



New York State HOSA September 2017 Newsletter



LEFT TO RIGHT- SUKHPREET KAUR (SR. VP/TREASURER), MAURIA SINGH (SECT'Y/HISTORIAN), SAVREEN KAUR (PRESIDENT), NICOLE WELKA (PARLIMENTARIAN/DISTRICT E VP)

WELCOME
NYS HOSA

What to expect ...

Each month a different New York State Officer will design a newsletter that will explain what is happening in HOSA and share health care related articles. Facts and challenges will be paired with the articles. Chapters will have a chance to complete these challenges and be awarded points. In April, the chapter with the highest score will be awarded a prize at the NYS Spring Leadership Conference in Syracuse, New York!

**September 10th
National Suicide
Awareness Day**



**September
National Leukemia
Awareness Month**



Your NYS HOSA Board of Trustees

Joanne O'Brien: New York State Education Liaison

joanne.obrien@nysed.gov

Bonny Shelby: New York State HOSA, State Advisor

bshelby@gvboces.org cell 585-750-5232

Theresa Mitchell; New York State HOSA Chairperson

trqm229@gmail.com cell 315-243-1588

Julie Patros; New York State HOSA Vice Chairperson

tpatros@stny.rr.com

Sue Mills; Secretary, New York State HOSA Region E Advisor

smills@gvboces.org

Sara Kutter, New York State HOSA Executive Treasurer/Registrar

NYSHOSATreasurer@gmail.com

Dr. Margaret Savitzky, New York State HOSA Region NYC Advisor, State Officer Co-Advisor

msavitzky@taehs.org cell 718-644-8263

Nancy Lutz, New York State HOSA Region C advisor

slutz1@stny.rr.com cell 607-437-4630

Ray Sulla, NYS HOSA Region B Advisor, Achievement Test Coordinator/Conference Coordinator

rsulla@swboces.org cell 347-682-8644

Sasha O'Connor, New York State HOSA State Officer Co-Advisor

sashaconnor@aol.com cell 718-790-7493

Cinda Dodge, New York State HOSA Advisory Board

cdodge607@gmail.com

Rebecca Knoblauch, NYS HOSA Alumni Representative/Competitive Events Co-Chairperson

Rebeccaknoblauch7489@gmail.com cell 518-441-8692

Leanne Saxby, New York State HOSA Region D Advisor

lsaxby@silboces.org

Thomas Binswanger, Webmaster

nys.hosa.web@gmail.com

NEW YORK STATE HOSA CHAPTER CHALLENGE

Your New York State Officers and New York State Board of Trustees are initiating a New NYS HOSA tradition: the **HOSA Chapter Challenge**. We want to encourage all chapters to participate throughout the school year to show your school spirit and increase your involvement in HOSA. Monthly challenges will give members the opportunity to use their creative skills and demonstrate their community involvement.

Each month, new challenges can be found in these newsletters. Chapters will have the chance to earn points and the chapter that shows the most creative, innovative, approach to each challenge will be rewarded with bonus points. The monthly scores of each chapter and who won the bonus points will be shared in the following month's newsletter. The chapter with the most points will be honored with an award at the NYS Spring Leadership Conference.

Chapters will earn 1 point for every member your chapter recruits. Chapters that help other schools establish a new chapter will be rewarded with 15 points for each new chapter they help to create (you must send a picture of you at the new school's chapter).

All challenge entries should be emailed to:
NYSHOSANewsletter@gmail.com

Be sure to include the following information on all entries:

1. Chapter school name
2. Chapter number
3. Name of challenge as the subject line of your email
4. Description of the challenge entry
5. Name of chapter advisor and chapter president

NYS HOSA SERVICE PROJECT

The HOSA National Service Project for 2016 - 2018 is NAMI: the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today they are an association of hundreds of local affiliates and state organizations.

So, what does NAMI do? **NAMI Educates.** 1 in 5 Americans live with a mental health condition. NAMI offers support in thousands of communities across the United States through their state organizations and NAMI Affiliates, their education programs ensure thousands of families, individuals and educators get the support and information they need. **NAMI Advocates.** NAMI shapes national public policy for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states. **NAMI Listens.** The toll-free NAMI Help Line **1-800-950-NAMI (6264)** allows them to respond personally to hundreds of thousands of request each year, providing free referral, information and support, a much needed lifeline for many. **NAMI Leads.** Public awareness events and activities, including Mental Illness Awareness Week and NAMIWalks, successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is. (Information from www.nami.org)

NAMI CHALLENGE

MENTAL HEALTH IS IMPACTED BY BULLYING.

THE FIRST NYS HOSA CHALLENGE IS TO DO SOMETHING NICE FOR SOMEONE ELSE.

**IT CAN BE SOMETHING SIMPLE OR SOMETHING BIG.
NO ACT OF KINDNESS IS TOO SMALL.**

SEND AN EMAIL FROM YOUR ADVISOR, EXPLAINING YOUR ACT OF KINDNESS, AND YOUR CHAPTER WILL RECEIVE 5 POINTS FOR EACH SPECIFIC ACT.

(MAXIMUM OF 5 LETTERS PER MONTH)

SEND TO: NYSHOSANewsletter@gmail.com

SEPTEMBER 10TH – NATIONAL SUICIDE AWARENESS DAY

Every year, more than 800,000 people die by suicide and up to 25 times as many make a suicide attempt. Behind these statistics are the individual stories of those who have, for many different reasons, questioned the value of their own lives.

Each one of these individuals is part of a community. Some may have strong ties to this community, and have a network of family, friends, work colleagues or school mates. Others may be less well connected, and some may be quite isolated. Regardless of the circumstances, communities have an important role to play in supporting those who are vulnerable.

This sentiment is reflected in the theme of the 2017 World Suicide Prevention Day : **‘Take a minute, change a life.’** As members of these communities, it is our responsibility to look out for those who may be struggling, check in with them and encourage them to share their story in their own way and at their own pace. Offering a gentle word of support and listening in a non-judgemental way can make all the difference.

WSPD Home." *World Suicide Prevention Day 2017*. WSPD, Web. 24 July 2017.

**WORLD
SUICIDE
PREVENTION
DAY** ● ● ●

10th September

SUICIDE AWARENESS CHALLENGE

THE NATIONAL SUICIDE AWARENESS COLOR IS PURPLE AND TURQUOISE.

ON SEPTEMBER 11TH GET YOUR CHAPTER TO WEAR TURQUOISE OR PURPLE TO RECEIVE 5 POINTS FOR YOUR CHAPTER. YOU MUST SEND IN A PHOTO!

NYSHOSANewsletter@gmail.com

SEPTEMBER – LEUKEMIA AWARENESS MONTH

Leukemia is cancer of the body's blood-forming tissues, including the bone marrow and the lymphatic system.

Many types of leukemia exist. Approximately every 3 minutes one person in the United States (US) is diagnosed with a blood cancer. Some forms are more common in children while other forms occur mostly in adults.

Leukemia involves white blood cells. These cells are potent infection fighters — they normally grow and divide in an orderly way, as your body needs them. But in cases of leukemia, the bone marrow produces abnormal white blood cells, which do not function properly.

Over 170,000 people in the US will be diagnosed with leukemia, lymphoma or myeloma in 2017. New cases of leukemia, lymphoma & myeloma will account for 10.2% of the estimated 1,688,780 new cancer cases diagnosed in the US in 2017.

The overall five-year relative survival rate for leukemia has more than quadrupled since 1960. From 1960 to 1963, the five-year relative survival rate among whites (only data available) with leukemia was 14 percent. From 1975 to 1977, the five-year relative survival rate for the total population with leukemia was 34.2 percent, and from 2006 to 2012, the overall relative survival rate increased to 62.7 percent.

Leukemia." *Mayo Clinic*. Mayo Foundation for Medical Education and Research, 28 Jan. 2016. Web. 24 July 2017.



LEUKEMIA AWARENESS CHALLENGE

ORANGE IS THE COLOR FOR THE NATIONAL
AWARENESS OF LEUKEMIA.

ONE DAY DURING THE MONTH OF SEPTEMBER
GET YOUR CHAPTER TO WEAR SOMETHING
ORANGE TO EARN 5 POINTS FOR YOUR
CHAPTER. MUST BE DONE BY SEPTEMBER
29TH.

SEND A PHOTO OF THE CHAPTER TO:

Don't forget, send all your challenge entries to:
nyshosanewsletter@gmail.com

HOSA TO DO LIST FOR SEPTEMBER

1. Promote your HOSA chapter at school to get students to join.
2. Elect your HOSA chapter officers
3. Start planning to attend the NYS Fall Leadership Conference, November 9 – 10, 2017 in Troy, New York.
4. Have members complete their STEM Premier profile
www.HOSA.org/STEMPremier
5. Start thinking about what competitive event(s) members want to enter for the NYS Spring Leadership Conference, April 17 – 19, 2017 in Syracuse, New York.

Congratulations to the following 2017 ILC Winners & Top 10 Finalists!

Anyah Carew – Thomas Edison C.T.E. H.S. – 2nd Place – Job Seeking Skills

Cynthia Dorelus – Clara Barton H.S. – Top 10 Finalist in Personal Care

Angelina Eapen – Great Neck South H.S. – Top 10 Finalist in Healthy Lifestyle

Sukhpreet Kaur – Thomas Edison C.T.E. H.S. – Top 10 Finalist in Clinical Specialties

Kathleen Mahoney – Hendrick Hudson H.S. – Top 10 Finalist in Veterinary Science

Check out these links for more information:

www.NewYorkHOSA.org

www.HOSA.org

HOSA THEME 2017 – 2018



NYS HOSA CARES

We are sure everyone has heard about Hurricane Harvey that devastated Houston and the surrounding areas in Texas. Texas currently has over 400 HOSA chapters in this area, and many of our fellow HOSA brothers and sisters have been affected.

While some Texas chapters will need more help than others, we want all of those chapters affected to know that NYS HOSA cares! Let's help ease the burden these members are facing in a way only their HOSA family can!

HOSA Headquarters and Texas HOSA are partnering to identify HOSA chapters who need assistance in South East Texas and work with other HOSA chapters to provide relief.

If your chapter is willing to donate funds or supplies to some of our HOSA families in need please visit <http://hosa.org/harveyrelief> for additional details and instructions.

Let's show we care about our chapters in Texas.

What To Expect in Future Newsletters

- October- Breast Cancer Awareness
- November- Alzheimer's Awareness
- December- National Handwashing Awareness
- January- Birth Defects Prevention
- February- Heart Health Awareness
- March- Down Syndrome, Multiple Personality
- April- Donate Life
- May- Spring Conference Winners, ILC Prep for Dallas, Texas