

# DECEMBER

## New York State HOSA 2017

**Your Officers were thrilled to see so many HOSA members at the  
Fall Leadership Conference!**

We would like to thank  
Mrs. Bonny Shelby  
Mrs. Terry Mitchell  
Mr. Ray Sulla  
Ms. Sasha O'Connor and  
Dr. Margaret Savitzky,  
for a great Fall Leadership  
Conference and for all their  
hard work.

We would also like to thank our  
speakers: Ms. Monica Kurzejeski,  
Mr. Richie Contartesi, Ms. Wendy  
Burch, and Ms. Smriti Moorjani, for  
speaking to our members, Mayor  
Patrick Madden for writing a  
proclamation for NYS HOSA, and  
Governor Andrew Cuomo for  
writing a letter of support and  
acknowledgement of NYS HOSA.



## December is Hand Washing Awareness Month

Hand washing is like a “do-it-yourself” vaccine that can reduce the spread of diarrheal and respiratory illness and keep you healthy. Regular hand washing is one of the best ways to remove germs, avoid getting sick, prevent the spread of germs, and is the number one way to break the chain of infection.

In the health care profession, it is very important to practice regular hand washing in order to keep our patients healthy and free of disease. It is necessary to wash your hands before and after seeing each patient, in order to kill any germs/diseases on your hands.

In order to perform proper hand hygiene, you should remove all rings and watches, wet your hands with clean warm water and apply soap. Rub your hands together, making sure you get under the nails, wrists, back of your hands, and in between your fingers. This should be done for 20 seconds. A good trick to make sure you are washing for long enough, is to sing “Happy Birthday”. Rinse your hands completely and always make sure you use a second paper towel to turn off the water, after you dried your hands. When soap and water are not available, alcohol hand sanitizers are a great substitute.

## December Hand Washing Challenge

Spread the wealth, not the germs! Educate your class/school on proper hand washing. This can be done with a poster or visual demonstration. If you are not able to make a poster or give a demonstration, you can hand out mini hand sanitizers to students and faculty at your school, since these are used as substitutes when soap and water are not available and are quick to use. This challenge will be worth 10 points. Send evidence of you completing this challenge to: [NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com). Be sure to include the name and chapter number, advisor name and chapter president’s name in your email.





# Spring Leadership Conference Checklist

Here are a few things to start getting ready for the  
**NYS HOSA Spring Leadership Conference – Syracuse, NY - April 17 -19, 2018**

- Go to [www.HOSA.org/node/117](http://www.HOSA.org/node/117) and start looking at the **competitive events**. Read the guidelines! Some of the events require the competitors to complete the **STEM Premier** profile for entry (<http://www.hosa.org/STEMPremier>).
- The NYS HOSA Board is allowing 3 teams/chapter to enter any one event and an unlimited number of entries/chapter for all online Knowledge Tests.
- Anyone interested in becoming a **NYS HOSA officer** must attend SLC. The **deadline** to apply is **February 1st, 2018**. You can find the application at <http://www.newyorkhosa.org/state-officer-application-2018-2019.html> we recommend you type up your application to make a good impression. Your application ***MUST*** be mailed, we will not accept any email attachments.
- The deadline for the **T-shirt design** for SLC is **December 22, 2017**. More information can be found at <http://www.newyorkhosa.org/t-shirt-contest.html>
- The **registration period** for SLC is **12/15/17- 3/2/18**.

**Your Officers wish everyone joy during the holidays and  
a Happy & Healthy New Year!**

**We look forward to seeing more smiling faces at the  
Spring Leadership Conference!**

