

New York State HOSA

September Newsletter



SEPTEMBER
**SUICIDE
PREVENTION**
AWARENESS MONTH



Table of Contents

HOSA Chapter Challenge (Emma/Rosa).....	1
Suicide Prevention Month! (Avi).....	2
National Food Safety Education Month! (Tanisha).....	3
Disease of the Month (Brianna/Gloria).....	4
State Officer Training (Avi).....	5
Fall Leadership Conference (Ricky).....	6
Reminders for Upcoming Events (Rida).....	8

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: National Food Awareness!

September has been regarded as National Food Safety Month in order to highlight the importance of how we take care of and ensure the food we are eating is clean and palatable. As part of this awareness, we ask that each chapter has students create a poster that captures the importance of food safety i.e., washing fruits and vegetables, cooking meat accordingly, etc. Be creative!

Challenge #2: Suicide Prevention Month

September has also been dedicated to Suicide Prevention in order to spread awareness to the public and give support to those who may struggle with their own mental health and thoughts of self harm. In 2016, the International Association for Suicide Prevention created a universal suicide awareness ribbon with the hopes that it would be a recognizable symbol to all. They chose the color yellow for this ribbon. For this challenge, students from their chapter will take a photo with a **yellow** ribbon/accessory or a **yellow** article of clothing (shirt, skirt, socks, etc).

All HOSA Chapter Challenge Submissions should be emailed to:

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

Suicide Prevention Month

September is a month dedicated to Suicide Prevention, reminding us of our pivotal role in supporting those grappling with mental health issues and thoughts of self-harm. Here are some things to keep in mind:

Raise Awareness: Suicide is a global health concern, and awareness is the first step toward prevention. By acknowledging Suicide Prevention Month, we shed light on this issue, reducing stigma, and encouraging open conversations about mental health.

Destigmatize Mental Health: One of the main obstacles preventing individuals from seeking help is the stigma associated with mental health conditions. By promoting awareness and understanding, we can create a more empathetic and compassionate society that encourages seeking help when needed.

Support Each Other: It's a reminder to reach out to our friends, family members, and colleagues who may be struggling. Your support, a listening ear, or a kind gesture can make an incredible difference in someone's life.

Advocate for Change: This month also calls us to advocate for improved mental health services, increased funding for research, and better policies to support those at risk.



If you or someone you know is in crisis, don't hesitate to seek help. Reach out to a mental health professional, call a crisis hotline (National Suicide Hotline: call or text 988), or confide in a trusted friend or family member. Your life matters, and there is help available.





Let's work together to break the stigma and save lives.

National Food Safety Education Month!

National Food Safety Education Month is observed in September to raise awareness about the importance of safe food handling practices to prevent foodborne illnesses. The FDA estimates that each year 1 in 6 Americans are affected by foodborne illness. Leading to 3,000 deaths per year. To make a change do the following #FSEM:

Raise Awareness: People are affected by foodborne illnesses across the world. By educating people about proper food handling, storage, and hygiene practices we can reduce incidence of foodborne illnesses, potentially saving lives. Promoting food safety is a collective responsibility. To simply put it, WE ALL EAT FOOD!

4-Steps to Food Safety: Clean, Separate, Cook, Chill

- **Clean:** 
 - Wash your hands for at least 20 seconds properly before, during, and after preparing food and before eating
 - Properly wash utensils, cutting boards, and countertops with hot, soapy water after preparing each food item. Rinse fresh fruit under water
 - This step prevents cross-contamination by removing dirt and bacteria
- **Separate:** 
 - Prevent cross-contamination by storing raw meats, poultry, seafood, and eggs away from ready-to-eat foods like fruit and vegetables
 - Have separate cutting boards or plates for raw meats, poultry and seafood and produce such as bread and foods that are not cooked.
- **Cook:** 
 - Ensure food is cooked to the proper internal temperature to kill harmful bacteria. (Use food thermometer)
 - Learn to [use a food thermometer properly.](#)
 - A list of all [safe internal temperatures for foods.](#)
- **Chill:** 
 - Refrigerate perishable foods to slow down growth of harmful bacteria. Leftovers should be refrigerated within two hours.
 - Refrigerator at 40°F (4°C) or lower and the freezer at 0°F (-18°C) or lower



Disease of the Month



Sickle Cell Disease

What is Sickle Cell Disease?

Sickle cell disease (SCD) is an inherited blood disorder in which red blood cells may become sickle-shaped and harden. For a baby to be born with this disease, both parents must carry a sickle cell trait or genes. Sickle cell disease is not contagious, and there is no universal cure. About **1 in 13** African Americans carry sickle disease and do not know they have it. An estimated **100,000** people in the U.S have SCD. On average, **2,000** babies are born with SCD annually in the U.S.

Symptoms and Complications:

- Chronic severe and unpredictable pain
- Anemia
- Frequent infections
- Swelling in extremities
- Fatigue
- Delayed growth
- Vision problems/blindness
- Lung tissue damage
- Kidney disease
- Stroke
- Shortened life expectancy
- Damage to hip joint

What Can You Do?

- Donate blood to support transfusion (Ex: redcrossblood.org)
- Educate others about sickle cell disease and sickle cell trait
- Get tested for SCD if you are African American and don't know your status

State Officer Training

This summer, our state officers got together in Albany, New York for training! They planned out ceremonies for the Fall Leadership Conference and participated in a multitude of team bonding activities. We hope you are all as excited for the coming year as they are!



FALL LEADERSHIP CONFERENCE

We, the NYS Officers can't wait to meet you all at the Fall Leadership Conference!



HOW TO PASS THE ACHIEVEMENT TEST



Key Things You Must Know:

1. The duties of each officer on a local and state level
2. The 2023-2024 state officer names, positions, and their roles in the FLC opening ceremonies
3. Board of Trustees names and positions
4. The Mission, Purpose and Goals of HOSA
5. The official HOSA dress code
6. The official Colors of HOSA and their meaning
7. The HOSA Code of Conduct
8. The HOSA Creed



Study Guide link:

[Achievement Test Study Guide FLC 2023 2024.docx](#)

Reminder

- All students and adults must complete both the Medical Release and Code of Conduct forms that are posted on the newyorkhosa.org website
- To pass the achievement test you need to get at least a 85%
- You must recite the HOSA creed to one of the state officers (without using notes) during the conference.

FALL LEADERSHIP CONFERENCE

PACKING LIST

- HOSA Attire
 - Black or Navy pants/skirt (no leggings, no jeans, skirts cannot be more than 1" above the knee)
 - Black or Navy shoes
 - Black or Navy socks (men only, untorn stockings/tights are optional - women)
 - White shirt (button down with collar - men, button down or scoop neck top - women).
 - HOSA blazer
- Pajamas for the night
- Casual clothes and shoes
- Optional Snacks and food for the night
- Your chapter's raffle basket and \$\$\$ to enter the raffle!
- Personal hygiene/toiletries : makeup, moisturizer, hair products, toothbrush/toothpaste, deodorant, contact lenses/case/solution (hotel provides, blankets, pillows, towels)





Reminders for Upcoming Events

- Registration for FLC (Deadline: October 21, 2023)**
- Washington Leadership Academy (September 23-26, 2023)**
- Begin working on your September Challenge and submit them to:**
NYSHOSANewsletter@gmail.com
- Start Promoting your HOSA Chapter to recruit more members**
- Begin planning for activities throughout the year with your local chapter**
- Complete your HOSA membership registration by completing the HOSA membership form and giving your dues to your chapter advisor**
<http://www.newyorkhosa.org/membership-information.html>

