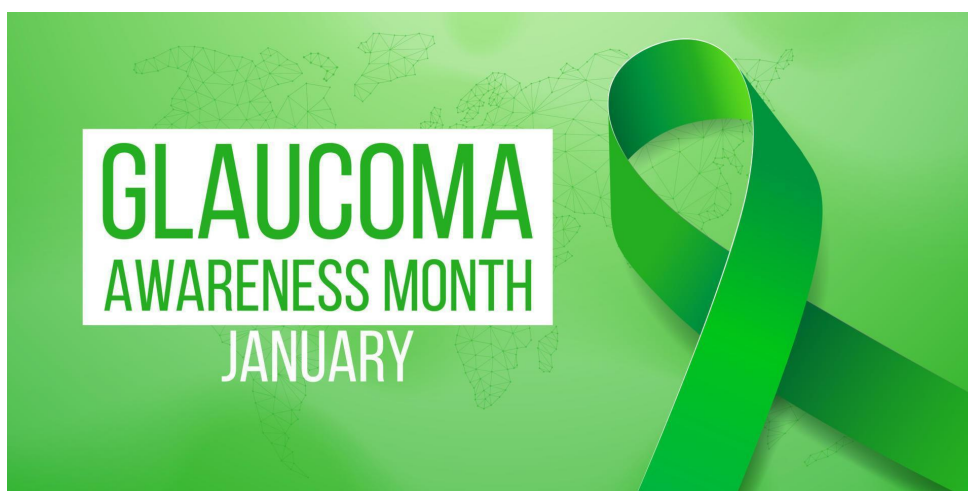
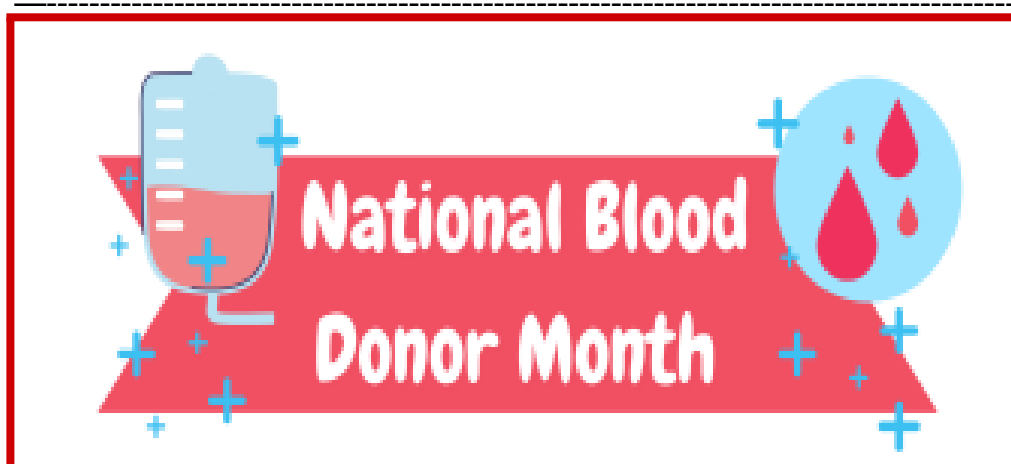


**NEW YORK STATE**

**HOSA**

**JANUARY 2023**

**Happy New Year HOSA members!**



HOSA Chapter Challenges.....	Page 3
National Blood Donor Month.....	Page 4-5
Glaucoma Awareness Month.....	Page 6
Reminders for Upcoming Events.....	Page 7
SLC Event Schedule .....	Page 8-9
SLC Packing List .....	Page 10

# HOSA Chapter Challenges

## What are the challenges?

The HOSA CHALLENGES is a HOSA tradition to increase your school spirit and involvement in HOSA. Each challenge completed will be awarded **5 points**.

## Why do the challenges?:

The chapter with the most points will be honored with a plaque at the NYS HOSA Spring Leadership Conference.

### Challenge #1: Blood Donor Month

Create a poster that details the experiences of a real patient that has benefited from receiving a blood donation. Include facts about the disease or disorder they had and the impact that receiving a donation had on their life. Take a picture of your poster being displayed in your classroom or any other location at your school to win **5 chapter points**. Directions for submission are at the bottom of this page.

### Challenge #2: Glaucoma Awareness Month

The green ribbon represents support for over 40 different causes and awareness campaigns, Glaucoma Awareness Month being one of the causes. Over 3 million Americans have Glaucoma. To help spread awareness, send a photo of your chapter wearing **Green ribbons** to win **5 chapter points**. Directions for submission are at the bottom of this page

**All HOSA Chapter Challenge Submissions should be emailed to**

**[NYSHOSANewsletter@gmail.com](mailto: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

**\*Deadline to submit all Chapter Challenges: January 30, 2022**



### **What is the importance of Blood Donations?**

**Blood donations are incredibly important since they have the ability to save a life. There is a constant need for blood products. Blood products, coming from donations, are used for surgeries, cancer treatments, and blood transfusions.**

### **What types of people benefit from Blood Donations?**

**Millions of people benefit from blood donations. People who are in need of any serious surgery, blood transfusions, cancer treatments, or blood disorder treatment.**

It takes *all* types.

TYPE	YOU CAN GIVE BLOOD TO	YOU CAN RECEIVE BLOOD FROM
A+	A+, AB+	A+, A-, O+, O-
O+	O+, A+, B+, AB+	O+, O-
B+	B+, AB+	B+, B-, O+, O-
AB+	AB+	EVERYONE
A-	A+, A-, AB+, AB-	A-, O-
O-	EVERYONE	O-
B-	B+, B-, AB+, AB-	B-, O-
AB-	AB+, AB-	AB-, A-, B-, O-

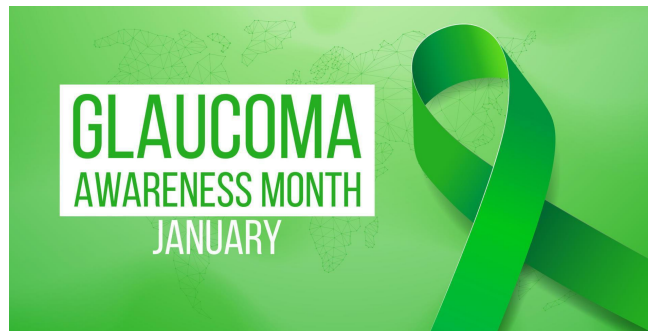
**Why is it important to have a large supply of each blood type?**

It is important to have a large supply of each blood type due to the various different blood types patients have. Not all patients have the same blood type, so a large supply of each type. **There is currently an emergency blood bank shortage in New York! Donate if you can.**

**What is a blood donation experience like?**

First, you will be asked to fill out a health history form and have your blood pressure and blood iron levels checked. For the actual donation, you will be seated comfortably while a pint of blood is drawn, which only takes around 8-10 minutes. Lastly, you can enjoy a snack and drink afterward before leaving.

# Glaucoma Awareness Month



## What is Glaucoma?

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. It usually happens when fluid builds up in the front part of your eye, which increases the pressure in your eye, damaging the optic nerve. It is more common in people over the age of 45.

## What are the Symptoms of Glaucoma:

- Seeing halos around lights
- Vision loss
- Redness in your eye
- Eye that looks hazy (particularly in infants)
- Upset stomach or vomiting
- Eye pain

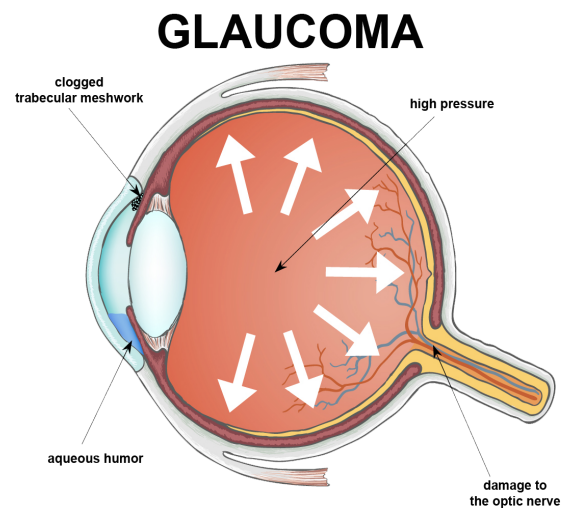
## How to Prevent Glaucoma?

- Have regular eye exams
- Know your family history to learn about the presence of glaucoma in your family
- Follow your doctor's instructions on how to ease symptoms and look after yourself
- Exercise
- Protect your eyes

## Did You Know (Glaucoma Facts)?:

- Glaucoma is the second leading cause of blindness worldwide
- Blindness from glaucoma is 6 to 8 times more common in African Americans than Caucasians

Source: <https://www.webmd.com/eye-health/glaucoma-eyes>



# Reminders for Upcoming Events

- Complete your HOSA membership registration by completing the HOSA membership form & give your dues to the chapter advisor. Only paid members can compete at the NYS HOSA Spring Leadership Conference <http://www.newyorkhosa.org/membership-information.html>
- Consider entering the Sheila Cummings Community Service Award competition: <http://www.newyorkhosa.org/sheila-cummings-service-award.html>
- Enter the SLC t-shirt/state pin contest (Deadline 1/20/23) <http://www.newyorkhosa.org/design-contest.html>
- We are asking each chapter to bring a basket to the SLC (\$20 maximum value) of treats (food or non-food items) to be raffled in a silent raffle at the conference. Raffle tickets will cost \$1 each and all proceeds will go to *Be The Match* on behalf of NYS HOSA.
- Start studying for the HOSA Achievement Award Exam if you plan on attending the Spring Leadership Conference in-person and want to earn this achievement.
- Look into the competitive events taking place at the Spring Leadership Conference (March 21-23, 2023) to see which ones you would like to most participate in <https://hosa.org/guidelines/> You are responsible for knowing the rules of your competitive event.

# NYS HOSA SLC 2023 Event Schedule

## Before conference - test only

Behavioral Health  
Cultural Diversities and Disparities  
Dental Terminology  
Health Informatics  
Human Growth and Development  
Medical Law and Ethics  
Medical Math  
Medical Reading  
Medical Terminology  
Nutrition

## Before conference - test only

Pathophysiology  
Pharmacology  
Epidemiology - only 3 entries

## Follow directions -

**[hosa.org/guidelines](https://hosa.org/guidelines)**

American Blood Centers &  
HOSA Blood Drive  
Health Issues Exam  
Barbara James Service  
Award (must upload  
volunteer hours)  
Emotional Wellbeing  
Challenge

## SLC (Syracuse) 1<sup>st</sup> night

### events

Biotechnology  
Creative Problem Solving  
Extemporaneous Writing  
Forensic Science  
Mental Health Promotion  
Research Poster

**Events continue on next page...**

## **SLC (Syracuse) Day 2 - AM events**

Clinical Laboratory Science  
Clinical Specialty  
EMT  
Health Career Display  
Health Education  
Healthy Lifestyles  
Home Health Aide  
HOSA Bowl  
Family Medicine Physician  
Interviewing Skills\* (IEP Form required)  
Job Seeking Skills  
Pharmacy Science  
Prepared Speaking  
Speaking Skills\* (IEP Form required)  
Sports Medicine

## **SLC (Syracuse) Day 2 - PM events**

Biomedical Debate  
Clinical Nursing  
Community Awareness  
CPR/First Aid  
Life Support Skills\* (IEP Form required)  
Health Career Photography  
Medical Assisting  
Medical Innovation  
Medical Spelling  
Nursing Assisting  
Personal Care\* (IEP Form required)  
Physical Therapy  
Public Health  
Public Service Announcement  
Researched Persuasive Writing & Speaking  
Veterinary Science

# SPRING LEADERSHIP

## PACKING LIST

- Code of Conduct and Medical Release forms (fully signed!)
- HOSA Attire OR Formal business attire (navy or black blazer, navy or black pants and white shirt, ties for males), black or navy dress shoes (no sneakers, no open toe/heel) and socks (black or navy). See conference packet for details.
  - no black jeans, leggings, sweatpants or skirts more than 1" above your knee
- Enough personal hygiene items and toiletries for two nights/morning (hotel provides, blankets, pillows, towels)
- A notepad and pen to take notes
- Chargers for your phone, laptops (you must be able to use your laptop on battery power during your competition if needed, there is no A/C plug-in permitted)
- Your chapter's raffle basket and \$\$\$ to enter the raffle!
- Optional: Backpack or bag to carry your personal items around during the conference.
- A smile ready to greet new friends, ears ready to listen, and a mind ready to learn how to transform yourself into the best leader you can be