



*NYS HOSA*

**MARCH**

**NEWSLETTER**





# CHAPTER CHALLENGE



## Chapter #1:

*March is the month to celebrate our women and acknowledge all of the wonderful things they have done to make our communities better. In honor of our healthcare workers, we invite you all to make a poster of a woman who helped to revolutionize the healthcare system.*

## Chapter #2:

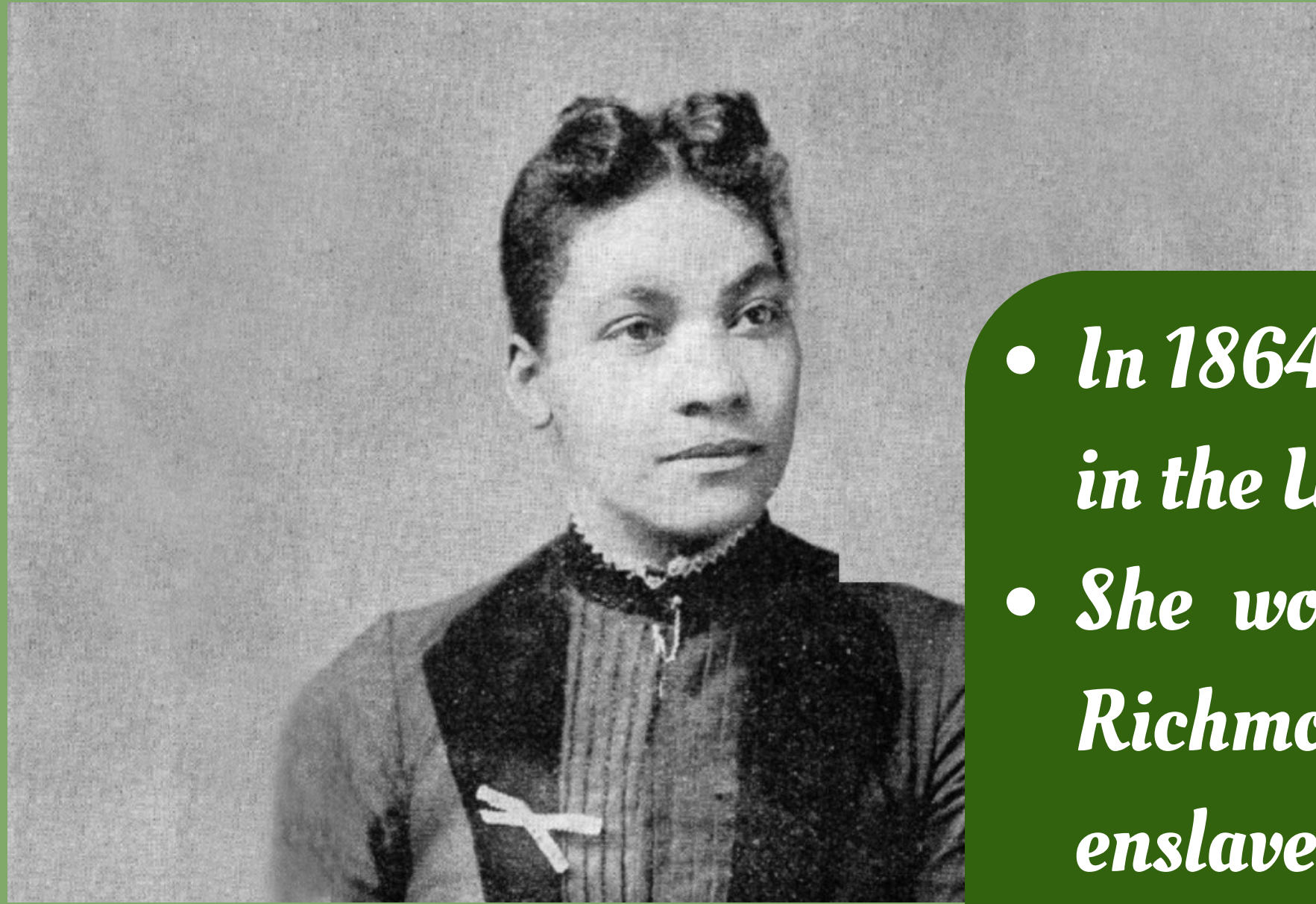
*We would like to take a moment to thank First Lady Michelle Obama for organizing the My Plate program. Produce your own original healthy menu using the MyPlate chart as a guide to produce healthy meals. Make 3 menus, using pictures as well, to construct a delightful meal for you and your loved ones*

**TO RECEIVE CHALLENGE POINTS AND RECOGNITION  
MAKE SURE YOU HAVE THE FOLLOWING INCLUDED IN  
YOUR EMAIL:**

- Chapter school name and Chapter number
- Name of the chapter advisor and chapter president
- Name and description of the challenge

Email HOSA Chapter Challenges to: [NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com)

# Acknowledging our women in healthcare:



**Dr. Rebecca Lee  
Crumpler (1831-1895)**

- *In 1864, she became the first Black woman in the United States to earn an MD degree.*
- *She worked with other Black doctors in Richmond, Virginia to care for formerly enslaved people.*
- *She wrote *A Book of Medical Discourses: In Two Parts*, which was published in 1883.*

- *In 2018, she became the first woman to serve as Medical Director of Primary Care at NHS England, driving digital innovation in healthcare.*
- *In 2021, she co-led efforts to modernize primary care, improving accessibility and integrating new care models.*
- *In 2023, she became Chief Strategy and Innovation Officer at Aneira Health, focusing on advancing women's healthcare.*



**Nikita Kanani  
(1980-present)**

**International  
WOMENS  
Day**



# **National Colorectal Cancer Awareness Month**

## **WHAT IS IT?**

**Colorectal cancer is a type of cancer that develops in the colon or rectum, which are parts of the large**

**intestine.**

### **Causes Signs and Symptoms**

**Occurs when abnormal cell growth in the colon or rectum forms tumors, often due to genetic mutations, poor diet, lack of exercise, smoking, or underlying conditions like inflammatory bowel disease. Early signs include changes in bowel habits, blood in the stool, unexplained weight loss, fatigue, and abdominal discomfort.**

### **Prevention and Treatment:**

**Regular screenings like colonoscopies are essential for early detection and better treatment outcomes. Maintaining a healthy lifestyle can also help lower the risk. Eating a fiber-rich diet, staying active, maintaining a healthy weight, avoiding smoking, and limiting alcohol all reduce risk. Treatment depends on the stage and may include surgery, chemotherapy, radiation, or targeted therapies.**

# SPRING LEADERSHIP

## CONFERENCE



### WHAT IS IT?

*The New York HOSA State Leadership Conference (SLC) is an annual event for members of HOSA-Future Health Professionals in New York. It provides you with the opportunities to compete in healthcare-related events, attend leadership workshops, and network with peers and professionals in the medical field. Winners from the state conference qualify for the HOSA International Leadership Conference (ILC).*

*SLC includes:*

- *Competitive events in health science, leadership, and teamwork*
- *Workshops and guest speakers*
- *Networking opportunities with healthcare professionals*
- *Recognition and awards for outstanding members*

*The State officers want to thank all the HOSA members who participated in making the Fall Leadership Conference unforgettable! This year's Spring Leadership Conference will be held at the DoubleTree by Hilton in Syracuse, NY, April 2-4, 2025. The theme is: Powered by People. You will have the chance to meet and interact with other NYS HOSA members, learn how to maximize your potential as a leader, and win medals in many competitive events!*



# **SLC PACKING LIST**

- **HOSA blazer or a black or navy business suit**
- **Navy or black dress pants or skirt (You cannot wear leggings, black jeans, or skirts more than 1" shorter than your knees)**
- **White button-down shirts (long or short sleeves) for men & women (or white shells for women) bring 2-4 shirts!**
- **Maroon tie for men and an optional bowtie for women**
- **Dark socks (men wearing pants) HOSA no longer requires socks or stockings for women, just make sure your shoes don't rub and cause blisters.**
- **Black or navy shoes can NOT have open toes or open heels. MAKE SURE THEY ARE COMFORTABLE!**
- **Pajamas**
- **Deodorant**
- **Toothbrush and toothpaste**
- **Phone and charger**
- **Eyeglasses, contacts, spare pair, contact solution and case**
- **Hairbrush, hair products, hair ties (hotel room has a hairdryer)**
- **HOSA spirit and excitement to learn and meet new friends.**

**Do not bring pillows, blankets, or towels - the hotel will provide these**

**Do not bring expensive property or lots of cash, the hotel and HOSA will not be responsible for lost or stolen items left in hotel rooms.**

# Raffle Baskets for nmdp Donations



**Each HOSA chapter is required to bring a raffle basket worth about \$20 to be entered in the raffle basket.**

**During the duration of the conference, officers will be selling tickets for \$1 each. You can buy as many tickets as you wish (the more you buy, the greater the chance of winning!)**

**There is also a competition with these baskets presented: The state officers would be the judges of this competition! If your chapter wins you are deemed the #1 basket bringer for 2025!**

**All the money raised will be donated to the Nation Marrow Donor Program, a non-profit organization that facilitates bone marrow and stem cell transplants for patients with life-threatening blood diseases, such as leukemia and lymphoma. Nmdp maintains a registry of potential donors who have agreed to donate their bone marrow or stem cells if they are a match for a patient in need.**

