

HOSA-FUTURE HEALTH PROFESSIONALS

TOWARDS TOMORROW

2019-2020



Celebrating HOSA
and YOUR
Accomplishments

Celebrating HOSA

and YOUR Accomplishments!

We asked Local Chapters and HOSA Members to share their accomplishments from the year and here's what you said you were most proud of!



Klein High HOSA in Texas

Klein HOSA is proud to have 53 members advance to state! We are also proud that our chapter served over 2,000 service hours!



Mountain View High School in Washington

One thing we are really proud of in our chapter this year is we had over 50% new members join! The members were spontaneous and excited for whatever was to come! We really grew together as a group especially at Washington's State Leadership Conference and it is something we will never forget.

Woodbridge Academy HOSA in New Jersey

Woodbridge Academy HOSA is most proud of our dedicated council working tirelessly to ensure our organization allows everyone the opportunity to gain the total HOSA experience; creating unforgettable bonds and memories, future leaders, and future caring and compassionate health care professionals!





Houston High HOSA in Tennessee

Our chapter is most proud of the work we do with Paige Robbins Adult Daycare Center such as helping with their annual prom! Along with competing at regionals and state, we love to take time to serve our community!



Corner High School in Alabama

We had four people make it to Alabama State Leadership and for the first time in school history, one person made it to the 2nd round of their event and was awarded 3rd place in Health Photography!



Eastlake High School in Washington

We are proud our chapter truly exemplified the following quote this year.

“Genuine leaders are not searchers for a consensus, but molders for consensus.” - Dr. Martin Luther King Jr.

Stargate High School in Colorado

Our Stargate HOSA Chapter is incredibly proud to have ALL our State qualifiers (nearly 30 students) place in the Top 10 of their events in our second year of participating in HOSA! More than 12 of us are International bound!



Celebrating HOSA

and YOUR Accomplishments!



Missouri HOSA

Missouri HOSA made so much progress as a state this year! As an officer team, we wanted to lessen the gap we felt between the state and local officer teams. In order to do this, we sent out personalized emails to every single advisor in the state to offer our help in any way possible. We got so many responses and ended up tripling the amount of state officer visits!



Deltona Health Academy in Florida

We are not only proud of how much our members have accomplished, but how well they stand together and continue to be successful through this pandemic. Even in need, they still put their best foot forward and ensure their success and others' success as well.



Nova Southeastern University in Florida

Nova Southeastern University's HOSA is incredibly proud of our officers, members, and advisors who never cease to amaze us with their accomplishments and strength! Though Florida HOSA SLC was canceled this year, we would still like to recognize our members and their accomplishments at the Regional level! As a chapter, we know we will come back stronger next year. We are proud of being able to get through these tough times together as a HOSA family!

Academy of Academic Excellence in California

We are proud of our chapter's work with our local Lions Club to give glasses to over 300 low-income people in need.





Fayetteville HOSA in Arkansas

We are proud of the hard work our 41 competitors put into their competitions this year with 27 placing in the Top 5 and 17 of those earning medals in the Top 3.

Bingham HOSA in Utah

We are proud we had so many guest speakers come and talk to us this year! We've learned so much and we're so thankful to all those professionals who have come to talk to us!



Dysart HOSA in Arizona

We are proud of accepting a proclamation from our city's Mayor declaring February a CTE Month!

New Century Technology High School in Alabama

We are proud of producing a HOSA State Officer as hard as our chapter works. Our chapter worked to put up posters about suicide awareness to working on ideas for the state. We met so many people at state this year and am glad we took the opportunity to go!



These are only a portion of the accomplishments that all our HOSA chapters and states have achieved! If you want to share your story feel free to reach out to an Executive Council Member.

Fighting Childhood Cancer...

One Local Chapter at a Time!



Lucia

Join the National Pediatric Cancer Foundation's 43 Challenge! The NPCF began this effort to raise awareness and funds on April 3, honoring the 43 children diagnosed with pediatric cancer each day. Supporters have spent time exercising for 43 minutes, reading 43 books, baking 43 cookies, and more.

Additionally, you can participate in the NPCF's Virtual Walk! Children are more vulnerable than ever with the ongoing pandemic and contributing to the HOSA Service Project is a great way to make use of this time.

With many eyes on the efficiency and capabilities of the world's health systems during the coronavirus pandemic, it's important to look at how these structures play a role in pediatric cancer as well.

A recent featured news story published by the Harvard T.H. Chan School of Public Health highlights the need for prompt change to be made. According to the article, "more than 11 million children age 15 and younger could needlessly die from cancer" over the next 30 years. Most of these deaths, coming from third world countries, can be averted with careful investments made to expand diagnostics, treatment, and supportive care.

Rifat Atun, professor of global health systems at Harvard T.H. Chan School of Public Health, explained, "For too long, there has been a widespread misconception that caring for children with cancer in low- and middle-income countries is expensive, unattainable, and inappropriate because of competing health priorities. Nothing could be further from the truth."

In fact, improving the outcomes of childhood cancer could generate more than \$2 trillion in economic benefits. The study gives hope of a brighter future for many children with the collaboration of major stakeholders, strong and effective leadership, and collective action of health systems across the world to expand access to care for all children with cancer.



***kids are
diagnosed
with cancer
EVERY DAY!***



Though HOSA members may not all be able to travel the globe to support health systems and bolster sustainable care for childhood cancer, they are able to raise awareness through their local chapters. Here are a few chapters that have taken that first step.

On February 23, 2020, Portage High School HOSA, located in Indiana, sponsored a Prom Fashion Show to promote awareness and raise funds for pediatric cancer. Paris House of Bridal and Fashion and Louie's Tuxedo Shop donated formal attire for students to model. The chapter invited local cancer survivors to model gowns for the show. Proceeds from the Fashion Show will go to Beacon Children's Hospital's Oncology Unit, the same hospital that helped two of the models on their journey survive cancer.

Last fall, members of Valley High School HOSA in Iowa hosted the first annual HOSA Colors for Cancer Fun Run, in support of the National Pediatric Cancer Foundation. Though it was a cold and rainy day, members still did an excellent job spreading awareness about childhood cancer. Thank you to all who took part in organizing, donating, and volunteer for this event!

HOSA thanks Portage High School and Valley High School for demonstrating just how easy it is to fundraise and spread awareness for the research and treatment of pediatric cancer for HOSA's Service Project. Visit nationalpcf.org for more details. Make sure to use the hashtag #43Challenge, and tag both HOSA and the NPCF when posting about your efforts!

And click the links to learn more about [the original report published by The Lancet Oncology Commission](#), or [the commentary by the Harvard T.H. Chan School of Public Health](#).



HOSA Members Excel

at Mount Airy High School in North Carolina

By: Ashton Rierson, North Carolina HOSA State Officer and Darius Walker, Mount Airy High School HOSA Vice-President

During the 2019-2020 school year, **Ashton Rierson** has done remarkable work. When installed as a North Carolina HOSA State Officer, he began working quickly to figure out ways to make sure delegates in his region (Piedmont-Triad) had all the resources they needed and things that would allow them to have the most beneficial HOSA experience possible.

First, he secured a significant monetary donation from Northern Regional Hospital to the Piedmont-Triad region. Along with this donation, he managed to have over seven different hospital departments (25+ health care professionals) come and set-up hands-on, interactive booths at our Regional Leadership Conference and also have pediatric and adult critical care ambulances and crew come so delegates could explore them.

Darius Walker has spent over 100 hours interning at the Mount Airy Middle School HOSA Chapter. When he was installed as the Mount Airy High School HOSA Chapter Vice-President, he began working quickly and created a timeline for his chapter and officer team to identify and achieve service projects and leadership activity chapter goals.

During the summer, Walker held a two-hour-long leadership training session. During this meeting, he trained all officers on the duties and responsibilities of their office, created bylaws for the chapter & officer team, and established a Plan of Work. Darius will be succeeding Ashton as the 2020-2021 North Carolina HOSA State Officer for the Piedmont-Triad Region. Darius has created a HOSA Boot-Camp and HOSA Toolbox for his region. This will allow chapter officers to get the proper training they need and build a personal connection with them and the regional representative.

The Mount Airy High School HOSA Chapter has been very active in the community and in HOSA conferences. The chapter assisted Ashton with the Piedmont-Triad Region Chapter JumpStart and Regional Leadership Conference, wrote Christmas letters for patients at the Brenners Children's Hospital, and even had a Candy Gram Fundraiser to support and raise funds for Pediatric Cancer. Most recently chapter members created a "Thank You" video to all the workers on the frontline of the COVID-19 pandemic battle. The video was posted on social media and received over 3,000 views!



**Darius Walker &
Ashton Rierson**

HOSA Participates in AMSUS Meeting

By Maggie Yin, Maryland HOSA



“The conference was an absolutely unique experience that gave all in attendance the chance to learn about health care fields while immersing themselves into the professional world.”

For as long as I can remember I have wanted to be a doctor, and I’ve made it a duty to learn as much as I can about medicine. For other HOSA members wanting to be in medicine, I am sure you do the same. After all, it’s part of why you joined HOSA in the first place – opportunities to learn more about the health professions. Sometimes, amidst our preparation for the future, it is easy to forget that we are young and there are more opportunities out there than we can even imagine. The first time I went to the AMSUS Conference (The Society of Federal Health Professionals), my perception of what it means to be a healthcare professional was massively expanded. I had never even thought about the fast-paced, intense realm of military medicine or the noble field of public health. I had never been in the same room with so many like-minded people dedicated to helping people through health care. It was at AMSUS that I saw the opportunities I could find through healthcare in the federal government and realized that there is so much out there for me as a young person looking for a career in medicine.

The day goes by fast at the conference. From the morning’s opening session, when all the federal health care professionals are sitting together, to the exhibition hall where we explore the many facets of the industry, the day is full of learning experiences. One of the most inspiring moments at the conference was hearing from the panel of Surgeon Generals. Each one had a different story to tell about how they got to where they are, and hearing them talk about their perseverance, which encouraged each HOSA member listening to do the same. Personally, my favorite part of the conference is browsing through the exhibition hall. Chatting with the people at the booths about their experiences and asking questions about technology at the forefront of medicine is something wholly unique to AMSUS as a high schooler. I was able to learn about everything from working with the Public Health Service Commissioned Corps to how to “Stop the Bleed”. We even had a chance to do a simulation hernia repair on the DaVinci! The conference was an absolutely unique experience that gave all in attendance the chance to learn about health care fields while immersing ourselves into the professional world.

How did we leave the conference? We each left AMSUS with something powerful. We left knowing more about science research, military medicine, and public health than we had before. We left with a new, broadened perspective of what being a healthcare professional entails. Most importantly, we all left knowing that there are endless exciting opportunities in our futures and feeling more than ready to take them.

Congratulations to Kartik Tyagi!

A special congratulations to **Kartik Tyagi**, former HOSA Secondary Board Representative, for representing the University of North Carolina at Chapel Hill and presenting his bioinformatics research at the 20th Annual Undergraduate Honors Research Symposium.

Thy Symposium was hosted by the Lloyd International Honors College at the University of North Carolina at Greensboro where 98 individuals represented 14 universities across the state of North Carolina.

Kartik had the opportunity to present his paper, entitled "Mathematically Modeling Treatment Mechanisms Through Immunotherapeutic Response based on Glioblastoma Multiforme Pathogenesis," which won 2nd prize at the Symposium! An outstanding honor to an outstanding HOSA member! Congratulations!



WIN CASH & MAKE A DIFFERENCE

HOSA's partner the [Campaign for Tobacco-Free Kids](#) offers HOSA members **FREE [Take Down Tobacco](#)** trainings that include the dangers of tobacco and nicotine including e-cigarettes and vapes and how youth voices can help create the first tobacco and nicotine-free generation.

Participate in Taking Down Tobacco trainings or courses by **May 8, 2020**

- The first 25 chapters or Advisors to provide Taking Down Tobacco 101 trainings or have students complete TDT 101 or The Rise of Vaping online, for a minimum of 20 students, **receive \$150**.
- Chapters that train and/or have students complete TDT 101 and/or ROV online courses, for a minimum of 75 students, are entered to win **one of three \$1,000 cash prizes**.



For More Information

CLICK HERE

Generously supported by:



Supporting your LOCAL MEDICAL CENTER

As the number of COVID-19 cases rise, this is our chance as future health professionals to help our local medical centers. Here are some ways you can help out...



Feeding your health professionals

Reach out to your local hospital to see if they will take nonperishable food donations such as granola bars to restock their break rooms or gift cards to local restaurants for catered meals to help keep our health professionals fueled as they fight on the frontlines of this pandemic.



Supporting Local Businesses

There may be local restaurants and businesses in your area donating a portion of their profits to help provide assistance for health professionals fighting against COVID-19. See if there is a take-out restaurant or business in your area you can raise awareness for and help support!



Helping our Food Banks and Community Centers

During the COVID-19 pandemic, our homeless population has been put even more at risk. Learn how you can donate food and hygiene care packages to your local community and homeless center.



Giving Blood Donations

More than ever, we need blood donations for all of our hospitals. As cancellations of blood drives across the country have increased, we are seeing a shortage of blood available for patients. If you are healthy, be sure to sign up for an appointment to donate blood.



Being Grateful and Thankful

Many hospitals are accepting notes of appreciation for their staff whether these are handwritten notes, banners placed by the hospital, or even chalk drawings on the walkway! Here is how Cabot HOSA in Arkansas is spreading their love to all our future health professionals. They have started The Beating Heart Project as a way to say thank you to all of the healthcare workers. They are asking people to cut out a heart, write a message of gratitude, and to stick it on your front door. Their project was even commended by Mayor Bonnie Crombie.



We love seeing all of our HOSA chapters getting involved. If you or your chapter have been volunteering, be sure to submit your article to an Executive Council member!

"You guys set an amazing influence and inspiration for the next generation!!!"
@kali_lotankar

"You're fearless and amazing!"
@ally.ap

"You are an inspiration to all aspiring medical professionals."
@clst_0527

"THANK YOU!"
@fttechokc

"Thank you for showing us that healthcare is rooted in TEAMWORK and DEDICATION!"
sarrah_fl

"Thank you for the sacrifices you make for us everyday."
@cadence_brown05

"Thank you for all you do! We appreciate what you do for our communities!"
@brayden_burt

"God bless you all; you are all heroes."
@ashleyriveraa7

"You guys are amazing and literal life savers. And a big thank you to all of the janitors."
@themuslimgirl2022

"Thank you for being real life superheroes!"
@emwalsh17

"You are incredible. We love you!"
@rbeccamorales

"You're a true inspiration to those aspiring to become medical professionals <3"
@trishaladahal

"Not all heroes wear capes! Bless them and their passion and drive to save lives."
@aryanarora

"Thank you for risking your own health for the sake of ours!"
@middletonhosa

"Thank you for your sacrifice. We appreciate you being total rockstars!"
@annabelle.rockne

"Thank you! You guys are heroes!"
@pauliedestefano

"Thank you for serving patients selflessly and putting their lives before yours."
@spoiledleche

"Your extended dedication is so brave and amazing!"
@28tmiles

"Thank you so very much. Not a lot of people realize how important healthcare workers truly are!"
@creamer_dreamer1305

"We are inspired by your bravery and deeply thankful! THANK YOU SO MUCH."
@maleehakhan.

"You're appreciated and we love you."
@simply.umayma

"Thank you for giving time away from your lives and family to keep us safe."
@iwillcallyourvet

"Thank you for risking your health for others. We are appreciative of you!"
@ryleighhormsby

"You're incredible human beings who bring people together when times are tough."
@sufiyan_elberdi

"Thank you for all the work you do because every single one of you is impacting someone!!"
@snehashrinivas_

"Thank you :)"
@jocelyn.auxier

"You are all real superheros and we are so thankful for you!"
@devore_deanna

"You are truly heroes and inspire us all to fight against this pandemic in any way that we can."
@duttadew

"Thank you for all that you do! You are truly inspiring"
@grac3wang

"Thank you!!!"
@vickie_vbh

"You guys are the soldiers to the war against this virus. What you fight for is our health. Thank you."
@grandma_kuro

To all of the health professionals working on the frontlines right now, we **THANK YOU** for what you are doing to help keep our community safe. HOSA members are beyond grateful for the frontline healthcare staff who inspire us to be future health professionals.

"Thank you, for selflessly fighting and for always putting the health of others first <3"
@emily_hathcock

"Thank you so much for stepping up during this difficult time to take care of the world!"
@roshni.kohli

"Thank you so much for fighting on the front lines of this pandemic."
@willspanier

"Thank you for not backing down and for serving those in need."
@joycharles18

"You are why I want to join healthcare. Keep fighting!"
@k.aitlin_

"Thank you for risking your life for others, you are great and you are strong. Thank you!"
@naturallyrenee

"Not all heroes wear capes; some wear masks!"
@hebah.tanv

"You guys set an amazing influence and inspiration."
@kali_lotankar

"Thank you so much for all the hard work. I can't imagine going into that situation. God will bless you!"
@stephaniemoncrief

"Thank you. We love you."
@eleanoreleishman

"Thank you for all of the long days and for continuing to be our role models for care!"
@cait.7890

"You are amazing. Thank you for being on the frontline of this. Keep your heads up!"
@paige.pulos

"You guys are amazing!"
@trevor_johnson_choose_kind

"The real MVPs. True superheroes! We are grateful for you."
@emmallii

"Thank you for risking your lives everyday to care for us. We appreciate you!"
@_akul_u_

"Thank you!!!"
@madison_leann_mcelhaney_24
"Thank you for rising to the challenge with courage."
@deannahebbring

"We love you!"
@kade.cop

"Thank you for being our support and giving us hope to stopping this pandemic."
@iwillcallyourvet

"I hope to be even a fraction of what you are and thank you for all that you do!"
@sriya.airigreddy

"Thank you for putting others before yourself and leading the way towards a better tomorrow."
@mahxmood

"Thank you for your bravery and persistence in making sure that other people are being treated."
@ishtar.bernal16

"Thank you for your continued efforts to make sure everyone is safe and healthy."
@p_shah20

"Thank you for sacrificing time with your loved ones to fight this virus. You're all heroes!"
@gracededenaro

"You are real life super heroes."
@allilandewee

"Thank you for working hard and for risking your lives and for saving lives."
@llosi_v_dlc

"Thanks so much for all you do!! Keep up the good fight!"
@yousefelyoussef

"Thank you for everything you do to help our community."
@kleinhosa

"You are the real heroes!"
@holdswortholivia

"Thank you for risking your personal health to help keep the rest of us safe and healthy."
@jaqueriaowens

"We will never be able to thank you enough for putting your lives on risk to protect us."
@lina.sc3

"THANK YOU!"
@msthosa

"As one myself, we will get through this. I believe in us! Love y'all!"
@perez_zz_erick

"You guys make me so proud to be a future nurse! You guys are incredible!"
@journey_to_nursing

"A disguised hero, thank you for your hard work in this stressful time."
@poorvi_123

"Thank you for your hard work, your dedication, and your risk!"
@gloria_mickey

"Thank you for being resilient and brave in this time of fear. We love you!"
@aalicia.r

"You are my hero."
@delaneyymorgan

"Thank you so much for being there for those who need it the most!"
@ryajoshi

"Thank you for your selflessness through these times. Y'all are the true heroes! Love y'all!"
@kit.cat21

"You are true heroes; thank you!"
@field.emma

"I know it is a frustrating time, but we are very thankful for your dedications. You all inspire me!"
@science_julie_2020

"Thank you for everything! You guys are on of the bravest people on Earth!"
@deyana07

"You inspire us!"
@josie.taylor16

"I hope to be as brave, kind, and heroic as all of you. No job is too big or small, THANK YOU!"
@damitatrehan

"You're incredible. You're brave. Thank you. I want to be able to fight alongside you someday!!"
@heather.rae26

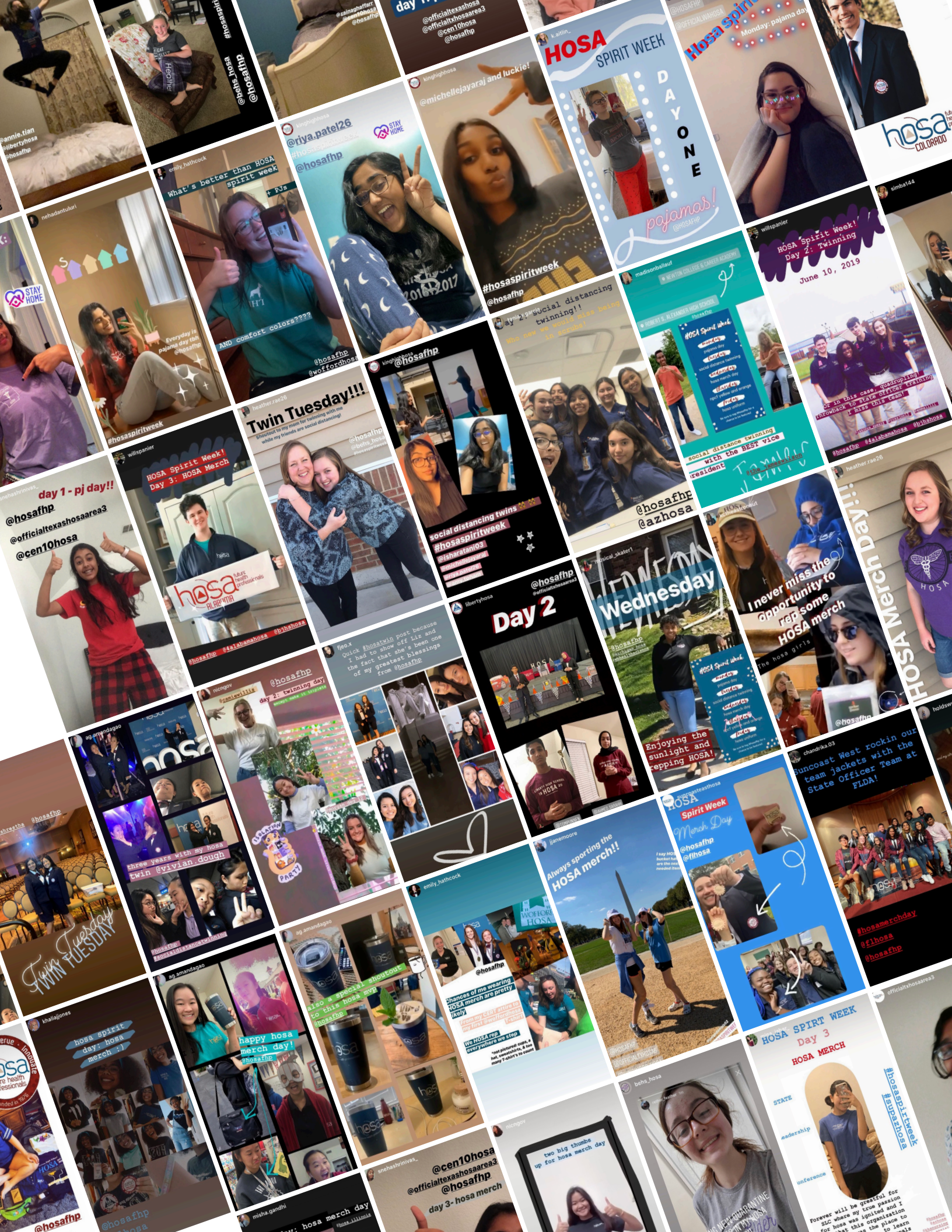


This is HOSA

Members across the world reminded their peers what it means to be a member of the HOSA family these past two months with social media challenges, positivity posts, and a Towards Tomorrow attitude.

From the "see a HOSA jacket, share a HOSA jacket" Instagram challenge to a game of HOSA-themed bingo, future health professionals around the world combatted the global COVID-19 pandemic with an uplifting outlook. Thank you for continuing to be the healthy and happy future health professionals we know you to be!





annie.tian
libertyhosa
hosafhp

hosafhp
hosafhp

officialhosaare3
@officialhosaare3
@cen10hosa
@hosafhp

kinghighhosa
@michellejayaraj and luckie!

HOSA SPIRIT WEEK
DAY ONE
pejamas!
@hosafhp

officialhosaare3
HOSA Spirit Week!
Monday: pajama day

hosafhp
COLORADO

nehadantubali

emily_hathcock
What's better than HOSA
spirit week
PJs

kinghighhosa
@riya.patel26
@hosafhp
STAY HOME

kinghighhosa
@hosafhp
#hosaspiritweek
@hosafhp

madisonbalfout
MENTOR COLLEGE & CAREER ACADEMY
Pho: 704

willspanier
HOSA Spirit Week!
Day 2: Twinning
June 10, 2019

simba144

STAY HOME

heather.rae26
AND COMFORT COLORE????
@hosafhp
@woffordhosa

kinghighhosa
@hosafhp

day 2 special distancing
twinning!!
who ever got the most likes
wins!
@hosafhp

ROBERT E. ALEXANDER HIGH SCHOOL
Pho: 704
HOSA Spirit Week
@hosafhp

social distance twinning
WITH THE BEST VICE
president
Twinning

Of in this case, quadrupling
throughout to State Officer training
I miss this team!
@hosafhp @41abashosa @hjhosa

day 1 - pj day!!
@hosafhp
@officialtexashosaaare3
@cen10hosa

HOSA Spirit Week!
Day 3: HOSA Merch
@hosafhp @41abashosa @hjhosa

heather.rae26
Twin Tuesday!!!
@hosafhp
@hosaare3
@hosaare3

social distancing twins
#hosaspiritweek
@sharantoni
@hosaare3
@hosaare3

libertyhosa
Day 2
@hosafhp
@officialtexashosaaare3

I never miss the
opportunity to
rap some
HOSA merch
@hosafhp

HOSA Merch day!!!
@hosafhp

ag.amandagao
@hosafhp

kinggov
@hosafhp
day 2: twinning day
@hosafhp

Quick #hosatwin post because
I had to show off Liz and
the fact that she's been one
of my greatest blessings of
my life from @hosafhp

libertyhosa
Day 2
@hosafhp
@officialtexashosaaare3

Enjoying the
sunlight and
stepping HOSA!
@hosafhp

chandra.03
Suncoast West rockin our
team jackets with the
State Officer Team at
FLDA!

hosamerchday
@hjhosa
@hosafhp

three years with my hosa
twin @sivian.dough
@hosafhp
@hosaare3 @hosaare3

ag.amandagao
@hosafhp
happy hosa
merch day!
@hosafhp

also a special shoutout
to this hosa mvp
@hosafhp

chances of me wearing
HOSA merch are pretty
likely
@hosafhp
We HOSA rap
everywhere we stop
@hosafhp

Always sporting the
HOSA merch!!
@hosafhp
@officialtexashosaaare3

HOSA SPIRIT WEEK
Day 3
HOSA MERCH
@hosafhp

STAY HOME

hosafhp
hosafhp

hosafhp
hosafhp

hosafhp
hosafhp

two big thumbs
up for hosa merch day
@hosafhp

hosafhp
hosafhp

Forever will be grateful for
those who are true passion
for hosa this organization
has the place to learn
to learn to learn to learn

hosafhp
hosafhp

STAYING HOME? STAY PRODUCTIVE!



- POTENTIAL HOBBIES:
- READING
 - COOKING
 - WORKING OUT
 - RESEARCHING AN IDEA
 - DISCOVERING NEW MUSIC
 - YOGA
 - STARTING A JOURNAL
 - TAKING PHOTOGRAPHY
 - GARDENING
 - LEARNING TO DANCE
 - MEDITATING

We understand how difficult it can be to stay productive while staying home. Some of you may have online schoolwork or your job has sent you home for your safety. We understand your daily schedule has changed and that can take a toll on your mind and body. However, we want to help you stay productive and healthy during this time so you can keep moving towards tomorrow!



Research shows creating healthy habits helps to avoid some of the most common preventable health issues. However, forming these healthy habits can be especially challenging, as oftentimes we have to break old habits to form healthier ones. In an article published by the National Institutes of Health (NIH), researchers discuss how forming healthy habits begins with recognizing your current behavior and making a plan. But, in today's rapidly changing world, we often lose sight of our plan or have to make frequent adjustments. That is why staying on track is important.

One of the best ways to stay on track of your habit-forming journey is to recognize negative thoughts and turn them into positive ones. This self-awareness and focus helps to increase your self-control, bringing you one step closer to reaching your goals. However, one of the most important things to remember in your journey is to be patient. Forming habits takes hard work and dedication and everyday will not be perfect, and that's okay! What's important is keeping a solid focus on your end goal. During this time, we encourage you to analyze your own behavior, plan out new, healthy habits, and form them! In no time, you will notice your health and productivity increasing.



Hobbies are a great way to stay productive during this time. According to an article published by the Australian Department of Health, hobbies help reduce stress and can help individuals who suffer from depression. Hobbies make us happier and therefore more relaxed, leading to a healthier life. An important thing to remember is that hobbies don't have to be large, complex, or expensive. They can be simple activities that require little investment, or large-scale endeavors that lead to a passion. Hobbies can be anything athletic, creative, or personal that you enjoy. To find a new hobby, try exploring areas you never have before, or dive deep into a childhood interest you've always enjoyed! Hobbies can be whatever you make them, so be creative and find something you enjoy!

One of the most beneficial and important things you can do during this time in order to stay productive is setting a schedule for yourself. Now, when we say schedule we mean a full day's schedule, not a school or class schedule (although Dev and Amanda have some great suggestions in their article, check it out!)

Keeping a daily routine is important to your health because it provides a positive effect on your daily activities and goals as well as your mental health. It is important to remember that every day will look a little different from the next but keeping a schedule will help keep your mind and body in a normal rhythm. Here are some things you can include in your schedule to keep you happy and healthy!

- **Practice Meditation-** Practicing meditation and mindfulness exercises are a great way to start your day! Meditation helps to ease your mind and allows your mind to slow down and think on the present, which can help increase your focus on any tasks you need to complete for the day.
- **Make a To-do List-** Making a list of tasks is a great way to keep yourself focused on what needs to be done for the day. Make a concise list with SMART goals that can be completed in one day. Be sure to add fun items too, like read a chapter of a book or cook a balanced meal!
- **Allow Time to Learn a New Hobby-** Hobbies are an incredible way to reduce stress and relax when you've had a productive day. Hobbies can include anything from coloring to cooking, and the opportunities are endless for what you can learn! If you need any inspiration, be sure to ask the Executive Council what our hobbies are.
- **Connect with Friend-** Of course, allow yourself time to connect with friends. Talking with friends is a wonderful way to relax and unwind when you have time. It may help to leave this activity until the end of the day, that way once your work is done you have plenty of time to spend with friends.



Regardless of what the world looks like right now, we know you have the power to improve the health and productivity of yourself and your family. We challenge you to take these tips and make them your own. Implement them in your life and show the world HOSA members stay strong and healthy no matter what!

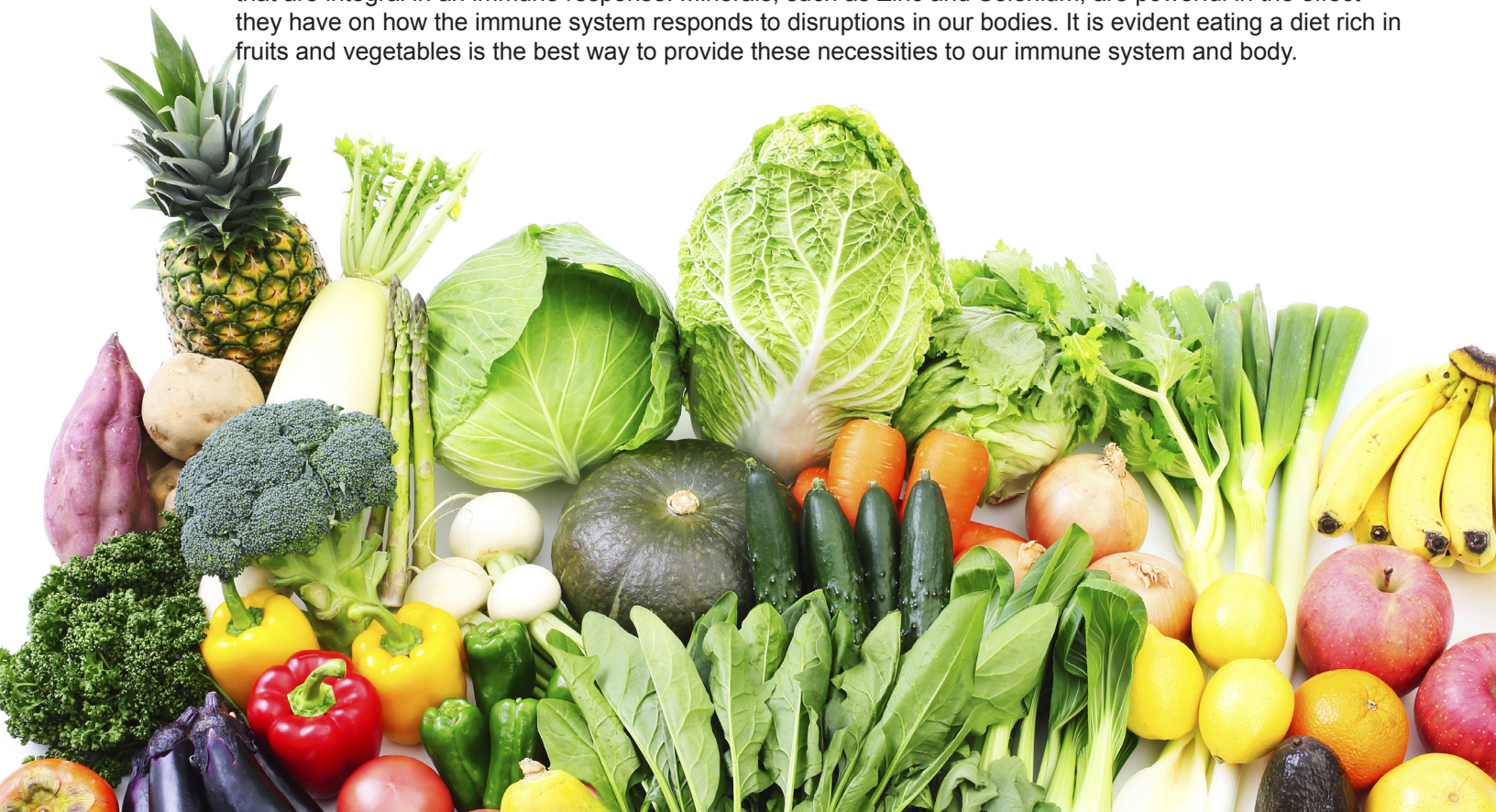
How to Stay Fit and Healthy During This Pandemic



As HOSA-Future Health Professionals, we know the basics when it comes to what our body needs for overall health and wellness. However, while we tend to know the “what” things, we often forget to focus on the “why” of it as well. So why does our body need the correct nutrients to be able to function efficiently?

Living a healthy and proactive lifestyle is much more than just being the “right weight” or having the “right appearance.” Human anatomy and physiology are complex and fascinating concepts encompassing various intricate processes with the common goal of survival. While many organ systems serve essential functions for our body, there is no doubt that the immune system stands out significantly when it comes to illness and disease. There are a plethora of things our immune system does for us to guarantee the body’s homeostatic nature is not disrupted by foreign pathogens or substances. The truth is there are millions of germs we will encounter throughout the lifespan of our lives but having a strong and efficient immune system is what keeps these encounters in check.

So, the question is, how exactly do we strengthen our immune system and provide it with the tools it needs to work efficiently? Simple, through the minerals and nutrients, we provide our body with a resilient immune system. Vitamins such as vitamins: A, C, E, and D are part of several biochemical functions within our body that are integral in an immune response. Minerals, such as Zinc and Selenium, are powerful in the effect they have on how the immune system responds to disruptions in our bodies. It is evident eating a diet rich in fruits and vegetables is the best way to provide these necessities to our immune system and body.



As future health professionals, we have a responsibility to take care of our personal health and wellness to better serve those around us. And, we must serve as examples to the community promoting the importance of healthy lifestyles to enhance the quality of our lives.



Many people have an even harder time incorporating a consistent exercise routine with their healthy eating habits because of a lack of time or energy or other priorities. Regardless, the benefits of exercise are too many to ignore. The benefits of exercise include cardiovascular health, regulation of blood sugar, weight management, sharpening cognitive skills, and even reducing the negative effects of aging.

Furthermore, regular exercise has extremely positive effects on the mental health and mood of people especially when it comes to stressful situations such as the COVID-19 pandemic. Resistance training or weight training has powerful effects as the benefits of regular exercise. But this does not mean an individual has to work out vigorously for long periods of time several days a week. Simply taking 30 minutes a day three to four times a week to engage your body in physical activity is enough to see benefits. Once a person decides to integrate exercise into a regular routine, the results will be rewarding and impactful in the overall health of their body.

There is plenty of information available to reiterate the importance of adopting a healthy diet and exercise routine for the betterment of our body and immune health. More than ever, we see the harmful effects an invasive species can have in compromising our immune health and subsequently our overall health.

Sources:

<https://medlineplus.gov/benefitsofexercise.html>

<https://health.clevelandclinic.org/eat-these-foods-to-boost-your-immune-system/>

A CAREER IN

MUSIC THERAPY

The undergraduate curriculum for a music therapist includes coursework in music therapy, psychology, music, biological, social and behavioral sciences, disabilities and general studies. Entry level study includes practical application of music therapy procedures and techniques learned in the classroom through required fieldwork in facilities serving individuals with disabilities in the community and/or on-campus clinics. Students learn to assess the needs of clients, develop and implement treatment plans, and evaluate and document clinical changes.

At the completion of AMTA-approved academic training and internship, the student is eligible for admission to the certification exam administered by the Certification Board for Music Therapists, Inc. Upon passing the national examination administered by the CBMT, the student acquires the credential Music Therapist-Board Certified (MT-BC).



Degree Programs in US

88 AMTA-approved degree programs in the U.S.

43 Bachelors only degree programs

*39 Bachelors and Master's degree programs

6 Masters only degree programs

*10 Doctoral Studies included in the Bachelors and Masters category.

AMTA-Approved Degree Programs

Link to school directory:

<https://netforum.avectra.com/eweb/DynamicPage.aspx?Site=amta2&WebCode=OrgResult&FromSearchControl=Yes>

EDUCATION AND CLINICAL TRAINING IN MUSIC THERAPY

Requirements

A bachelor's degree or higher in music therapy from one of AMTA's 88 approved colleges and universities.

A minimum of 1200 hours of supervised clinical training along with a demonstration of core competencies.

Degree Tracks

Bachelor's Degree (entry to profession)

Music Degree-120 credits

4.5 years in length, includes 1200 hours of clinical training

Bachelor's Degree Outline

Music Foundations (45%)

General Education (20-25%)

Clinical Foundations (15%)

Music Therapy Foundations (15%)

Electives (5%)

Masters in Music Therapy

36-40 credits

2 years in length

Online /low residency options available with a bachelor's degree in music therapy

Doctorate/Doctoral Studies in Music Therapy

Approx. 44 credits

3+ years

The National MT-BC Credential

The Certification Board for Music Therapists (CBMT)

CBMT administers a national exam that evaluates a potential therapist's current competency in the profession of music therapy.

Continuing Education

Must complete 100 hours of continuing education every five years to maintain the credential

Music Therapist – Board Certified (MT-BC).



Settings

- General Hospitals
- Community Mental Health Centers
- Correctional Facilities
- Hospice/Bereavement Services
- Labor/Delivery
- Military Bases
- Physical Rehabilitation
- Schools

Populations

- Alzheimer's/Dementia
- Autism Spectrum
- Behavioral Disorder
- Chronic Pain
- Early Childhood
- Medical/Surgical
- Mental Health
- Neurologically Impaired
- Post-Traumatic Stress Disorder

A Unique Officer Candidate Interview Process



Ohio State Leadership Conference

A great way to spend February 29, an extra leap-year day, was with Ohio HOSA in Columbus interviewing the State Officer candidates. Each candidate had to pass a written exam and then complete an intense interview process to really engage the candidates and to identify each person's strengths and weaknesses. The candidates had to do a normal panel interview, then each one had to participate in a session where they led the interview—meaning they would walk up to a group of judges and engage them while they were talking. They entered the conversation and asked questions - a very intriguing and interesting process. Many candidates did an outstanding job asking HOSA specific questions while others talked about pets, sports, and various topics. Each candidate also had to give a 3-5-minute prepared speech with following topic: "How HOSA-Future Health Professionals Functions as the Pipeline for Health Careers with Future Employers."

The candidates were placed into groups of three and given 15 minutes to plan any kind of workshop. This allowed the judges to see the candidates working in groups, leadership strengths and team dynamics.

After that, the candidates were divided into three groups with the five strongest in one group, the next four in the second group and the rest of the candidates in the third group. For this activity, the groups' assignment: they were the newly elected state officers and were asked to develop a career workshop for a junior class of students who were from a relatively new HOSA chapter. They were given 15 minutes to prepare the workshop and 15 minutes to make the presentation.

During the down time throughout the day, they were asked to write and address a thank you letter to each judge.

What a great experience for not only those candidates participating in the process but also for the judges. And a special thanks to Jason Huff, HOSA, Inc. Board Chairman, for serving as one of the judges. He was quoted as saying:

"I had a wonderful time and I still get so pumped up and excited when I get to spend the day with young students who are working hard to be tomorrow's leaders! Thank you for allowing me to represent HOSA-Future Health Professionals! I always find myself still learning - which makes this the most fun!"

It was indeed an awesome leap year Saturday!



Postsecondary HOSA and Alumni

As the 2019-2020 school year comes to an end during such uncertain times, we hope you take comfort in hearing that your HOSA journey doesn't have to come to an end. If you're a graduating high school senior and you want to stay active in HOSA, there are two main membership divisions that you're encouraged to join: Postsecondary/Collegiate and/or Alumni.

Through your involvement within these membership divisions, you can continue to enhance the knowledge and skills you have already developed and network with others, while you pursue a career in health.



Did you know becoming an alumni member of HOSA is **free**? All you have to do is fill out the "Alumni Registration" page that can be found at hosa.org/alumni. Benefits of becoming an alumni member include mentoring local chapter members, judging at state and national competitions, and maintaining a professional network.

If you are furthering your education after high school, make sure to see if your college or university has an active chapter, and, if not you can always start a vibrant HOSA chapter!

For more information on how you can do this click the link below.

Links to Postsecondary/Collegiate Handbook: <http://www.hosa.org/sites/default/files/Postsecondary-Collegiate%20Handbook%20Jan%20202015.pdf>

Register to be an Alumni: hosa.org/alumni



ALUMNI BENEFITS

- Discount on Princeton Review for MCAT Preparation
- Save on Hertz Car Rental
- Free HOSA Alumni Email
- HOSA Career Center's Job Board



TIPS

for Online Learning

With the shutdowns of schools around the world, many students are adjusting to different learning environments. While establishing new routines might prove challenging, staying engaged in your education is a key part of the journey towards becoming a future health professional. Here are some tips for success during this online learning period!

Make a Routine for Yourself

Probably the most difficult part of studying or working from home is keeping yourself accountable. Leaving the house to go to school, work, the library, or anywhere else cues the mind to focus on the work at hand. Though you may not be able to go to these places anymore, you can keep a routine for yourself. It will not only help you stay productive during the day, but it will also help you learn more about yourself!

Try to wake up and fall asleep close to the same time every day, create a morning and evening routine, and schedule “study” or “class” blocks, time for family, and anything else you deem important. At home, you may be tempted to stray from your routine, but the key is to isolate time specifically for work. When you are in your “study” blocks, don’t do things you normally wouldn’t do if you were in school. This includes watching TV, doing chores, or preparing meals. The key to a successful and productive day all starts with a personalized routine you set for yourself.

Stay Organized

Learning from home means you have more responsibility for staying on track with academics. It is a great time to go back to the drawing board, setting new goals and schedules, much like you would at the beginning of an academic year or semester. Write out your goals, including anything new you might want to achieve during this time. Try creating to-do lists at the beginning of each day, to help you stay focused. Do your best to create a designated workspace, so your mind associates that location with school and productivity.

Keep Yourself Healthy

When working or studying from home, it becomes increasingly likely that life will become sedentary. Staring at a computer screen all day, taking phone calls, or attending video conferences can make it difficult to leave your desk. However, it is recommended that you take at least thirty minutes to get up, leaving your devices, and get in a good workout. Keeping this as a regular part of your day not only keeps you healthy and moving but grounds you to a routine, something that’s difficult to do at home.

When you’re sitting in front of the screen, there are also a few helpful exercises and tips that can help ease the stress on your eyes. Use the 20-20-20 rule to ease the stress on your eyes if you’re staring at a screen for too long. For every 20 minutes you look at the screen, look at an object 20 feet away for 20 seconds. Additionally, if possible, wearing blue light glasses can also reduce strain on the eyes.

A good way to take breaks from your work is following the 25-5 rule. For every 25 minutes of work accomplished, take 5 minutes to stand up, walk around, and stretch. Be sure not to look at any electronic devices during this time! Remember, whether you’re studying at school or at home, your health should never be compromised!

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age two, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

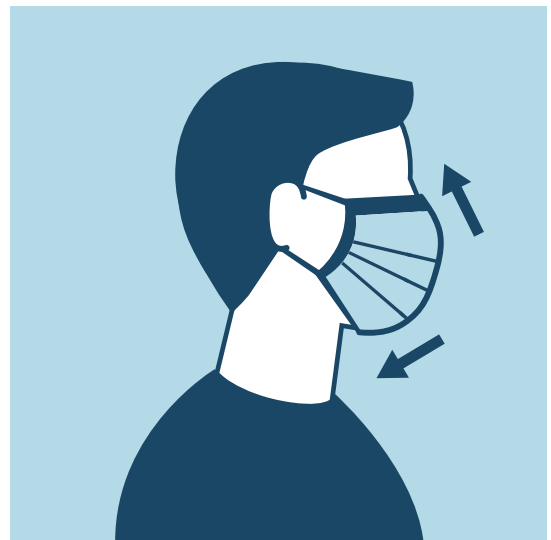
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

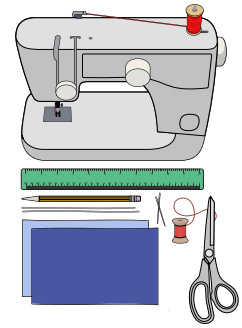
Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Sewn Cloth Face Covering

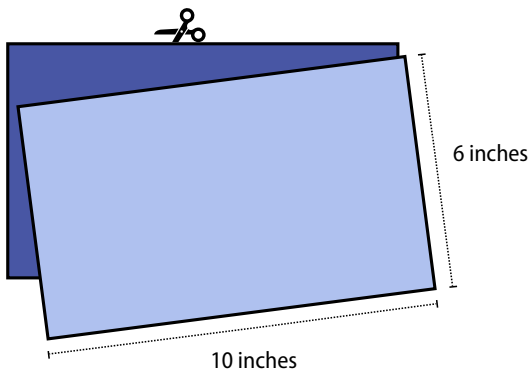
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

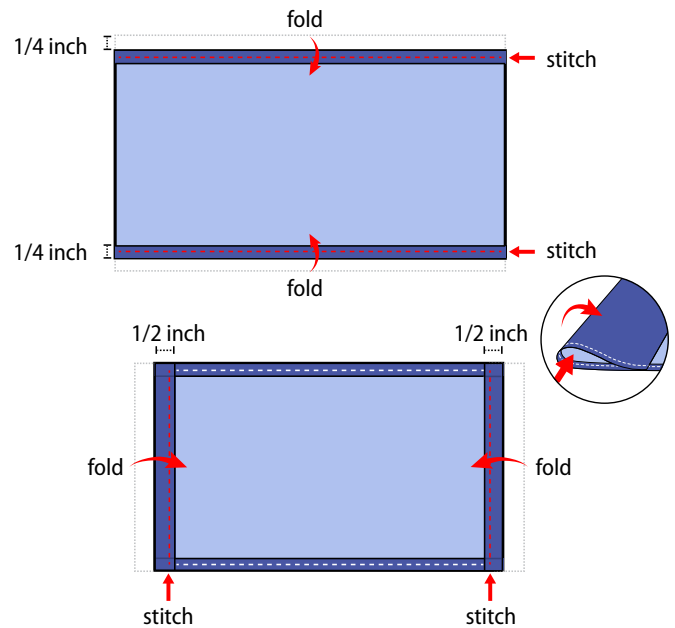


Tutorial

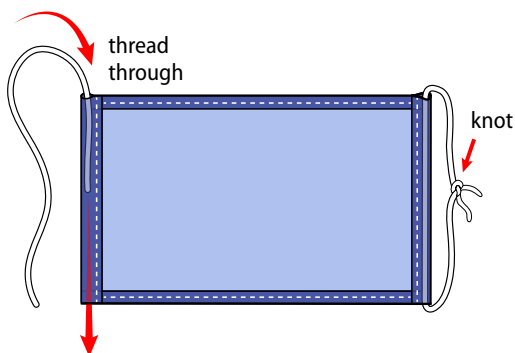
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



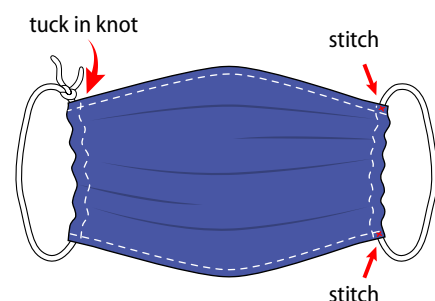
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

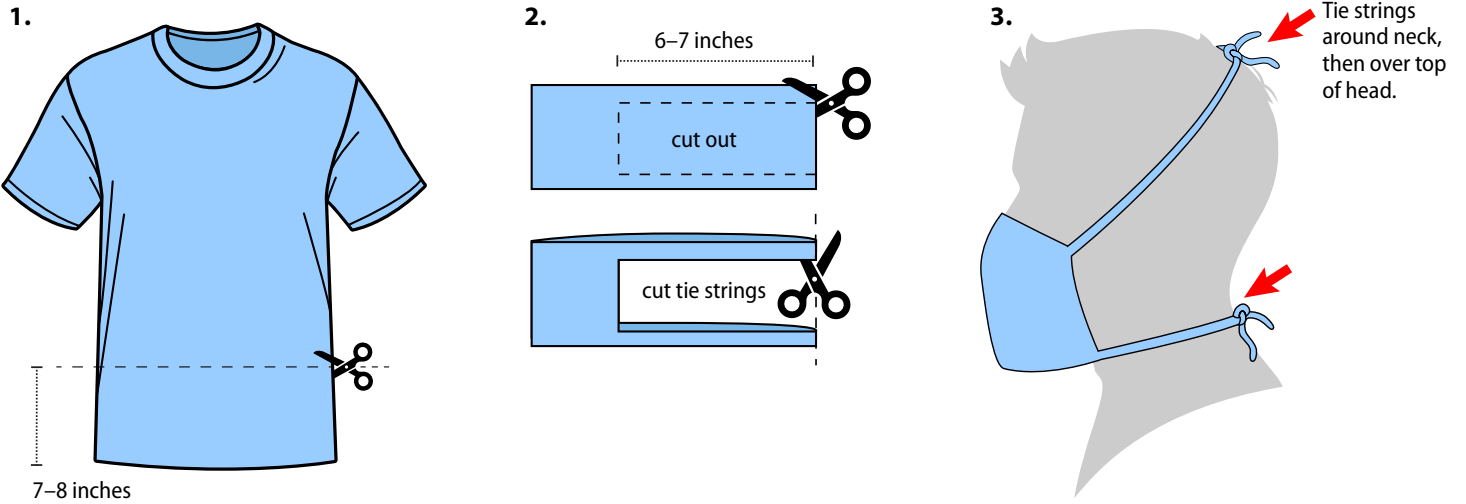


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

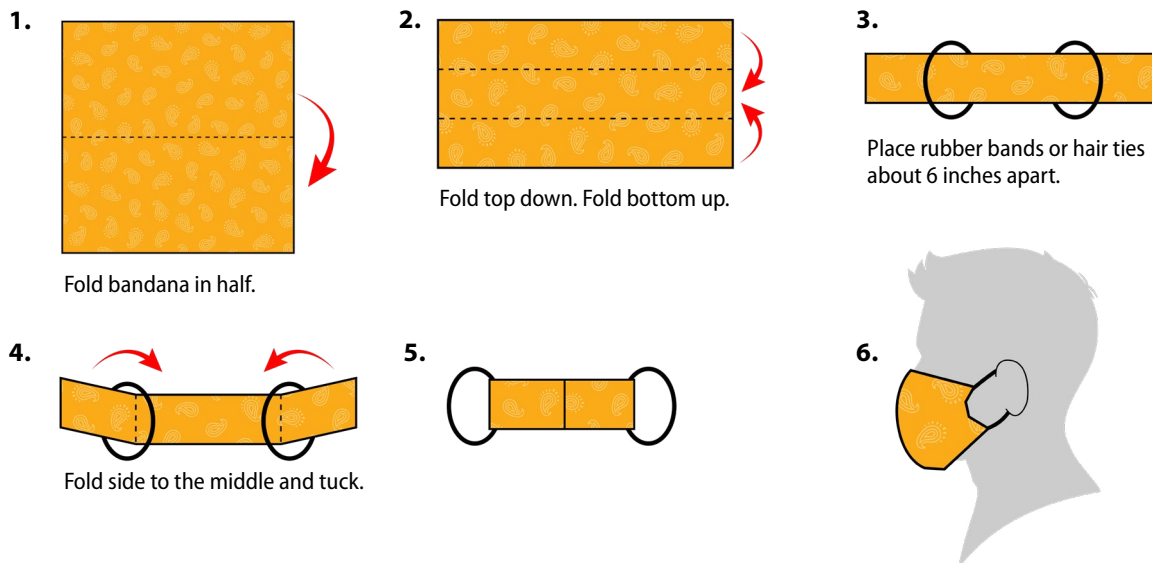


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Thank You

STATE ADVISORS

Highlights of just some of the outstanding State Advisors who keep HOSA relevant!

As the world turns to protect their families and loved ones, everyone is sending their praise to industrious healthcare professionals on the front lines fighting COVID-19. That is why we wanted to take this opportunity to extend this gratitude to the State Advisors of HOSA. These amazing individuals have not only been working hard to protect their own families, they continue to support and care for their extended HOSA family.

HOSA members are endlessly grateful for all the incredible work State Advisors do every day to provide us with the tools for success in the health professions.

You have had to deal with conference cancellations, movement of classes to online platforms, and many questions from members and local advisors who look to you for guidance during very uncertain times. We recognize the immense number of obstacles that you're facing to make sure HOSA members continue to receive a quality education. More than ever, members are looking to the health lessons taught and the wise words spoken. Without the fundamental role in our lives, we wouldn't be nearly as prepared for a challenge such as the COVID-19 pandemic and we thank you!



Angel Clark - SC HOSA State Advisor

Nominating Officer: Emily Hathcock - SC HOSA Vice President

Mrs. Clark has been such a shining star throughout the craziness of the COVID-19 pandemic and has been a constant light in all of our lives. She advocated day and night for every HOSA member, South Carolina or not. Mrs. Clark has inspired me in countless ways, before I even became a state officer and was a huge reason why I re-ran after not winning state office the first try. She has left a lasting impression on me not only as a leader, but as a future health professional. I will always be so grateful for the time I've gotten to spend with her as a state officer. We love her with all of our happy HOSA hearts!

Jim Scott - OH HOSA State Advisor

Nominating Officer: Jen Bechtel - OH HOSA President

It's rare to find someone who is always prepared, trustworthy, honest, humble, selfless, loving, and dedicated. You might call them one in a million. I am so lucky to have had the amazing opportunity to lead, empower and learn alongside a one in a million, Jim Scott, the Ohio HOSA State Advisor. Mr. Scott is not only always challenging me to be the best leader I can be, but to also be the best person I can be. Even through obstacles, Mr. Scott is always able to keep looking "towards tomorrow" and create a positive outcome. I am so privileged and thankful to have had Mr. Scott as my state advisor.



Jessie Kellogg - ID HOSA CTSO Manager

Nominating Officer: Olivia Swainston - ID HOSA President

Jessie Kellogg has been working incredibly hard to plan a virtual SLC for Idaho HOSA. Not only does she attend SLC planning meetings with the Idaho HOSA board and officer team, she seeks out opportunities to make the HOSA experience more personal for its members. From seeking virtual symposiums with Southwest Idaho Area Health Education Center and a virtual keynote speaker, Jessie's main goal is to provide an uplifting experience for Idaho HOSA's members. Her officer team is so grateful to have such a dedicated advisor who puts others' interests before her own.

Kent Seuferer - IA HOSA State Advisor

Nominating Officer: Kade Coople - IA HOSA President

Kent Seuferer has gone to the moon and back for Iowa HOSA. This year we experienced several unexperienced challenges, one being the COVID-19 Pandemic. Alongside Kent and Conference Coordinator Jen Girvin, we were able to flip our Iowa HOSA Spring Leadership Conference from physical to virtual. Without his drive, positive energy, innovation, and passion for HOSA and Career and Technical Student Organizations, we wouldn't have been able to pull it off. During the Washington Leadership Academy, he took me under his wing and taught me the art of advocating for others and essential life skills. I'm truly honored to have worked alongside Kent as Iowa HOSA heads Towards Tomorrow.



If you would like to pay tribute to your State Advisor
be sure to email an Executive Council Member!

2020 HOSA ILC MOVES TO VIRTUAL EVENT!

June 24-27, 2020



**HOSA's biggest event of the year goes VIRTUAL! Announcing the
2020 Virtual International Leadership Conference**

**HOSA-Future Health Professionals announces it will host its
Virtual International Leadership Conference, June 24-27, 2020.
Now in its 43rd year, HOSA will take on an entirely new online
format packed with the same great conference content for all
HOSA members and advisors.**

**Please check the ILC website at ilc.hosa.org for details
regarding HOSA's Competitive Events, General Sessions,
Educational Seminars and Workshops and the Exhibit Hall.
We will be adding agendas, processes and details as soon
as they are finalized.**

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