Your state officers look forward to seeing everyone at the Virtual Spring Leadership Conference!

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SPRING LEADERSHIP CONFERENCE

The countdown begins!

The Spring Leadership Conference (SLC) will be held virtually on Zoom
April 14 - 16, 2021

What can you expect?

The NYS HOSA Spring Leadership Conference (SLC) will include a vast array of competitive events, and recorded and live sessions and exciting activities with HOSA members across NYS.

Read the guidelines for your event to know how to prepare to win!

Online testing was held March 16-26th and the deadline to submit required components to Tallo (hosa.org/tallo) for some competitive events was March 31st.

Make sure to complete and submit your Code of Conduct and Virtual Conference Etiquette forms: http://www.newyorkhosa.org/spring-leadership-information.html

All HOSA members who have registered for the conference will receive the Zoom links by April 10th.

Opening session will be held April 14, 2021 at 8:30am with a repeat broadcast at 9:00am.

Join us to meet the NYS HOSA state officer candidates

Competitive event winners will be announced on April 16th at the Award Ceremony, and medals will be mailed to your home. Ask your advisor to check that your address is correct on your registration for the conference!

1st, 2nd & 3rd place winners will be invited to attend and compete at the HOSA Virtual International Leadership Conference June 23-26, 2021.

Sign up for TALLO:

Use the TALLO account to upload materials for some of the competitive events. ALL HOSA members should create their TALLO account even if it is not required for your competitive event. This is how you will learn about college scholarships!

HOSA.org/TALLO
More information for the Spring Leadership Conference is available on the NYS HOSA website (http://www.newyorkhosa.org/spring-leadership-information-information.html).

Check in with your advisor for any emails that are sent from the NYS HOSA Conference committee.

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!
Spring Leadership Conference 2021

**Wednesday - April 14, 2021**

4:00 pm - 4:30 pm  Opening Session

5:00 pm—6:30 pm  Medical Spelling Zoom Spelling Bee—appointment times will be sent out to the competitors

6:30 pm—7:30 pm  Medical Assisting Part 2  Zoom Meeting for Part 2 of their event

**PROGRAM OF EVENTS**

**Thursday - April 15, 2021**

8:30 am—9:00 am  Opening for the Day

9:00 am—9:30 am  (Repeat of the Opening of the Day)

10:00 am—10:30 am  Activity run by State Officers

10:00 am—12:00 pm  Job Seeking Part 2 Interviews—you will be given an appointment time for your interview

10:30 am—11:30 am  Presentation by Be the Match

12:00 pm—12:45 pm  Lunch Break

1:00 pm—2:00 pm  House of Delegates Meeting (it is mandatory for all to attend unless they are participating in the Part 2 round of their event)

A) Introduction of Candidates running for State Officer and their speeches
B) Designated Delegates will vote for State Officer slate
C) Review of By-Laws and any changes being considered
D) Voting on any changes of by-laws

3:00 pm—4:00 pm  Activity run by State Officers

**Friday - April 16, 2021**

9:00 am—9:30 am  Opening for the Day and farewell speeches of the current state officers

9:30 am—10 am  Induction of the new State Officers

10:00 am—11:45 pm  Presentation of the Awards

Health Science Events
Health Professions Events
Emergency Preparedness Events
Leadership Events
Teamwork Events
Recognition Events
Specialized Award

11:45 am—12:00 pm  Closing Ceremony

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**New York State HOSA Creed**

I believe in the health care profession.
I believe in the opportunities that my training offers.
I believe in education.
I believe that by using my skills, knowledge and experience, I can contribute to my community.
I believe in myself.
I believe that I will become more aware of myself, and become a more responsible citizen.
I believe that each person is important and therefore I will treat each person with respect and love.

To this end, I dedicate my training, my skills, and myself to serve others through

**HOSA: Future Health Professionals**
Parkinson’s Disease Awareness Month

April is Parkinson’s Disease Awareness month.
What is Parkinson’s Disease?
Parkinson’s is a progressive disease of the nervous system marked by tremors, muscular rigidity, and slow, imprecise movement, chiefly affecting middle-aged and elderly people. It is associated with degeneration of the basal ganglia of the brain and a deficiency of the neurotransmitter dopamine.
Parkinson’s disease is incurable.

Signs and Symptoms
Tremors, slowed movement, rigid muscles, impaired posture and balance, loss of automatic movements, speech changes, writing changes

Causes
In Parkinson's disease, certain nerve cells (neurons) in the brain gradually break down or die. Many of the symptoms are due to a loss of neurons that produce a chemical messenger in your brain called dopamine.
**Risk Factors**

Age (over 65), Heredity (family member with Parkinson’s), Sex (1.5 times more likely in males), Exposure to toxins (pesticides), head injuries

**Complications**

Thinking difficulties, depression, emotional changes, difficulty swallowing, chewing and eating, sleep disorders, bladder problems, constipation

**When should you see a doctor?**

You should see a doctor if you have signs and symptoms of Parkinson’s disease. This will help to diagnose your condition and allow you to start treatment to slow its progression. It will also rule out other causes of your symptoms.

**Parkinson’s Disease Awareness Challenge**

During the month of April we challenge you to show your support and awareness for Parkinson’s Disease. This is a 7 day fitness challenge to test your strength. During the challenge you must see how long you’re able to hold a plank. You can film yourself doing this and you can share your progress with others. Send your videos to nys.hosa on Instagram. I hope you can participate and have fun! This month’s challenge will not have points, since the NYS HOSA newsletter chapter challenge winner will be announced at the Spring Leadership Conference.
Sarcoidosis is an inflammatory disease that occurs when clumps of inflammatory cells form in various organs, leading to organ inflammation. Areas of the body commonly affected by sarcoidosis includes the brain, spleen, heart, liver, skin, eyes, lungs, and lymph nodes.

**Causes**

The exact cause of sarcoidosis is unknown, however gender, race, genetics may contribute to developing this condition. Sarcoidosis is more common in women than in men, and in people of African descent are more likely to develop this condition.

**Signs and Symptoms**

Some people with sarcoidosis don’t show any signs or symptoms but for those who do, signs and symptoms can vary depending on the area that is affected by the disease.

**General:** fatigue, fever, weight loss, joint pain, dry mouth, nosebleeds, abdominal swelling, dry cough, shortness of breath, wheezing

**Skin:** Rash, hair loss, raised scars

**Nervous system:** Seizures, headaches, hearing loss

**Eyes:** Vision loss, itchy eyes, eye pain

*Diagnosis can be very challenging because the signs and symptoms are very similar to several other diseases.*
Treatment

Currently there is no cure for sarcoidosis. Treatment with corticosteroids relieves inflammatory symptoms in most people within a few months, but symptoms often improve without intervention.

National Sarcoidosis Awareness Challenge

During this challenge have your HOSA chapter wear purple for a group photo and create an informational poster. Purple shows your awareness for a Sarcoidosis cure. Send your chapter photo wearing purple and your poster to nys.hosa on Instagram. This month’s challenge will not have points, since the NYS HOSA newsletter chapter challenge winner will be announced at the Spring Leadership Conference.