

**HAPPY NOVEMBER
HOSA MEMBERS!**

NOVEMBER NEWSLETTER

NEW YORK STATE HOSA

2024



November is Mo-vember!



What is Movember?

Movember is a movement created with the goal of focusing on men's mental health, suicide prevention, prostate cancer and testicular cancer. During the month of November, awareness is raised about these issues.

Prostate Cancer:

- Prostate cancer is the 2nd most common cancer in men.
- Every 1 in 8 men will be diagnosed during their lifetime.
- Annually, there are approximately 299,010 new cases of prostate cancer each year and 35,250 deaths.
- Prostate cancer grows very slowly, obvious symptoms might not appear until it's too late.
- Signs: Blood in urine or semen, swelling in the lower extremities.
- Symptoms: Bone pain, trouble starting urination, loss of bowel or bladder control, pain during urination.

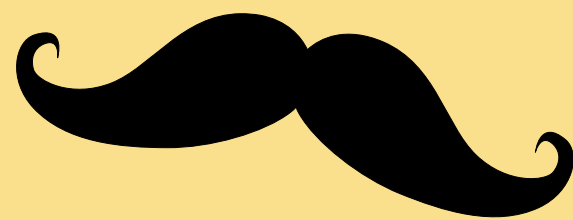
Men's Mental Health:

- There exists a stigma of men being open about their thoughts and feelings, leading fewer men to seek help about potential mental illnesses.
- Nearly 1 in 10 men experience depression or anxiety, but less than half receive treatment.

Testicular Cancer:

- 1 in 250 men will be diagnosed during their lifetime.
- It is one of the most treatable forms of cancer and generally can be cured when caught early, having a 95% survival rate.
- Signs: Swelling in the testicles, shrinking testicles (testicular atrophy).
- Symptoms: Cancer-related fatigue, pain or discomfort in the testicles, aching in the lower belly or groin.

NOVEMBER CHALLENGE

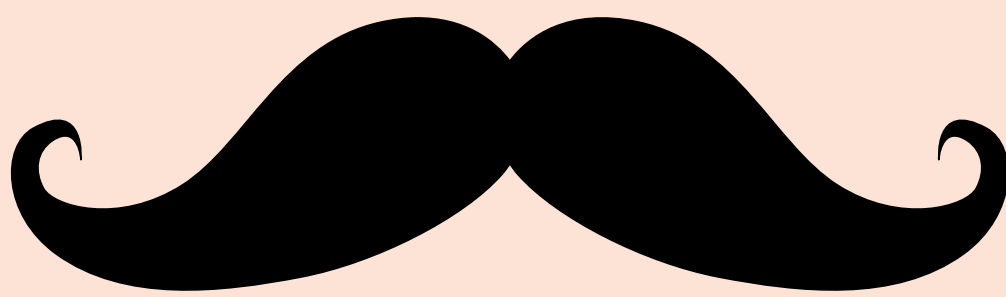


Monthly Challenge

Mustache Movember!
Snap a picture of your
mustache. Let's spread the
mustache love.

Submit your photo to
nyshosanewsletter@gmail.com

5 points

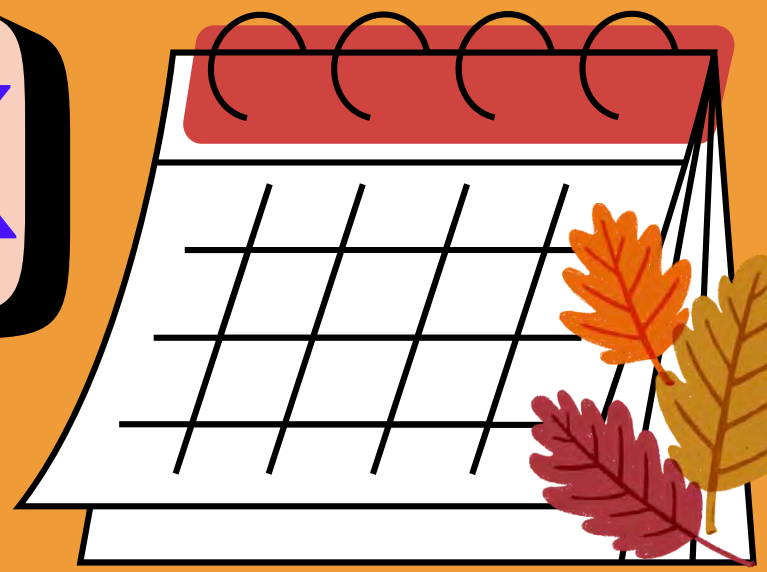


Visit

<https://us.movember.com> for
details on donating your
proceeds. You can purchase
fake mustaches here:

<https://www.amazon.com/s>

HOSA WEEK



November 4th - 8th

WHAT IS HOSA WEEK?

During HOSA week HOSA-Future Health Professionals, come together to build our community. Members are tasked with challenges to show their HOSA spirit. For the month of November, chapter challenges will consist of five different challenges for each day of the week.

HANDWASHING MONDAY

Create a short, fun video demonstrating proper handwashing steps! The team with the most creative and accurate video wins!

1 point

MENTAL HEALTH TUESDAY

Write an encouraging note to a male friend or family member encouraging them to learn about men's health issues & talk about their mental health.

1 point

NUTRITIOUS WEDNESDAY

Commit to trying one new healthy recipe. Share your creations with chapter members and share one recipe with NY HOSA newsletter

1 point

MOVE IT THURSDAY

Each team member commits to at least 30 minutes of physical activity every day.

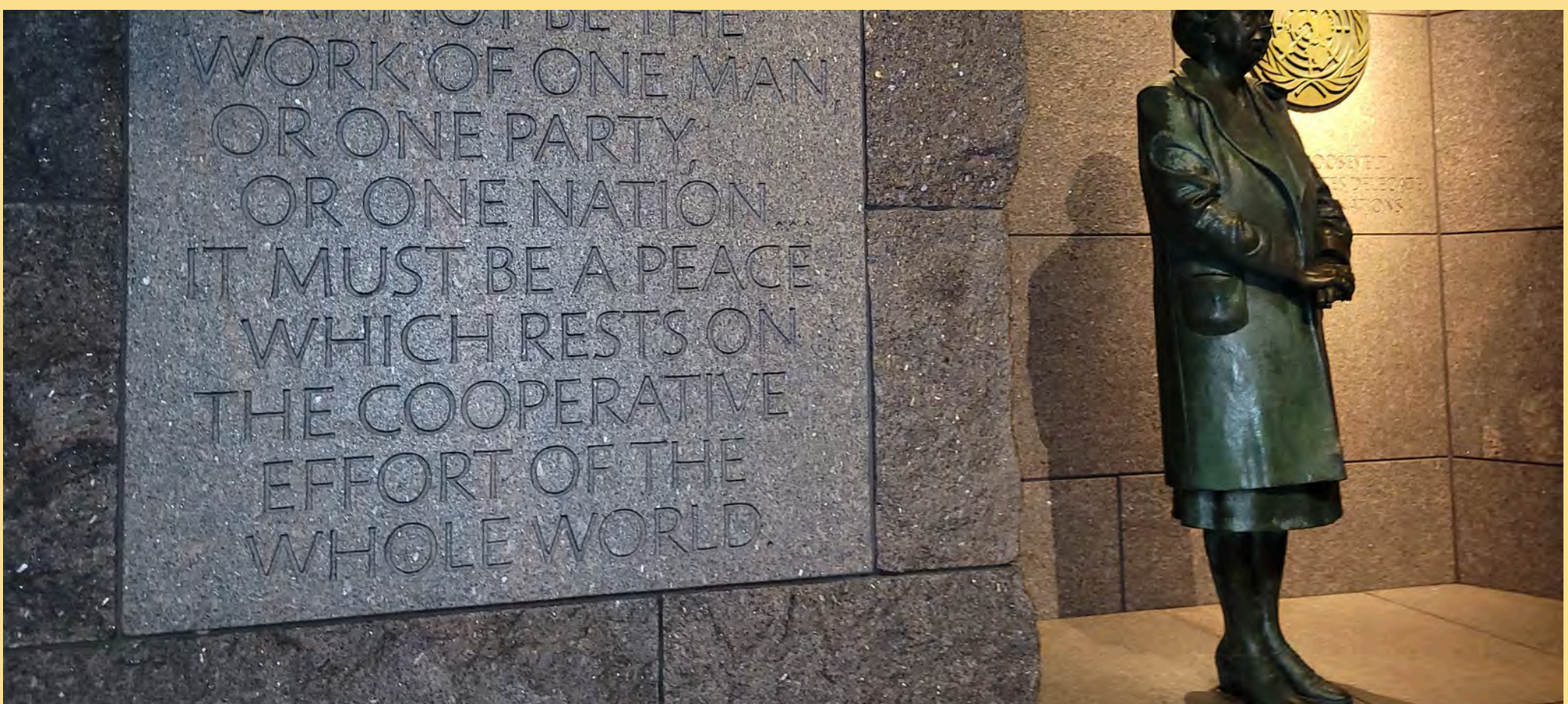
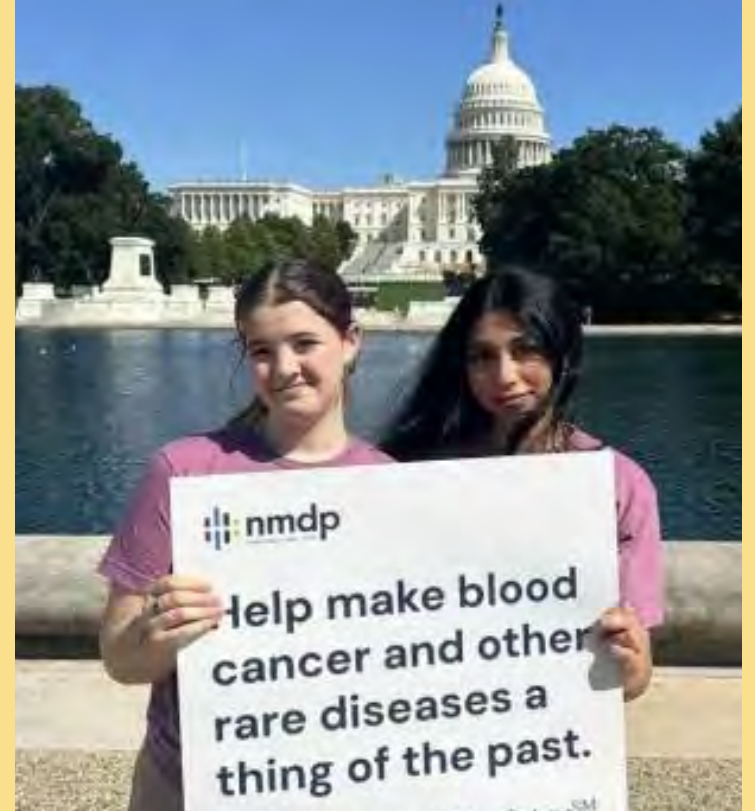
RELAXATION FRIDAY

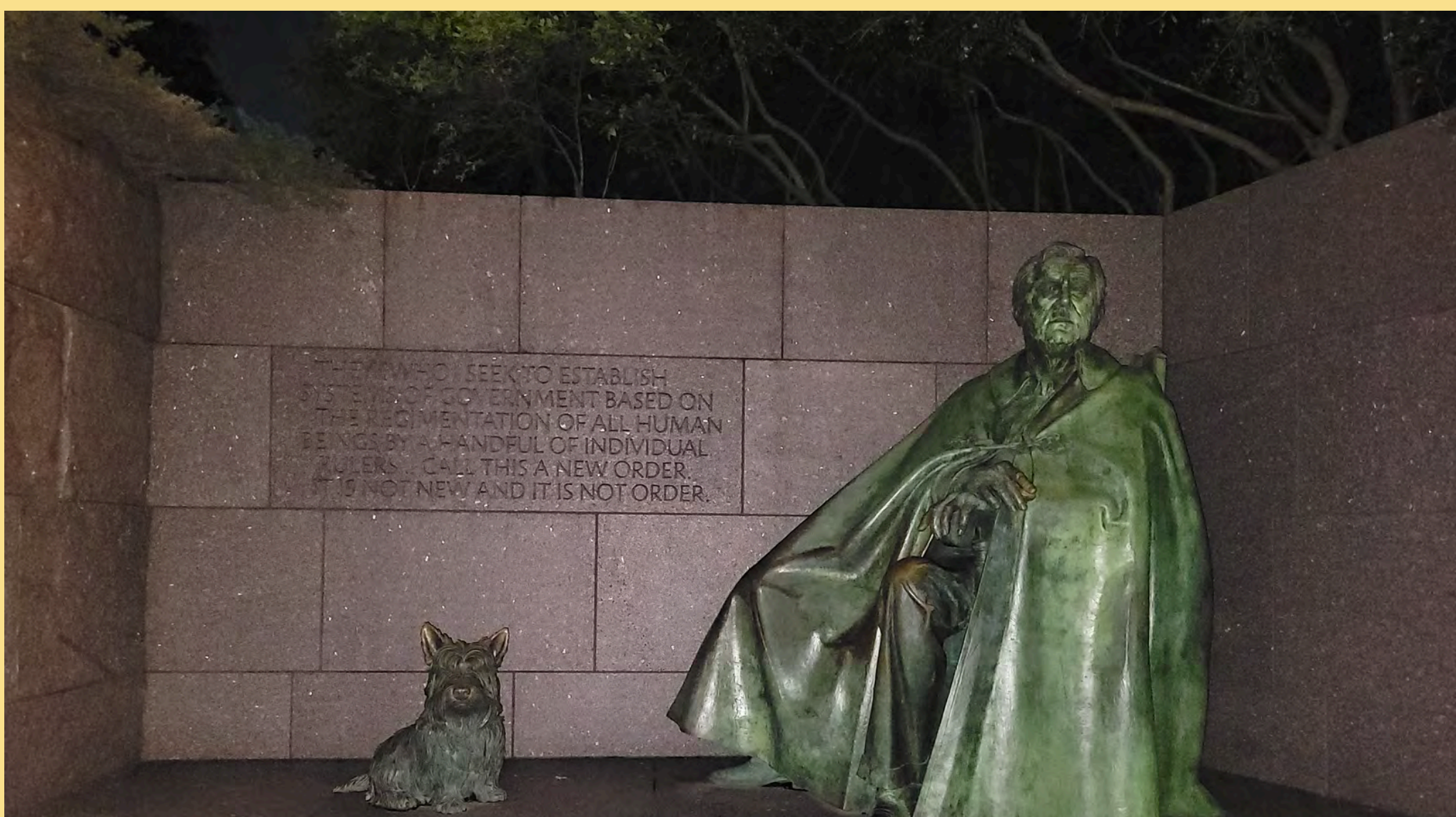
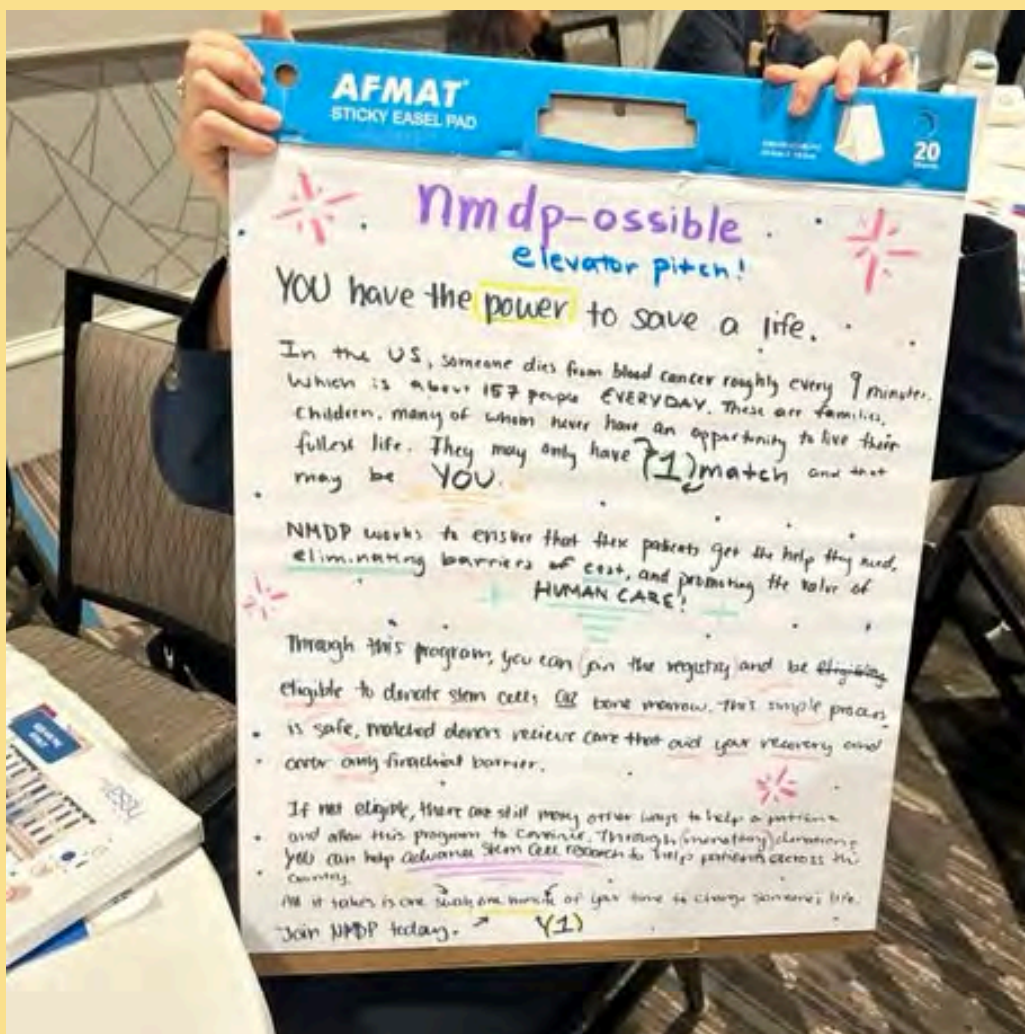
Dedicate at least 15 minutes each day to a calming activity (meditate, read, or yoga) Share your favorite relaxation methods!

1 point

2024 Washington Leadership Academy

In October, our NY HOSA President, Diya Kaur, and Parliamentarian, JJ Hetzer, had the honor of visiting Washington D.C. for the 2024 Washington Leadership Academy





Fall Leadership Conference

NY HOSA Fall Leadership Conference takes place November 21-22. NY HOSA members will spend time at the historic Desmond Hotel & Albany College of Pharmacy & Health Sciences. The state officers can't wait for everyone to arrive and have a fun and memorable conference!

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



NY HOSA Achievement Award

To win the award: pass the test*, recite the NY HOSA creed to a state officer and attend all FLC activities

What to study

- State officer names, positions and roles.
- The mission, purpose, and goals of HOSA.
- Board of Trustees names and positions.
- The official HOSA dress code.
- The HOSA Code of Conduct.
- The meaning of the official colors of HOSA.
- The NY HOSA Creed

*Score 85% or higher on the test

Study guide here: [HOSA 24-25 GUIDE](#)

Raffle Baskets

During the conference, raffle tickets will be sold for \$1 each. All proceeds go to HOSA's partner National Marrow Donor Program (Be the Match). Each chapter and all HOSA members are encouraged to bring a basket to be raffled. Fill your basket with candy, gift cards, beauty supplies, etc. Be creative and don't spend too much money!

FALL LEADERSHIP CONFERENCE PACKING LIST

What to bring:

- **Heavy jacket/coat, hats, gloves, scarves (Albany will be cold!)**
- **A HOSA blazer or a black or blue blazer**
- **2 white button-down collared shirts**
- **Navy or black pants (no ripped jeans), or a navy or black skirt (cannot be more than 1" above your knees)**
- **No halter tops/cropped tops**
- **Black or navy dress shoes**
- **Pajamas for the night**
- **Casual clothes and shoes for the evening**
- **Deodorant**
- **Toiletries: Makeup, moisturizer, hair products, toothbrush & toothpaste**
- **Money (cash) for the raffle baskets**
- **HOSA spirit and excitement to learn and meet new friends!**

The hotel provides pillows, blankets, & towels.