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

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SPRING LEADERSHIP CONFERENCE

Some new information ahead...

The annual Spring Leadership Conference will be held virtually this year and will include MANY competitive events!

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 are a one round online test and other events will require an online test and a live round 2 or submission of documents.

Make sure to read the guideline for your event to know how to prepare.

*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. Go to hosa.org/tallo to set up your account.
- During the Spring Leadership Conference we will have exciting activities/live sessions. Members will get to work together with students from across New York State.
- Competitive event winners will be announced on the last day at the Award Ceremony, and medals will be mailed to your home. Make sure your address is correct when you register for the conference!
1st, 2nd & 3rd place winners will be invited to attend the HOSA International Leadership Conference, tentatively scheduled to be held in Orlando, Florida in June 2021.

**Sign up for TALLO:**

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! The TALLO account is where you must upload materials for some of the competitive events.

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

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

More information on the Spring Leadership Conference is available on the NYS HOSA website (newyorkhosa.org). Check in with your advisor for any emails that are sent from the NYS HOSA Conference committee.

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!
COMPETITIVE EVENTS GUIDE

Some things to keep in mind...

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”!
March is Bleeding Disorders Awareness Month

What is hemophilia?

Hemophilia is a genetic disorder which slows the blood clotting process. It is estimated that hemophilia occurs in 1 in every 5,000 male births in the United States. The disorder very rarely develops in girls. According to the Centers for Disease Control and Prevention, “Hemophilia is caused by a mutation or change, in one of the genes, that provides instructions for making the clotting factor proteins needed to form a blood clot. This change or mutation can prevent the clotting protein from working properly or to be missing altogether.”

Types of Hemophilia
Hemophilia A: four times more common than Hemophilia B, and occurs when clotting factor VIII levels are deficient
Hemophilia B: also known as Christmas Disease, clotting factor IX levels are deficient
Hemophilia C: occurs when factor XI levels are deficient
Acquired Hemophilia: a person develops hemophilia from an illness, medications, or pregnancy. This is extremely rare and is usually resolved through proper treatment.

How is a diagnosis determined?
A diagnosis of hemophilia is determined after blood has been tested to reveal a clotting-factor deficiency. Tests known as factor assays are required to explore the cause. In severe cases, the disorder can be diagnosed within the first year of a child’s life. People with a family history of hemophilia are encouraged to have their baby boys tested soon after birth.

What are some approaches to treating hemophilia?
One of the most common approaches for treating hemophilia is to replace the missing blood clotting factor. This treatment is administered through a tube placed in the vein. Other forms of treatment can include taking clot preserving medications, injecting the hormone Desmopressin (DDAVP), applying fibrin sealants and participating in physical therapy.

Ways to reduce the chance of injury if you have hemophilia
There are several measures that a person living with hemophilia can take to reduce the chances of injury or excessive bleeding. The following are recommended: avoid taking blood-thinning medications, exercise regularly (contact sports should be avoided), practice good dental hygiene and avoid certain pain medications that can aggravate bleeding such as aspirin.
Hemophilia is a rare, in-born, life-long congenital bleeding disorder that affects mostly males. Individuals with hemophilia are born with a defective gene that prevents their body from producing enough of these proteins and therefore are unable to form a strong and stable blood clot.

Based on the data from World Federation of Hemophilia (WFH), one in ten thousand has hemophilia. Hemophilia is one of the bleeding disorders that hinders normal blood clotting.

About 10,000 Filipinos have hemophilia. A more serious concern for people suffering from hemophilia is spontaneous bleeding; any leak can cause severe bleeding and the body will not heal itself. Bleeding into different organs can be life-threatening because when it occurs to a vital organ, it can cause permanent damage beyond repair.

**WHEN TO SEE A DOCTOR?**

If you have a family history of hemophilia, you may want to undergo genetic testing to see if you’re a carrier of the disease before you start a family.

Seek immediate care if one is experiencing the following:

- Vomiting repeatedly
- Continuous bleeding from an injury
- Severe Headache
- Excessive sleepiness
- Blurred or double vision
- Neck Pain

**TREATMENT**

Currently, medical science has not provided a definitive cure for this atypical disease. However, bleeding can be managed either by blood transfusion or infusion of the medicines called anti-hemophilic factor concentrates which often times are very costly.

Out of the 10,000 Filipinos that suffer from this bleeding disorder, data gathered showed that 3 out of every 4 people lack the resources required for proper treatments.
HEMOPHILIA AWARENESS CHALLENGE #1

Join us and others across America taking the Red Tie Challenge to start a conversation about bleeding disorders

Take a photo at your next chapter meeting, be it virtual or online, with members wearing a red tie. But if you don’t have a red tie don’t worry. Wear a red shirt instead.
Email your images to NYSHOSANNEWSLETTER@gmail.com and send them to the NYS HOSA Instagram, @nys.hosa by March 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. We look forward to seeing your submissions!

NATIONAL NUTRITION MONTH

What is National Nutrition Month?

National Nutrition month was created in 1973. National Nutrition month was celebrated one week during March, in 1980 this changed into a month dedicated to nutrition because of the growing interest from the public. “the second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 10.”

Why is National Nutrition Month celebrated?

The Academy of Nutrition and Dietetics created this holiday to celebrate every year during the month of March, to inspire others to focus on the importance of making healthy, and informed choices when it comes to making/eating food. March is also a month to create physical activity habits.

The Academy of Nutrition and Dietetics
The academy of nutrition and Dietetics is an organization that promotes optimal nutrition for its members. “More than 100,000 credentialed practitioners the academy is the world's largest organization of food and nutrition professionals.”

**NATIONAL NUTRITION MONTH CHALLENGE #2**

To show your support for national nutrition month take a picture with your chapter, wearing the color green, green ribbon, green shirt, sweater, pants, shoes, hijab, scarf... Create a sign with some national nutrition month facts.

Email your images to NYSHOSANewsletter@gmail.com and send them to the NYS HOSA Instagram, @nys.hosa by March 28, 2021. (earn 5 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.
SHEILA CUMMINGS
SERVICE AWARD

Sheila Cummings was born on October 4, 1950 in Brooklyn, New York. She was the epitome of a team player who was diligent, determined, and unwavering. She was a motivational educator who mentored new teachers during her career spanning 33 years. Her career ladder included: paraprofessional, lab specialists, teacher, dean of students, and college advisor. Sheila completed **MANY** hours of community service, volunteering with the following organizations: Pancan.org, American Cancer Society: Making Strides Against Breast Cancer, New York Road Runners Club (NYC Marathon), Prospect Park Turkey Trot, St. Jude Children’s Hospital and the Brownsville Family Shelter.

Sheila Cummings was an educator extraordinaire. She was a selfless science teacher who always put her students first. When she was asked to become a HOSA co-advisor, she wholeheartedly jumped in to mentor, and chaperone HOSA students to conferences. Sheila thoroughly enjoyed attending the NYS HOSA Leadership Conferences and she more often than not, subsidized a student or two who could not pay their hotel registration fees. After a few years Sheila became the Wm. H Maxwell CTE H.S. Chapter Advisor, and under her leadership, students not only attended the NYS HOSA
Leadership Conferences, but they also qualified for and attended the HOSA National Conferences, held in Nashville, Tennessee, Anaheim, California, Orlando, Florida, and Chicago, Illinois. HOSA was such a priority in her life that she became a member of NYS HOSA Board of Trustees where she was the Region NYC Advisor and the co-conference chairperson. Even though Sheila retired from the NYC Department of Education she continued her position with NYS HOSA. Sheila lived with an unapologetic love, dedication and passion for her role as an educator, mentor, advisor and friend. This award will be presented at each Spring Leadership Conference to the top 3 outstanding HOSA members who meet the qualifications. Awards will be given as Gold, Silver, Bronze based on completion of community service hours, two (2) letters of recommendation and an essay.

**Deadline: March 15, 2021**

Scan and submit all documents to Dr. Margaret Savitzky at Chairman@newyorkhosa.org

**FEBRUARY CHALLENGES SUBMISSIONS**

**“100 Days of wearing masks” challenge**

**EMMA WILLARD CHAPTER**
American Heart Awareness Challenge #1

EMMA WILLARD CHAPTER

[Image of students wearing masks]

THOMAS A. EDISON CHAPTER

[Image of students wearing masks]
Eating Disorder Challenge

THOMAS A. EDISON CHAPTER
Links to presentations:
https://drive.google.com/file/d/1bM63SOdI6UgQ5sNo2NokP4y0eH5I6X-o/view?usp=sharing
https://drive.google.com/file/d/1OswK9bOnnQ1N8hoCfJRhQ4KXvYwWi8K/view?usp=sharing

HOSA REMINDERS

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.
www.hosa.org/node/117

3. Consider applying for the Sheila Cummings Community Service Award


6. Follow us on Instagram @nys.hosa