



**NEW YORK STATE  
HOSA**



**DECEMBER 2022**

**Happy Holidays HOSA members!**

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**HIV AIDS**  
**AWARENESS**  
**MONTH**



# Table Of Contents



HOSA Chapter Challenges..... Page 3

HIV/AIDS Awareness Month..... Page 4

Spring Leadership Conference..... Page 5

Reminders for Upcoming Events..... Page 6

What to bring to SLC..... Page 7





# 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: HIV/AIDS Awareness Month:

The red ribbon symbolizes the solidarity for the people living with HIV/AIDS. To help spread awareness, send a photo of your chapter wearing **red ribbons**.

**Directions for submission are at the bottom of this page.**

## Challenge #2: National influenza vaccination week:

The flu is still one of the most common viruses with more than 3 million cases a year. Create a skit on how you would persuade a friend to get vaccinated for the flu. Perform the skit and send the video to win **5 chapter points**. **Directions for submission are at the bottom of this page**

## Challenge #3: NYS HOSA officers:

The 2023-2024 NYS HOSA state officer application forms are now open. If your chapter has members that would like to be state officers make a short video on why you want to be a state officer. Send the video 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: December 30, 2022**

# HIV/AIDS



## What is HIV/AIDS?

HIV (*human immunodeficiency virus*) is a virus that attack the white blood cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by contact with bodily fluids of a person with HIV, most commonly during unprotected sex (sex without a condom) or through sharing injection drug equipment.

## What are the Signs & Symptoms of HIV/AIDS:

- Fever
- Headache
- Fatigue
- Swollen lymph glands
- Rash
- Sore joints or muscles
- Sore throat.

HIV  
prevention  
starts  
with **ME.**

## How to Prevent HIV/AIDS?

- abstinence (not having sex)
- never sharing needles
- using male and female condoms properly when having sex
- Learning proper sex education
- Not having sex if you have another sexually transmitted infection (STI) like syphilis, herpes, chlamydia, gonorrhoea and bacterial vaginosis

## Did You Know (HIV/AIDS Facts)?:

- In 2020, male-to-male sexual contact accounted for 68% of all new HIV diagnoses in the United States
- Young people aged 13 to 24 are especially affected by HIV. In 2020, young people accounted for 20% (6,135) of all new HIV diagnoses.

Source:

<https://www.who.int/news-room/fact-sheets/detail/hiv-aids#:~:text=HIV%20continues%20to%20be%20a,no%20cure%20for%20HIV%20infection.>



# Spring Leadership Conference



The NYS HOSA officers want to thank all the HOSA members who participated in making the Fall Leadership Conference unforgettable! The event would not have been as great as it was without all of your help. NYS HOSA Officers are excited to see you at the NYS HOSA Fall Leadership Conference!

This year's Spring Leadership Conference will be held at the DoubleTree by Hilton in Syracuse, NY, March 21-23, 2023. The theme is: Beyond All Limits. You will have the chance to meet and interact with other NYS HOSA members, and learn how to maximize your potential as a leader, and win medals in many competitive events!

## Choosing a competitive event

One of the most exciting parts about being a part of HOSA is preparing for and participating in competitive events! Choose an event that interests you, read the guidelines to prepare to show off your knowledge & skills at SLC! To pick an event, ask your local advisor for assistance, refer to the list of possible events for this year, check out the [official HOSA website](#) under the "competition" tab, and refer to [this document](#) for guidance! Members who win 1st, 2nd or 3rd place will get to compete at the international conference in Dallas Texas!

## Conference Reminders

- All students and adults must complete both the medical and consent form for the conference ■ [code-of-conduct-medical-release\\_\\_1\\_.pdf](#)
- You MUST be a registered HOSA member and have paid your dues to register and attend the Spring Leadership Conference.

For additional information, bookmark this site: [2022 Spring Leadership Conference](#) .



## Reminders for Upcoming Events



- Complete your HOSA membership registration by completing the HOSA membership form & give your dues to the chapter advisor  
<http://www.newyorkhosa.org/membership-information.html>
- Promote your HOSA chapter to attract more members and have an active chapter this year
- 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 2/1/23)  
<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. In the past, baskets have been movie night theme, spa pampering, chocolate lover, coffee/tea/cocoa...*
- 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.
- Complete all challenges by the end of December to be awarded chapter points (December 31, 2022)
- 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.



## SPRING LEADERSHIP



### PACKING LIST

- Code of Conduct and Medical Release forms (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)
  - 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!