



## Stephanie Guimaraes - State President

It was seeing you all at your Regional Conferences! I had so much fun judging events and talking to you! But now it's time for what we've all been waiting for: the 2015 Florida HOSA State Leadership Conference! It is with great happiness that I welcome you all back to Disney's Coronado Springs Resort, March 26 - 29. As the HOSA year has progressed, your State Officer Team has been working above and beyond to make this the greatest conference yet. This is your chance to network with and compete against other successful health science enthusiasts while strengthening your own qualities in the process. Get ready to experience what the resort has to offer, including a grand convention center, elaborately designed pools, divine restaurants, and much more! Who's excited to explore the wonders of *Walt Disney World*® Resort? The atmosphere there is like no other, with its pure joy and vibrancy. Make sure to take pictures with all of the characters in your HOSA gear, have some classic Mickey Mouse ice cream, and ride *Splash Mountain*® for me! Finally, I encourage you all to keep on with studying and practicing in hopes of gaining the experience you need to reach success. You have all been pursuing your dreams with admirable determination to get to where you are today, but now it's time to face other top dogs (and I don't

mean Pluto). Ultimately, no one can quantify you by what award you get; the true reward is the knowledge you've accumulated through intense focus and leadership. You, our members, are the reason for this conference. It is all for you, so take it in and let the experience be remembered forever. Get ready for an UNFORGETTABLE weekend at the happiest place on Earth with the greatest organization on Earth: Florida HOSA!

## Are you Ready to Compete and Receive Scholarship Money at SLC?

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## Jaylon Tellis - State President-Elect

We had an amazing time at this year's Fall Leadership Development Academy (FLDA) in November with our theme of "Lights, Camera, HOSA – Leadership in Action!" It was great seeing many Regional Officers, and many more members, come to the conference to focus and improve their leadership skills. The weekend was filled with lots of excitement, ranging from "Dancing with the State Officers" and the late night hay ride, to all of the wonderful team skits that were presented on the final day. We hope everyone enjoyed the State Officer skits and workshop presentations. The goal of the conference is for you to seize something from it that will help you become a more effective leader. Every day was a great day to learn helpful tips, meet and mingle with other members, eat s'mores, and dance around the campfire. Some of you even paid money to pie our State Officers in the face to raise funds for the Florida HOSA Foundation Scholarship! No matter your intentions, you all contributed to making this one of the best FLDAs ever! I would like to thank all of you for being on your best behavior! We showed Camp K that we are a great and respectable organization that honors our leadership values. Thank you to our board members and Chapter Advisors who attended - we appreciate the time you invested so that your students could experience such a great conference. Thank you, Camp K staff for making sure all of our members were fed and secure at night. A special thank you to our own FLDA security, Jay Stannard. Lastly, thank you to Lloyd DeVault, our State Advisor, as well as the State Office Staff, Kristina and Sandralyn, for helping us plan and organize this conference. I'm already excited for next year's Fall Leadership Development Academy! See you at Disney's Coronado Springs during the State Leadership Conference!



## Barbara Sanchez - Northern VP, Secondary

Florida HOSA! LET'S GET READY TO RUMBLEEEEEEE! As regional competitions all over the state conclude and the top three winners pat themselves on the back for a job well done, state competition is racing closer with each passing day. It is not over yet; there is no time to slow down. Competitors, you have to stay on your game! In just a little over a month, we will convene in Disney's Coronado Springs Resort to see who has mastered their competitive event and who will rise to compete on the national stage in Anaheim, California in June. Months of hard work and preparation will pay off as you showcase your knowledge and skills for all of Florida HOSA to see. There is no better preparation than practice. Practice as much as you can! Set up mock competitions in your local chapters, have family over to hear your presentations or use them as your patients in skilled events. Most importantly, **read your guidelines!** You can find all event guidelines for the 50 plus competitive events at <http://www.hosa.org/node/117> and <http://www.flhosa.org/conferences/competitive-events> (for those events specific to Florida). Whichever method you choose, go forth and conquer your event. We want you to enjoy the thrill of competing while learning different skills through the competition process. The competitive events program helps you improve by learning how to better work on a team, by engaging in activities that build self-discipline and by becoming fully focused and prepared for competition. Bring on the heat, Florida HOSA, and good luck to all!



## Travis Markham - Northern VP, Postsecondary

As spring marches forth and graduation season approaches, many high school students worry about the ever-increasing cost of attending college. However, postsecondary education is extremely important, if not a necessity, in our growing health care community. As a service to Florida HOSA's members, the Florida HOSA Foundation offers several scholarships each year for graduating high school seniors, as well as current postsecondary students! Scholarship information and applications can be found at <http://www.flhosa.org/resourcespublications/scholarships>. But hurry, as the application deadline is **February 16**. You will also find links to three more scholarships. The first one is the Health Occupations Educators Association of Florida (HOEAF) Scholarship, with a deadline of **March 1**. The only requirement for that scholarship is that your advisor is a member of HOEAF. The second link is for the Vida Volunteer Scholarship which is brand new this year! It offers an opportunity for a student to go to Central America for a couple of weeks and be a part of a team where he/she will be able to apply their medical, dental or veterinary skills (depending on the student's interest) while helping underserved communities. The winner will receive about \$1,870, which will cover the cost of the trip. The application can be completed online, but the deadline is coming up shortly - **February 13**. Last, but not least, is the National HOSA Scholarship. You can visit <http://www.hosa.org/node/150> to download the application and, upon completion, it makes the applicant eligible for dozens more partner scholarships! The deadline is **April 1**. National scholarship recipients will be announced at the annual National Leadership Conference (NLC) in beautiful Anaheim, California this June! Winners of the Florida HOSA Foundation Scholarship, HOEAF Scholarship, and Vida Volunteer Scholarship will be announced at the annual State Leadership Conference (SLC), March 26-29.

The 2014-2015 State Officer Team has made it their goal to raise over one thousand dollars for the Florida HOSA foundation this year! The State Officers last year raised \$1,000 for the first time and we will do it again! Our goal is getting ever closer to being met because of our fantastic member participation. So get those applications in, continue to participate in fundraisers, and as always, continue to "LEAD!" We'll see y'all at the SLC in just a few weeks! :D

## Sharing simulation in health care with future health care workers

*By Janet Sprehe, APN-BC, CVRN, RN-BC  
VA Nursing Academy faculty and  
Malcolm Klein, MD, Chief of Anesthesiology, James A. Haley VA Hospital*

TAMPA, Fla. – Twenty students from Sunlake High School HOSA – Future Health Professionals in Pasco County, Fla., recently had the experience of learning about simulation and how it is used in the hospital setting: to teach staff, measure competencies and find exceptional solutions to new experiences. The students and HOSA chapter members were guests at the simulation center here, to see and learn more about how high-fidelity simulation works. HOSA is a national student organization endorsed by the U.S. and Florida Departments of Education and the Health Science Education Division of the Association for Career and Technical Education. Its mission is to promote career opportunities in the health care field and enhance delivery of quality health care to all people. Hospital staff and nursing students provided the students with experience using high-fidelity simulators, by teaching them how to assess peripheral pulses and listen to different lung and heart sounds on the simulator. The students were led in a mock code experience with the high-fidelity simulator, and they were able to see how health care is using simulation to enhance our delivery of patient care to Veterans. HOSA Instructor, Sue Grego, commented on how this field trip to the simulation center was a crucial step for promoting high school students to go into the health care industry, especially since there is an acute shortage of qualified workers. “We all enjoyed seeing and working with the high-fidelity simulators,” said Grego. “This is a great way to promote students’



*VA Learning Opportunities Residency student Aaron Cleet (left) shows HOSA–Future Health Professionals students Nicole Harder and Maya Maharana how to listen to heart and lung sounds on the high-fidelity simulator.*

*(VA photo by Janet Sprehe)*

interest in working in our health care field. This was a great collaboration between the hospital and our community. These types of experiences help encourage students to become future nurses, physicians and other health occupations. We greatly loved this experience.”

*If you would like to schedule a tour please contact Janet Sprehe at [Janet.Sprehe@va.gov](mailto:Janet.Sprehe@va.gov).*

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## Julius Wade - Southern VP, Secondary

There's a war brewing. A war unlike those of the history books - one in which agents of destruction are agents of change, and firearms and explosives are coins and dollar bills. Men and women of Florida HOSA - to arms! Take every penny, silver coin, and dollar bill within sight and arm thyself! The competition is ferocious, the disease it helps cure, even more so. My battle cry doesn't herald the start of World War 3, but rather, the beginning of the annual Florida HOSA Penny Wars!

The rules of combat are simple: every penny that you deploy into the jar of your region adds to your region's point value; every silver coin (nickel, dime, quarter) or paper bill (one, two, five, ten, twenty, fifty, and hundred) that you launch into the jar of another region detracts from their point value at the value of the currency. For instance, 20 pennies in your region's jar is 20 more points that you have, and a one dollar bill and two quarters that you drop in the opposing regions' jars is 150 points that they can no longer claim. Pennies are desirable, whereas silver coins and dollar bills can mean the end of your region's hopes at victory in these great Penny Wars. If you want to avoid the hassle of lugging around all the coins and dollars, checks in the value of the money you raised are welcome! Members and advisors can bring the checks and turn them in in HQ before noon on Friday

at the SLC, and they will be added to their region's total.

Region 9 claimed victory last year with \$4,922.42, which was large portion of the total \$13,518.08 that was raised to support the Cystic Fibrosis Foundation. Region 2's historic 2013 victory with raising \$17,386.03 is just begging to be bested!

This year's National Service Project is the Leukemia and Lymphoma Society - we need YOU to collect your change, so that we can make a real one. Be bold, be brave, and be brilliant.

**Members - recognize your advisor, who works tirelessly on your behalf, by nominating him/her as a "Rookie" or Outstanding Local Advisor. One middle school, one secondary and one postsecondary advisor in each of those categories could be recognized at the SLC. Rookie advisors are those who have been advisors for no more than 2 years.**

**Please send your forms by February 13!**

## Clayton Sims - Southern VP, Postsecondary

Greetings, fellow members! I hope you're all still going strong through the spring semester! I wanted to give you a sneak peek at the fundraising events that the Florida HOSA State Team will be hosting at this year's State Leadership Conference. As we all know, money doesn't quite grow on trees, and the State Team is challenged each year to raise money to support the Florida HOSA Foundation Scholarship. Your contributions will add to the funds from which the scholarship is distributed to a few outstanding students, who in turn will fund their college studies!

Let's discuss this year's fundraising plans, shall we? How about taking a Photo with the State Officers? Take the opportunity to be photographed with one or all of the 2014-2015 Florida HOSA State Officers! We'll have a room set aside at the conference for a couple of hours for any member or advisor to pop in and take a quick photo. If you don't have a camera, we'll have one available and we will email you your photo. Along with the beautiful State Team, we'll have some silly props to make the photos a little more memorable, as well as the FL HOSA backdrop to add some professional HOSA flair to your photos! We're all more than willing to take silly or serious photos, although I personally prefer silly ones. In my opinion, this year's State Team is one of the most photogenic teams in Florida HOSA history, so it will certainly be worth it to stop by.

We will also be having the Ice Water Balloons event! Similar to the ALS Foundation's Ice Bucket Challenge, your State Officers will be lined up to be pelted with water balloons that have been filled with ice-cold water. While I'm not overly enthusiastic about being barraged by frigid spheres of liquid, I am very excited to see our members take a brief opportunity to mess with their humble State Team (especially Travis, he loves being cold)!

There might be some other things going on so get excited and be ready to have some fun to help out the Florida HOSA Foundation Scholarship. I hope you're all as excited for this year's State Leadership Conference as I am! I wish you all the very best; see you soon at SLC!



## Students' and Teachers' Corner

- The **Lakewood Ranch Community Fund** has opportunities for [grants to schools and other organizations](#), for which applications are due in September. The fund also offers several [scholarships for students](#) residing in Manatee County to attend a technical school, college or university; applications are due in April and July.
- Several School District **Education Foundations from Florida** made the **top 50 list**. Some of the top are: #28 Broward Education Foundation; #27 Foundation for Lee County Public Schools; #17 Polk Education Foundation and Business Partnership; #16 Brevard Schools Foundation; #10 Foundation for Seminole County Public Schools; #8 The Foundation for Osceola Education; #6 Hillsborough Education Foundation; and **#1 Pinellas Education Foundation**. Foundations play an important role in awarding scholarships to students and sponsoring enrichment opportunities.
- Visit <http://www.discovernursing.com/> to see the movie "Nurses: Their Vital Role in Transforming Healthcare" by Johnson & Johnson. Their website features scholarship and other resources.

## Get experience as a volunteer

- If you are looking for an organization in which to volunteer, visit <http://www.volunteermatch.org/search/?l=Florida&k=health>. You can select your area of interest to see what opportunities are available. Non-profit organizations can register for free to post the opportunities they offer to volunteers.
- United Way of North Central Florida's site, <http://www.volunteerselect.org/>, offers volunteers and agencies opportunities to connect. Volunteers can search by area of interest;
- Visit <http://uwvolunteers.org/volunteer/> for volunteer opportunities in Marion, Pasco, Orange, Osceola and Seminole Counties.
- Visit <http://www.volunteersuncoast.org/> for volunteer opportunities in DeSoto, Hillsborough, Pinellas and Sarasota Counties.
- United Way of Broward County <http://www.unitedwaybroward.org/>
- United Way of Palm Beach County <http://volunteer.truist.com/uwpbc/volunteer/>
- United Way of Miami-Dade <http://www.unitedwaymiami.org/volunteeroverview/volunteer-opportunities>
- United Way of Escambia County <http://unitedwayescambia.org/volunteer-opportunities>
- United Way of Northeast Florida <https://www.unitedwaynefl.org/volunteer/>
- United Way of Volusia and Flagler Counties <http://www.unitedwayvfc.org/Volunteer-6-34.html>
- United way of Citrus County <http://citrusunitedway.galaxydigital.com/volunteer/agency/needs/>
- United Way of Lee, Hendry, Glades and Okeechobee <http://www.unitedwaylee.org/volunteer/current-needs/>

## Michael Riley - Parliamentarian

Hello, Florida HOSA!!! Our State Leadership Conference is just around the corner and your State Team is revving up and getting ready to go. One thing we would like to remind you of is that although being a part of HOSA means we have a fun-filled atmosphere, we are a part of a professional organization. We ask that you adhere to the official dress code while at SLC. If you need a refresher, or you are new to HOSA, the Official Dress Code policy can be found at <http://www.flhosa.org/conferences/state-leadership-conference-slc>. Briefly, the Official Dress Code is the official HOSA uniform as outlined in the document, or a navy blue/black suit. Accompanying the navy blue/black suit should be a white dress shirt and a solid navy blue or maroon tie for men. The maroon scarf is optional for the ladies. Female members may wear navy blue/black dress slacks or a knee-length skirt of the same color. Close toed black or navy blue shoes must be worn by the ladies.

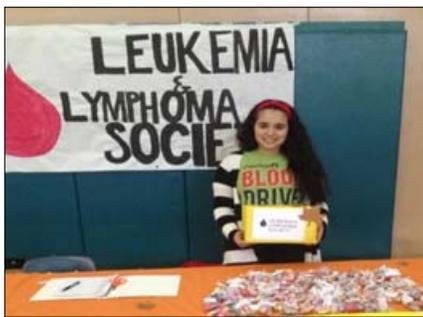


Competing members must be in the official HOSA uniform or business attire during all event orientations and other times as specified in each competitive event guideline. Please note that for the skill portion of some events, such as health professions and some emergency preparedness events, other attire such as scrubs may be worn. Members must be dressed in their suit during all general sessions.

Since Florida HOSA prides itself on being professional at all times, members who are not dressed accordingly could be withheld from going onto the stage and being recognized. If this is the case, the member may pick up their award after the general session ends.

Remember, even when not in business attire you are representing your school, region, and state, so please be the best you can be. You may be meeting SLC exhibitors and alumni who may be your future employer, so be dressed appropriately at all times, even when you are just walking to get breakfast at Café Rix. We ask you to adhere to the Code of Conduct and be mindful of other guests at the resort, as well as at *Walt Disney World*® and other attractions. Having said all that, good luck in the coming weeks before SLC and start getting excited because this one will be one for the record books. As always - stay classy, Florida HOSA!

## Region 8's Efforts Benefitting our National Service Project, the Leukemia & Lymphoma Society



As this year's National Service Project recipient, the Leukemia and Lymphoma Society has been a part of numerous fundraising efforts by Region 8 HOSA members that have extended further than Penny Wars. On November 6, Region 8 held a "STRIKE OUT LLS" event where all chapters bowled at the Sawgrass Lanes Bowling Alley, and a portion of all the bowlers' fees went towards the Leukemia & Lymphoma Society. Additionally, each chapter has made individual efforts through different volunteer activities and fundraising events, including a kickball tournament, snack sales, and doughnut sales to contribute to the overall awareness of the disease.

### *National Service Project Competitive Event Highlights*

- *During the National Leadership Conference, attending chapters will be recognized by receiving:*
  - ◊ *A Certificate of Recognition for contributing a minimum of \$100 and/or 100 hours of community service to the Leukemia & Lymphoma Society*
  - ◊ *Or a Certificate of Merit for contributing a minimum of \$500 and/or 500 hours of community service.*
- *All checks should be made out to the Leukemia and Lymphoma Society and sent to their closest local office. Visit <http://www.lls.org/> to locate the closest office to your school by entering your zip code in the upper right corner.*

## Discover Adventist University of Health Sciences

*Current Students Share What Sets ADU Apart*

*by: Meghan Brescher, Communications Manager, Adventist University of Health Sciences*

Life is full of choices. Determining which college is right for you can be a difficult one to make, but it doesn't have to be. Sometimes the best way to decide if a school is right for you is to hear from current students.

Here at Adventist University of Health Sciences (ADU), our students are proud to be part of a distinguished school that provides them with the tools necessary to excel in healthcare.

"The programs are awesome! The smaller campus size makes it easy to make connections with professors who truly care about my success," shared ADU freshman, Caitlyn Vallee.

With an average class size of only 18 students, you will have the unique opportunity to learn from your peers and to work directly with your professors on all aspects of learning.

Adventist University of Health Sciences' location next to Florida Hospital, near downtown Orlando, gives you access to unparalleled clinical opportunities in physicians' offices, imaging centers, rehabilitation clinics, and Florida Hospital's own world-class facilities.

This direct relationship with Florida Hospital gives you a competitive edge. ADU freshman Casey Sigafoose explains, "Our classrooms are mirrored after actual hospital rooms. I am learning what it's like to work in healthcare now from professors who are in the industry."

Students are taught on state-of-the-art equipment, including simulators, which provide real-life experience. The hands-on learning approach and the school's partnership with one of the country's largest healthcare providers, Florida Hospital, sets our students apart in the job market.

"I am already inside Florida Hospital. They know my name and see what I have to offer. It makes it easier to land a job after I graduate," stated ADU junior Altawin Cason.

We know that it takes more than clinical experience to become a successful healthcare worker. It also takes heart. Our guiding philosophy, Healthcare as Ministry, is based on the idea that true wellness is not achieved through medical care alone, but through healing relationships that speak to peoples' minds, bodies, and souls.

"We are taught to care for our patients as we would for a loved one. We are not only learning the clinical aspects of the job, but also the healing touch that helps our patients overcome sickness," said Sigafoose.

Our philosophy of Healthcare as Ministry, paired with our connection to world-class facilities, makes Adventist University of Health Sciences the premier choice for anyone interested in a career in healthcare.

"I like helping people. Healthcare is my thing and that's exactly why I chose to attend ADU. I would recommend this University to anyone with similar passions," said Vallee.

Experience Adventist University of Health Sciences for yourself. Tour our scenic campus, get an in-depth look at our programs, meet with current students, and even sit in a class. Visit [www.adu.edu](http://www.adu.edu) for more information, or call the Office of Enrollment Services at 407-303-7747 to make an appointment.

Tours are scheduled by the Welcome Center at 407-303-9394.



**Adventist University of Health Sciences will join us at the SLC Expo  
on March 27<sup>th</sup>! Be sure to stop by their booth.**

## SLC 2015 Pin & T-shirt Winning Design

by Krizia Aztiazarain from Robert Morgan Educational Center

# Congratulations!



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. Thank you, for your outstanding work!

A huge thank you to all the artists who submitted designs; everyone did a fantastic job!

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