

2025-2026 NEWSLETTER

NYS HOSA

January Issue



## - Newsletter Overview -

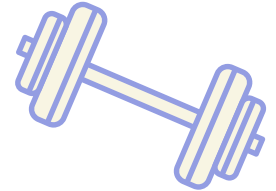
State Officer Applications

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**2026-2027  
NYS State  
Officer  
Applications  
are **LIVE!****



It's that time of the year again, the NYS HOSA 2026-2027 State Officer Applications are LIVE!! It is an honor to be a State Officer, whether organizing Fall and Spring Leadership Conference or attending Washington Leadership Conference, it is an unforgettable experience.

**Being a State Officer is a commitment. If you are selected you MUST attend the following:**

- **Officer Training in August (4 days)**
- **FLC Planning meeting in October**
- **FLC in November (3 Days, State Officers arrive a day earlier)**
- **SLC Planning in January (2 days)**
- **SLC in March/April(4 days, State Officers arrive a day earlier)**
- **Monthly Zoom Meetings**
- **Washington Leadership Academy In September (not guaranteed all officers can go)**

**Some responsibilities you will have are:**

- **Creating Monthly Newsletters**
- **Planning conferences**
- **Instagram posts/frequent updates**

**The New York HOSA State Officer Application is posted on the Official NYS HOSA Website. All components will be due on **January 29, 2026.****

**Link: <http://www.newyorkhosa.org/state-officer-applications-materials.html>**

## **Requirements**

- **You will need to fill out an online application.**
- **You will need to have the following forms filled out:**
  - **A Character Reference by a staff member at your school.**
    - **(CANNOT BE YOUR HOSA ADVISOR).**
  - **Your Advisor must complete the HOSA Advisor Support Form.**
  - **Your Principal/Administrator Must Complete the Administration Support Form.**
  - **Have your Parent/Guardian Complete Parent Support Form .**

**ALL FORMS MUST BE EMAIL TO MRS. MODICAAMORE BY THE DEADLINE**

**([chairman@newyorkhosa.org](mailto:chairman@newyorkhosa.org))**





# PIN & T-Shirt Design Competition

Calling all creative minds! It is time to develop the BEST Design for the NYS Pin or T-shirt! Members can wear these shirts or trade these pins at ILC to represent NYS.

Each year, the State Officer Team is met with dozens of wonderful designs, we can not wait to see this years submissions!



2024-2025 Pin Design

## Requirements

- Make sure you use an original design or royalty-free image (it can be hand-drawn or created digitally).
- The design should include the whole state in some way so that all areas are represented. (EX: A NY theme - Statue of Liberty, Niagara Falls, Big Apple, etc.)
- "New York" in either words or outline of the state.
- Include the word "HOSA" in the design
- Optional for t-shirt/pin - add the year 2026 or 2025-2026
- Optional for t-shirt/pin - a theme representative of healthcare.
- One design per member
- T-shirt and pin designs are limited to 3 colors (one of which will be the color of the t-shirt)

Something to consider, it is currently the 50<sup>th</sup> anniversary of HOSA. Members are encouraged to incorporate the number "50" into the design.

Send your T-shirt, pin, or program cover design in jpeg format to Dr. Savitzky, [Stateadvisor@newyorkhosa.org](mailto:Stateadvisor@newyorkhosa.org) by **January 9, 2026**. The design may be altered for aesthetic purposes and/or for production costs.

Some designs from previous years:



2023-2024 Pin Design



2020-2021 Pin Design



2022-2023 Pin Design

## Spring Leadership Conference:

March 24-26 in Syracuse, NY

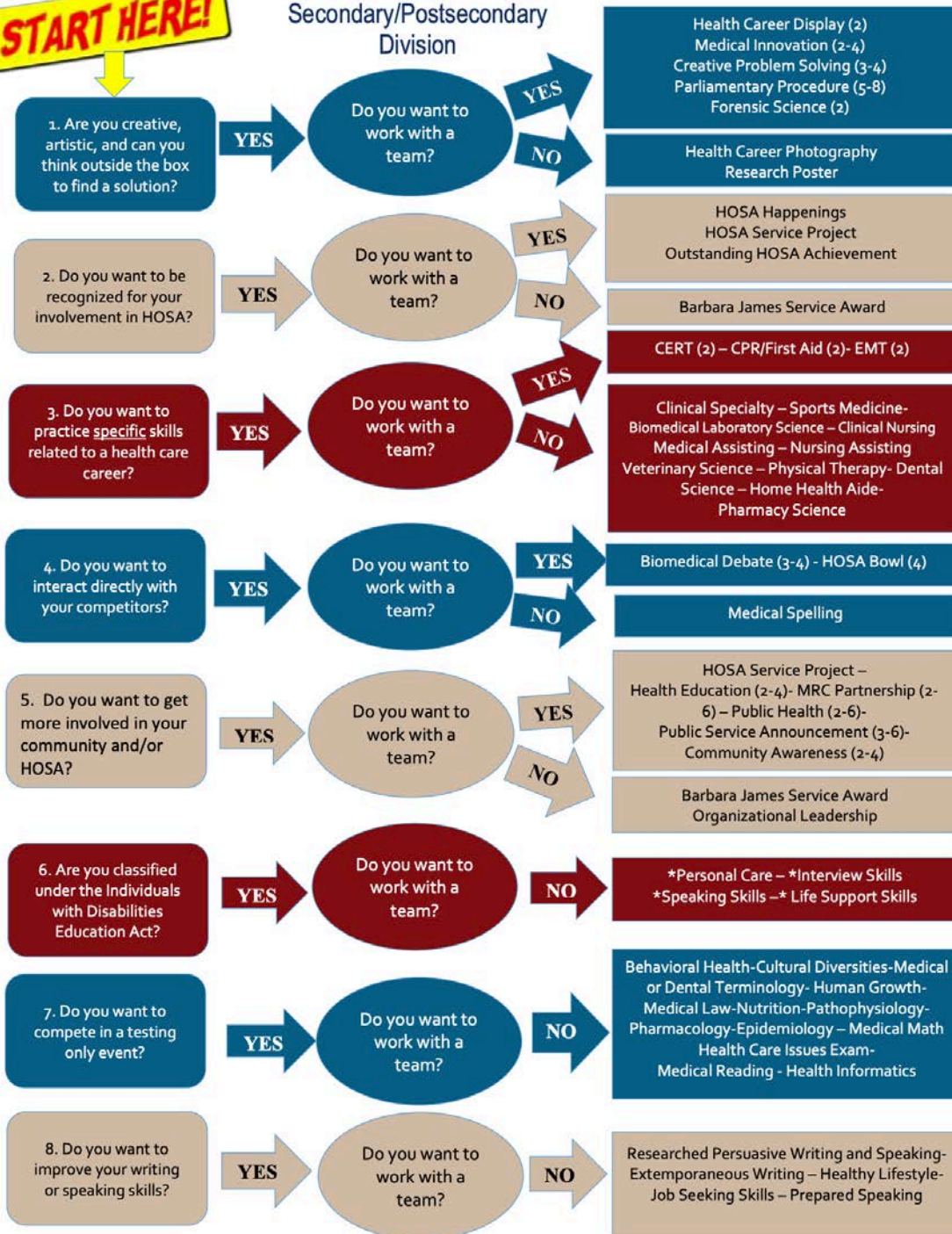
**Start looking into competitive events! Don't know what to compete in?**

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:

## *Medical Law & Ethics*



Are you interested in the intersection of morality, law and healthcare? Have you been on the edge between pursuing a career in healthcare or in law?

This event challenges you to master the ethical and legal principles behind decisions made in the healthcare field and industry. As a competitor, you will gain knowledge on U.S medical law by diving deeper into Physician-Patient interaction, confidentiality, medical records, malpractice, and navigating modern bioethical issues. Sign up for this event to further your intellectual knowledge necessary to be a more responsible health professional!

Guidelines: <https://hosa.org/wp-content/uploads/2025/08/25-26-MLE-Aug29.pdf>



# 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**

NATIONAL  
**BLOOD  
DONOR**  
MONTH



### **National Blood Donor Month**

Happy 2026 HOSA Members. January starts the year strong with National Blood Donor Month. In January, we honor blood donors and raise awareness about the constant need for donations.

There is always a need for blood. Blood is needed for surgeries, trauma care, cancer treatments, childbirth, and managing chronic illnesses. Every donation counts: one pint of blood can save up to three lives.



Organizations such as the American Red Cross and New York Blood Center hold year-round blood drives throughout New York State.

### How can we help?

The New York Blood Center and American Red Cross both provide opportunities for you to host your own blood drive: it can be in your school, local pantry, or church. You just have to fill out a form on their website to register to host a blood drive.



Donating is one of the best and easiest ways to help! One donation can go a long way.

### Can I donate?

#### **△NewYork** *Blood Center* DONOR NOMOGRAM (16 to 18 Years of Age)

Guide for **male donors** – ages 16 to 18 Years

Height	4' 10"	4' 11"	5' or taller
Donor must weigh at least	120 lb	115 lb	110 lb

Guide for **female donors** – ages 16 to 18 Years

Height	4' 10"	4' 11"	5'	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6" or taller
Donor must weigh at least	146 lb	141 lb	138 lb	133 lb	129 lb	124 lb	118 lb	115 lb	110 lb

- In order to donate with NYBC, you must be:
  - 17 years or older (16 with a parent or guardian’s written consent)
  - Weigh at least 110 pounds
  - Donors aged 16–18 have additional height and weight requirements (See above)
- If you are 76 years of age or older, New York Blood Center requires written consent from your doctor.
- If you had the cold or flu, you must be symptom-free for at least 72 hours.

### What to do before donating?

- Stay hydrated

- Eat iron-rich foods such as:
  - Leafy greens like spinach
  - Beans and lentils
  - Red meat
  - Shellfish
  - Fortified cereals and whole grains
- Get a good night's sleep

## RESOURCES

If you like to learn more, check out their websites:

- NYBC ( [🌐 NYBCe](#) )
- American Red Cross ( [🌐 Give Blood](#) )

# Interview with a Healthcare Expert

**Dr. Thomas A. Lombardo, Jr.**



Dr. Thomas Lombardo, Jr. is an orthopedic care physician with decades of experience as a surgeon, including total joint replacements. Though he is currently retired, his extensive experience and expertise make him an important reference to anyone interested in orthopedics!

## Q & A

**Q: What advice would you give people who are considering a career as a physician?**

A: "Make sure that you have the right reasons for wanting to become a physician. Those reasons are personal to you, so take enough time to prepare for medical school and ready yourself for the competition ahead. Work on your interview skills, teamwork, and keep up your science GPA!"

**Q: What is your favorite part of your job?**

A: "I loved being an orthopedic specialist because I could improve quality of life. Compared to other healthcare professions, mine was one of immediate gratification. I knew that with each consultation, surgery, and prescription, I was actively improving somebody's daily life."

**Q: What is one lesson you've learned that has stuck with you throughout your career?**

A: "One valuable lesson that I learned throughout my career is to not be afraid to admit it when I was wrong. As a physician, I needed to be open to rethinking my treatment plan and contacting the patient to let them know that I had a different idea for them. I never regretted changing my mind or getting a second opinion."

**Thank you for your valuable insight, Dr. Lombardo!**



## Chapter Spotlight

**NYS HOSA** proudly recognizes the HOSA Chapter at **South Side High School**. **This December**, the dedicated members of **South Side HOSA** expanded their holiday card initiative, not only creating cards for teachers and fellow chapter members but also crafting heartfelt holiday cards for patients at **South Nassau Hospital**. This remarkable act of service truly embodies the spirit of giving! **Thank you, South Side High School!**



To **submit your chapter's achievements for a chance to be featured in our upcoming newsletter**, please scan the QR code or use the link below to access the Google form. Please submit by January 22<sup>nd</sup> to be considered!

**QR CODE:**



Link: <https://forms.gle/E66qUGNNE7FQcbUM9>

# December Challenge Submissions

In **December's Monthly Challenge**, all chapters were encouraged to share the holiday spirit of HOSA by creating **thank -you cards for teachers and HOSA chapter member's** in their schools. A big thank you to the following HOSA chapters for promoting the spirit of kindness, gratitude and appreciation!

★ Al- Noor School

★ Emma Willard School

★ H.A.R.T High School

★ IHPCH High School

★ Lackawanna High School

★ Maria Regina High School

★ Southside High School

★ Thomas Edison C.T.E High School



# 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 15<sup>th</sup>, 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: New Year, New Me!**

Happy New Year New York HOSA! A popular tradition at the beginning of the year is creating resolutions for the upcoming year.

This month’s challenge is a twist on this resolution-tradition. We challenge you to identify a problem in your school or community and show a step that you took to address that problem.

Some ideas include (but are not limited to):

- **Challenge:** High number of overdose deaths in the community
  - **Solution:** Host Narcan™/Naloxone training (Please note that you MUST get your school and your principle onboard with this and get a certified professional to administer the training. If not, you may be subjected to major consequences.)
- **Challenge:** Lack of Mental Health Awareness in the school
  - **Solution:** Host a stress-relieving event with DIY Stress balls

The possibilities are **limitless!** This months challenge is also a **competition!** The most creative solution to a challenge will earn **6 points**. All other chapters that submit will receive **3 points**.

### Requirements:

- Write a **summary** explaining the challenge your chapter chose to address and how your solution works towards fixing it (**250 words max**).

Submit a photo of your solution and summary to [NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com) by January 31<sup>st</sup> 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)**

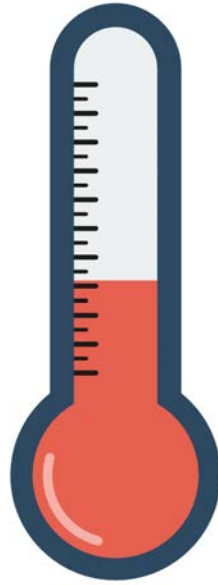
Raise \$10 in your local chapter for the [National Marrow Donor Program](#). For this amount, you will get **2 points**. On a separate piece of paper inside the envelope, make sure to state:

- 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>

