

LDC is almost here!

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Florida HOSA

“ The possibilities are endless” when it comes to making HOSA Week a success while volunteering and giving back to your community.

Special points of interest:

- State Team goes to Washington, D.C.
- Activities at Regions V and XII
- HOSA Week is November 1st - 7th
- Boost your Officers' leadership skills at LDC

Rahma Mkuu - State President

Hear, Ye!! Hear, Ye!!!The season to showcase and practice your leadership styles is here!!! Yes, members, the annual Leadership Development Conference is upon us! Words cannot explain how excited I am about this year's LDC! "Don't Be a Blast From the Past", HOSA members, "Follow us to the future!" Indeed, that is our theme! Have you ever wanted to go on a time machine adventure? Well, come join us at LDC where the journey will begin from Prehistoric times to the Future! My fellow State Officers and I have planned awesome workshops that will enhance your leadership skills as well as motivate your HOSA spirit!! That's all I'll tell you about the workshops because I don't want to ruin the surprise. We cannot wait to spend time with you, fellow members, and get to know each one of you personally. Not only will you be attending workshops, you will also get the opportunity to mingle with fellow members from all over the state. Yes, members, your Facebook friend list is about to double! Not only is LDC known for the amazing



leadership workshops and networking, it is also known for the fantastic bonfire and funny skits. Yes, a bonfire, where you will be arriving in style on a hayride - Ooh Yeah... and let me not forget the wonderful, relaxing camp setting. I am very excited and I cannot wait to see you all!!!

Gregory Cotes - State Parliamentarian



"What Time Is It?" Not summer time; better yet, its HOSA Week. Come on, HOSA members, "Scream and Shout!" I hope you and your local chapters are off to a great start and actively participating in your communities already, in honor of HOSA Week which is November 1st-7th - the perfect opportunity to go above and beyond. The purpose of HOSA Week is to inspire Health Science students to become contributing members of their communities through activities

accomplished throughout the week. But what does this mean? Put your minds at ease; it's simple, really. Have the members of your HOSA chapter put their minds together to think of an original, exciting activity that involves the community and demonstrates an appreciation for Health Care and HOSA. The possibilities are endless! You can hold a canned food drive or a health career fair; invite a guest speaker to speak about opportunities in the health field; or even commemorate those health care professionals in your community with anything from appreciation letters to goodie bags. This is your time to shine as a HOSA chapter; remember, there is no "I" in "Team". And it gets even better: HOSA Week is a competitive event. That's right, if you think your HOSA Week experience was "the bomb", submit your ideas as part of your packet to Florida HOSA and see if you truly excelled. I hope to hear of wonderful HOSA Week stories and I wish you the best of luck. Remember what TEAM is all about: Together Everyone Achieves More! Have a blast and see ya' at Camp K!

Jena Beaudoin – Secretary for Region V

Region V is a region that never stops achieving! We are keeping busy with activities, conferences, and competition.

Region V would like to welcome two schools with new chapters in Manatee county and Region V HOSA: Lakewood Ranch High School and Bayshore High School both in Bradenton. We hope you have a fun and exciting first year in HOSA!

HOSA students from Manatee High School, and Nolan and King Middle Schools attended a CTSO Leadership Rally on October 3rd. We attended workshops and learned about what it takes to be an effective leader.

The Region V Fall Conference was held October 15 in Arcadia. This was a great opportunity to meet with all of the schools in our great region and to elect our Regional Officers.

Venice High School plans to participate in the Southwest Florida Walk Now for Autism on November 7th to aid the national campaign.

Manatee Technical Institute has agreed to oversee the creation of the official Florida Region V HOSA T-shirt. Each chapter is encouraged to submit their entry for the design of this shirt. The chapter submitting the winning design will receive a special chapter award during the Regional Competition Awards Ceremony.

Another event that we have marked on our calendars is the Leadership Development Conference at Camp Kulaqua in November. We always enjoy meeting new HOSA friends. Hope to see you there!



Alisha Kellett– Region XII Advisor

HOSA Members and Advisors,... welcome back to another exciting school year! As we approach this point in the school year, many Regions of Florida HOSA have held their Fall Conferences and have elected their Officer Team. Region XII is pleased to say that we held our annual Fall Conference on September 19th, where we had breakout sessions lead by current chapter officers on the

topics of team-building, leadership skills, fundraisers, community service, and competition information. In addition, we elected into office Kristie Hollingsworth (Deltona HS) as President, Erika Kirkpatrick (NSBHS) as Vice President, Ashlee Hodson (NSBHS) as Secretary, Katie Ragusa (NSBHS) as Treasurer, and Lyssa Bergeron (NSBHS) as Parliamentarian. These ladies

will represent Region XII throughout the year while also helping to organize our Region's Spring Competition, planning for the State Leadership Conference, and working to increase membership in our area of the state. We are looking forward to another fun and exciting year with Florida HOSA!

Visit www.HOSA.org for competitive events updates. There are 57 events this year with new and combined events. On the website you'll also find guidelines for each event to help you prepare and shine at your competitions.

Jady Gray – State Northern VP, Secondary



Hey, hey, hey, Florida HOSA! I hope all of you out there are ready and pumped for this upcoming HOSA year! You all know regional competition time is coming up soon and I hope you all are getting

prepared to win your competitive events! So start studying, practicing, and preparing now. A great place to start is the National HOSA website: www.HOSA.org. Did you know there are 57 events this year and that there are some new events? On that same website look for the competitive event guidelines and study those really well for each event in which you will be competing. The guidelines actually state what the judges will be rating.

Middle school members, don't despair! The competitive events information and guidelines for middle school are on the

Florida HOSA website at www.FLHOSA.org. Just look for the Middle School Division Handbook and ask your advisors for help.

Winning at the regional level is very important if you want to progress to the state and national level. While you are preparing for these events, not only will you want the glory of winning, but you will also be learning valuable skills to apply now and in the future. So I hope to see you at Regional and State. In the meantime, good luck with preparing for your competition!

Sara Sapp – State Southern VP, Secondary

The Florida HOSA State Team had an amazing opportunity to meet up with State Officers and Advisors from across the nation at the Washington Leadership Academy for four days in Washington, D.C. We toured our nation’s capital in a unique way on a “Quest for Leadership.” On this “Quest” we raced across The Mall from the steps of the Lincoln Memorial to the Capitol Building. Along the way, we met people from everywhere and helped spread the word about HOSA, all while learning more about how to improve our leadership skills. Some of the many highlights of the conference include:

watching three of our National Officers (Frank Berdos, Claire Lucas, and Mike Brode) lay a wreath at the Tomb of the Unknown Soldier at Arlington National Cemetery to honor those who gave the ultimate sacrifice; the Twilight Tour of D.C.; the networking with, and learning from, other State Officer teams; meeting with our local congressmen; listening to some of our nation’s healthcare leaders in the Dwight D. Eisenhower Executive Office Building of the White House; and much more. WLA definitely gave our team priceless knowledge that we brought



back home to the Sunshine State in order to make Florida HOSA shine brighter than ever this year. Want to see more? Visit Florida HOSA on Facebook and check out the WLA 2009 Album. I can’t wait to see you all at Camp K!



Kristina Ivanova Roberts Florida HOSA Program Assistant

Our visit to Washington D.C. was truly remarkable. The motivating presenters, Ryan Underwood and Rhett Laubach of TRI Leadership Resources, LLC, were so engaging and fun, yet full with helpful information for the state organization leaders. On Tuesday, September 22, three of the State Officers - Andy Conde, Nathalie Figueroa and Greg Cotes and I were able to visit Senator Bill Nelson’s office located at the Hart Senate Building. We were not able to meet with the Senator himself who was attending the Finance Committee Open Hearing regarding the Healthcare Reform bill. We had the chance to meet with Gene Schlesinger Legislative Correspondent for the Senator (with whom we met with last year). Our students discussed the meaning of HOSA to them and the importance of health occupations education. We also informed him of the

House Resolution 2946 known as the Health Care Professional Pipeline Act of 2009 and its importance to the students in the healthcare field. Gene Schlesinger discussed with us the Senator’s introduction of The Resident Physician Shortage Act first in 2007 as another important issue facing our healthcare system today. This Senate Bill in the current 111th Congress is known as S. 973.

Later that day we had the privilege to hear Senators, U.S. House of Representatives and other government personnel speaking to the students and thanking them for being active in their communities and pursuing, with eagerness, health careers. U.S. Navy Lieutenant Commander Andrew Baldwin, MD was so motivating and excited about being in medicine and, in particular, in the Navy that the whole room got pumped up. By the way, he



was on TV’s Bachelor in 2007 (An Officer and a Gentleman). Jackie Rychnovsky, a member of the Nurse Corps and Detailee for Sen. Daniel Inouye (D- Hawaii) was also excited to see all the students. It was great to see in her and indirectly in Sen. Inouye more HOSA friends.



Nathalie Figueroa – President-Elect



‘Ello, Mate! It’s me again, updating you on the latest HOSA news. The year is well on its way and what better way to start than by helping others? You know what I’m talking about, Penny Wars! As Sir Francis Bacon said, “In charity there is no excess.” So this is the moment to practice giving all that we can to a most honorable cause. I know the compassion of our HOSA members is boundless and we have yet

another opportunity to help Autism Speaks™. You have been doing a great job these past years and we have raised over \$25,000. Let’s add another \$11,000+ to that sum and outdo 2009 and keep on changing the life of others. However, the charity doesn’t end there. Florida HOSA likes to spice things up and Penny Wars is a battle of the regions. Who will come out on top as the victorious winner and top Region IX’s \$4,084.62? Region IX has been first for the last two years. The game is on, but a few rules apply. First, the goal is to collect as many pennies as you can! Look for them in your couch, your car, room or in your classrooms. You can even ask for a penny from all of your friends! Strategize, organize and actualize. Second, the deadline is April 11 at our 2010 State Leadership Conference in Orlando. Third, you are competing against other regions and your last chance to prevail will come at SLC when we give you the opportunity to use silver coins and bills

and put them into other Regions’ jars, which will subtract from their total amount. You can start collecting these now too! Remember, all is fair in love and Penny Wars, so let’s do all we can to help Autism Speaks™. Catch you on the upside, Florida HOSA?



“In charity there is no excess.”

Sir Francis Bacon

Andres Conde – State Northern VP, Postsecondary

How many HOSA members are in need of scholarships to pay for school or at least help pay for some of it? As a college student, I know every penny is valuable to me. These scholarships are for secondary seniors and postsecondary members. Just go to the Florida HOSA website and click on the scholarship link. The Florida HOSA Foundation Scholarship is for any Florida HOSA member who is either a senior in a secondary school or a postsecondary student who plans to go to an in-state college or educational institution in the state of Florida and major in healthcare. The HOEAF (Health Occupations Educators

Association of Florida) Scholarship has a little different requirement; the student’s advisor must be a member of HOEAF to be eligible to apply. The other two scholarships you can apply for are: the **ACTE Scholarship** (Association for Career and Technical Education) and **HOSA Scholarship**. With the ACTE Scholarship application you can actually apply for two scholarships. Similarly, when you apply for the HOSA Scholarship, just by filling out one application and sending it to the National HOSA Headquarters, you are automatically eligible for thirty different scholarships and thousands of dollars. All you need to do



to successfully fill out the applications is read the instructions carefully, find out the application deadlines, and gather your packet of information. So, HOSA members, if you are ready to get that money for a tremendous college experience, don’t wait to apply for these scholarships. HURRY, THE DEADLINE IS RIGHT AROUND THE CORNER!

In addition to HOSA-related scholarships, ask your school guidance counselor for more scholarship resources. They will gladly help you.

**Get Excited about Leadership Development
Conference 2009, November 13-15 at Camp Kulaqua in
High Springs, FL**

- ◇ Hayride
- ◇ Skits at the bonfire
- ◇ Exciting leadership workshops and activities
- ◇ Relaxing camp setting to enjoy the outdoors
- ◇ Energizing opening session
- ◇ Make friends with members from schools all over Florida
- ◇ Advisor workshops



Florida HOSA



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Visit **National HOSA** online at www.HOSA.org for information about 2009-2010 competitive event lists, updates, guidelines, reading book list, sample topics and more!