Your state officers look forward to seeing everyone at the Virtual Spring Leadership Conference!
The annual Spring Leadership Conference will be held virtually this year and will include various competitive events to look forward to!

**When is the Spring Leadership Conference?**

The Spring Leadership Conference (SLC) will be held virtually through Zoom

April 14-16, 2021

**What can you expect?**

The NYS HOSA Spring Leadership Conference (SLC) will include a vast array of competitive events. Some events will only hold an online test portion and other events such as HOSA Bowl and Medical Spelling will require you to upload your submissions to TALLO.

*The registration fee for SLC has been reduced from $45 to $10 this year!*

- Mandatory sessions and the Opening and Closing sessions will be held April 14-16, 2021.
- Online testing will be conducted from March 16 to March 26, 2021.
- All events that have materials that need to be submitted online - through TALLO will be due on March 31, 2021.
- During the Spring Leadership Conference we will have exciting activities/live sessions. Members will get to work together with members from around NYS.
- Competitive event winners will be announced on the last day at the Award Ceremony, and medals will be mailed to your home.
- 1st, 2nd or 3rd place winners will be invited to attend the HOSA International Leadership Conference in June, tentatively scheduled to be held in Orlando, Florida in June 2021.
How to sign up for TALLO:

All HOSA members should create their TALLO account. This is how you will learn about college scholarships! The TALLO account is also where you must upload materials for some of the competitive events.

Creating a TALLO account is quite simple, go to the following link hosa.org/tallo and follow the directions that are listed on the page to successfully create your account.

Once you have created your TALLO account be sure to read the competitive event guidelines of your event (www.hosa.org/node/117) to know what must be uploaded and if there are specific deadlines. After you have done this, begin planning and have some fun!

More information on the Spring Leadership Conference will be available soon. Check in with your advisor for any emails that are sent from the NYS HOSA Conference committee.

In the meantime now is the time to start preparing and planning for all the events/competitions you’ve chosen!

Remember...

This is a great opportunity for old members to get another chance at winning & for new members who haven't been to a conference before!
1. Each member can enter an unlimited number of “Health Science Events” (except Medical Spelling, which is a “live” event) and up to two “live” events from categories A-C. A member can only enter one event from a single category A-C.
2. Each chapter can only submit 3 entries for each “live” event from the chart.
3. Chapters can submit as many entries for the “Recognition Events” as they wish.
4. An event will run if there are at least two chapters and three entries registered by the deadline on March 11, 2021. The conference committee will contact you to pick another event if there aren’t enough competitors. Make sure you have a “Plan B”!

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American Heart Month

February 1st marks the start of Heart Health Awareness month; a month to learn about heart disease and complications, as well as methods of prevention. According to the Centers of Disease Control, the leading cause of death among women, men and people of color was heart disease (2017).¹ Heart disease remains one of the leading causes of death today. Therefore we must find ways to change this statistic quickly or the problem will cease to end and continue to grow.²

Heart Disease Awareness: What is heart disease and who does it affect?

Heart disease includes heart attacks and heart defects that may form over time or is congenital (from birth). Heart disease affects the functioning of the heart and impacts other body systems due to lack of circulation. While the heart pumps blood to the arteries and veins for delivery to the body, the coronary arteries on the external surface of the heart supplies oxygen-rich blood to the heart muscle.

A patient with high cholesterol or high blood pressure can develop plaques (fat deposits) on the internal walls of these arteries, narrowing the vessel’s lumen and restricting normal blood flow. This has become one of the most common forms of heart disease today.³

Other forms of heart disease include myocardial infarctions (heart attacks), congenital heart defects, arrhythmia (abnormal heart rhythm), atherosclerosis (hardening of the arteries), cardiomyopathy (heart muscle becomes hardened and grows weak), and heart infections caused bacteria, viruses, or parasites.³

What are the typical signs and symptoms of coronary heart disease?

Signs and symptoms³:
- Angina pectoris (severe chest pain due to inadequate blood flow to the heart)
- Cold sweats
- Dizziness and Weakness
- Light-headedness
- Neck pain
- Nausea or feeling of indigestion
- Shortness of breath during normal activity
- Sleep disturbances
- Chest pains (more common in men)
- Women may experience other symptoms instead of classic chest pain:
  - Dizziness, Fatigue, Nausea, Pressure or tightness in the chest, jaw and stomach pain.

¹ https://www.cdc.gov/heartdisease/facts.htm
³ https://www.nhlbi.nih.gov/health-topics/coronary-heart-disease
How to prevent contracting long term heart disease?

Key ways to prevent long term heart disease, live a healthier lifestyle and help you educate others. These habits can go a long way for preventing other illnesses as well.⁴

Mayo Clinic Prevention Tips:

1. Eating a heart healthy diet:
   consume more greens and foods high in nutrients and low in calories

2. Resist smoking:
   this will improve oxygen levels and healthier lungs meaning your heart will receive more oxygen-rich blood

3. Exercising at least three to five times a week:
   exercising comes in many different forms, by simply going on a walk or doing daily activities, you can help stimulate your body and inhibit the formation of fatty plaque deposits

4. Control your cholesterol:
   reduce amounts of saturated fats you consume in food such as cakes, cheese, cured meats. Reducing these foods will decrease low-density lipoprotein (LDL) levels in your blood - the “bad” cholesterol.

5. Maintain a normal and healthy blood pressure:
   Normal blood pressure should be 120/80 mmHg or lower⁵. Eating foods rich in Omega-3 fatty acids such as salmon, walnuts, soybeans and chia seeds can help to keep your blood pressure healthy.⁶

⁴ https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935
⁵ https://www.cdc.gov/bloodpressure/about.htm
⁶ https://www.healthline.com/nutrition/12-omega-3-rich-foods
**FEBRUARY CHALLENGE #1**

**In support of American Heart Awareness Month...**

Take a photo at your next chapter meeting (even via Zoom), with members wearing either the color *pink* or *red* and the officers holding a sign with one heart health fact or statistic.

Email your images to [NYSHOSANNEWSLETTER@gmail.com](mailto:NYSHOSANNEWSLETTER@gmail.com) or send them to the NYS HOSA Instagram, [@nys.hosa](https://www.instagram.com/nys.hosa) by February 28, 2021. (earn five points)! Be sure to include your school name, the names of your chapter advisor and president, chapter number, name of challenge in the subject line.

**What facts and statistics do you know about heart disease?**

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![American Heart Month Logo](image)

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**Omega 3 Fats**
- Fish or Flaxseed

**Soluble Fiber**
- Legumes, nuts, barley, flaxseed

**Black or Green Tea**

**Extra Lean Beef, Pork, and Skinless Poultry**

**Monounsaturated Fats**
- Extra Virgin Olive Oil, Canola Oil, Nuts and Seeds

**Low Fat Milk or Yogurt**

**Other Foods Eat Sparingly**

**Physical Activity 30-60 minutes daily**

**Supplements and Functional Foods**
- Multivitamins, Fish Oil

**Whole Grains**

**Fruits and Vegetables**

**Soy Protein**

**Maintain a healthy weight**
EATING DISORDERS AWARENESS WEEK

What is an eating disorder?

An eating disorder is a range of psychological conditions that allows unhealthy eating habits to develop. There are many different types of eating disorders, however the most common types include Anorexia nervosa, Bulimia nervosa, Binge eating disorder, Pica, Rumination disorder, Avoidant/restrictive food eating disorder.

What are some of the signs and symptoms to look out for?

Anorexia nervosa:

Signs and symptoms
- The person views themselves as overweight, even though they are dangerously underweight
- Extremely restrictive eating patterns
- Denial of being seriously underweight

Bulimia nervosa:

Signs and symptoms
- The person frequently eats large quantities of food until they are in pain
- Subsequent depression, self-induced vomiting, purging or fasting
- Erosion of the tooth enamel and scarring on knuckles from inducing vomiting
- Result of the inability for the mind to tell the person to stop eating
- A fear of gaining weight despite of having a normal weight or only being slightly overweight

Binge eating disorder:

Signs and symptoms
- Eating large amounts of food rapidly until discomfort despite not bing hungry
- Feelings of distress, shame, guilt, disgust due to their eating behavior
- Use of caloric restrictions, excessive exercise, forced vomiting, and use of laxatives in order to compensate their binge eating disorder
Pica:

Signs and symptoms
- A person craves non-food substances such as ice, dirt, rocks, soap paper, hair (etc.)
- The disorder may become fatal from poisoning, gut injuries, infections, nutritional deficiencies

Rumination disorder:

Signs and symptoms
- When a person regurgitates food that has previously been swallowed, rechews it and then swallows it or spits it out
- Reflux (Voluntary)
- Weight loss

Avoidant/restrictive food intake disorder:

Signs and symptoms
- Develops during infancy or early childhood
- Avoidance of food intake, prevents the person from receiving enough nutrients
- Weight loss or poor development for age and height
  - Dependence on supplements or tube feeding

These eating disorders are the six most common types which several people engage in each year. Eating disorders are mental health conditions, if anyone you know has an eating disorder, seek help from a healthcare practitioner that specializes in eating disorders.

Help doesn't begin until the conversation starts...
FEBRUARY CHALLENGE #2

During February, many organizations, including: National Eating Disorder Association, Project Heal, Eating Disorders Coalition, host events to share information and raise awareness for eating disorders.

Your challenge is to attend an event or research these organizations and record yourself giving a presentation to your classmates on Zoom educating them about some of the information you gathered about eating disorders and spreading awareness.

· By downloading the newsletter you will be able to click on the underlined words above which are clickable links above to pre-recorded presentations and slides that you can use as resources
· Each chapter can submit up to 5 entries and for each entry submitted, you can receive 5 points. Be sure to include your school name, the names of the chapter advisor and president, chapter number, and the name of challenge.
· We look forward to seeing and share your pictures
· Due February 28, 2021
National HOSA: Future Health Professionals

Mask Challenge!

Breaking News!

The HOSA executive cabinet and all chapters have been challenged by the HOSA national office to

The ‘100 days of wearing masks’ campaign!

Submit a photo of yourself, wearing a mask to @nys.hosa.
This can be a “selfie,” or a picture taken by another person, just as long as you are featured and we can see your mask!
Include a short, 2-3 sentence quote of why you are wearing a mask and who you wear it for. (yourself, your family, your friends, your future!)

Include your name, state, title, and Instagram handle if applicable.

After submitting your pictures to the NYS HOSA Instagram account, @nys.hosa, your chapter will receive 10 points!

The state officers will email your submissions to the Executive Council President, Jake Kelley.

Be sure to be on the look for your submissions on the HOSA Executive Council Instagram, @hosafhp.
BECOMING A STATE OFFICER!

What does it take to be a state officer virtually?

When choosing to become a state officer, I knew it would be difficult to replicate some of the great opportunities and events that I got to participate in as a member of HOSA: Future Health Professionals. But I was ready to take on the challenges that would come along with these unprecedented times seeing that I would have a team of amazing officers and advisors to support me. To be a state officer it takes adaptability. I quickly learned that I needed to be as flexible as possible because it would be required seeing that so many changes would need to occur when shifting from in-person to virtual involvement. Though this may not be challenged next year, I urge the necessity of this characteristic. It took time for me to develop these skills but I assure you that you will be able to as well!

~ Gurjot Singh; NYS HOSA Vice President 2020-21

You must be prepared to become a state officer, being in this honorable position will undoubtedly challenge you. There are responsibilities when it comes to being a state officer, some of these include meeting with other state officers to plan for conferences, creating monthly newsletters, setting up activities for members, and navigating the Service Project National HOSA chooses to support each year. Accomplishing these tasks is challenging as it is, however it is even more daunting amidst a pandemic. Being a state officer will prepare you for the healthcare field. It has allowed me to develop leadership, networking, and communication skills. Our goal of promoting health care opportunities and enhancing the delivery of quality health care to everyone still stands, and it is our duty to uphold such values during these trying times. ~ Conrad Huang; NYS HOSA Historian and Region B Vice President 2020-21

The Application Process...

- Review the application process to become a state officer at www.newyorkhosa.org.
- Talk with your local advisor, they are a great resource to help you make this decision.
- The application is on the NYS HOSA website, www.newyorkhosa.org, “State Officer Application 2021-2022”
- If you have any questions or concerns feel free to reach out to any of the current state officers or the advisors to the state officers (Sasha O’Connor and Margaret Savitzky)
- Remember to get all the required signatures and submit everything before the Deadline: March 6, 2021
BE THE MATCH SERVICE PROJECT

What is this organization?

More than 178,000 people are diagnosed every year with life-threatening blood cancers and blood diseases such as sickle cell anemia. Be The Match is a global leader in bone marrow transplantation and connecting patients with a donor.

What can you do

1. Go to BeTheMatch.org/HOSAFundraising and enter your info
2. Enter your chapter’s team number. If you don’t know it, check this list
3. Customize your personal page, then connect it to your social media to promote it.
4. Spread the word! Invite your team, friends and family to visit your page and make a contribution.

Fundraising Tips and Ideas

Every $100 allows Be The Match to process the cheek swab of a potential donor for the Be The Match Registry®. The money YOU raise grows the registry, provides grants to patient families, and funds research to make transplant safer and more available to all patients.

- Create a video
- Create a poster to share with faculty members at your school and relatives.
- Hold a virtual information session through your HOSA chapter

Be The Match Incentives

For each person added to your registry and for each dollar donated, your chapter will receive one point on the HOSA site.

100 points - Recognition from National HOSA
250 points - 20 T-Shirts for your chapter
750 points - Recognition for chapter members
1000 points - pins for all chapter members

The top 3 HOSA chapters will be invited to send three members and their advisor to the headquarters for an exclusive visit!
When it comes to finding donors it is increasingly difficult to find matches for potential transplant candidates when there aren't enough individuals from the same ethnic background. As shown by the image above, currently there are low percentages of minority groups. In an effort to increase the likelihood of a patient from one of these ethnic backgrounds to obtain a match, we must be willing to help by diversifying the registry; after all it could mean a life saved.

We recognize that our members may not be of age yet so reach out to family members and be sure to explain the lack of diversity and the ease of the registration process. If we all work together we can increase the chances of a match!
SOCIAL MEDIA

NYS HOSA on Instagram...

Our social media account allows us to promote HOSA and find ways to interact with current members and chapters even more than we have before! This year we have used our Instagram to tell members about new events such as Health Professions Week. It is a great tool to connect local chapter officers with the state officers; the direct message feature of the app is personally looked after by some of the state officers, so you can contact us with your questions or concerns. Our main goal is to heighten engagement so be on the lookout for...

- Polls where can ask you opinion on various HOSA related subjects
- Q and A’s which can be filled out by members if they have any questions
- Updates on dates, events, and more!
- HOSA Information
- And a chance to see your very own submissions to each challenge!

Each newsletter presents specific challenges for the month. Remember to send your challenge entries to our HOSA Instagram account to receive your point credits.

At the Spring Leadership Conference we will announce which chapter has earned the most points, and the winner will receive a special award!

Where can you find our social media pages?

Instagram Account: @nys.hosa

Be sure to follow us on our Instagram so that you’ll receive quick updates and information!
1. Sign up for TALLO as soon as possible to participate in the Spring Leadership Conference.

2. Use the following link to access the guidelines of the competitions that will take place at SLC. It’s not too early to start preparing!
   www.hosa.org/node/117

3. Complete the American Heart Awareness Month Challenge by February 28, 2021.


5. Follow us on Instagram @nys.hosa