



September 2020  
Issue 1

**By New York State HOSA State Officers**

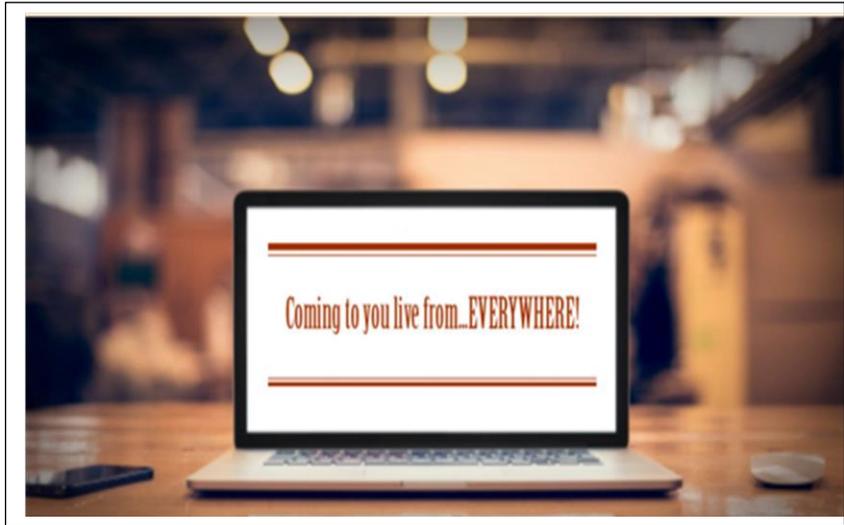
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# Meet the 2020 – 2021 New York State



Hi, my name is Michelle Novominski, and I am your New York State HOSA President for 2020-2021. I am currently a senior at Southern Westchester BOCES where I am taking an emergency medical services program to become a certified first responder and emergency medical technician this June. After high school, I plan to pursue a career in the medical field to become a nurse anesthetist. In my free time, I love to participate in martial arts and work as a Red Cross lifeguard where I maintain swimmer safety and manage guest behavior. With my fellow state officer team, we hope to make this upcoming year amazing for all HOSA members!!



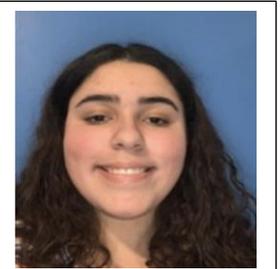
My name is Gurjot Singh, I will be your New York State HOSA Senior Vice President for 2020-2021. I am currently a senior at Thomas A. Edison CTE High School and will graduate in June 2021 as a certified medical assistant. I am also attending Plaza College in their Medical Scholars Program. I will use this knowledge to further my studies in the medical field in order to help patients in dire need. My passions lie in the fields of general medicine and neurology; therefore, I hope to become a primary care physician or neurosurgeon. In my free time, I enjoy playing music and dancing Bhangra (a traditional form of dance from India.) Alongside my fellow New York State HOSA Officers, I hope to make the 2020-2021 year exceptional for all our members!



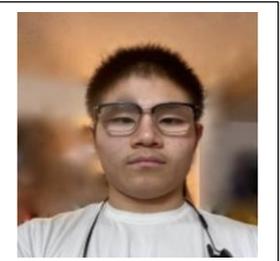
Hi, my name is Megan Hughes I am your 2020-2021 New York State HOSA Secretary and Region C Vice President. I am in my senior year at Cooperstown Central High School and at Otsego northern Catskill BOCES. I will graduate in June 2021 with my CNA, HHA, and Phlebotomy certifications. After I graduate I will pursue my master's degree in nursing and work in an intensive or special care unit of a hospital.



Hello, my name is Riley Jubar and I am the 2020-2021 HOSA Treasurer and Parliamentarian. I am currently a senior and attend ONC (Otsego Northern Catskills) Boces. I will graduate with my HHA (Home Health Aid) Certification as well as my CNA (Certified Nursing Assistant) and Phlebotomy Certification. After high school I hope to go to College and receive my Bachelor's Degree in Nursing so that one day I can become a NICU (Neonatal Intensive Care Unit) Nurse.



Hello, New York State HOSA my name Breanna Martinez, I'm the Reporter and also the Region D Vice President for 2020-2021. I am currently a senior at Central Valley Academy High School and I also attend Herkimer boces. In June 2021 I will graduate with a CNA Certification, Phlebotomy Certification, EKG Certification. After completing high school I will go to college and get a bachelor's degree in nursing. After graduating college I would go to nursing school to become a Rn (registered nurse) after getting my RN license I would like to pursue a career as a pediatric nurse. I can't wait to see you all through the year at our competitions throughout the year. Let's make the best out of this hard year and keep going strong NYS HOSA!!!



Hello, my name is Conrad Huang and I am the Historian and Region B Vice president. I am a Senior at New Rochelle High School and Southern Westchester BOCES. This summer I will serve as a volunteer firefighter and my career goal is to become a structural firefighter.

## About Virtual HOSA...

This year due to COVID-19, HOSA will be completely remote. Though this is our first time being fully remote, we will still engage in monthly chapter challenges and events as we normally do each year. We intend on holding the annual Fall and possibly the Spring Leadership Conferences, through Zoom meetings and online activities. More information will be coming in the future on dates and we hope that everyone will be able to attend and participate in this year's festivities. We can't wait to see and <sup>talk</sup> with everyone!!!



## HOSA Chapter Challenges

You may ask yourself what are HOSA challenges? Well, for the past three years the state officers have designed a challenge each month which educate and increase our awareness about various diseases and disorders. We are encouraging all chapters to engage in these challenges so that you can show your support to HOSA, healthcare awareness, and grow as a membership.

As an incentive, when these challenges are completed the chapter will be rewarded chapter points. Be unique! It will help you stand out and possibly earn more points and recognition on our social media accounts and at the Spring Conference.

### Why should you participate?

Even though we are scattered in different chapters across the state, the challenges give us all a chance to participate in HOSA on the state level during the year. The chapter with the most points will be recognized with a reward at the NYS HOSA Spring Leadership Conference 2021.

### How to send in your completed challenges?

*All completed challenges should be emailed to:*

[NYSHOSANEWSLETTER@gmail.com](mailto:NYSHOSANEWSLETTER@gmail.com)

Be sure to include:

- Chapter School Name
- Name of the chapter advisor and chapter president
- Chapter number
- Name of the challenge
- Description of challenge

## Healthcare in the News

### *One of the leading coronavirus vaccine trials is currently paused.*

#### *Prominent vaccine researchers tell CNN that's unusual*

Vaccine clinical trials are difficult to conduct. They involve thousands, or even tens of thousands of participants, and usually go on for years. The chance that one or more of these study volunteers will develop a health issue is quite high. Most of the time, the health problem is not related to the vaccine being investigated, and the trial can continue. But sometimes there is a chance that the issue called an "adverse event" in medical terms could be related to the vaccine. In that case, the trial is paused so the incident can be investigated. On Wednesday, it came to light that pharmaceutical giant AstraZeneca has paused its coronavirus vaccine trial not once but twice because of events. The second pause is still in effect while researchers look into one volunteer's "unexplained illness." AstraZeneca is one of three companies in the US currently in Phase 3 trials for a coronavirus vaccine. Each trial is aiming to enroll 30,000 people. Half will get the vaccine and half will get a placebo, which is a shot of saline that does nothing. Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, commented on the AstraZeneca trial pause. "It's unfortunate that it happened. Hopefully they'll work it out and be able to proceed along with the remainder of the trial, but you don't know. They need to investigate it further," Fauci said.

Source: CNN Health

### *Flu Virus (2020 Influenza)*

"Experts said it's crucial to get vaccinated this year because the coronavirus pandemic has overwhelmed hospitals in parts of the country and taken the lives of more than 176,000 people in the USA, according to Johns Hopkins data". Some experts say people should get their flu shots late September, early October so that the shot will last through the flu season which ends about March/April. Senior citizens (65 and above) are receiving a different type of flu shot called Fluzone High-Dose. This vaccination helps better protect against the flu virus for weaker immune systems.

Source: usatoday.com

## HOSA Theme 2020 - 2021



## HOSA Service Project 2020 - 2021

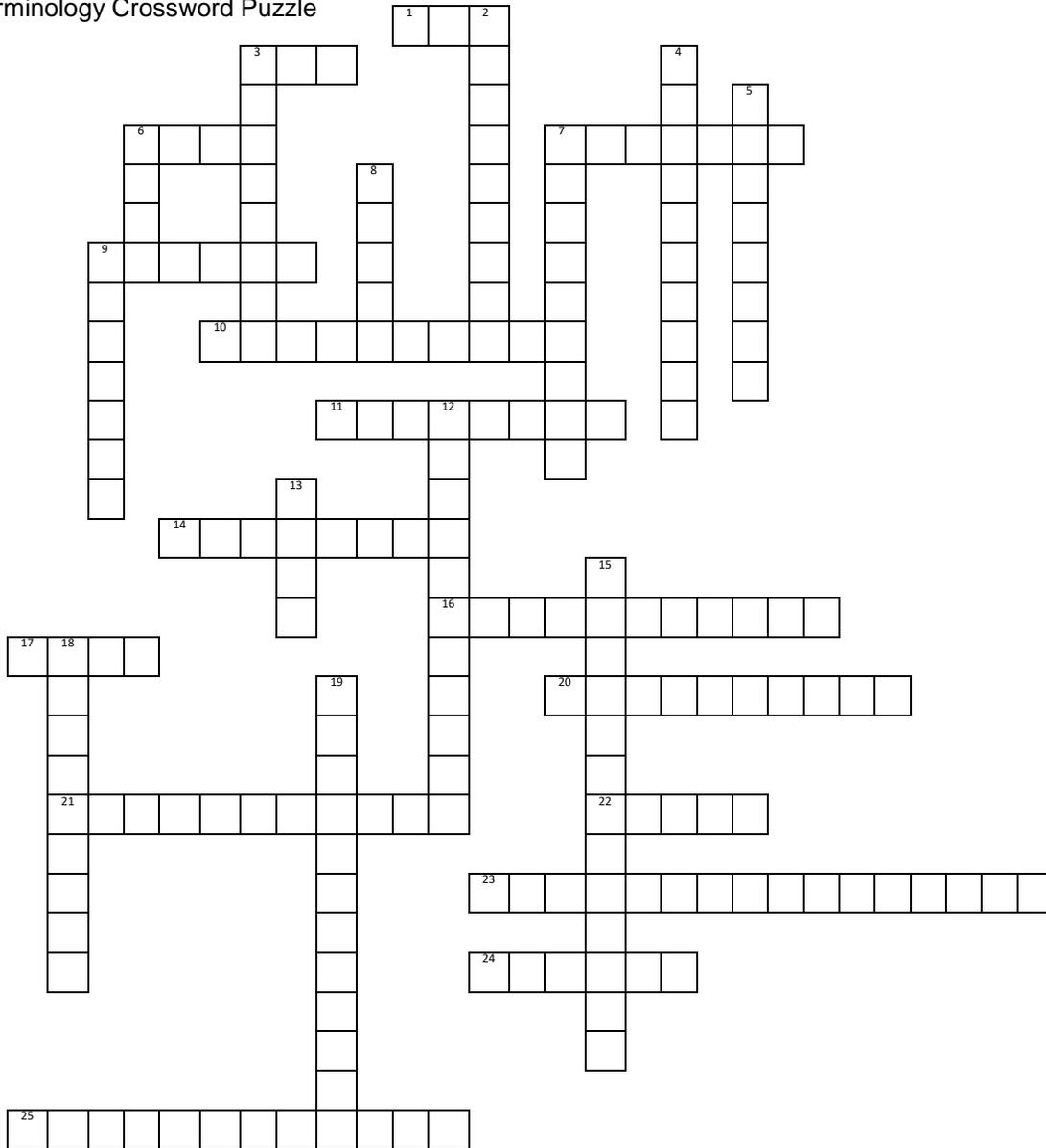
This year's HOSA service project is the nonprofit organization "**Be The Match.**" **Be the Match** is a global leader in bone marrow transplantation and connects patients with their donor match for a life-saving marrow or blood stem cell transplant. HOSA chose this organization because as a team we believe this is an outstanding healthcare breakthrough and reaches out to a variety of people in need. This will be a year-long project in which local chapters are tasked to raise awareness and funds that will be donated to the **Be The Match** organization by the end of the year. States that raise \$500 or more are recognized at the HOSA ILC in June 2021. It will be difficult to hold fundraisers due to how limited we are to in-person activities, interactions, and donations, so reach out to your membership and hold a virtual meeting to discuss ideas for fundraising. Be sure to share your ideas with us so that chapters across New York State can also be successful in raising funds for **Be The Match**, and be able to brag about our efforts in New York!

Make this an opportunity to connect with new members and show them that their ideas will be heard and possibly implemented.



# 6

## Medical Terminology Crossword Puzzle



### Across

1. Abbreviation for stroke
3. Blood groups system
6. Suffix meaning hernia or tumor
7. Difficulty breathing
9. Low RBC count
10. Microbes or toxins in blood
11. Urination during the night
14. Root for cartilage
16. Slow heart rate
17. Suffix meaning inflammation
20. Deficiency of WBC's
21. Red blood cells
22. Suffix meaning breakdown or separation
23. ECG
24. Root for lungs
25. High blood pressure

### Down

2. Picture of vessel with dye
3. Without temperature
4. Examination of abdomen with scope
5. Blood clot under the skin
6. Blue
7. Difficulty eating
8. Root of skull
9. Requiring the presence of air/oxygen
12. Platelet
13. Root for ribs
15. Too much sugar in the blood
18. The abbreviation BID means
19. Below or under the skin