



# OCTOBER

## *Newsletter*



**NEW YORK STATE HOSA**  
**2023-2024**

[www.newyorkhosa.org](http://www.newyorkhosa.org)

Canva



# HOSA CHAPTER CHALLENGES!

## **Challenge #1: Making a Difference for Breast Cancer Awareness!**

October is ablaze with pink for Breast Cancer Awareness Month, and it's time to see which chapter can outshine the rest in a fundraising battle. For each \$100 your chapter raises, you'll earn **1 glorious point**. Brace yourself for an epic fundraising showdown!

## **Challenge #3: Master the Art of Hand Washing!**

On October 15th, the world celebrates Global Hand Washing Day. To champion the cause of hygiene & safety this fall season, assemble your chapter and craft a short, gripping video (max 3 minutes) showcasing the art of proper hand washing techniques. Submit your masterpiece and your chapter will be rewarded with a glorious **5 points**.

## **Challenge #2: Get Creative with Posters!**

We challenge you to unleash your artistic flair & create a poster that captivates hearts and minds. Whether a digital masterpiece or a tangible work of art, your poster should include breast cancer facts, life-saving prevention tips, and inspiring messages that will leave a lasting impact. Your chapter will be rewarded with **5 points**.

**All HOSA Chapter Challenge  
Submissions must be emailed to:  
[NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com)**

**TO RECEIVE CHALLENGE POINTS, BE  
SURE TO INCLUDE:**

- **Chapter school name and Chapter number**
- **Name of the chapter advisor and chapter president**
- **Name & description of the challenge**

# BREAST CANCER AWARENESS MONTH

## Symptoms

- A lump in the breast, bloody discharge from the nipple
- Changes in the shape or texture of the nipple or breast
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.

## Risk Factors

- Drinking Alcohol
- A family history of breast or ovarian cancer
- Exposure to the drug diethylstilbestrol (DES).
- Birth control medication/patch
- Breast implants
- Age
- Obesity
- Genetic mutations
- Previous radiation therapy

## Early Detection

Detecting breast cancer in its early stages allows for less invasive treatment options and a higher likelihood of complete recovery.

- Self-Check Exam
- Mammogram
- Breast Ultrasound



# BREAST CANCER AWARENESS MONTH

## **Raise Awareness**

Breast cancer touches the lives of millions worldwide, and knowledge is key to spotting it early. During Breast Cancer Awareness Month, let's join forces to inform and encourage regular screenings.

## **Think Pink**

Throughout October, you'll notice pink ribbons and attire as a symbol of breast cancer awareness. Consider joining in by wearing pink or displaying pink ribbons, uniting in support of this important cause.

## **Destigmatize The disease**

Eliminating the stigma attached to breast cancer is crucial. Don't pass judgment on persons suffering from breast cancer, and keep in mind that anybody can develop this disease.

## **Encouragement and support**

Essential for people who have been diagnosed with breast cancer. For those battling breast cancer, your support and encouragement mean the world to them. Reach out to friends and family going through treatment. A simple gesture of love and assistance can make a significant difference in their journey



# DEPRESSION

## Symptoms

- Persistent sadness or a low mood.
- Loss of interest in previously enjoyed activities.
- Fatigue/low energy levels.
- Changes in appetite/weight.
- Sleep disturbances (oversleeping)
- Difficulty concentrating/making decisions.
- Feelings of worthlessness/guilt.
- Thoughts of death or suicide.

## Triggers

- Loss of a loved one.
- Relationship difficulties or breakup.
- Financial stress.
- Academic or job-related pressures.
- Social isolation.
- Health problems.
- Seasonal changes

## Getting Help!

- Talk to a trusted friend or family member about your feelings.
- Consult a mental health professional, such as a therapist, counselor, or psychiatrist.
- Reach out to helplines or crisis hotlines for immediate support.
- Consider medication as prescribed by a healthcare provider, if necessary.

## Prevention

- Maintain a healthy lifestyle: Eat well, exercise regularly, and get enough sleep.
- Manage stress: Practice relaxation techniques, mindfulness, or yoga.
- Build a support system: Stay connected with friends and family.
- Seek professional help early: Don't hesitate to reach out to a mental health expert.



# 2023 WASHINGTON LEADERSHIP ACADEMY

The state officers want to share with you our incredible experience at the HOSA Washington Leadership Academy in September.

The keynote speaker at the opening ceremony was really cool and funny, teaching us how to succeed and get past challenges in life.

Your NYS Officers!



Prior to the WLA, we completed a Gallup online survey to identify the leadership strengths we possess. At the conference, we studied these strengths, completing exercises and reflections to discover how to utilize them to their fullest potential. Working with HOSA state officers from all over the nation and world, we honed our leadership abilities in the company of like-minded teenagers.



After long days of training, we went on a Twilight tour of Washington DC, where we saw the Lincoln, Franklin D. Roosevelt and MLK Jr. memorials, the WWII, Korean and Vietnam War memorials, and spent time at the National Museums of Natural History and the African American History & Culture. We also got to speak the Legislative Correspondent for NYS Senator Kirsten Gillibrand.



**The National Mall**



**WWII Memorial**



**Leadership & Team building**



**Tomb of the Unknown Soldier  
HOSA wreath presentation**



**State Officers from all over the USA**





**Ricky Chen, Dr. Savitzky, Tanisha Basra  
Thomas Edison CTE HS**



**Gloria Ciccarella, Mrs. Modicaamore, Rosa Rosa, Emma Ehimare  
Academy of the Sacred Heart - Buffalo**



**Mr. Del Greco & Brianna Osorio  
Southern Westchester BOCES**

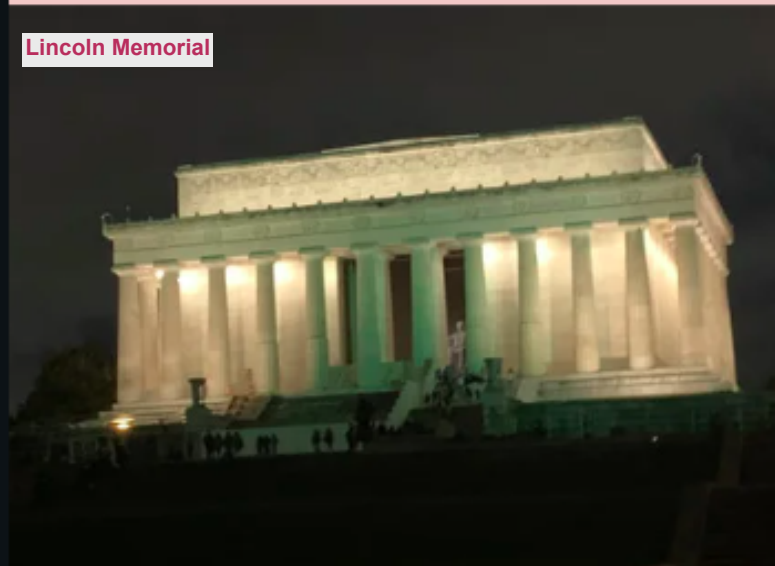


**NYS HOSA Officers with Catherine Paul,  
Sen. Gillibrand's Legislative Coordinator**





Lincoln Memorial



US Capitol



Martin Luther King Jr. Memorial



National Museum of Natural History



Roosevelt Memorial



Vietnam Vet Memorial



# **FALL LEADERSHIP CONFERENCE**

**THE NYS OFFICERS CAN'T WAIT TO MEET YOU ALL AT THE FALL  
LEADERSHIP CONFERENCE!**

**November 16-17, 2023 in Albany, NY**

## **HOW TO PASS THE ACHIEVEMENT TEST**

Key Things You Must Know:

1. The duties of each officer on a local and state level
2. The 2023-2024 state officer names, positions, and their roles in the FLC opening ceremonies
3. Board of Trustees names and positions
4. The Mission, Purpose and Goals of HOSA
5. The official HOSA dress code
6. The official Colors of HOSA and their meaning
7. The HOSA Code of Conduct
8. The HOSA Creed

### **STUDY GUIDE**

Click on the Link below to  
access the Study Guide

**Achievement Test  
Study Guide FLC 2023  
2024.docx**

### **REMINDERS**

- **ALL** attendees must complete the Medical Release & Code of Conduct forms posted on the [newyorkhosa.org](http://newyorkhosa.org) website
- You must earn at least a 85% on the achievement test.
- You must recite the HOSA creed to one of the state officers (without using notes) during the conference.



# YOUR FLC PACKING LIST

- HOSA Attire

- Black or navy pants/skirt (no leggings, no jeans, skirts cannot be more than 1" above the knee)
- Black or navy shoes
- Black or navy socks (men only, untornd stockings/tights are optional - women)
- White shirt (button down with collar - men, button down or scoop neck top - women).
- HOSA blazer, or a black or navy blazer

- Pajamas for the night
- Casual clothes and shoes
- Optional Snacks and food for the night
- Your chapter's raffle basket and \$\$\$ to enter the raffle and win a basket!
- Personal hygiene/toiletries : makeup, moisturizer, hair products, toothbrush/toothpaste, deodorant, contact lenses/case/solution (hotel provides, blankets, pillows, towels)

REMEMBER!

# REMINDERS

- Registration for FLC Deadline: October 21, 2023
- Begin working on your October Challenges and submit them to:  
[NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com)
- Start Promoting your HOSA Chapter to recruit more members
- Begin planning for activities throughout the year with your local chapter
- Complete your HOSA membership registration by completing the HOSA membership form and giving your dues to your chapter advisor

<http://www.newyorkhosa.org/membership-information.html>

November 16-17, 2023  
Albany, NY

<http://www.newyorkhosa.org/2023-fall-leadership-conference.html>

