

2025-2026 NEWSLETTER

NYS HOSA March Issue



- Newsletter Overview -

Get ready for
Spring
Leadership
Conference



Jar Wars
Fundraiser
!



National
Highlight



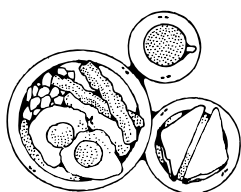
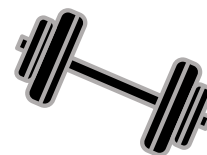
Chapter
Spotlight



Interview
with a
Healthcare
Expert



Chapter
Challenge



Spring Leadership Conference:

📍 March 24-26 in Syracuse, NY 📍



Packing List

It was the night before SLC. You look into your suitcase and you make sure the following items are packed:

- 2-3 White shirts (Males need collared, button-down shirts)
- 1-2 pairs of black or navy pants (**NO** sweats, jeans, or leggings for uniform)
 - Females may wear skirts that go past the knees.
- 2-3 pairs of socks (black or navy socks or stockings)
- Long tie, maroon or navy for males (an optional bowties for females)
- Closed toe dress shoes (black/navy, **NO sneakers or Crocs**)
 - *Don't wear uncomfortable shoes!*
- Photo ID, school ID works fine (Don't forget this! Or else you can't compete!)
- Laptop if your CE requires it.
- Pajamas
 - Undergarments
- Personal Hygiene Products
 - Toothbrush & Toothpaste
 - Sanitary Pads
 - Deodorant, Make Up, Hair Products.
- Snacks (Hotel does not allow UberEats deliveries)
- Money for **Raffle Baskets (tickets are \$1 each, cash only)** and coins for **Jar Wars**
- One casual outfit (for evening activity; **NO** sweats or leggings).
- Chapter's Raffle Basket(s)
 - One basket per 20 students
 - Minimum 20\$ value each



Tips to Succeed in your Competitive Event

The 2026 Spring Leadership Conference is officially this month! (March 24th - March 26th)

Here are some tips to successfully win your competitive events

- **Use official resources and sample materials**
 - Study past tests, sample scenarios, judging rubrics, and recommended reading lists.
 - Be sure to study for all written exams required for competitive events (Recommended sources: Quizlet, Examzify, Kahoot, Brainscape etc).

- **Know the rules and guidelines**

- Read the official event guidelines, scoring rubrics, and any addenda carefully.
- Understand time limits, allowed materials, dress code, and disqualification rules.

- **Be Punctual**

- Know the schedule, room locations, arrival times, and check-in procedures. Arrive early to avoid stress.
 - More information will be provided by Mr. Del Greco at/on Tuesday night
- Get enough sleep the night before and eat a balanced meal before competing.

- **Communicate clearly and professionally**

- Speak at a steady pace, enunciate, and project your voice so judges can hear you.
- Use professional language and maintain eye contact/ or rotate gaze with amongst judges.

- **Demonstrate professionalism**

- Dress according to the code and/or guidelines (uniforms, professional attire).
- Be courteous to volunteers, other teams, and judges.

- **Remember to breathe**

- Focus on the process, not the outcome. Doing your best in the moment produces better results than worrying about rankings.

GOOD LUCK TO ALL HOSA MEMBERS!



Study for your Achievement Test!



Members must score an 84% or higher on achievement test to receive a NYS HOSA Award.

Click to access : [🌐 Achievement Test Study Guide SLC 2025-2026.docx](#)

NEW YORK HOSA ACHIEVEMENT AWARD

NY HOSA ACHIEVEMENT AWARD is designed to provide HOSA members the opportunity to earn an achievement pin in recognition of their knowledge of the HOSA organization.

State Officers will be available throughout the HOSA Conference to assist individuals in earning this award. We strongly urge all conference participants, both students and advisors, to come prepared so that 100% of the participants can attain the Achievement Award.

Qualifications

Candidates must be an active HOSA member and participant in the HOSA conference.

Procedures

1. Online achievement exam.
2. Earn a score of 84 or higher on a written test of HOSA knowledge.
3. Complete the survey on the Fall Leadership Conference Site, what is required is also listed there.

The written test will include the following:

- The goals of HOSA
- The meaning of the mission (opening ceremony)
- The duties of the following officers: (HOSA Chapter Handbook)
 - President - Vice President - Parliamentarian
 - Treasurer - Secretary - Reporter
 - Historian
- Local, Regional and State officers (Others choose one part), know your part of the Opening Ceremony
- The organizational relationship of the local chapter, state association, and the international organization.
- The names of your State HOSA Advisor, Conference Coordinator(s), Board of Trustees Chairperson, Competitive Events Coordinator
- Description of the official emblem and the meaning (opening ceremony)



What do the colors white, blue and maroon symbolize?

White symbolizes purity and beauty reaching from within to help others. Blue symbolizes the understanding of a person's health care needs. Maroon symbolizes the gift of life within our hearts to be shared with others.



NEW YORK STATE HOSA CHARTER ACHIEVEMENT AWARD STUDY NOTES

- Q What is the HOSA Mission?**
A: The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.
- Q What is an explanation of the mission?**
A: HOSA works to develop leaders for health care.
- Q What are the goals of HOSA?**
A: See the "What is HOSA" page for the list.
- Q What are the three levels of HOSA?**
A: Local, State, National
- Q How are they connected?**
A: Local reports to State and State reports to National HOSA
- Q What is the approved HOSA uniform?**
A: Male: Navy blue blazer
Navy blue dress pants
Dress shoes
White dress shirt
Female: Navy blue skirt or dress pant
Navy blue blazer
White dress shirt
Navy blue closed toed dress shoes
- Q What is the HOSA code of Conduct?**
A: No smoking in HOSA uniform
No alcoholic beverages
No persons of the opposite sex in your room
Must be in uniform for all business meetings and dinners
- Q What are the state officers' roles in the opening ceremony?**
A: President – Runs the meeting
Senior Vice President – Says what the Learning means
Secretary – Says what the Leadership means
Treasurer – Says what the Service means
Parliamentarian – Says what the Innovation means
Historian/Reporter – Stands and says the creed and leads the Pledge of Allegiance
Treasurer– Stands and says the HOSA motto

Q What does each of the local officers do in a meeting?

- A President – Conduct meetings according to chapter bylaws and standing rules, develop a Program of Work in coordination with the State Advisor and Chair of the Board of Trustees.
Vice President – Assume the duties of president should the office be vacated, assist the president in all activities
Secretary – Takes the minutes of the meeting, records roll at all meetings, Help develop meeting agendas with the president
Treasurer – Handles all money matters
Parliamentarian – Makes sure the meeting is run with the correct procedure
Reporter – Maintain written records of chapter successes and achievements and submit to publications and social media.

Q Who are the state leaders?

- | | |
|----------------------------------|-------------------------------|
| A Board Chairperson: | Grace ModicaAmore |
| State Advisor: | Dr. Margaret Savitzky |
| New York State Education Liaison | vacant |
| State Officer Coordinator: | Sasha O'Connor and April Kunz |
| President | Rihanna Qiu |
| Senior Vice President | Sureeta Das |
| Treasurer | Noya Amjad |
| Secretary | Ella Yusick |
| Parliamentarian | Theresa Andoh |
| Reporter | Ella Yusick |

Q What is the Creed?

- A: **I believe** in the Healthcare Profession.
I believe in the opportunities, which 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 serve others through
HOSA: Future Health Professionals

Q Where will the 2026 HOSA International Leadership Conference be held?

A: Indianapolis, IN

Q What is the HOSA Theme for 2025 – 2026?

A: Champions of Change

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**New York State
HOSA EXECUTIVE COUNCIL
2025-2026**

| | |
|------------------------------|----------------------|
| President | Rihanna Qiu |
| Senior Vice President | Sureeta Das |
| Treasurer | Noya Amjad |
| Secretary | Ella Yusick |
| Parliamentarian | Theresa Andoh |
| Reporter | Ella Yusick |

New York State Education Department Liaison
Amy Cox, Director
Career Readiness and Workforce Partnerships

New York State HOSA Advisor
Dr. Margaret Savitzky

HOSA Board of Trustees Chairperson
Grace ModicaAmore

Vice Chairperson (pending)

Secretary (pending)
Christe Zambri

Competitive Events Coordinators
Robert Del Greco / Christe Zambri

HOSA State Officer Coordinators
Sasha O'Connor / April Kunz

HOSA Conference Coordinator
Theresa Mitchell

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Remember to memorize your creed!



Competitive Event Spotlight: Healthcare Administration



This event aims to inspire members to learn about a roles in administrative aspects of healthcare. A new event for the 25-26 year, it features topics such as communication, leadership, globalization of healthcare systems, health policy, ethics and organizational design. This is a great event that offers the intersection of health and leadership. The event consists of a written exam followed by a tie breaker essay question. For more details visit the guidelines below!

Guidlines: <https://hosa.org/wp-content/uploads/2025/08/25-26-Healthcare-Administration-Aug29.pdf>



There's a surprise at SLC this year! ✂️



I WANT YOU

TO BRING YOUR QUARTERS

The battle has begun...

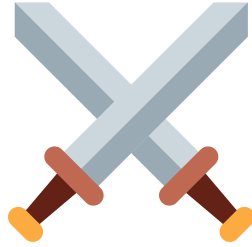
At Spring Leadership conference, chapters have the chance to participate in **JAR WARS!** The funds made from Jar Wars will be given to support **NMDP (National Marrow**

Donor Program), formerly known as *Be the Match*.

How does it work?

Each chapter has their own custom jars. Chapter's can add quarters to their jars, and each quarters will result in 1 point.

Paper cash will result in negative points. Each dollar value in paper results in -2 point.



Updates will happen throughout the conference, the current leading chapter at that time will win a prize!



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
- Minimum value of \$20
- 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



National Nutrition Month

Happy March! Also known as **National Nutrition Month**. This is an educational campaign created by the Academy of Nutrition and Dietetics to encourage making informed food choices and developing sound eating and physical activity habits. National Nutrition Month started in 1973 as National Nutrition Week, later expanding to a month in 1980 when the topic of nutrition became popular.

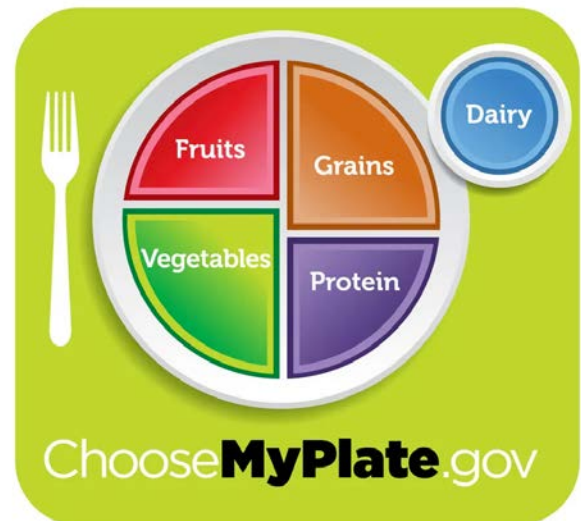
National Nutrition Month aims to raise awareness about the importance of making informed food choices, developing sustainable healthy eating habits, and incorporating physical activity into our daily schedule.

There many reasons why someone would have in inadequate or unhealthy food intake, such as;

- Living in a food desert, areas lacking access to affordable, nutritious, and fresh food
- Lack of nutritional knowledge
- Financial struggles

What are some things I can do?

- Plan and prep before shopping, this allows you to save money and prevent food waste.
- Choose water over any sugary drinks, this saves money and improves health.
- Read Labels, look for products with fewer ingredients to make healthier choices.
- Prioritize affordable proteins, such as beans, lentils, eggs, and canned fish.
- Utilize resources online, such as [MyPlate.gov](https://www.myplate.gov), to become more educated in nutrition.



RESOURCES

As the famous saying goes, "Food is essential to life, therefore make it good". If you like to learn more about National Nutrition Month , check out their website at [EatRight.org](https://www.eatright.org)!

Interview with a Healthcare Expert

Dr. Irene Cherrick



Dr. Irene Cherrick is a Pediatric Palliative Care Physician in Syracuse, New York. She completed medical school and did 3 years of pediatric training and post-residency training for her fellowship. She is also the director and founder of the C.H.O.I.C.E.S. pediatric palliative care consultative program at **Upstate Medical Center** that provides care to children suffering from life-changing or life-threatening conditions.

Q & A

Q: How do you manage the emotional impact of working with terminally ill children and their families?

A: "I think that it's realizing it is what it is. And knowing that we all need self-care. Just recognizing things are really hard, and it doesn't get any easier. I focus on strength training and taking a day off here and there and realizing it's hard for patients, and we have to be present for them in good and bad times."

Q: How do you support families who are navigating the emotional and psychological challenges of having a child with a life-limiting illness?

A: “Listen. I tell them, ‘I want to hear the story from you,’ and they tell me about their concerns and situation. Sometimes you notice the patient declining, and you have to talk to the patient’s family about preparing. We talk about hard things with them because we develop a relationship with them, and it can help if you listen to them.”

Q: Have you encountered cultural disparities in pediatric palliative care? How do you ensure culturally sensitive care while respecting different beliefs and traditions?

A: "Central NY has a wide refugee population, and this is a problem we encounter much of the time. We encounter populations where English is not their first language. Many people come from different countries expecting to get cured, and we have to tell them that their brains are damaged and they may not get better.

"One of the things that is very challenging for people from different cultural backgrounds is to understand that America has more autonomy than where they came from. We rely upon the patients to make decisions, but they say, 'We don't make the decisions, the doctors do,' and so we have to explain to them that in the United States, they make the decisions and what each decision entails. Many customs happen at the time of death that we have to be aware of."

Thank you for your valuable insight, Dr. Cherrick!



February Challenge Submissions

In **February's Monthly Challenge**, all chapters were encouraged to create a public campaign or spread awareness for **Sudden Cardiac Arrest (SCA)** within their schools and

Chapter Challenges

Challenge #1: Raffle Basket Contest

To raise money for NMDP, we are having raffle baskets at SLC! Students and advisors can buy raffle tickets to bid on their favorite basket. Each chapter needs to bring at least one raffle basket to SLC, and State Officers will vote on the best one. They do not need to be expensive (minimum \$20 value), but please be creative! Remember, all proceeds will go to NMDP.

Here are some examples:





The possibilities are **endless**! This month's challenge is also a **competition**! The chapter with the most **creative** basket will earn **6 points**. The State Officers will be voting on our favorite one!

Requirements:

Please refer to the raffle basket section of the newsletter for specific guidelines.

Bring your raffle basket to SLC to get credit for the challenge!

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

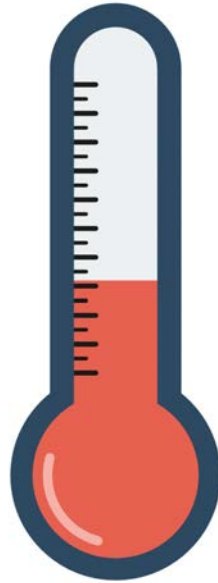
Raise **\$10** in your local chapter for the **National Marrow Donor Program**. For this amount, you will get **2 points**. On a separate piece of paper inside the envelope, make sure to state:

- 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! By SLC, all chapters should raise at least **\$70** for NMDP!

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.

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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

