

2025-2026 NEWSLETTER

NYS HOSA

February Issue



- Newsletter Overview -

Spring
Leadership
Conference

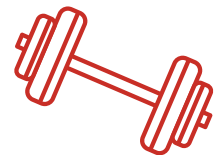
NEW Pie an
Officer
Fundraiser!

National
Highlight


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Interview
with a
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Expert

Chapter
Challenge



Spring Leadership Conference:

 *March 24-26 in Syracuse, NY*

Deadline to register for SLC is February 27th at 4:00 PM!

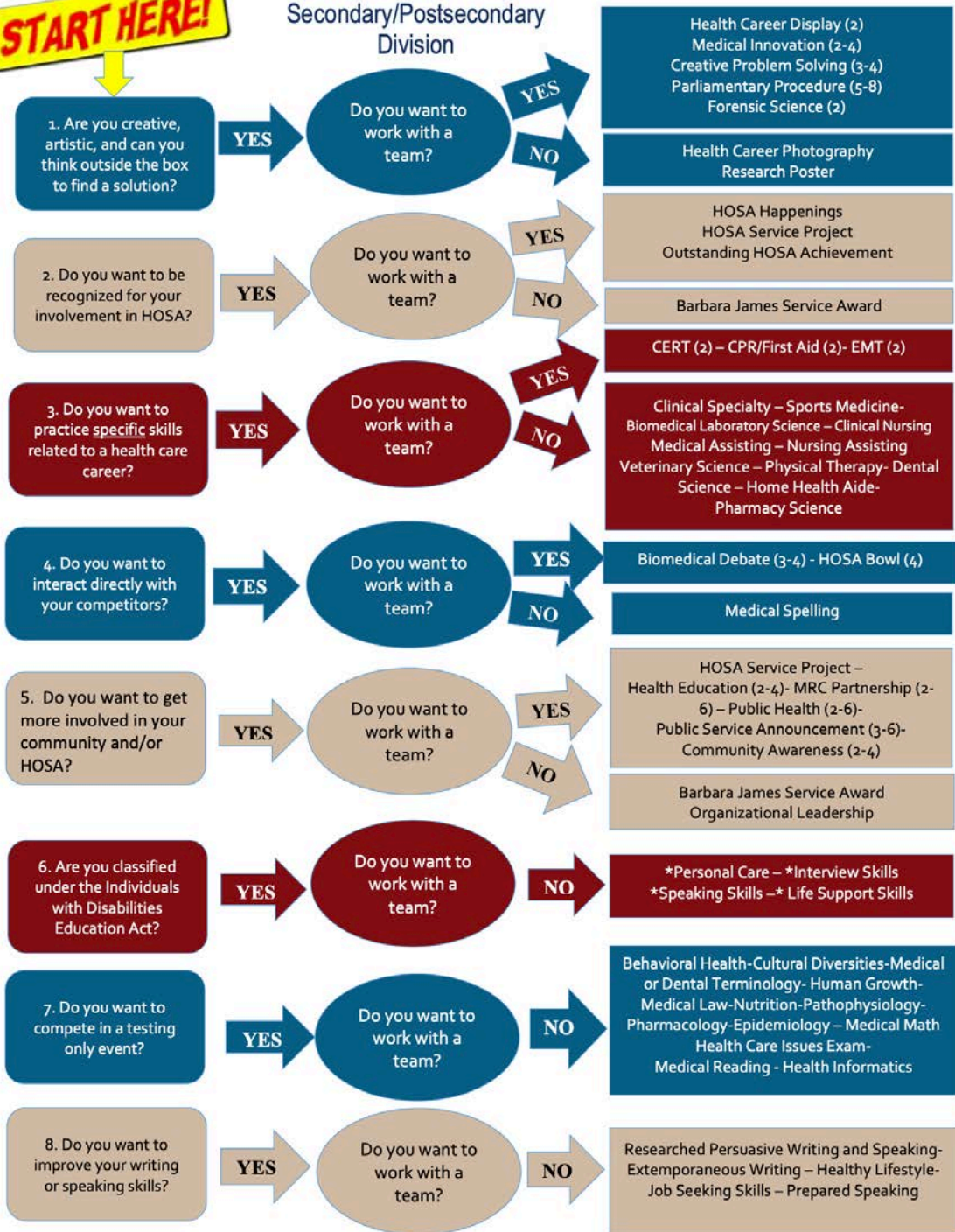
Start looking into competitive events! Don't know what to compete in?

Check out this flow chart! Whether you want to work in a team, on your own, on presentations or on hands on competitions, there will be a event that is just right for you!

How to Choose a HOSA Competitive Event That's Right For You!

START HERE!

Secondary/Postsecondary Division





Competitive Event Spotlight:

CPR/FIRST AID



Sponsored by the American Red Cross, this is a fantastic event for those already certified or interested in learning the skills necessary for the path to certification. This is a team event featuring the demonstration of essential life-saving skills and support through simulations and a multiple-choice test.

Questions are based on the American Heart Association and Red Cross protocols. This event promotes members to become proactive individuals capable of administering and enacting life-saving measures in emergency situations.

Guidelines: <https://hosa.org/wp-content/uploads/2025/08/25-26-CPR-Aug30.pdf>



Sheila Cummings Service Award

Qualifications:

- **Volunteer Hours** (from September 1st, 2025 to February 28th, 2026)
 - 100+ (gold), 75+ (silver), 50+ (bronze)
 - A signed letter on proper letterhead for verification of the number of hours earned
- Submission of a **transcript** or a **signed/dated letter** from a guidance counselor or authorized school representative.
 - GPA for overall and BOCES/CTE program must be above 75
- An **essay** about the topic "My Involvement In My Community Has Changed Me For The Better."
 - Typed, Arial 12-point font, double-spaced, single-sided, 1" margins, stapled, 500 words maximum.
- **Two Letters of Recommendation**
 - One letter from the HOSA chapter Advisor
 - One or more letters from the Community Service Organization(s)
 - Both signed letters must explain why the candidate is deserving of this award because of their character and work ethic.
 - Authors of recommendation letters should email their letters directly to chairman@newyorkhosa.org



All parts of the application must be received by **March 1st, 2026!**

This award will be presented at each Spring Leadership Conference to the top 3 outstanding HOSA members who meet the qualifications.

For more information, check out this link!

<http://www.newyorkhosa.org/sheila-cummings-service-award.html>



Pie an Officer Fundraiser

There's a surprise at SLC this year!

At Spring Leadership conference, chapters have the chance to participate in a fun tradition, raffle baskets! The funds made from the raffle baskets will be given to support NMDP, formerly known as *Be the Match*.

Featuring 5 new raffle baskets with your State Officer's faces appear on the raffle basket tables!

This year at SLC, you will have the opportunity to pie a State Officer! Raffles can be bought throughout the conference.



You can choose to put your tickets towards raffle baskets or pieing one of the state officers. Each officer will have a raffle basket with their name and face on it. Placing your raffle in their baskets gives participants a chance to pie an officer!



On the last day of the conference, one winner will be chosen from each basket to pie a state officer!

Bring money to buy raffle tickets to pie a state officer and to participate in our raffle baskets. All contributions made will be donated to NMDP



Raffle Baskets 🍲

Each chapter is **required** to bring a raffle baskets to be displayed at the conference. Attendees can purchase raffle tickets to enter for a chance to win their favorite! Each chapter should bring **one basket for every 20 members** that are attending SLC.

All items in the baskets are to be:

- New and unused
- School appropriate
- You can create the baskets around unique themes! Some fun themes we had in the past include:
 - Self-Care
 - Arts and Craft
 - Back to School Supplies

Bring money to buy raffle tickets to participate in our raffle baskets! Everyone will have the chance to win baskets by purchasing tickets for \$1 each. All contributions made will be donated to NMDP, formally known as Be The Match.



SLC Fundraiser



National Marrow Donor Program (NMDP)

NMDP (formerly known as Be The Match), is a nonprofit organization dedicated to connecting patients diagnosed with blood diseases to a registry of bone marrow and stem cell donors.

**Unite.
Take Action.
Save a Life.**

**\$773 dollars were
raised at FLC 2025.**

**We hope to raise this
bar at SLC!**

Fundraising options to support those in need:

Host community events and raise funds in your local chapter, give monetary gifts, and help create change.

Consider: **NMDP Endurance events**: challenge your community to 3-5K races, and get participants sponsored for every mile to empower the cause.

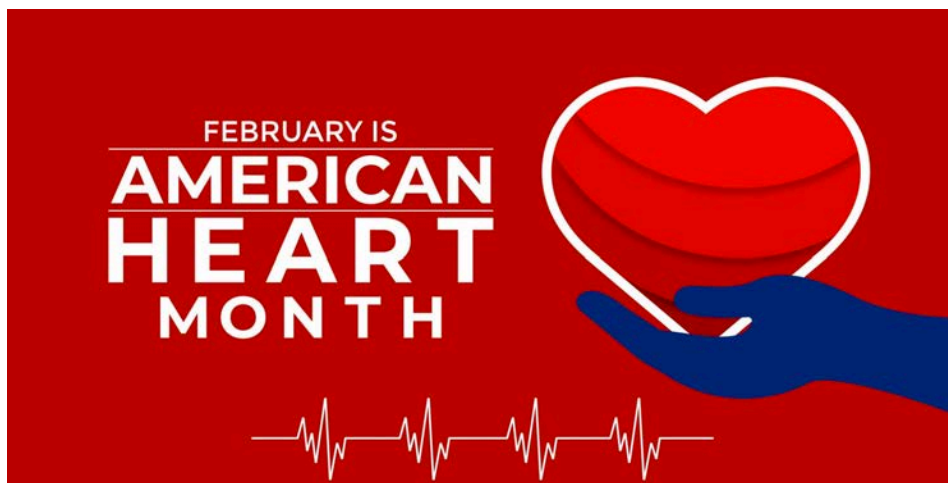
Learn more at: [About NMDP](#)

Read about donation stories:

[Bone Marrow Donor & Stem Cell Donor Stories | NMDP](#)



National Highlight



American Heart Month

Every heart beat tells a story, but for millions of Americans, their stories are cut short. February is also known as American Heart Month, an initiative which begun in 1964. It is dedicated to raising awareness about cardiovascular health which is the leading cause of death in the U.S for both men and women.

The first Friday of February is known as National Wear Red Day, where people wear red to support and spread awareness about the dangers of Cardiovascular disease.

The goal of American Heart Month is to raise awareness about cardiovascular disease and empower people to take preventative action. Conditions such as **high blood pressure, high cholesterol, smoking, poor diet, and lack of physical activity** significantly increase the risk of heart disease. Yet many of these risks are manageable.

How can you protect your heart?

Simple lifestyle changes can dramatically improve heart health and overall well-being! You can start by,

1. Exercise regularly.
 - i. About 60 minutes a day.
2. Eating a healthy diet,
 - a. Limiting foods that are high in saturated fat and sodium.
 - b. Limiting sugar and other sweeteners.
3. No smoking or use other recreational drugs.
4. Stay in touch with your Primary Care Provider (PCP),
 - a. Regularly checking your blood pressure, cholesterol and blood sugar levels.
Staying in touch with your PCP can help you catch potential heart health issues early and take action before they become serious.

RESOURCES

If you like to learn more, check out their website at [American Heart Association!](https://www.heart.org)

**Interview with a Healthcare
Expert**

Dr. Margaret Savitzky



Margaret Savitzky was a chiropractor when an injury required a career change. In 2002, she joined Thomas Edison teaching AP Biology, Chemistry and Science Research and earning a reputation as superb teacher and inspiration for her students. Many have gone on to careers in health care, but she wanted to do more to prepare them. In 2012, supported by her principal, she created what has become her signature program, "Medical Assisting," a carefully constructed three-year program of courses, lab work, practical experience and internships. She is also the NYS HOSA State Advisor!

Q & A

Q: What did you enjoy most about your career as a chiropractor?

A: "What I liked most about my career as a chiropractor was the time I could spend with patients—really listening to what was happening in their lives and understanding their medical concerns. I valued being able to make a meaningful, hands-on impact on their musculoskeletal health, whether treating acute injuries or, especially, reducing or even eliminating chronic conditions. Doing this in a way that improved patients' quality of life without relying on pharmaceuticals was particularly rewarding."

Q: What do you like most about your current career as a teacher?

A: "What I like most about my current career as a teacher is the opportunity to have a positive impact on students as they discover their passions and begin to shape their futures. Supporting them as they work toward their dreams and goals is incredibly fulfilling. After 24 years in the classroom, it is especially meaningful to see the long-term impact of that work—hundreds of former students have gone on to become medical researchers, nurses, physical therapists, pharmacists, physician assistants, and physicians."

Q: What professional accomplishment are you most proud of?

A: "Throughout my entire career path, what I am most proud of is the lasting impact I have had on people's lives. As a chiropractor, it was deeply rewarding to help patients live with less pain and greater function, often restoring their ability to do the things that mattered most to them."

As a teacher, that sense of impact has continued in a different but equally meaningful way. Many former students have stayed in touch, and I often run into them in the community. It always makes me smile when they tell me I look the same, remember my classes fondly, and then share the incredible paths their lives have taken.

One moment that stands out is a student I taught more than 15 years ago who felt embarrassed that her father insisted she attend a local college for nursing while her peers were going to schools with more prestigious names. I wrote to her, encouraging her to hold her head high and show—first to herself and then to her father—that she was capable of achieving far more. Five years later, she wrote back to tell me how much that message had meant to her and that she wanted me to be the first to know she had been accepted to medical school. She said it was because I helped her believe she was worthy of more.

Ask any teacher, and they will tell you this is why we teach—knowing you have made a positive, powerful difference in a student's life is the greatest accomplishment of all."

Thank you for your valuable insight, Dr. Savitzky!



January Challenge Submissions

In **January's Monthly Challenge**, all chapters were encouraged to initiate a **New Year resolution by identifying current issues within their schools & communities and steps they took to resolve it**. Thank You to the following HOSA Chapters for participating in this initiative and showing the traits of **leadership and service!**

♥ **AI- Noor School**

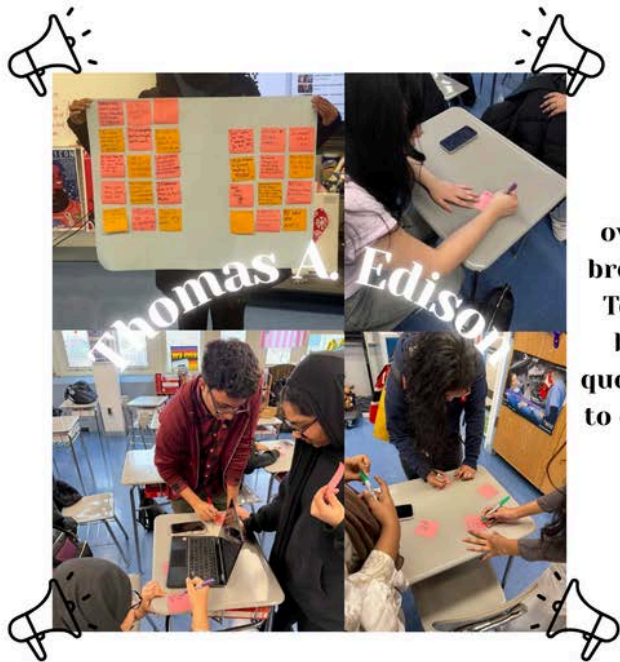
♥ **Thomas Edison CTE High School**



AI- Noor's HOSA Chapter tackled the blood shortage crisis in New York City, highlighting the lack of awareness among students and staff about its seriousness and potential solutions.

They organized a blood drive awareness campaign, utilizing school announcements and outreach to educate the community on donor eligibility and the life-saving benefits of donating blood. This initiative successfully motivated both first-time and returning donors to participate, exemplifying how student leadership and health education can foster positive change and address urgent public health needs.

Thank You AI- Noor!!



The Thomas A. Edison HOSA chapter initiated a meaningful resolution by addressing the overwhelming emotions students face after winter break while preparing for final exams and midterms. To tackle this issue, their chapter created a poster board displayed in the hallway featuring positive quotes written by HOSA members. This initiative aims to encourage and spread positivity to anyone passing by.

Thank You Thomas Edison HS!!

Chapter Challenges

These challenges are a [NYS HOSA tradition](#) to increase school spirit and involvement in HOSA. Every time your chapter completes a challenge, with photo or video proof, your chapter earns up to [5 points](#). The NYS HOSA chapter with the most points earned by March 15th, 2026, will be awarded a plaque for “[Chapter Newsletter Challenge Winner](#)” at the NYS HOSA Spring Leadership Conference, to proudly display in their classroom!

Challenge #1: Heart Health Awareness

February is **American Heart Month**. This month, Governor Kathy Hochul recently mandated **Desha’s Law**. Desha Sanders was a 12-year old girl who passed away from Sudden Cardiac Arrest(SCA) despite there being an AED on site. This newly implemented law requires all New York Public Schools to teach on emergency preparedness for **Sudden Cardiac Arrest**.

This month’s challenge expands on this recently implemented mandate. We challenge you to spearhead a health awareness/public campaign that raises awareness on Sudden Cardiac Arrest in your school/community.

Some ideas include (but are not limited to):

- Making flyers defining the difference between Cardiac Arrest and Heart Attack and highlighting the differences in signs and symptoms for each
- Hosting a CPR/AED training course
- Teaching on healthy habits to prevent the onset of heart disease

The possibilities are **endless**! This month's challenge is also a **competition**! The chapters with the most **impactful** and **creative** solutions will earn **6 points**, depending on school wide participation in the campaign. All other chapters that submit will receive **3 points**.

Requirements:

- Write a **summary** explaining magnitude of impact the campaign had on the school (**250 words max**)
- Submit a **photo** on the campaign presented in the school/community

Submit a **photo** of your solution and summary to NYSHOSANewsletter@gmail.com by January 31st to get credit for the challenge!

TO RECEIVE CHALLENGE POINTS AND RECOGNITION, MAKE SURE YOU HAVE THE FOLLOWING IN YOUR EMAIL:

- Chapter school name
- Chapter number
- Name of the chapter advisor
- Chapter President Name
- Description of the challenge

All submissions must be received by the last day of the month to get credit.

Challenge #2: Raise \$10 for National Marrow Donor Program (NMDP)

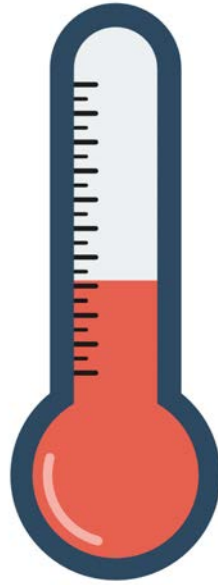
Raise **\$10** in your local chapter for the **National Marrow Donor Program**. For this amount, you will get **2 points**. On a separate piece of paper inside the envelope, make sure to state:

- Chapter school name
- Chapter number
- Name of the chapter advisor
- Chapter President Name

Challenge 2 is a monthly challenge, and checks can be submitted each month, or one check encompassing the total amount of money raised. To earn chapter points, all check(s) must be received by March 6!

NMDP Fundraising Thermometer

Goal: \$2500



Send your check or money order (payable to NY HOSA) to:

**New York HOSA
C/O Terry Mitchell
4162 South Street Road
Marcellus, NY 13108**

***All checks should be made out to New York HOSA**

HOSA Information

2025-2026 HOSA-Future Health Professionals

Theme: "Champions of Change!"

***Think about how you, as a HOSA member, can embody this theme for
2025-2026***



HOSA'S MISSION

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

NYS HOSA Creed:

I believe in the healthcare profession.

I believe in the opportunities that my training offers.

I believe in education.

I believe that by using my skills, knowledge, and experience, I can contribute to my community.

I believe in myself.

I believe that I will become more aware of myself and become a more responsible citizen.

I believe that each person is important and therefore I will treat each person with respect and love.

To this end, I dedicate my training, my skills, and myself to serving others through

HOSA-Future Health Professionals

Interested in starting a new NYS HOSA Chapter? Click on this link to find out more!

<http://www.newyorkhosa.org/new-chapter-request.html>

Contact Us

For further information, visit the NYS HOSA Website: <http://www.newyorkhosa.org>

chairman@newyorkhosa.org