

2025-2026 NEWSLETTER

NYS HOSA

October Issue



Newsletter Overview

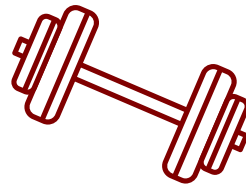
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Leadership Conference Information

THE DEADLINE TO SIGN UP FOR FALL LEADERSHIP CONFERENCE (FLC) IS **OCTOBER 24th!**

Link to register for Fall Leadership Conference:

<http://www.newyorkhosa.org/2025-fall-leadership-conference.html>

Fall Leadership Conference:

November 20-21 in Albany, NY

Agenda

Thursday, November 20, 2025

CONFERENCE DAY 1

3:00pm

Arrival at the hotel / check-in

Crowne Plaza Albany, The Desmond Hotel
660 Albany Shaker Rd, Albany, NY 12211

4:30pm

Opening Session (HOSA Attire)

5:00pm

Dinner (HOSA Attire)

7:00pm

Evening leadership sessions (Casual Attire)

11:00pm

Curfew (students may not leave their rooms after curfew)

Friday, November 21, 2025

CONFERENCE DAY 2

8:00am

Check out of rooms

Bring all bags down to Ft. Orange for storage

Breakfast served until 9:00am

9:15am

Buses depart for Albany College of Pharmacy

9:45am

Workshop Sessions at Albany College of Pharmacy

1:00pm

Lunch at Albany College of Pharmacy

2:00pm

Buses return to Desmond Hotel

2:30pm

All attendees depart

Spring Leadership Conference: March 24-26 in Syracuse, NY .

Competitive Event Spotlight:

***NEW event, only for 25-26 year in honor of HOSA's 50th Anniversary!**

HOSA History Exam

Only for this year, we will be offering an additional recognition event for the 2025-2026 competitive program year. The exam will prompt the opportunity for members to expand their knowledge on the history of the HOSA-Future Health professional organization and its transformative impact on healthcare.

This event is open to all divisions! Offered at SLC for advancement to ILC.

Details: <https://hosa.org/wp-content/uploads/2025/03/HOSA-History-Exam-FINAL-Aug25.pdf>

Our FLC 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.**

\$904 dollars were raised at FLC 2024. We challenge you to raise the bar this year!

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



Commemorating Breast Cancer Awareness

Happy October HOSA Members! The month of October is Breast Cancer Awareness month, this is a global campaign led by leading breast cancer charities and organizations in hopes of raising awareness, promote early detection as well as research. This tradition started in October of 1985, by the American Cancer Society and Imperial Chemical Industries.

Since the start of 2025, **316,950 new cases** were identified, as of now, **42,170 of those cases had died.** (source : <https://seer.cancer.gov/statfacts/html/breast.html>)

Certain people are more prone to develop breast cancer. If you,

- Have a family history of Breast Cancer.
- Are over the age of 50

- Are overweight or obese.
- Are physically inactive.
- Smoke.
- Consume alcohol.
- Have been exposed to certain chemicals and pesticides.

You have a greater chance of developing breast cancer. Please note that **men can also develop breast cancer**, though it is a rarer case. About 1 in 726 for men are diagnosed for breast cancer.

Though some people are at higher risk, we encourage everyone look out for common signs and symptoms, such as:

- A new lump or mass in the breast
- Thickening or swelling of part of the breast
- Change in breast size or shape
- Dimpling or puckering of the breast skin
- Nipple discharge

Chapter Challenge

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 **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: Make Breast Cancer Ribbons With Your Chapter

October is **Breast Cancer Awareness Month**. The pink ribbon is a symbol for hope and support for breast cancer survivors and the fight against the disease. For this challenge, please create pink ribbons with your chapter to support Breast Cancer Awareness. You can also turn these ribbons into pins by attaching a safety pin to the back!

You can also sell these pins and raise money for Breast Cancer Research by donating to the Breast Cancer Research Foundation or American Cancer Society!

Here is a link to an idea:

- [🌐 How to Make Breast Cancer Awareness Ribbons In 3 Simple Steps](#)
- **Places to donate:**
 - [🌐 Breast Cancer Research Foundation | BCRF](#)
 - [🌐 End Cancer As We Know It](#)

[Submit a photo of your workshop to NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com)

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

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**

September Challenge Submissions

In September's Monthly Challenge, all chapters were challenged to host a Mental Health Day, and the students at **the Emma Willard School & Institute For Health Professions At Cambria Heights** embraced this initiative by participating in a relaxing coloring activity aimed at promoting mental health awareness. We extend our gratitude for all the submissions received. We encourage everyone to continue **submitting their chapter challenge's to nyshosanewsletter@gmail.com.**



Interview with a Healthcare Expert

Colleen Burns

Founder of Buffalo MRI



Colleen Burns is the founder and former owner of Buffalo MRI. After earning her degree in Industrial Engineering at West Virginia University, Ms. Burns went on to pursue a career in diagnostic imaging equipment. In 1993, Ms. Burns returned to Buffalo, NY to open Buffalo MRI, which housed the first open MRI in the city. Under Ms. Burns, Buffalo MRI expanded and improved until it was eventually sold to Windsong Radiology, over thirty years later.

Q & A

Q: What inspired you to pursue this career?

A: "I was always interested in medicine, but I had a passion for engineering. When I was still in school, my mentor recommended a special program at General Electric where I could learn about radiology equipment. I was recruited into the two year program and it was the perfect opportunity for me to begin my career."

Q: What professional achievement are you the most proud of?

A: "I am most proud of the hundreds of people that have been employed at Buffalo MRI. I feel especially happy when some of the employees are inspired to pursue higher education because they are fascinated by radiology. When I was still working at the company, I was especially proud of the positive workplace environment we maintained."

Q: What would you say to anyone scared to get a mammogram?

A: "Get it! A mammogram is the first line of defense against late stage breast cancer. Everyone is busy, but a mammogram is something you have to do for yourself and for your family. Oh, and it doesn't hurt much anymore!"

Thank you for your valuable insight, Ms. Burns!

Chapter Spotlight

Chapter Spotlight highlights individual NYS HOSA chapter events and accomplishments. Please scan this QR code or use link below to access the google form and submit **for a chance to be featured in our next Newsletter!**

QR CODE:



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

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 health care 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 serve 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, please visit the **NYS HOSA Website**: <http://www.newyorkhosa.org>

Main Contacts

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