HOSA: Future Health Professionals

NYS HOSA MAY NEWSLETTER ISSUE #9

May 2021

Your state officers thank you for joining us at the Virtual Spring Leadership Conference and for a great year!

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A Look Back At NYS HOSA Virtual Spring Leadership Conference

Thank you for joining us...

The annual Spring Leadership Conference was a wonderful experience, and we hope that you had an amazing time at the virtual conference. We loved seeing all of the committed HOSA members!

What can you do now?

Make sure to go back to your chapter and share your experience at SLC. HOSA relies on its members to not only be diligently devoted allies to health care but also ambassadors that can promote HOSA: Future Health Professionals. Be sure to emphasize some of HOSA's core values such as leadership, knowledge, and skill. You can also mention our service project this year, Be The Match, or even the virtual opportunities that members were able to partake in at the virtual SLC, such as the amazing competitions, Jeopardy games and scavenger hunt.

The possibilities are endless if we are able to spread the HOSA love.

Let's grow the New York State HOSA family!
International Leadership Conference

What's next, you may ask...

If you won first, second or third in one or more of your competitive events during NYS HOSA Spring Leadership Conference (SLC) you are eligible to join HOSA's International Leadership Conference (ILC)!

June 23rd to the 26th.

*The registration fee for ILC this year is $60 for all HOSA members*

- The registration fee includes one Academic Testing Center (ATC) Test (win another medal!), access to all General Sessions, Virtual Entertainment, Speakers, Educational Workshops, Media Productions, National Competitive Events Program, Awards and Recognition all on a virtual platform from your own home.

- Registration entitles you to a free ATC test, you can take more tests for $20 each.

- All registration fees for members and advisors will be **due on May 15th at 11 PM EST to Mrs. Mitchell, NYS HOSA State Advisor. Do NOT send your money to the national HOSA office in Texas!**

- If you placed 1st, 2nd, or 3rd in multiple events then you can only choose **ONE** of your events to compete in!

- Make sure to review your guidelines and check the dates of the conference to make sure that you will be available during all live sessions and your designated competition. The following is a link to the Agenda for ILC 2021: [https://hosa.org/virtual-ilc-agenda/](https://hosa.org/virtual-ilc-agenda/)

- This is a fantastic opportunity for those members who won at this year's NYS Spring Leadership Conference, we highly encourage that you speak with your advisors and principals to see if you may be able to attend.

- You are able to attend the ILC as a guest for $60 but will not be allowed to enter your SLC competitive event if you didn’t win a medal.

**Remember...**

*If you do join HOSA in June for ILC, be prepared for some fierce competition. There may be members from all 56 chartered associations attending from the continental US, Alaska, Hawaii, American Samoa and from Canada and China, meaning that you must study and prepare for your competition.*
How to sign up for TALLO:

If you have not already done so, 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 for the International Leadership Conference can be found at https://hosa.org/ilc/

Now is the time to start preparing and planning for the competition you’ve chosen to participate in.

Good luck!
ALS Awareness Month

During the month of May we want to bring awareness to ALS as a way to raise support for this disease. ALS is a disease which has affected a countless number of people all over the world but a cure has yet to be found. According to the Centers of Disease Control and Prevention, it is estimated that between 14,500 and 15,000 people in the United States had ALS in 2016, with around 5,000 people receiving a diagnosis annually. Worldwide, it is thought to affect between 2 and 5 people in every 100,000.¹

ALS Awareness: What does ALS stand for and who does it affect?

ALS stands for amyotrophic lateral sclerosis, a degenerative disease that is caused by the breakdown of nerves which alter the functionality of muscles. Classified as a nervous system disease, ALS is distinguishable by the progressive weakness that patients face causing them to no longer be able to do daily activities independently such as eating or showering. In later stages, nerves of the brain and spinal cord can be affected, making this disease fatal because the body will no longer have proper motor function.¹

Also known as Lou Gehrig's disease, named for the famous NY Yankee baseball player, ALS has no known cause. Scientists believe that there may be certain environmental and or genetic components leaving patients predisposed to the condition. However, without knowing the cause, the likelihood of finding a cure also lessens.

Some individuals that are more likely to acquire ALS are military veterans because of their exposure to lead, pesticides or other environmental contacts, use of tobacco or alcohol or extreme physical exertion.² Furthermore, the CDC reports that this condition is more common in whites, males, and people over 60 years of age.³

What are the typical signs and symptoms of ALS?

Signs and symptoms⁴:

- Difficulty walking or doing normal daily activities
- Tripping and falling
- Weakness in legs, feet or ankles
- Hand weakness or clumsiness
- Slurred speech, trouble swallowing
- Muscle cramps and twitching in your arms, shoulders and tongue
- Inappropriate crying, laughing or yawning
- Cognitive and behavioral changes

¹ https://www.medicalnewstoday.com/articles/281472 ² http://web.alsa.org/site/PageServer?pagename=ALSA_Veterans_Ris
What types of ALS are there?

Sporadic and Familial ALS

Sporadic ALS occurs randomly and accounts for about 90 to 95 percent of cases. Familial ALS is inherited and accounts for five to ten percent of cases. The child of a person with ALS will be 50% more likely to develop the condition but rarely it can affect a person in their teens. Researchers are currently investigated which genes and what mutation, if any, is involved.

Sadly there is no long term treatment for ALS, however, there are medications which can slow down the degradation process of the nerves such as Rilutek, Tigrutik, Exservan, and Radicava. By doing so, this can give the patient more time to have complete function of their limbs. ALS is a difficult condition to deal with for many patients, one of the reasons being that this is a chronic condition meaning that it can last for many years and even be life long.

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2 https://www.medicalnewstoday.com/articles/281472
3 https://alsnewstoday.com/approved-treatments/
Mental Health Awareness Month

Mental Health Awareness Month has been observed in May in the United States since 1949. The month is observed with media, local events, and film screenings. Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America organization. Covid has made the need for awareness and support for those who are struggling with their mental health especially apparent. Don’t suffer or let others suffer alone. Reach out for help.
Farewell From the 2020-2021 State Officers

Serving as a state officer was a wonderful opportunity to work on a team of driven individuals. The experiences that I gained while being a member of the team of state officers and the interpersonal communication skills that I acquired along the way helped me build a solid foundation of leadership and teamwork skills as I go into the medical field. I'm positive that the new officers will do an excellent job and to the current officers I wish you all the best. ~ Michelle Novominski; NYS HOSA President

What a year it has truly been! The time that I have spent serving as your NYS HOSA Sr. Vice President has been a tremendously positive one, and for that I am forever in your gratitude. Remember HOSA: Future Health Professionals is bigger than us all, it stands for unity and health care. I wish you all good luck on all your future endeavors and once again, thank you for making this journey an unforgettable one.
~ Gurjot Singh; NYS HOSA Vice President

Since my journey with HOSA has come to an end I want to thank everyone who made my journey as an officer successful and fun. Thank you all for joining us at the SLC and I hope that you all continue to be NYS HOSA members and run for state officer positions! Thank you!!
~ Megan Hughes; NYS HOSA Secretary

As this school year ends I'm grateful to have worked with everyone involved in HOSA: Future Health Professionals. Getting to know all of you has been an amazing experience and one I certainly will not forget. I'm confident that the new state officers will take on the task of their office with a great sense of responsibility and do an amazing job. Thank you, it has been a pleasure being your state officer.
~ Breanna Martinez; NYS HOSA Reporter

As we conclude HOSA for this year I want to thank everyone for participating and making this year a success. I also would like to congratulate all of the winners from the Spring Leadership Conference. I have had nothing, but fun during the conferences and I am so glad to have served all of you as an officer. I wish you all the best and I encourage you to strive for excellence.
~ Riley Jubar; NYS HOSA Parliamentarian

In the healthcare profession, teamwork is a vital component to ensure a successful outcome for patient care. I had the wonderful opportunity to gain these teamwork skills while serving on the state officer team. Thank you for the wonderful experience and to the new state officers I am confident that you will do an amazing job.
~ Conrad Huang; NYS HOSA Historian and Region B Vice President

From us to you, we bid you a farewell...
Introducing Your 2020-2022 NYS HOSA State Officers!

NYS HOSA President
Anjana Persaud

NYS HOSA Sr. Vice President
Stefanie Brijmohan

NYS HOSA Secretary/Region C Vice President
Caitlyn Madison

NYS HOSA Parliamentary
Olivia Lerma

NYS HOSA Historian/Region NYC Vice President
Isabell Faydalla

NYS HOSA Reporter & Treasurer
Safwan Almobin
1. If you want to participate at HOSA ILC, reach out to your chapter advisor. The registration fee is due May 15 at 11 p.m. EST and must be submitted to Mrs. Mitchell, NOT to Texas!

2. Sign up for TALLO as soon as possible if you are looking to participate in the International Leadership Conference.

3. Use the following link to access the guidelines of the competitions that will take place at ILC. It’s not too early to start preparing!

   www.hosa.org/node/117

4. Follow us on Instagram @nys.hosa