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 Kurzegeski, 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. Be sure to include the name and chapter number, advisor name and chapter president's name in your email.
Mental Illness and the Holidays

The holidays can be extremely difficult for both children and adult patients in mental institutions. While other people are enjoying holiday traditions with family and friends, they are trying to fight their illness so that they can go home. Patients may have fewer visitors, are only allowed certain types of presents and are missing out on parties and gatherings with family and friends. This can add additional stress to them and to their families, who trying to figure out a way to celebrate the holidays together. It can also be difficult to figure out what presents to take to their family member in the hospital due to the strict regulations of what is allowed.

NAMI Challenge

Bring the gift of smiles! Have your HOSA chapter collect holiday gifts to give to patients in a nearby mental health institute or ward in a hospital. Some gift ideas are: stuffed animals, art supplies, books, fuzzy socks, snacks, games and puzzles. Help bring some joy to a person's day and reduce some of the stress for their families. Your chapter will earn 5 points for each gift you give, for a maximum of 50 points. Remember to share the evidence of your chapter completing this challenge, by emailing the newsletter at NYSHOSANewsletter@gmail.com (include the chapter name, number, advisor’s name, chapter president’s name)

Also, all chapters are encouraged to make a donation to their local NAMI chapter. Please do this through the National HOSA website, so that New York earns credit!

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 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!