

October 2016

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HOSA
THEME
2016-2017
LEADERSHIP
SERVICE
ENGAGEMENT

Sarah Fleischman - State President

Once upon a time, in a state not too far away, lives Florida's most dedicated future health professionals. Their desire to lead the future, serve others, and engage in their communities has created a tale that is older than time itself. From November 18 - 20 at the Fall Leadership Development Academy (FLDA), their story continues. Members of Florida HOSA will be whisked away to the ancient kingdom of Camp Kulaqua where they will gain servant leadership skills to exemplify and share with their local HOSA chapters. FLDA participants will attend finely crafted workshops about improving their traits as leaders, enjoy jester-like skits, dance under the stars, partake in fundraising activities, and have some campground fun! This weekend will surely seem to be a fantasy!

With that said, it is my honor to introduce the theme of this year's Fall Leadership Development Academy-FLDA 2016: The Chronicles of Leadership. Members, advisors, and guests, prepare to let your imaginations run wild as you are here to learn about your own chronicles! As with our theme, we would like you, the clever members of Florida HOSA, to take away that becoming a leader may require more than one path on your quest. In the wise words of Gandalf, "all we have to decide is what to do with the time that is given to us." Recall this quote as you begin your enchanting weekend of friendship, laughter, personal growth, and insight. Your Florida HOSA State Officer team cannot wait to welcome you to FLDA 2016 and help you to begin (or continue) your chronicles into leadership and a happily ever after as a future health professional!



Patricia Fuentes

State President-Elect

Penny Wars!

"A Penny?" Yes, pennies! The National Service Project for 2016 - 2018 is the National Alliance on Mental Illness. Prepare for this year's Penny Wars by collecting pennies in your chapter to support this worthy cause. Remember, all pennies will be collected at the annual State Leadership Conference so start early to be the region to collect the most pennies. The region that has the most points will be recognized at SLC and receive a plaque commemorating their efforts in supporting NAMI.

NAMI is the nation's largest organization dedicated to supporting the millions of Americans affected by mental illnesses. Now it is our turn, Florida HOSA, to lend a helping hand to Americans across the nation. Last year, Florida HOSA raised a total of \$15,422.38 for the National Service Project with Region 8 claiming the Penny Wars crown with an admirable amount of \$7,488.66!

Before the 2017 State Leadership Conference be sure to have accumulated your pennies! Does your region want to be titled the ultimate Penny Wars Champion? If you answered yes, then carefully follow these instructions:

- Quarters, nickels, dimes, paper money, and pennies are accepted.
- Pennies add 1 point to your region.
- Silver coins and paper money subtracts its value (Ex. - A dime will deduct a total of 10 points!)

Yes, your region could end up with negative points, but remember, you could remove points from other regions by placing a \$1 bill in their jar to deduct 100 points!

We encourage you, Florida HOSA, to engage in this event and make a change in the lives of millions of people! For more information about NAMI visit (www.nami.org).

“To be able to lead others, a man must be willing to go forward alone.”
 ~Harry Truman



Alex Williams

State Northern Vice-President
 Secondary

Hello once again, members of Florida HOSA! As the year goes on, so shall the events with this fall marking the start of some of our conferences. Many of your regions may have already started competitions and, along with your fall conferences, are already practicing for that gold medal at the State Leadership Conference, or even at the International Leadership Conference. For others however, you may just now be starting to pick those competitions in which you wish to participate, which is also perfectly fine. The main focus now is just preparing yourself for all of the numerous events that lie just beyond the horizon. In the meantime, you can find your calling and find some new ways to study. Whether you are a Google user, a book reader, or if it just runs in the family, we all can find a way to better prepare ourselves for the coming competitions. So, crack open those books, pull out those study sheets, and get yourself prepared for competition! But don't forget the other important things on your schedule. Whether its schoolwork, family, or regular work, make sure you do your best in every aspect. Good luck to everyone!

Greetings again, my Florida HOSA family! I hope you're all seizing the moments and opportunities coming your way and enjoying the 2016-2017 school year thus far. Your very own 2016-2017 State Officer Team is elated to reveal our goal of raising TWO-THOUSAND DOLLARS for the Florida HOSA Foundation Scholarship to which you all have access!

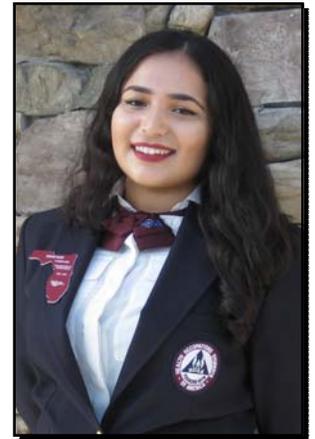
In order to allow this goal to become reality, your State Team and staff have organized various fundraising opportunities at the upcoming Fall Leadership Development Academy this November. We will continue to host our annual "Dancing with the State Officers" where you all will have the opportunity to break a sweat, enjoy your time, and dance on stage with your State Team and other members for only \$3 per song!! That's right, you'll be able to have fun while contributing to the funding of your scholarship!

We've also developed a photography area where you'll be able to capture your spectacular moments at FLDA and take a photo with your State Team who will be

dressed in their costumes and various props. Each Polaroid photo will cost you only \$3.

And last but not least, don't forget about our annual and popular FLDA long-sleeved t-shirts! Each year your State Team collaborates together and creates an FLDA themed design for these wonderful shirts. If you missed pre-ordering one, there will be a few extra at FLDA while supplies last.

Please don't forget to bring some extra cash as you won't want to miss out on these wonderful fundraisers. We look forward to meeting each and every one of you at Camp Kulaqua in November!



Suzane Nazir

State Northern
 Vice-President
 Postsecondary/Collegiate

FLDA 2016

THE CHRONICLES OF LEADERSHIP

November 18-20, 2016



Jacqueline Anorga

State Southern Vice-
President Secondary

Happy Autumn, Florida HOSA! The Florida HOSA State Officer Team was honored to have the chance to attend the 10th Annual Washington Leadership Academy. Through the workshops, tours, and keynote speakers, we as a team were able to learn new skills to improve our leadership which will help us in our future medical endeavors. One of the guest speakers, Don Boyce, enlightened us on the importance of communication and how it isn't what you say, it's how you say it. We also were inspired by Pierre Quinn to realize that we as future health professionals need to put the "care" back into "healthcare." This trip will help us serve each individual HOSA member with the compassion and knowledge we have learned from these experiences.

As avid HOSA members, you are able to apply for a State Officer position. During the month of December, the application will become available. It must be turned in before the deadline of February 4 in order to qualify. Once the application has been approved each applicant will need to study for the State Officer Exam given during SLC. After the test results have been calculated, those candidates meeting the minimum standard will be interviewed and potentially slated for an officer position. However, the fun doesn't stop there! The next morning, each slated candidate will be required to give a speech in order to shine on their personal qualifications and hopefully gain a spot as a Florida HOSA State Officer.

On behalf of the State Officer Team, thank you all so much for the amazing opportunity of WLA and good luck to all future State Officer applicants!

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Five letters have the power to inspire change through facilitating education: M, O, N, E, Y, combined to spell money! One of the daunting questions students have about college is "How am I going to afford it?" Have no fear, HOSA is here! Florida HOSA offers two scholarships that you can apply for: the Florida HOSA Foundation Scholarship and the HOEAF Scholarship. National HOSA also has one scholarship application which can make you eligible to receive many scholarships.

Information about the two Florida HOSA scholarships, and their applications, can be found at the following link: <http://www.flhosa.org/resourcespublications/scholarships>.

The Florida HOSA Foundation Scholarship Application must be postmarked on/before February 15, 2017. Any supporting materials for this scholarship application must be postmarked on/before February 28th.

The HOEAF Scholarship Application must be postmarked on/before March 1, 2017. Any supporting materials for this scholarship application must be postmarked on/before March 15, 2017.

National HOSA uses STEM Premier to carry out their application process. After submitting your resume to STEM Premier, you must search for the HOSA Scholarship and apply. The following link explains how to apply for the National HOSA Scholarship: <http://www.hosa.org/scholarships>. The National HOSA Scholarship Application deadline is April 10, 2017.

Absolutely NO late scholarship applications will be accepted; timeliness is a quality top scholars possess!

You've worked hard to get into the colleges/universities of your choice; it's time to reward yourself for the effort you put in! Help support your future and don't pass up on these amazing scholarship opportunities!



Irfan Khan

State Southern Vice-President
Postsecondary/Collegiate

**If your actions inspire others to dream more, learn more,
do more and become more, you are a leader."**

~John Quincy Adams

*“Be bold,
be brave,
be brilliant!”*

*- Julius Wade
Past State &
National Officer*

Hello, Florida HOSA! I hope the school year is going well for you all so far and that you are ready to take on HOSA Week this year! HOSA Week is a week in which HOSA members are encouraged to promote health science information and do service in the community for the purpose of demonstrating the true mission of HOSA. Traditionally, the dates for HOSA Week have been the first full week of November; so this year, from November 6 - 12. But what if November 6 - 12 is a really busy week at school for your local HOSA chapter? Don't worry! HOSA Week can really be during ANY week throughout the year! Personally, this is one of my favorite weeks throughout the HOSA year because it truly allows members to get as creative as they can with their HOSA chapters. Do a Health Fair at your very own campus or somewhere in the community, go out and feed the homeless, teach a class on how to do hands-only CPR, invite a guest speaker to talk about a health science topic, and the list goes on and on! There are so many incredible things that can be done in the name of HOSA during this week and I encourage you all to think outside of the box and make some amazing things happen! More ideas can be found at this link: <http://www.hosa.org/node/122>, so be sure to check it out! If you have any questions about HOSA Week ideas (or anything else), please feel free to email me at hkhanhosa@gmail.com. Happy HOSA Week Planning!



Hebah Khan

State Parliamentarian

HOSA Week

November 6-12, 2016

HOSA Week is a time for HOSA members to get out into the community and provide services, inform about opportunities in health care, show appreciation to health professionals and promote HOSA! While the first full week in November is usually designated as HOSA Week, chapters can select *any* week to be HOSA Week for their school. For activity ideas, follow this link to the National HOSA webpage: <http://www.hosa.org/node/122>.

MENTAL ILLNESS

Know the Warning Signs!

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

National Alliance on Mental Illness - NAMI.org

Checkout the facts!

REGION 8

Making an Impact!

Region 8 intends on making an impact with the National Service Project-NAMI.

This year's new National Service Project, National Alliance on Mental Illness, is the focus of fundraising for Region 8, with many impactful events planned. In hopes of retaining our title as State Penny Wars Champions, Region 8 kicked off this year with a county wide Penny War. Furthermore, a Bowl-a-thon will take place during HOSA Week, in which a large portion of proceeds will be donated to NAMI. Individually, each chapter in the region has planned unique events in order to raise money and awareness for NAMI. Several chapters plan on participating in the NAMI Walk in November and Cypress Bay High School has planned a "Flamingo Flocking" fundraiser, as well as a kickball tournament.

Florida HOSA, let's get our heads in the game!

2016 - 2018 National Service Project

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/>

Start collecting your pennies and loose change for Penny Wars at the SLC!

American Education Week

November 14-18

A time to celebrate public education and honor individuals who are making a difference in ensuring that every child receives a quality education.

2016 theme:

"Great Public Schools: A Basic Right and Our Responsibility."

More Info:

<http://www.nea.org/grants/19823.htm>



Introducing New State Office Staff!

Please join us in welcoming Linda Whitson to our State Office staff. Linda began with Florida HOSA in September as our Administrative/Program Assistant. She recently moved to Florida from Nashville, TN where she worked in non-profit administration for over twenty-two years. Linda says she looks forward "to working with students, advisors and staff to make their HOSA experience the best it can be." Be sure to introduce yourself when calling or visiting our State Office!



Like us on Facebook!



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