

Leadership Development Conference 2012

October 2012

Lynda Nguyen - President

ATTENTION, Florida HOSA members!!! Something is going down during November 16-18..., something scary, something frightening, something that we have not witnessed in a while. So bring your capes, swords, masks, and spy gear because we are going to take out whatever villains are on the loose as the FLORIDA HOSA SUPERHEROES! That's right; you heard it first, this year at Camp K for the annual Leadership Development Conference we are going to be soaring through the woods and taking out anything that will bring danger to us. Get ready for an exciting weekend, with various workshops that will make the superhero within you come out, as well as shape you into becoming the leader you were born to be. The workshops will: help you learn what type of leader you are, how to communicate better, help with time management skills, understand parliamentary procedure, learn how to speak your mind, and more! You'll also be entertained by the State Officer team through skits that will make you fall out of your seats laughing. You will also be given the opportunity to show the other superhero teams who the villains fear the most! So don't forget to bring your thinking caps because more minds working together equals more chances at victory. See you soon, HOSA members! I cannot wait for you all to join us on this journey to victory! Until then :)



Diego Figueroa - President-Elect



Change for Change: Every year, \$58 million in pennies, nickels, dimes, quarters, and dollar bills is lost in the United States. Let us make a change in the world, by giving the world *our* loose change.

On this note, I declare open the 2012-2013 Olympic games...I mean Penny Wars, haha. For those of you who are new to the game, Penny Wars is Florida HOSA's way of fundraising for HOSA's National Service Project: the Cystic Fibrosis Foundation. At our State Leadership Conference in Lake Buena Vista, FL we will have jars, open for deposits, set up near Conference Headquarters. Each region will be given their respective jar; however, you ARE allowed to deposit money into another region's jar. Here's the catch - every silver coin or dollar bill (not limited to \$1) that is

placed in a region's jar results in the deduction of points from that region. Consequently, if your region raises \$3,000, but there is \$1,000 in silver coins and dollar bills inserted by other regions, the total amount of money raised by your region would be \$2,000. Start strategizing now, because even though our Penny War is not a World War, we can impact the future. The region that has the highest number of points will not only have bragging rights, but will also be recognized at our State Leadership Conference. Nevertheless, always keep in mind that all proceeds will be donated to the Cystic Fibrosis Foundation (CFF). The Cystic Fibrosis Foundation is the world leader in search for the cure of cystic fibrosis (CF). With the \$58 million lost each year, we can help the 70,000 children and adults worldwide diagnosed with Cystic Fibrosis.

When we put all members' efforts together, we can beat last year's record of \$14,665.11. At SLC 2012, Region 8 came in first collecting \$5,774.08! Which region will raise the most in 2013?

As Wayne Gretzky once said, "I skate to where the puck is going to be, not where it has been." We must skate ahead of Cystic Fibrosis, and find a cure before this "puck" causes any more damage. Hope to see you soon, Florida HOSA!

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October is:

Domestic Violence Awareness Month

Make a Difference Day - October 27: (National day of doing good)

November is:

National Epilepsy Month

World Kindness Day - Nov. 13

America Recycles Day - Nov. 15

Ramfis Mena - Northern VP, Secondary



Florida HOSA, I hope that everyone has had a wonderful start to their school year!!!! I know that I am excited to be back in school and getting started again with another year of HOSA. Now as we get back into the swing of things, the most important step that YOU, the members of Florida HOSA, can take is to select your competitive event. Now choose wisely, because selecting the right competition can make the difference between being in attendance at the State Conference, or winning the gold medal at the upcoming National Leadership Conference (NLC) in wonderful Nashville, Tennessee!!! Competition details and guidelines can be found by visiting this link on the National HOSA website (which was recently redesigned!): <http://www.hosa.org/node/116>. The specific event guidelines can be found under HOSA Handbook: Section B. Be sure to check our own newly revamped state website under Conferences and Competitive Events so

you can see links for Florida HOSA specific events – like the Middle School Handbook and the guidelines for our pilot event - Massage Therapy. This event is currently placed in the Recognition Category to give competitors the opportunity to compete in another event, if they wish, from any other category (Health Science, Health Professions, Emergency Preparedness, Leadership or Teamwork). By viewing the guidelines for an event, you can see how each event is run and managed, what materials you need to bring, and the criteria judges will use to rate your performance; hopefully this will help you make it all the way to the Grand Awards Stage in Tennessee! Now, as soon as you are 1 million percent confident in your chosen competition, I challenge you to immediately start researching, studying, and practicing. It may seem like it is still early, but the sooner you get started, the easier it will be in the end; and doesn't everyone like things to go smoothly?! Well, now that I have shared that little tip with you so that you can make it to NLC, I want to hear about the progress you make with your competitive events! I want you to post pictures on the Florida HOSA Facebook page and show how you are practicing and winning at your Regional Conferences! You can even tag me or any of the other members of the Officer Team! The more pictures we have of you, the more likely we are to show them to everyone else (hint: thinkbacks and tributes)!

Well, Florida HOSA, until next time, enjoy yourselves! I'll see you at LDC!

Christopher Duphren - Northern VP, Postsecondary



Greetings, Florida HOSA! We are about two months into the school year, so I hope you are enjoying your journey thus far, and hopefully it has been filled with memorable moments! Competitions are coming up, and it is during that time of preparation that we let our mind venture to the amazing HOSA events of the year such as the Leadership Development Conference, the State Leadership Conference and, of course, the National Leadership Conference.

At LDC in just a few weeks, our State Officer Team will spearhead the fundraising efforts for the Florida HOSA Foundation Scholarship. Each year, the Foundation presents several scholarships to secondary and postsecondary members at SLC. During LDC, November 16-18 at Camp Kulaqua, you will have a chance to raise money for these scholarships. Our fundraising events are

Dancing with the State Officers and **Dunk the State Officers**. So bring a few extra dollars; dunk a single officer or the whole team! Put on your dancing shoes and dance with the State Officers to a chosen song! I know that we will all have a ton of fun at LDC while raising money for the Florida HOSA Foundation Scholarships!

Like our Facebook page today! Just click on this link.



Katie Roders - Florida Covering Kids and Families

Having health insurance for a child before they get sick is important. Eligible children, ages 13 and older, are less likely to be enrolled in Medicaid and the Children’s Health Insurance Program (CHIP) than eligible children who are younger. Through peer-to-peer outreach, there could be an increase in program sustainability by engaging high school students and community leaders in providing health insurance information to their peer groups and communities.

As many youth leadership organizations, such as HOSA, and scholarship groups require that students participate in community activities and attain volunteer hours, The Teen Campaign is an innovative approach to increasing rates of health coverage while benefitting the teen volunteers. Teen volunteers will gain leadership skills, earn volunteer hours, learn about community involvement, and assist families in their communities who may benefit from Florida KidCare. Florida Covering Kids & Families will provide free training to youth groups, on-going assistance to conduct community activities, and the materials to participate in outreach events. The program’s website at the University of South Florida’s Lawton and Rhea Chiles Center is: <http://floridacoveringkidsandfamilies.health.usf.edu>.

  <h2 style="text-align: center;">The Teen Campaign</h2> <p>The Teen Campaign is a peer-to-peer training program for existing youth groups on the importance of healthcare coverage and Florida KidCare. <i>Florida Covering Kids & Families</i> provides young people with a way to attain volunteer hours and enhance their roles as community leaders.</p> <p>The Teen Campaign includes:</p> <ul style="list-style-type: none"> • Free, face-to-face training • Ongoing assistance with <i>Florida Covering Kids and Families</i> • Materials for participating in outreach events  <p>Florida Covering Kids & Families (FL-CKF) works collaboratively with Florida agencies and stakeholders to advocate and conduct outreach for Florida KidCare health insurance programs. The initiative aims to foster and facilitate innovative methods for enrolling and retaining eligible children in Florida’s publicly funded insurance programs.</p>	<h3 style="background-color: #0056b3; color: white; padding: 5px;">Benefits for teenagers who participate:</h3> <ul style="list-style-type: none"> • Gain leadership skills • Earn volunteer hours • Learn about community involvement • Assist families who may benefit from Florida KidCare programs  <p>Fl♥rida KidCare</p> <p>Florida KidCare is health insurance for children, from birth through age 18. Eligibility for Florida KidCare is based on income and family size.</p> <p>Florida KidCare covers everything from checkups to transplants and everything else in between:</p> <ul style="list-style-type: none"> • Doctor Visits • Surgery • Check-ups • Prescriptions • Emergencies • Shots • Vision • Hospital • Hearing <p style="text-align: center;">Apply for Florida KidCare: www.floridakidcare.org or call 1-888-540-5437</p>
<p>Did you know...?</p> <ul style="list-style-type: none"> • An estimated 14% of all teens in the U.S. are uninsured and are five times as likely to lack a usual source of care, compared with insured teens¹ • From 2001 to 2006, about 55 million children and teens (9.2 million a year) were treated at emergency departments for unintentional injuries² • Nationally, approximately 230,000 teens suffer work-related injuries each year, with 77,000 of those seeking Emergency Room care³.  <p>Contact Katie Roders, Teen Campaign Coordinator, to schedule a Peer Education Training: kroders@health.usf.edu or 813-974-1374. Have your group become part of the Teen Campaign!</p>	

¹http://kidslist.com/getting_started/health_insurance/
²http://www.cdc.gov/nchs/data/hestat/child_injury_statistics.pdf
³<http://www.kidsgrowth.com/resources/childcare.html> chn 7-0-13

Florida HOSA - Future Health Professionals

Astrid Leonardo - Southern VP, Secondary

Hey, Florida HOSA!!! Miss you all so much. ☺ I hope everyone is having a great school year. Recently, your State Team represented Florida at the Washington Leadership Academy, in Washington, D.C. We all had an amazing time getting to know State Officers and advisors from all over the nation. We all learned from each other's ideas and strategies, and are putting it into practice for our State Association.

We began with "HOSA Quest," a scavenger hunt that took place on the National Mall. We were separated into random groups giving us the opportunity to interact with other State Officers and each person was given a position within the group, such as being a navigator, data analyst, etc. Our task was to search the monuments for clues and quotes. Once we had decoded the clue with the use of a chart, we had to call in to get the next clue. We had to repeat this process for each monument. We were given a camera to take pictures at monuments such as the Martin Luther King Jr. Monument, the Lincoln Memorial, the Vietnam Memorial, and many more. You can see our progress on the HOSA website www.hosa.org, under "Events," and then under "Washington Leadership Academy."

Another highlight of this trip was when two of our National Officers, David Kelly and Antonio Hernandez, laid a wreath that read "HOSA" at the Tomb of the Unknown Soldier in Arlington National Cemetery. We all paid our respects to those who have laid their lives down for us and our country over the decades.

We all tested the skills we learned on the last day of the academy. We visited Congressional Representatives' and Senators' offices and spoke with a few legislative assistants to inform them about HOSA and our purpose. This trip was the best experience ever!!! Thank you for this amazing opportunity and for allowing us to represent Florida HOSA in Washington, D.C.!! ☺



The World War II Memorial

Tour of the National Library of Medicine at the National Institutes of Health in Bethesda, MD



Washington Leadership Academy
September 15-18, 2012



Patrick Doran - Southern VP, Postsecondary



Every year, students scramble to find ways to pay for tuition and associated costs of going to college. How do you plan to pay for your gas, car, insurance, books, clothes, and FOOD?!? One thing that always helps is free money! A scholarship is like a reward for staying on the right track and spending your time building a better you. Did you know that being a HOSA member entitles you to a variety of scholarships that are exclusive to our organization? Now is the time to start marking your calendars with scholarship deadlines and start putting together the information you need to succeed. As members, I encourage everyone to visit National HOSA at <http://www.hosa.org/node/150> after January 1 for the applications. Applying puts your name in the running for multiple scholarships and the deadline to apply is April 1st which will be here before you know it! Some scholarship sponsors include the U.S. Public Health Service, Health Professions Network, and the National Technical Honor Society. The Association for Career and Technical Education (ACTE) also offers two scholarships through its application. Our own Florida HOSA website Scholarship page, <http://www.flhosa.org/resourcespublications/scholarships>, provides a link for the applications to the Florida HOSA Foundation Scholarship, HOEAF Scholarship and National HOSA Scholarships. Both secondary and postsecondary members are eligible to apply. Make sure you read the specifics because some scholarships have special requirements like the HOEAF Scholarship (your advisor needs to be a member of HOEAF in order for you to be eligible to apply). HOSA members are special and these unique scholarships were created just for us! The money is there, waiting to reward those who are willing to take the extra step and reach for it. Don't let the fear of not being able to pay for school stop you from pursuing your dreams! Be sure to update your resumes and start filling out those applications so you can be a 2013 HOSA Scholarship recipient!!

Alexander Mangas - Parliamentarian

Members, are you ready for HOSA Week? We celebrate it during the first full week in November and this year it is the 4th through 10th. The purpose of HOSA Week is three-fold. First - events are organized to provide service to your school or community; second - events are incorporated to show appreciation to healthcare professionals; and third - opportunities in healthcare are promoted. If you are planning to participate in the HOSA Week competitive event, be sure to follow the event guidelines carefully.

Last year, for the school and community service portion of HOSA Week, Coral Reef High School members went to our sister-school, Laura C. Saunders Elementary, a neighborhood school. Our chapter sent six groups of members to teach the children about certain subjects. We taught the first graders about first aid, which consisted of how to apply bandages, and presented them with markers when we were done; they seemed to enjoy it very much! Some of the teachers actually cried out of thankfulness for what our chapter had done! We taught the third graders how to have good personal hygiene supplying them with small samples of lotion and shampoo, and the topic of the fifth graders' class was bullying. This was a very rewarding experience and we were all so happy to do it while participating in HOSA Week!



Scholarships

Checkout **Florida Trend's NEXT magazine** for specific scholarship information based on ethnicity, area of interest, community service, etc. Start with page 44 for scholarship information. In addition, find a full listing of colleges and universities, as well as other public and private institutions of higher education, career information, money-saving tips and much more! Visit this link for the pdf version of the magazine: http://www.pageturnpro.com/Publications/201208/554/43030/pdf/129903052750431250_NEXT%202012-2013.pdf or click here: www.floridanext.com/ and view the magazine online.

Congratulations to **Miami-Dade Public Schools** for becoming the winner of the 2012 Broad Prize for Urban Education! The district will receive \$550,000 in scholarships. Among the finalists is **Palm Beach County**, which will receive \$150,000. High school seniors graduating in 2013 and going to college may be eligible for scholarships. Please visit: http://broadprize.org/scholarship_program/overview.html for eligibility information and the application.

Region 9: A 13 year old living with Cystic Fibrosis can be an inspiration to many!

On October 4, 2012, I got to go to the Region 9 Florida HOSA Fall Leadership Conference. It was really fun. My school's HOSA members met in the morning and then rode the forty five minute bus ride together to Palm Beach Gardens High School. When we arrived we were welcomed with a small breakfast. When we finished eating we proceeded to the auditorium. Music and the buzz of students greeting each other filled the dark auditorium.

Every two years, HOSA picks an organization for which we fundraise. This time, it is the Cystic Fibrosis Foundation. I really didn't know about cystic fibrosis and was anxious to learn. Avery, a sweet-looking 13 year old, took the stage after a brief video about cystic fibrosis. She told us about her life living with cystic fibrosis. Every time she eats she has to

take several pills. Twice a day she uses an airway clearing device called a high-frequency chest wall oscillator. It's a vibrating vest that she puts on to loosen and thin the mucus that builds up in her lungs. Cystic fibrosis is a genetic disease and causes buildup of mucus in the chest and other organs. It affects the respiratory system and her body's ability to break down food correctly.

Even though Avery has this life threatening disease, she doesn't let it affect her dreams and hobbies. She plays lots of sports, likes photography and wants to go to college. Avery doesn't let the life expectancy of 37 years old for people like her who have cystic fibrosis, get her down.

As I was leaving the HOSA Conference, I thought about what an inspiration this young high schooler is to me, a senior. She has a

positive outlook on life and she's chasing her dreams even in the face of a disease that affects her life day in and day out. She chooses to stay positive about this horrible disease. She can't escape cystic fibrosis. Funding for research is helping find a cure, but for now, cystic fibrosis is with her wherever she goes. I hope for Avery and the 30,000 other people in the United States living with cystic fibrosis, that a cure is found so that Avery doesn't have to wear that vibrating vest, take pills every day for the rest of her life and so that she can fulfill her dreams of going to college and being a photographer. But I know she'll do that anyway, because she can do anything!

By Kayla Birch, St. Lucie West
Centennial Secretary

HOSA's National Service Project 2012-2014: Cystic Fibrosis Foundation



National HOSA has lots of information about the National Service Project at this link: <http://www.hosa.org/node/173>. It is found on the Home Page under news. Be sure to look at the Welcome Package and the PowerPoint that are excellent in guiding chapters on how to organize a successful campaign. One way is to find a walk in which your chapter can participate. You can also plan fundraising events for CFF in addition to the walk, and many ideas are suggested such as:

- Board game tournament
- Flower sale
- Chili cook-off

Put on your creative thinking caps and get out to help thousands suffering from CF by raising money. Make sure you register all your events with Great Strides. Our own state of Florida has several chapters, which are located in **Ft. Lauderdale, Jacksonville, Tampa, West Palm Beach, and Winter Park**. For details go to: <http://www.cff.org/aboutCFFoundation/Locations/FindAChapter/index.cfm?state=FL>.

Region 11: Where HOSA is always on the mind

Events are running along smoothly for this northeastern region. Its advisors have already met and discussed events for this school year. Dates have been set for the Fall Leadership Conference (FLC) and our Regional Leadership Conference (RLC). Congratulations are in order for Region Eleven's 2012-2013 officers: Parliamentarian- Shelby Witkowski, Treasurer- Ziyad Kirby, Secretary- Brooke Kabernagel, Vice President- Ruben Civilus, and President-Elect- Shilynn Parker.

While welcoming newly added schools with open arms, Region Eleven is ready to have a great year!

By Delraye Norris, Region 11 President

Florida HOSA - Future Health Professionals

LDC 2012 will be exciting;
over 320 members are registered!

Meet new friends, play putt-putt golf, hop on the hayride,
and most importantly - learn leadership skills!



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Please feel free to contact us
if you have any questions.

Have a great fall season,
HOSA members!