and stay active.

Fall Leadership Conference





Becoming a State Officer



Applying for State HOSA Office

- Visit the Website: newyorkhosa.org
- Access Officer Application on the tab labeled "New York State HOSA Officer Application."
- Follow the steps outlined on the website to complete the application.



State Officer Commitments

- Attend the state officer training week (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.

Eligibility Requirements

- Be a paid, active member of NYS HOSA and your local HOSA chapter.
- Maintain good standing in school.
- Obtain endorsements from the local HOSA Chapter Advisor, another teacher and your school principal or Occupational Director.
- Secure approval from a parent or guardian.
- Fill the online application.
- Demonstrate a commitment to fulfill the responsibilities of the elected office.

Deadline

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



NYS HOSA State Officer Application 2024-2025

Go to this link on newyorkhosa.org
under “more” to learn more
about becoming a NYS HOSA
State Officer

[NYS HOSA State Officer Application](http://www.newyorkhosa.org/state-officer-applications-materials.html)

<http://www.newyorkhosa.org/state-officer-applications-materials.html>

Come join our team!

Spring Leadership Conference



**Gear up for an exciting opportunity at the NYS HOSA
Spring Leadership Conference 2024,
March 19 to 21 at the DoubleTree by Hilton
in Syracuse, NY!**



Visit hosa.org/guidelines to explore the array of competitions awaiting your participation. With competitions catering to everyone, including team events, community involvement, speaking skills, writing skills, and specific expertise in areas like Sports Medicine, Veterinary Medicine, Health Aide, and EMT, there's a challenge for every skill set.

Dive into the details by reading the guidelines for each event and get ready for a conference packed with growth, camaraderie and hopefully winning medals!

Winners at SLC are invited to compete at the International HOSA Leadership Conference in Houston, Texas June 26-29, 2024



Spring Leadership Conference Packing List

1. HOSA blazer or a black or navy business suit
2. Navy or black dress pants or skirt (You cannot wear leggings, black jeans, or skirts more than 1" shorter than your knees)
3. White button-down shirt (long or short sleeve) for men & women (or white shell for women) bring 2-4 shirts!
4. Maroon tie for men and an optional bowtie for women
5. Dark socks (men wearing pants) HOSA no longer requires socks or stockings for women, just make sure your shoes don't rub and cause blisters.
6. Black or navy shoes they can NOT have open toes or open heels. MAKE SURE THEY ARE COMFORTABLE!
7. Pajamas
8. Deodorant
9. Toothbrush and toothpaste
10. Phone and charger
11. Eyeglasses, contacts, spare pair, contact solution and case
12. Hair brush, hair products, hair ties (hotel room has a hairdryer)
13. Do not bring pillows, blankets, towels - the hotel will provide these
14. 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.



NYS HOSA Spring Leadership Conference

Deadline to Register: February 16, 2024

Competitive Events

Health Science Events (Online at your school)

Behavioral Health
Cultural Diversities and Disparities
Dental Terminology
Health Informatics
Human Growth and Development
Medical Law and Ethics
Medical Math
Medical Reading
Medical Terminology
Nutrition
Pathophysiology
Pharmacology

Health Professions

Family Medicine (Submit video of peer presentation)

Emergency Preparedness (Online at your school)

Epidemiology

Recognition Events

Health Issues Exam

Evening of the First Day of Conference

Creative Problem Solving (Round one online test prior to conference)

Extemporaneous Writing

Forensic Science (Round one online test prior to conference)

Medical Innovation (Round one presentation submitted online prior to conference)

Public Service Announcement (Round one presentation submitted online prior to conference)

Research Poster

Morning of the Second Day of Conference

Clinical Laboratory Science (Round one online test prior to conference)

Clinical Specialty (Round paper and video presentation will be submitted online prior to conference)

CPR/First Aid (Round one online test prior to conference)

Dental Science (Round one online test prior to conference)

Health Career Display (Round one online test prior to conference)

Health Education (Portfolio will be submitted prior to conference)

Healthy Living (Round one online test prior to conference)

Home Health Aide (Round one online test prior to conference)

HOSA Bowl (Round one online test prior to conference)

Interviewing Skills* (Personal Statement/Resume prior to conference)

Job Seeking Skills (Personal Statement/Resume prior to conference)

Pharmacy Science (Round one online test prior to conference)

Prepared Speaking

Sports Medicine (Round one online test prior to conference)

Speaking Skills*

Afternoon of the Second Day of Conference

Biomedical Debate (Round one online test prior to conference)

Biomedical Technology (Round one online test prior to conference)

Clinical Nursing (Round one online test prior to conference)

Community Awareness (Portfolio will be submitted prior to conference)

EMT (Round one online test prior to conference)

Life Support Skills*

Health Career Photography

Medical Assisting (Round one online test prior to conference)

Medical Spelling (Round one online test prior to conference)

Nursing Assisting (Round one online test prior to conference)

Researched Persuasive Writing & Speaking (Written paper will be submitted prior to the conference)

Public Health

Physical Therapy (Round one online test prior to conference)

Personal Care*

Public Service Announcement (The PSA will be submitted prior to the conference).

Veterinary Science (Round one online test prior to conference)

Please remember to read the guidelines and follow all the directions there. The judge's rubrics are attached to the guidelines and that is what the judges will use to rate each competitor or team in their event.

Students can sign up for multiple Health Science Events but can only sign up for two events that will be held at the conference. They must be in separate sessions.

***Participation eligibility:** To participate in the events marked with an **asterisk**, the competitor **MUST** be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education. Competitors must provide an eligibility form. Students classified under Section 504 are **NOT** eligible to compete in this event. Details can be found in the guidelines for these events.

Competitive Events will run only if two or more chapters enter the event & at least three students/teams enter the event.

After the registration deadline, if an event isn't going to run, the chapter advisor will be notified to have their student(s) select another event. Registration fees will not be refunded if a student chooses not to compete. NYS HOSA will create a shared Google document that advisors can contribute their information to so each chapter can see if other chapters have students signing up for a competitive event.

New York State HOSA Pin & T-shirt Design Contest

Whose design will represent New York State HOSA-Future Health Professionals at the SLC and ILC?!

Calling all creative minds to develop what you believe will be the *BEST* Design for the program cover and/or T-shirt design for SLC and pin design for ILC.

1. Make sure to use an original design or royalty-free image (it can be hand-drawn or created digitally).
2. The design should include the whole state in some way so that all areas are represented. (A NY theme - Statue of Liberty, Niagara Falls, Big Apple, etc.)
3. “New York” in either words or outline of the state.
4. Include the word “HOSA” in the design
5. Optional for t-shirt/pin - add the year 2023 or 2023-2024
6. Optional for t-shirt/pin -a theme representative of healthcare.
7. One design per member.

Send your T-shirt, pin, or program cover design in **jpeg format** to Terry Mitchell, Stateadvisor@newyorkhosa.org by **January 20, 2024**.

T-shirt and pin designs are limited to 3 colors (one of which will be the T-shirt color). Program cover designs can use unlimited colors.

All Designs submitted become the property of NYS HOSA.

Your elected New York State HOSA Officers will select the winning designs for the t-shirt, pin, and/or program cover.