

## HOSA Leadership Academy

Members are invited to participate in this dynamic program designed for growth as a HOSA leader. This three hour interactive course will be offered Saturday afternoon during the conference. Interested members should select "Leadership Academy" when completing on-line registration. The cost of this program will be \$3.

Attire for the academy will be khakis or nice jeans with a school polo/t-shirt or HOSA polo/t-shirt.

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# SLC 2013

## Lynda Nguyen - State President

It's that time again, Florida HOSA! The annual State Leadership Conference is quickly approaching! Get your happy face because we are going to be in Lake Buena Vista (super close to Orlando) at Disney's Coronado Springs Resort which has so many great things to do! From April 4 - 7, not only will you all be busy with your competitions, but you will have an amazing opportunity to relax at the amazing pools; and trust me there's enough room for everyone! Disney's Coronado Springs Resort is the place to be - with all of the theme parks surrounding us, there will never be a minute for boredom. The resort is so lively that there won't be a second to spare just sitting around! Your hard work will definitely pay off, so study

your brains out and prepare for those competitions. Then come to Disney's Coronado Spring's Resort to relax (after your competition :)). Not only will you be able to show off your skills and be the best that you can be, but you'll be able to meet people from all over the state who share the same dreams and goals as you.

What's better than being in an amazing environment with people who feel the same way you do? I'll tell you - nothing is better than that.! So get ready for the most life-changing weekend of your life at SLC 2013! Until next time, Florida HOSA!



## Diego Figueroa - State President-Elect

After a weekend full of superheroes, s'mores, and menacing squirrels, Florida HOSA members emerged from the ashes of self-doubt into the heights of teamwork-based leadership. That being said, I confidently confirm that our 2012 Leadership Development Conference was, once again, a success.

Upon kicking off the weekend with one of our largest opening sessions ever, our members were launched into workshops covering many leadership aspects, such as teamwork, communication, professionalism, and public speaking, in order to expand their limits, broaden their horizons, and learn about the various facets that a leader should have. During the conference, members were able to explore Camp Kulaqua, network with other members from across the state, and even *Dunk a State Officer*. Just as members began to exchange numbers, Facebook accounts, and

Instagram usernames, they were taken on a hayride late Saturday night and enjoyed s'mores, music, skits, and interactive games next to the warmth of our very own campfire. Sunday morning was accompanied by many smiles, an intensive amount of laughter, and tears as our closing session came to an end and as the newly formed *HOSA Heroes* returned to their respective regions.

While our members and advisors were "*Finding the HOSA Hero*" in themselves; we want them to know that LDC 2012 would have been impossible without their passion and assistance. So to all the members, advisors, and chaperones that attended LDC 2012: Thank you. Thank you, members, for attending our workshops and injecting our general sessions with enthusiasm. Thank you, advisors and chaperones, for setting aside time in your busy schedules to attend the LDC and for all your hard work that helps our members flourish into, not only future health professionals, but also *leaders*.

Next stop: SLC 2013 at Disney's Coronado Springs Resort!

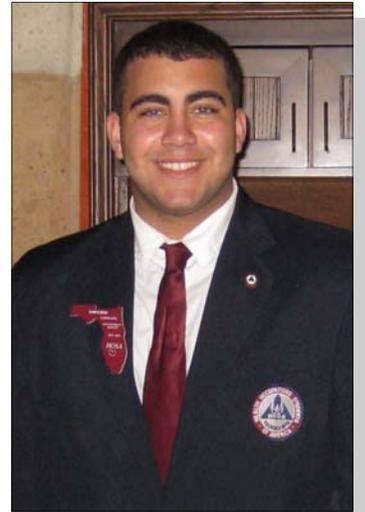
“Greatness is not given - it is earned!”

**Ramfis Mena - Northern VP, Sec.**

FLORIDA HOSA!!!!  
 Its that time of year again!  
 That’s right, the State Conference is right around the corner! I want to congratulate everyone for participating in their regional conferences; and for those that have been fortunate enough to proceed to the State Conference, I want to wish you the best of luck!

Now just because you may have had the fortune of being able to advance to States does not mean that you can sit back

and relax now! Some of the toughest competition you will ever face will be in April at the State Leadership Conference. Now is the time to take things to another level! I guarantee you that the more work you put into this now, the better prepared you will be come SLC. Greatness is not given - it is earned! So I challenge you to go out and keep striving for greatness in your chosen competition. The more you prepare now, the less work you will have to do later. Best wishes, Florida HOSA! I’ll be seeing you soon at Disney’s Coronado Springs Resort!



**Christopher Duphren - Northern VP, PS**

Foundation Scholarship is available to any Florida HOSA member who is either a senior secondary or a postsecondary student who plans to continue on in a health related field at a Florida institution. Applications must be postmarked by February 15<sup>th</sup>. More information is available on the Florida HOSA website under the “Resources/Publications” tab.

The HOEAF scholarship is available to any Florida HOSA member who is either a senior secondary or a postsecondary student who plans to continue on in a health related field at a Florida institution. The student’s advisor must be a HOEAF member. Applications must be submitted by March 1<sup>st</sup>. Again, you can find more information on the Florida

HOSA website.

Finally, the HOSA Scholarship is a single application available to secondary seniors and postsecondary members which allow them to be considered for many different scholarships awarded by HOSA partners at the national level. Last year, over \$60,000 was awarded to members with an average of \$1100 per winner. That’s kind of a lot of money, if you ask me. For more information, visit the National HOSA website, [www.hosa.org](http://www.hosa.org), and type “scholarships” in the search tab.

Make the best of these opportunities, HOSA members. After all, you don’t get a shot at free money every day. Good luck with your endeavors, and have a great rest of the year!!!

“Last year, over \$60,000 was awarded to members!”

Greetings, HOSA members! As you are completing your regional competitions and preparing for the State Leadership Conference, it is not a bad idea to think about the different opportunities HOSA has to offer - notably the scholarships that are available, such as the Florida HOSA Foundation Scholarship, the HOSA scholarship and the HOEAF scholarship.

The Florida HOSA



### Astrid Leonardo - Southern VP, Sec.

fundraisers for the Florida HOSA Foundation Scholarship.

If you think you can out dance the State Officers, then participate in our "Just Dance" fundraiser. Gather your HOSA friends to enter as a team of 2 - 4 members or enter as an individual. There will be five songs to choose from and your team's averaged score will be compared to that of the State Officers; the winners will receive a prize. Make sure to sign up at the State Conference and start practicing your dance moves now!

We will also have the popular Sing-O-Grams and

Lollipop Tree fundraisers.

Take the opportunity to thank our amazing advisors with a song. For \$3 the State Officers will sing a song to your special person. Just have them at the designated spot at the right time and we will do the rest.

If you have a sweet tooth, then help fund the Florida HOSA Scholarship by taking part in the Lollipop Tree. For \$1 you can pick any lollipop from the tree; if luck is on your side, you might choose a lollipop that has an extra prize!

Prepare for an unforgettable SLC filled with fun and success! See you all soon!!! ☺



**DO YOU HAVE  
WHAT IT TAKES TO  
OUTDANCE THE  
FLORIDA HOSA  
STATE OFFICERS?**

Hello, Florida HOSA! Can you believe our State Leadership Conference is right around the corner!!! You all have made this an awesome year, and I cannot wait to see you all again. I am extremely excited for this SLC because we have planned some amazing

### Alex Mangas - Parliamentarian

What's up, Florida HOSA?! I hope you are all having a great time back at school having completed your competitive events. I'm sure that everyone that is competing is excited for the 2013 State Leadership Conference at Disney's Coronado Springs Resort. I just wanted to take this opportunity to remind everyone of the dress code during States. To make sure that everyone will have the best time possible, please remember to adhere to the dress code on the Florida HOSA website. Upon entering the site, hover over the "Conferences" tab and click on the "State Leadership Conference" label. On the next page, scroll down and choose "Official HOSA Dress Code."

The official HOSA uniform or a navy blue/black suit must be worn throughout all general sessions. The ladies can wear slacks or a skirt, with a minimum of knee-length on the skirt. For shoes, closed-toe are required. There will be advisors monitoring attire at all entrances, as well as the steps leading on to the stage. Any member that is dressed inappropriately may not receive his or her award until the end of the session. For competitions, during the event orientation, competitors can wear either the official HOSA uniform, a navy blue/black suit or appropriate business attire. For competitive events involving a demonstration of health care skills, competitors may wear career-appropriate attire such as scrubs.

I can't wait to see you all dressed professionally at this year's State Leadership Conference. It's going to be the best one yet!



*"Your business  
clothes are naturally  
attracted to  
staining liquids.*

*This attraction is  
strongest just  
before an  
important meeting."*

*~Scott Adams*

## Region 5 - Katty Pierre-Charles, Regional Secretary

Goodbye 2012 and Hello 2013!!! We are finally here and getting ready for our Region 5 competitions. As a recap, 2012 was an excellent year starting off when our very dedicated and eager members elected our new officers in Arcadia. Congratulations to the Region 5 Officers: President - Jacky He, Vice President - Andre Sanchez, Secretary - Katty Pierre-Charles, Historian - Maria Cedano, and Parliamentarian - Deyanira Nuevo Segura. The Fall Conference kicked off the HOSA year with a bonding experience in which different schools of our region came together and reaffirmed the mission of H.O.S.A. We participated in a friendly poster contest and ate pizza, then went over the guidelines of the competitive events. Not long after the Regional Fall Conference was the Leadership Development Conference where quality leadership attributes were introduced and instilled in our participating HOSA members. With the campfire setting and the great activities, it was definitely an enjoyable and memorable experience for those who attended. Looking ahead, our region has been advocating and fundraising for the National Service Project, the Cystic Fibrosis Foundation, in as many ways as possible. Cystic Fibrosis is an incurable, inherited disease that affects the body's "ability to move salt and water." This affects 30,000+ children and adults, and we as a region have been making strides to combat the repercussions of this disease. Thank you for the continued support of the cystic fibrosis events; we hope to do even better as we go into the Regionals!

*"Example is not the main thing in influencing others.*

*It is the only thing."*

~Albert Schweitzer

**SLC Pin & T-shirt  
Winning Design!**

Congratulations to  
Alexis Tinoco from  
Robert Morgan  
Education Center!

This winning artist will be presented with two t-shirts and ten HOSA pins during the Recognition Session at the State Leadership Conference in Lake Buena Vista. Thanks for your outstanding work!

And thank you to all the artists who submitted designs - everyone did a fantastic job!!



*Bring your  
pennies to SLC  
2013!*

## Are You Ready for the Penny Wars?

Florida HOSA members, bring your pennies to Disney's Coronado Springs Resort where our Penny Wars will become full-fledged. Each year we set up jars for all 12 regions of Florida HOSA and regions try to outdo each other. Who will collect the most money this year?

If you are not familiar with Penny Wars this is a friendly challenge for a great cause. The benefiting organization is HOSA's National Service Project which is the Cystic Fibrosis Foundation (CFF) this year and again in 2013-2014. Regions hold fundraisers and events to benefit CFF throughout the year. At SLC members put pennies in their region's jar with the hopes to collect the most. Each penny counts for 1 point. If your region has paper money and silver coins, their value is points that are subtracted. For example, if you see a dime in your jar that means that we have to subtract 10 points.

Last year, Region 8 came in first with \$5,774.08. As a whole, Florida HOSA raised \$14,665.11 for the Juvenile Diabetes Research Foundation, which was our National Service Project last year. We challenge all of you to save those pennies and bring them so we can make a difference in the lives of those who live with cystic fibrosis! We are Future Health Professionals who care! Thank you, members, for your efforts this year in raising for this outstanding organization. Let's break the record again by raising even more!



## Focus on a Career: Physician Assistant

*Physician  
Assistants'  
average annual  
salary is  
\$89,470.*



The Physician Assistant career originated in the mid - 1960s. Since then, the profession and schools offering the program has grown. For example, in 1992 there were 55 accredited PA programs, and currently there are 154 across the United States. PA's can practice in more than 60 medical and surgical specialties. They receive education as generalists, which allows them practice flexibility. Most practice in family medicine. Other common specialties are emergency medicine, dermatology, and surgery.

**Education:** There are 20 programs in the pipeline and are being developed. According to the Physician Assistant Education Association (<http://www.paeaonline.org/>) there are 9 accredited programs in Florida: Barry University, Keiser University-Ft. Lauderdale, Miami-Dade College, Nova Southeastern University - Ft. Lauderdale, Ft. Myers, Jacksonville and Orlando, South University - Tampa and the University of Florida. For example, the tuition at UF for a Florida resident is about \$48,000. The most common program is 27 months long with 1 year of classroom study and 15 months of clinical rotations. Some programs do not require prior experience in health care. About 80% of program applicants have a baccalaureate degree. Most programs award a master's degree.

**Employment Characteristics:** Physician Assistants can work in a variety of settings: solo or group practice, hospitals, free standing urgent care centers, community health centers or in governmental settings employed by the state or the U.S. Department of Veterans Affairs. PA's typically work 44 hours per week.

**Salary:** The mean wage from 2011 Bureau of Labor Statistics data for PA's is \$89,470; however, some may earn in the low \$100,000 per year. Salary depends on experience, location, regional cost of living and other factors.

**Employment Outlook:** This profession is predicted to have a high rate of growth: 39% between 2008-2018, which is faster than the growth for all occupations.

For more information on the profession you can visit the American Academy of Physician Assistants website at <http://www.aapa.org/>.

## School Focus: Venice High School

*Venice High students observe a surgery remotely and peek into a patient's body!*

Students from the Medical Academy at Venice High School had a unique opportunity last spring to witness a minimally invasive robotic surgery remotely. They were able to see the surgery in real time and be transported to the operating room thanks to technological advances. The event was organized by Sarasota County Public Schools and Sarasota Memorial Health Care. Ms. Carol Lash, the HOSA advisor, had all her 115 students participate who have been in her Anatomy & Physiology class. They were studying the digestive system which coincided perfectly with the robotic stomach cancer surgery. After the experience students were going to do follow up activities such as talk about the risks and benefits of minimally invasive procedures compared to traditional surgery. Students were also going to do laboratory lessons where they would learn how their own stomach functions.

Many folks had to be involved in this project as it presented the school system and the hospital with new technological challenges. Those were overcome after weeks of preparation.

Virtual field trips are becoming more and more popular as funds for actual trips are dwindling across school districts nationwide. Technology today provides students with such incredible opportunities for learning and experience. Participants were not only able to see the operating room and hear from the surgical team, but were also able to peek into the patient's stomach. This technology allowed students to ask the Surgeon, John Nora, MD, questions during the surgery. Venice High students are among few who've had similar experiences.

For more details visit the following link: <http://www.radian6.com/blog/2012/06/sarasota-memorial-hospital-connecting-with-students-through-social-media/>.

## Student Summer Enrichment Opportunities

While some high school students work over the summer, travel or take family vacations, others may choose to participate in a summer enrichment program. There are several that you can choose from in Florida; they are usually associated with a university or college. One of those programs is at Barry University, available to economically disadvantaged students from Miami and Broward counties. Students apply in March for the June program - Summer Science Research Program (SSRP). Students work in a state of the art laboratory and do hands on activities. For more information, please contact Dr. Flona Redway at (305) 899-3542 or [fredway@mail.barry.edu](mailto:fredway@mail.barry.edu).

Another program is with Scripps Florida, the High School Student Summer Internship. Students work in a biomedical research laboratory and get paid \$8.00 per hour for 6 weeks. Scripps Florida is located in Jupiter. For more information and to apply by March 1, go to: <http://www.scripps.edu/florida/education/k12/student-interns.html>. Scripps also offers teacher internships and other learning opportunities for students in Palm Beach County.

The Florida AHEC (Area Health Education Center) system offers health-related summer enrichment programs in various parts of Florida. Both programs are highly competitive and encourage rising juniors and seniors to apply who are underrepresented in the healthcare professions and/or are low income or first generation college students. One is at the University of Florida and students from many counties in North Florida are encouraged to apply - from Alachua and Marion, to Escambia and Okaloosa counties in the Panhandle, and Baker and Duval in the east. For more information, please go to <http://odhe.med.ufl.edu/8/hcsi/>. The application will be posted soon. The program this year takes place June 16-July 13.

The University of South Florida offers a Health Professions Summer Academy for 2 weeks: June 16-June 29. Students from Charlotte, Citrus, DeSoto, Hernando, Hillsborough, Manatee, Pasco, Pinellas and Sarasota counties can apply. For the application and details please visit <http://health.usf.edu/ahec/HighSchool/Students-summeracademy.htm>. Both the UF and USF programs offer SAT practice tests, shadowing at local facilities as well as fun activities and field trips.

The Miami-Dade AHEC also provides programs for youth. Please contact the Student Services Department at (305) 592-3587 or email [sabraham@mdahec.org](mailto:sabraham@mdahec.org).

Another option is STARS Florida, which was founded by Maulik Shah, M.D. at the University of Florida as Students as Research Scientists. This is an afterschool and summer enrichment program for students interested in medicine. For more information, visit <http://www.braingear.biz/category/ourcompanies/starsflorida/>.

## SLC 2013 at Disney's Coronado Springs Resort



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[www.flhosa.org](http://www.flhosa.org)

Are you excited to be in heart of Central Florida? The beautiful and magical Walt Disney World® Resort is hosting our conference this year through 2015. Have your dreams come true and win recognition on Friday, April 5 and Saturday, April 6 during our Recognition and Awards Sessions! We look forward to seeing our members and advisors shine!

On Saturday during HOSA Day you will have a chance to explore Central Florida. There are hundreds of things to do so be sure to learn something new, meet new friends and have fun. You can visit the Orlando Science Center, Harry P. Leu Gardens, Walt Disney World® parks, SeaWorld®, downtown Kissimmee, The Mall at Millenia (for great deals - or one of the Outlet Malls!), and other great attractions.

Hop on one of the complimentary shuttles to visit a park, Disney's BoardWalk or Downtown Disney®. Downtown Disney® offers a variety of restaurants and entertainment like DisneyQuest® or the brand new Splitsville™, where you can bowl, play billiards or enjoy their great-tasting food.

Advisors and guests, visit the direct link to book your rooms online and for more resort information: <http://www.mydisneymeetings.com/flahosa>. There you can also find reduced park tickets. In addition, to purchase all day-discount tickets for your school group and take advantage of your tax exemption, visit: <http://www.disneyyouth.com/> and you can select Disney Field Trips. You can email [WDW.Group.Ticketing.DYT@disney.com](mailto:WDW.Group.Ticketing.DYT@disney.com) if you have questions.

**We look forward to seeing you there!**



Albin Polasek Museum & Gardens



Courtesy of Visit Orlando

Mall at Millenia



Courtesy of Visit Orlando

Orlando Science Center



Courtesy of Visit Orlando

Bogy Creek Airboat Rides



Courtesy of Visit Orlando

Aquatica at SeaWorld®



Courtesy of Visit Orlando

Harry P. Leu Gardens



Courtesy of Kissimmee Convention & Visitors Bureau

Funspot, Kissimmee