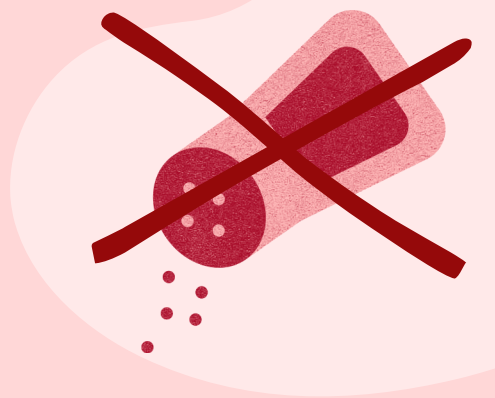


NYS HOSA Future Health Professionals



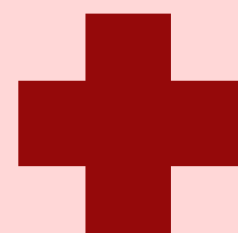
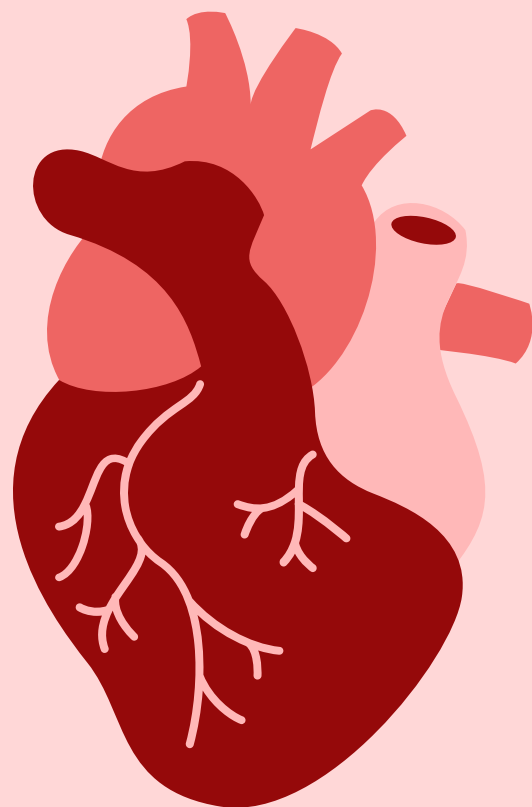
February Newsletter



AMERICAN

HEART ♥

MONTH



HOSA CHAPTER CHALLENGES



Challenge #3: Steps to Wellness

Challenge your organization to participate in a "steps" contest. Utilize activity trackers to determine which student takes the most steps throughout the day. Get ready for a friendly competition that promotes a healthy and active lifestyle! Submit a picture of the total steps taken throughout the day! Your chapter will be rewarded with **5 points.**

Challenge #2: Get Creative with Recipes!!

Embark on a delicious journey to heart health! Make it a goal to try a new recipe every week. Ask friends and family to share their favorite heart-healthy recipes, and don't forget to capture the culinary masterpiece with a picture for submission! Let's savor good food and good health together! **5 points.**

**All HOSA Chapter Challenge
Submissions must be emailed to:
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**



HEART AWARENESS MONTH



Symptoms


- Chest Discomfort: Uncomfortable pressure, squeezing, or pain in the chest.
- Shortness of Breath: Difficulty breathing, often with chest discomfort.
- Fatigue: Unexplained weakness, especially during physical activity.
- Pain in Other Areas: Discomfort in the arms, neck, jaw, shoulder, or back.
- Nausea and Indigestion: Feeling nauseous or experiencing indigestion.
- Cold Sweats: Cold sweats can be a result of chest pain
- Dizziness or Light headedness: Feeling lightheaded or dizzy.

Risk Factors

- High Blood Pressure
 - High Cholesterol Levels
 - Smoking and Tobacco Use
 - Obesity and Overweight
 - Physical Inactivity
 - Diabetes
 - Unhealthy Diet
 - Excessive Alcohol use
 - Family History
 - Gender
 - Sleep Apnea
- 

Early Detection

Yearly health exams and routine tests, including blood pressure, cholesterol, and blood sugar checks, are crucial for early detection of heart disease. Monitoring these indicators helps manage risk factors and promotes overall cardiovascular well-being.



SHEILA CUMMINGS SERVICE AWARD

ABOUT SHEILA CUMMINGS:

Sheila embodied the qualities of a true team player, with an unwavering dedication to education. Her illustrious career spanned 33 years, evolving from a paraprofessional to a college advisor. A selfless science teacher, Sheila went above and beyond, mentoring new teachers and inspiring students throughout her journey.

THE AWARD:

This prestigious award will be presented at each Spring Leadership Conference to the top three outstanding HOSA members who reflect Sheila's commitment to community service, education, and mentorship. Awards will be granted as Gold, Silver, and Bronze based on completed community service hours, two letters of recommendation, and an essay.

WHY APPLY?

- Honoring a Legacy: This is an opportunity to pay tribute to Sheila Cummings, a trailblazer in education and mentorship.
- Recognition: Stand out among your peers and be recognized for your outstanding commitment to community service and education.
- Inspire Others: Your dedication can inspire others to follow in Sheila's footsteps and make a positive impact.

APPLICATION DETAILS:

To be considered, applicants must submit:

- Completed community service hours.
- Two letters of recommendation.
- An essay highlighting their commitment to education, mentorship, and community service.

Rubric: NYS HOSA website under "Advisor Resources"

APPLICATION DEADLINE:

[March 1, 2024]

Let's honor Sheila's memory by celebrating excellence within our HOSA community. Apply now and be part of the legacy that Sheila Cummings left behind a legacy of passion, dedication, and making a difference.

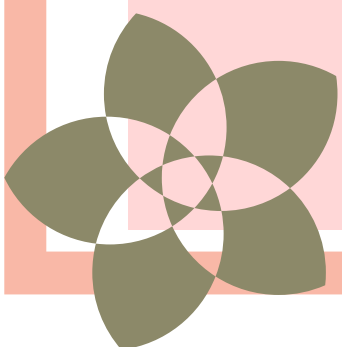
THE SPRING LEADERSHIP CONFERENCE

Gear up for an exciting experience at the NYS HOSA Spring Leadership Conference 2024, March 19 to 21 at the DoubleTree by Hilton in Syracuse, NY! This event promises an array of opportunities for students interested in healthcare professions.

Visit hosa.org/guidelines to explore the diverse competitions available. Whether you excel in team events, community involvement, speaking or writing skills, or have specific expertise in areas like Phlebotomy, Behavioral Health, Research Poster, or Health Career Photography, there's a challenge perfectly suited for your skill set.

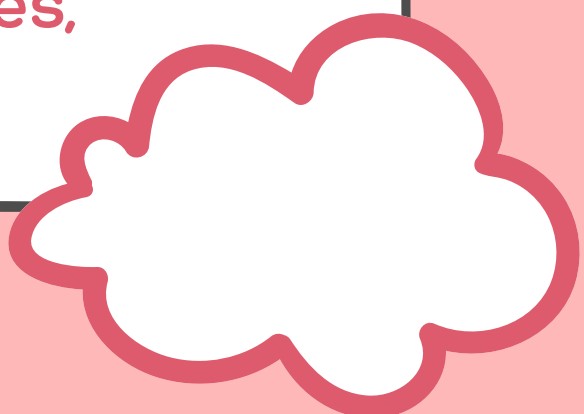
Immerse yourself in the details by reading the guidelines for each event and prepare for a conference brimming with personal and professional growth, camaraderie, and the chance to bring home well-deserved medals!

And that's not all – winners at the Spring Leadership Conference are extended a special invitation to compete at the International HOSA Leadership Conference in Houston, Texas, from June 26 to 29, 2024. Mark your calendars, embrace the challenges, and gear up for your journey toward success!





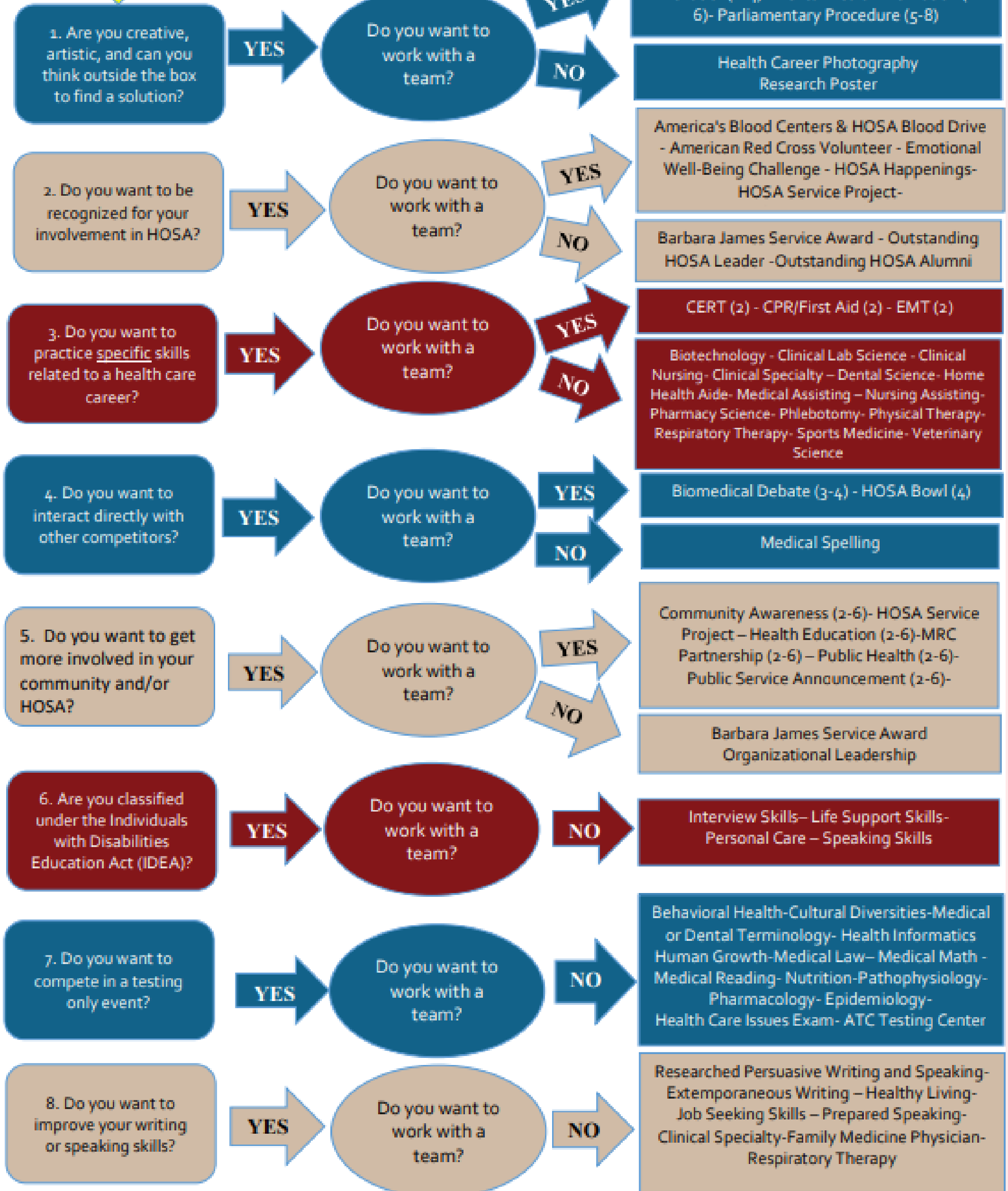
YOUR SLC PACKING LIST

- HOSA Attire (mandatory for all meetings, competitions and meals)
 - Black or navy pants/skirt (no leggings, no jeans, skirts cannot be more than 1" above the knee)
 - Black or navy shoes (closed toe)
 - No strappy heels (must be full material)
 - Black or navy socks (men only, untorn 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
 - Maroon long tie - men, optional bowtie - women
 - 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)
- 
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How to Choose a HOSA Competitive Event That's Right For You!

START HERE!

Secondary/Postsecondary Division



STATE OFFICER APPLICATION

To Apply for State Office, You MUST:

- Be an active member in good standing of the HOSA Association and of your local HOSA chapter. This means you have a paid membership before you submit your application. Maintain good standing in school.
- Be endorsed by the local HOSA chapter, and recommended by the local HOSA chapter advisor and the school principal or occupational director.
- Be approved by your parent or guardian.
- File an application form according to the specified procedure.
- Be enrolled in an approved Health Occupations Education program or a member of a HOSA chapter.
- Show evidence of commitment to carry out the responsibilities of the elected office of the Health Occupations/Science Education program, if appropriate.

How to Apply:

- Go to newyorkhosa.org, "more" tab to find the application
- Access the Officer Application on the tab labeled "New York State HOSA Officer Application". Follow the steps outlined

Timeline:

- **Submit all required forms by 2/16/2024**
- Candidates will be invited to be interviewed by the current state officers and state officer advisors.
- Candidates must attend the NYS HOSA Spring Leadership Conference and will introduce themselves to the attending members for consideration of election

Commitments:

- Attend the state officer training (Aug 2024)
- Participate in the Fall Leadership Conference planning meeting (Oct 2024)
- Attend the NYS HOSA Fall Leadership Conference (Nov 2024)
- Participate in the Spring Leadership Conference planning meeting (Jan 2025)
- Attend the NYS HOSA Spring Leadership Conference (Mar or Apr 2025)
- Participate in Executive Council Meetings and other called meetings by the President.
- Visit schools in the area and attend functions when requested and as per availability.