CHANGE IS GOOD

February 2021

INSIDE THIS ISSUE

Pg. 2-6	State Officer Articles
Pg. 7	Pin & T-shirt Design Winner
Pg. 8	HOSA Service Project
Pg. 9	Guardian Chapter Recognition
Pg. 10-15	News & Updates
Pg. 16-17	VFLDA "Pics"

"The secret of change is to focus all your energy, not fighting the old, but on building the new."

- Socrates

THE FIRST VSLC!

by: Varsha Katoju
State President

Since its establishment in 1976 Florida HOSA has had 42 Annual State Leadership Conferences. 42 conferences until SLC had to be canceled last year due to COVID-19. Adjusting to online classes and social distancing has been hard for all of us, but we adapted. Together, we adapted to living our lives differently and have not let the pandemic stop one of the most powerful forces in any human being - Passion. I know that our Florida HOSA members have strengthened their passion to become future health professionals by watching front-line health care workers fight this virus. To fuel your passion, Florida HOSA will be holding a Virtual State Leadership Conference this year! The first-ever VSLC will feature virtual competitive events, general sessions, and State Officer Challenges! Florida HOSA wants to make sure that VSLC can be as close as possible to an in-person conference. But remember, it is up to you as members to see the glass as half full and take advantage of this opportunity! Be the leaders that you promised to be when you raised your right hand and repeated the HOSA Creed. Members, I ask you to take initiative and commit to your dreams with Florida HOSA this April. The Virtual State Leadership will be featured on the official Florida HOSA YouTube Page. See you all there!

"We cannot solve our problems with the same thinking we used when we created them."

- Albert Einstein

VFLDA SUCCESS!

by: Rhea Pitale
State President-Elect

VFLDA was a roaring success! We have our members and their everlasting enthusiasm to thank. We learned valuable lessons in teamwork, ethical leadership, and the art of discussion to further our leadership development. Our members learned from the officers and each other through workshop activities and engaging conversations. In our CyberSpace Race, the Zoom Triathlon fired up our members' competitive spirits in head-to-head virtual games. Incredible storyboard presentations at our campfire impressed the State Officers and staff alike.

The role of advisors, the office staff, and past State Officers cannot be understated in VFLDA's success. The tenacity of passionate alumni and advisors brings life to our organization. Thank you to Sricharan Pusala and Sarah Fleischman for continuing to motivate our members with your inspiring words. We appreciate everything you do for this organization and for our members! A special thank you goes to our advisors. Your commitment to HOSA is the reason our organization exists! Our biggest thank you of all goes to our attending members. VFLDA was an unprecedented conference in an unprecedented time, but the members' drive to learn from workshops, network with other members, and enjoy themselves was incredible! Thank you for taking the time to further your leadership development and interact with our amazing members across the state.

The State Office Team thoroughly enjoyed preparing this conference for our members and look forward to the future! The highlight of VFLDA was meeting and interacting with all of you. We cannot wait to see you again soon!

"It always seems impossible, until it's done."

- Nelson Mandela

LET'S GET FIRED UP!

by: Neha Dantuluri
State Northern VP, Sec.

Hey Florida HOSA, welcome to 2021! Although last year was filled with its ups and downs, let's prepare to make the most out of 2021. As of right now, regional competitions should be wrapped up and you should begin preparing for the annual Florida HOSA State Leadership Conference. Although this year is very unconventional, the State Officers and State Office Staff are ready to ensure that you all make the most out of this year. The numerous months of immense studying and preparation for your events will be worth it! Make sure to believe in yourself and attest to your strengths. And while VSLC will serve as a stepping stone to the International Conference we truly hope that you use this conference as an opportunity to connect with other passionate students, members, and advisors in the health professions fields. We hope you will have an amazing time at VSLC 2021. And remember, you are so close to the finish line, do not give up now! You got this! Good luck and we cannot wait to see you all in a few months!!!

PENNY WARS!

by: Joshua Hanlon
State Northern VP, PS/C

The time is finally upon us, Florida HOSA. Pull out your copper coated, zinc artillery and get ready to wage war upon the other FL HOSA regions in Penny Wars! With a little twist this year to accommodate the curveball we've been thrown.

In order to compete in the Penny War for VSLC 2021, we ask that you donate whatever your contributions may be to your local advisor so that they may give them to the Regional Advisor. All donations shall be tallied and sent as a check to the Florida HOSA State Office so they are received on or before March 19th.

All of the proceeds of Penny Wars will be put towards the HOSA Service Project, Be The Match! Be The Match is the global leader of bone marrow transplants. The funds that you donate could be used towards research to better bone marrow transplants or for resources for patients suffering from blood cancers.

One person could be all to make the difference and the same could be said for one penny. Yes, technically we are waging war, but it's for an amazing cause! Thank you for reading and I hope I can count on you for the Penny War!

WIN SOME, GIVE SOME!

by: China Simpo
State Southern VP, Sec.

Happy New Year HOSA members! As 2021 approaches, we are excited to remind you that there are a few scholarship opportunities you can partake in. As a HOSA member you can apply for the Florida HOSA Foundation Scholarship. This application is located on www.flhosa.org under the Resources/Publications tab, titled "Scholarships". The Florida HOSA Foundation Scholarship is due February 15th. The Global HOSA organization also offers scholarships through the partnership of Tallo. Applying for a scholarship is as simple as joining Tallo at www.tallo.com/hosa, creating a free profile, and navigating through the application to fulfill requirements. For more specific details check out http://www.hosa.org/scholarships. The deadline for applying for Global HOSA scholarships is April 15, 2021.

Wait, but that's not all! The State Officers have organized a few fundraisers to raise money towards the Florida HOSA Foundation Scholarship. We need YOUR help! Join us by competing against your very own State Officer Team through various State Officer Challenges at VSLC. Some of the different challenges available Ice bucket Challenge, Pie in the face, Blindfolded Make-up Challenge, and Cracking an Egg on your head. Advertisement for pricings of each challenge will be on our Instagram page (@FLHOSA). Members will need to donate beforehand and select the challenge.

Thank you for supporting the Florida HOSA Foundation. We hope to see you soon at VSLC!

"Action is the foundational key to all success."

- Pablo Picasso

DRESS CODE??

by: Keyshawn Davis
State Parliamentarian

What would a good-old fashioned HOSA conference be without your dashing HOSA uniform? With VSLC around the corner, it has never been more important to ensure you are wearing the appropriate attire! You may have been thinking "sweatshirts" and "jammies" for the VSLC… but every HOSA member knows when you put on your official HOSA uniform, you feel confident and inspired to be your best! So, what is the proper attire? First, one must have either a navy blue or black blazer, navy blue or black slacks, and a sparkly white closed-neck dress shirt! Oh, and make them match please! For the gentlemen, a maroon tie is enough to complement that suit. For the ladies, a butterfly tie will do just the trick for you! In addition, you can also opt to wear a navy blue or black skirt instead of slacks; just ensure they are knee-length! No suit would be perfect without the right kind of shoes, so for everyone, either closed-toe dress shoes or heels are sufficient; just make sure the heels aren't too high! (Well, maybe you can skip the dress shoes just this once-in-a-lifetime VSLC!) As for competitive events, always check your event guidelines so that you are donning the appropriate attire.

So, don't leave that official HOSA uniform hanging lonely in your closet… even if we can't "see" you, you should always dress for success! Trust me, your test scores will be better! Lastly, have fun. You have worked incredibly hard, especially during this extraordinary HOSA year, so congratulate yourself and make this VSLC unforgettable! I look forward to "veeting" each and every one of you this year!

"Be yourself, but always your better self."

- Karl G. Maeser

VSLC 2021 PIN & T-SHIRT DESIGN

Congratulations to Shantall Berroa of Flanagan High School!

The winning artist will be announced during the Recognition Session of the Virtual State Leadership Conference and will also receive two t-shirts and ten Florida HOSA pins.

Thank you to all of our wonderful members who submitted a design ~ everyone did an amazing job!

2020 ~ 2022 HOSA SERVICE PROJECT

BE THE MATCH®

A HUGE shoutout goes to Cypress Bay HOSA for their current rank of #2 among the top 6 teams nationwide for HOSA's Be The Match service project.

Make sure you check out Be The Match missions at https://www.bethematchhosa.org/ for more information on how to participate and earn points for your chapter. No mission is impossible for HOSA members!!

GUARDIAN CHAPTERS

Florida HOSA continues to thank the HOSA chapters listed below that have earned the unique distinction of becoming a "Guardian Chapter" - guarding Florida HOSA's commitment to our core values of Learning, Leadership, Service, and Innovation while striving to make sure that our organization continues into the future shining brighter than ever before! The "Guardian Chapter" designation is granted to local chapters who meet or exceed their membership numbers from the 2019 - 2020 academic year.

Astronaut High School
Baker County High School
Bay High School
Bonita Springs High School
Broward College - North Campus
Canterbury School
Cape Coral Technical College
Crrollwood Day School
Charles S. Rushe Middle School
Clay High School
Cocoa Beach Jr./Sr. High School
Columbia High School
Coral Springs Charter School
Crescent City High School
Crestview High School
DeSoto Co. School of Practical Nursing
DeSoto County High School
Dunnellon Middle School
Eastside High School
Falcon Cove Middle School
Flagler Palm Coast High School
Florida Atlantic Univ. - Jupiter Honors
Florida Christian School
Florida Southern College
Fort Meade Middle-Senior High School
Freedom High School
Ft. Pierce Westwood High School
G. Holmes Braddock High School
Hudson High School
Immaculata - La Salle High School
Keystone Heights High School
Lake Nona High School
Lake Region High School
Lawton Chiles High School
Marjory Stoneman Douglas High School
Martha B. King Middle School
Mater Academy Bay
Miami Springs Senior High School
Miami Sunset Sr. High School
Middleton Senior High School
Millennium 6-12 Collegiate Academy
Mosley High School
Mulberry High School
Nease High School
North Marion Middle School
NSU University School
Orlando Science High School
Osceola High School
Oviedo High School
Pine View School
Pinecrest Preparatory Middle High
R. Dan Nolan Middle School
River Ridge High School
Riviera Preparatory School
Sch. for Adv. Studies ~ Kendall Campus
Seabreeze High School
Somerset Academy (Pembroke Pines)
Somerset Academy Charter High
Somerset Prep Academy Homestead
South Broward High School
Southwest Miami Senior High School
Terrace Community Middle School
The Villages Charter High School
Traviss Technical College
Vanguard High School
Wharton High School
Wildwood Midle High School
William T. McFatter Technical HS
Winter Havel High School

NEWS & UPDATES

Want to add this unique pin to your lapel? Members of a designated Guardian Chapter have the exclusive privilege to purchase a striking, high polished copper-plated lapel pin for $1.50 each (plus postage) through their advisor to commemorate their championing for Florida HOSA during these unprecedented times. Visit our website at https://www.flhosa.org/guardian-chapters/ for more information on how to become a Guardian Chapter!

100-Day Masking Challenge

Join National HOSA in their commitment to safety ~ just go to National HOSA's website at www.hosa.org/node/776 to find out more on how YOU can take part in this National challenge!

DON'T MISS THESE UPCOMING EVENTS ON:

Tallo

Mar 10th
Southeast Virtual College Fair

Mar 31st
Healthcare Virtual College Fair

Visit www.hosa.org/node/772 for more details.

NEWS & UPDATES

COLLEGE ACTION
PLANNING SOLUTIONS

Congratulations to the following chapters for receiving sponsorship for their members 2020 - 2021 affiliation dues:

Florida Christian High School
Ft. Meade Middle Senior High School
Haines City High School
Hudson High School
John I. Leonard High School
Lake Gibson High School
Land O Lakes High School
Mulberry High School
Polk State Chain of Lakes High School
Pompano Beach High School
South Sumter High School
Wendell Krinn High School
Winter Haven High School
Woodlands Middle School

Total Members Sponsored = 206

Total Sponsorship Dues = $5,150

Ask your advisor to visit http://capsplanningsolutions.com to request an appointment to set up your C.A.P.S. event and start fundraising for your chapter today!

"Do something today that your future self will thank you for."

VSLC SCHEDULE UPDATE!

2021 VIRTUAL STATE LEADERSHIP CONFERENCE SCHEDULE

March 25 - 27, 2021 (General Session Dates)

DATE	DESCRIPTION	ACTION/EVENTS
February 16, 2021	SLC On-line Registration Deadline	
February 19, 2021	Postmark Deadline for sending forms and fees to State office	
BEFORE February 25, 2021	Identify person to receive Login/Username and password that will be used to access competitors' on-line test login codes.	To identify this person, the Chapter Advisor must login to HOSA's on-line system using their Charter (Chapter) Number and password (link: https://apps.hosa.org/), scroll to the bottom of the Main Page under the blue "*Online Testing*" bar, and click the "+" sign. Enter the person's First Name, Last Name, and E-mail address (it can be the Chapter Advisor), then click the "*Save*" button.
February 25, 2021	Login/Username and password will be sent to the identified person in HOSA's on-line system to access competitors' on-line test login codes. Be sure the person checks their Spam/Junk Folder for e-mail.	Sent to the identified person at each school that will distribute login/usernames and passwords to on-line test competitors.
March 2, 2021	Deadline to upload to Tallo (Sec. and PS/C) Deadline to upload to VSLC Google Site (Mid. Sch.) See list of events on last page of this document.	Competitors upload required materials and links to required recordings (see modified guidelines on VSLC Google Site: https://sites.google.com/flhosa.org/flvslc2021/)
March 2, 2021	Orientation to Judges	
March 4 - 15, 2021	Testing Window for all on-line testing competitors to take test	All on-line testing events; see list of events on last page of this document.
March 5, 2021	IS, JSS, and HCP Questions sent to competitors, advisors, and posted on VSLC Google Site. Competitors record responses and upload link to their recording. Deadline for competitor to upload video link - 11:59 p.m.	Interviewing Skills (Tallo) Job Seeking Skills (Tallo) Health Career Preparation (Mid. Sch. - Google Site)
March 6, 2021	EHP and EW Secret topic sent to competitors, advisors, and posted to VSLC Google Site. Competitors upload poster/essay. Deadline for competitor upload - 11:59 p.m.	Extemporaneous Health Poster (Mid. Sch. - Google Site) Extemporaneous Writing (Sec. and PS/C - Tallo)
March 10, 2021	Tallo and Google Site materials available to Judges for rating	
March 15, 2021	Deadline to submit Judges' scores	
March 15, 2021	Last day of On-line Test Window - closes at end of day	

VSLC SCHEDULE UPDATE!

Link to Florida HOSA – Official YouTube Page: https://www.youtube.com/channel/UCmmAj1Njhs8gBjUE7JRyH2w		
March 25, 2021	DOE Health Science Update with Pamela Gilman, State Supervisor - Health Science & Human Services at the Florida Department of Education	Zoom session for Advisors from 4:00 p.m. - 5:30 p.m.
March 25, 2021	VSLC Opening Session	Live-stream to Florida HOSA - Official YouTube Page starting at 7:00 p.m.
March 26, 2021	Advisor's Guest Speaker - Jim Van Allan, Keynote Speaker and Past Florida HOSA State Officer	Zoom session for Advisors from 4:00 p.m. - 5:30 p.m.
March 26, 2021	VSLC Recognition Session State Officer Farewells, Chapter Awards, Penny Wars Winner, Advisor Awards, and Recognition Event Winners	Live-stream to Florida HOSA - Official YouTube Page starting at 7:00 p.m.
March 26, 2021	State Officer Challenge (Fundraiser for Florida HOSA Foundation Scholarship) - pre-conference action needed; please see flyer	Live-stream to Florida HOSA – Official YouTube Page starting at 8:00 p.m.
March 27, 2021	VSLC Business Session followed by voting (Official Voting Delegates appointed by Regional Advisors)	Official Voting Delegates (appointed by Regional Advisors) and State Officer Candidates participating in Zoom Session; Live-stream to Florida HOSA - Official YouTube Page starting at 9:30 a.m. Voting Delegates send completed ballots at end of Business Session so they are received by 1:00 p.m.
March 27, 2021	VSLC Grand Awards Sessions live-streamed to Florida HOSA - Official YouTube Page	Middle School - 3:00 p.m. Postsecondary/Collegiate - 4:00 p.m. Secondary - 5:00 p.m.

VSLC SCHEDULE UPDATE!

Events requiring uploads by March 2 (Mid. Sch. - VSLC Google Site; Secondary and PS/C - Tallo)

Middle School	Secondary and Postsecondary/Collegiate	Recognition Events	Additional Uploads
Exploring Medical Innovations	Clinical Specialty	Barbara James Service Award	**Upload on March 5, 2021**
Health Career Preparation	MRC Partnership	- Advisor approves hours	Job Seeking Skills (SS and PS/C)
Health Career Display	Public Health		Interviewing Skills* (SS)
Health Education	Health Career Photography	HOSA Service Project	Health Career Preparation (Mid Sch)
Prepared Speaking	Prepared Speaking	- Advisor approves hours/amounts	
Speaking Skills*	Speaking Skills		**Upload on March 6, 2021**
Public Health	Researched Persuasive Writing and Speaking	HOSA Happenings	Extemporaneous Health Poster (Mid Sch)
	Research Poster	- ***Mailed*** to State Office with	Extemporaneous Writing (SS and PS/C)
	Community Awareness	Postmark of March 2 or before	
	Health Career Display	(*Option A* in event guideline)	
	Health Education		
	Medical Innovation		
	Public Service Announcement		

Test Only Events - Testing window opens March 4th and closes March 15th at 11:59 p.m.

Middle School	Time	Health Science Events	Time	Health Professional Events	Time	Emergency Preparedness Events	Time
Health Career Exploration	60	Behavioral Health	90	Biomedical Lab Science	60	CERT Skills	60
Foundations of Med. Term	60	Cultural Diversities & Disp.	90	Clinical Nursing	60	CPR/First Aid	60
Math for Health Careers	60	Dental Terminology	90	Dental Science	60	Emergency Medical Technician	60
Medical Reading	60	Health Informatics	90	Home Health Aide	60	Epidemiology	90
Nutrition	60	Human Growth & Dev.	90	Medical Assisting	60	Life Support Skills*	60
Life Threatening Situations	60	Medical Law and Ethics	90	Nursing Assisting	60	**Leadership**	
Healthy Lifestyles	60	Medical Math	90	Personal Care*	60	Healthy Lifestyle	60
Dynamic Decisions	60	Medical Reading	60	Pharmacy Science	60	**Teamwork**	
		Medical Spelling	60	Physical Therapy	60	Biomedical Debate	60
		Medical Terminology	90	Sports Medicine	60	Creative Problem Solving	60
		Nutrition	90	Veterinary Science	60	Forensic Science	90
		Pathophysiology	90			HOSA Bowl	60
		Pharmacology	90			Parliamentary Procedure	30
						Recognition	
						Healthcare Issues Exam	60

"Challenges are what make life interesting and overcoming them is what makes life meaningful."

- Joshua J. Marine

ICYDK!

(In Case You Didn't Know)

February ~ National Children's Dental Health Month

- Feb 3 ~ National Women Phyicians Day
- Feb 5 ~ Bubble Gum Day
- Feb 7 ~ National Periodic Table Day
- Feb 8 ~ International Epilepsy Day
- Feb 8-14 ~ Student Volunteering Week
- Feb 9 ~ National Pizza Day
- Feb 14 ~ National Organ Donor Day & Valentine's Day
- Feb 17 ~ National Random Acts of Kindness Day
- Feb 20 ~ National Muffin Day
- Feb 22 ~ World Encephalitis Day
- Feb 27 ~ Anosmia Awarenes Day
- Feb 28 ~ Rare Disease Day

Click Here to Shop NOW!

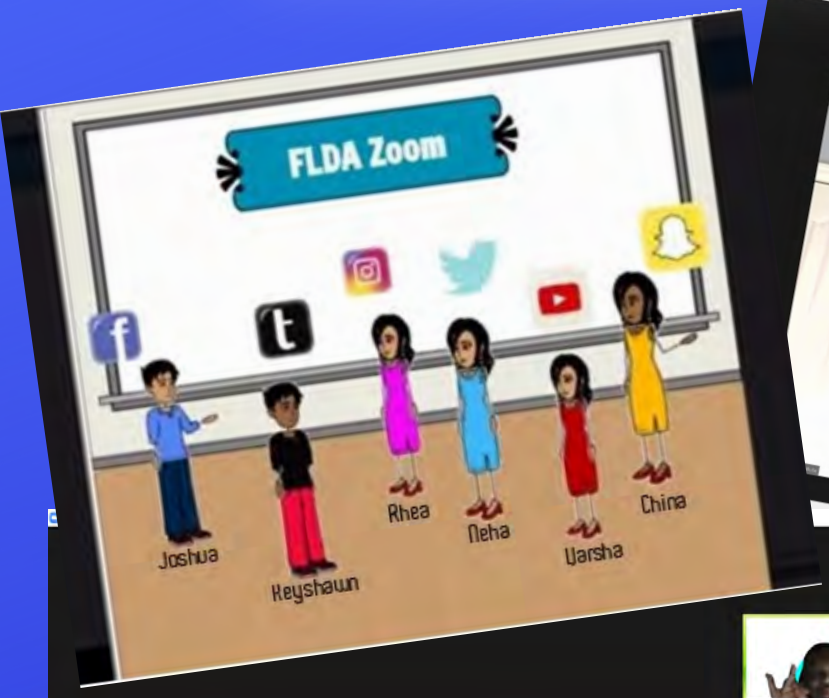
March ~ National Nutrition Month

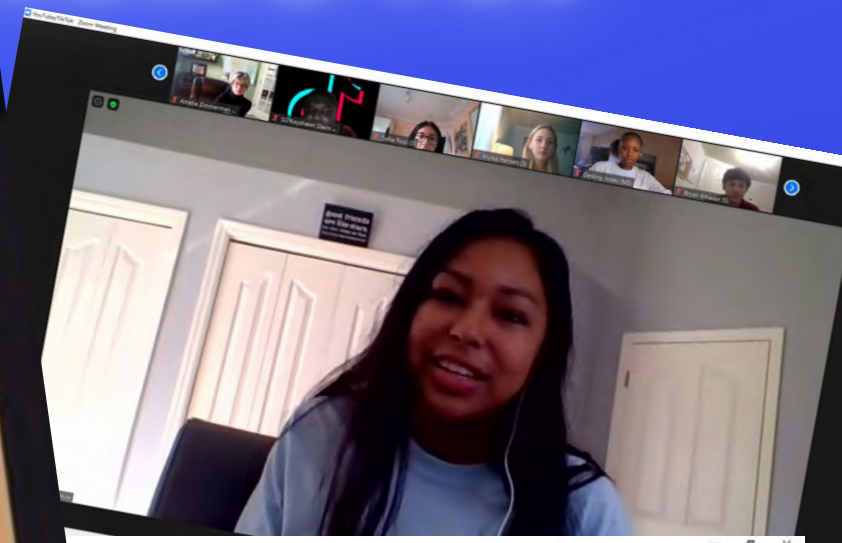
- Mar 1 ~ Self Injury Awareness Day SIAD
- Mar 2 ~ World Teen Mental Wellness Day
- Mar 3 ~ National Anthem Day
- Mar 6 ~ National Dentist's Day
- Mar 11 ~ World Kidney Day
- Mar 12 ~ National Plant a Flower Day
- Mar 15-21 ~ Nutrition and Hydration Week
- Mar 18 ~ Global Recycling Day
- Mar 19 ~ National Certified Nurses Day
- Mar 26 ~ Epilepsy Awareness Day
- Mar 30 ~ National Doctor's Day
- Mar 31 ~ Manatee Appreciation Day

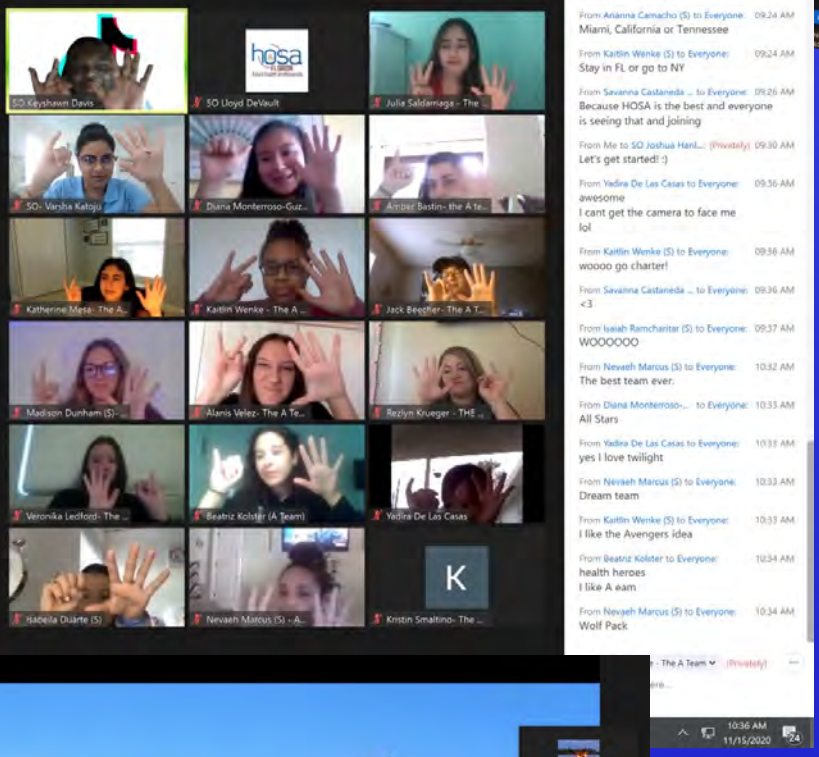
April ~ Parkinson's Awareness Month

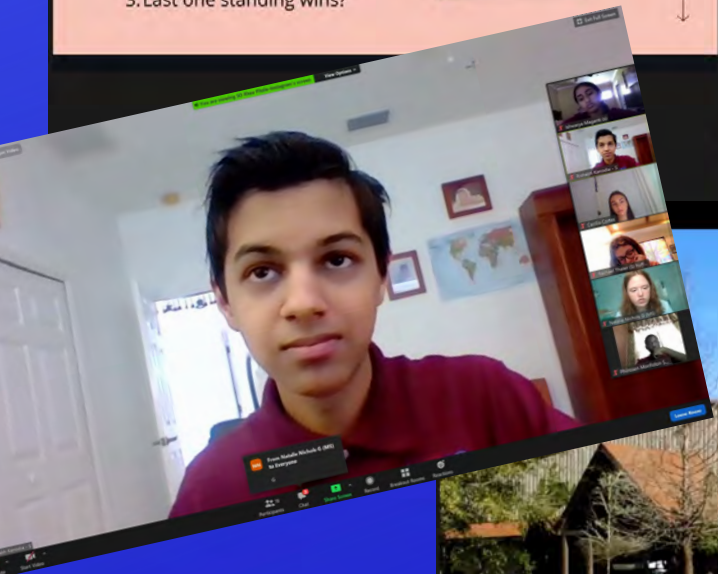
- Apr 2 ~ World Autism Awareness Day
- Apr 5-10 ~ Parkinson's Awareness Week
- Apr 7 ~ World Health Day
- Apr 10 ~ National Siblings Day
- Apr 11 ~ World Parkinson's Day
- Apr 17 ~ World Hemophilia Day
- Apr 22-28 World PI Week
- Apr 22 ~ National Jelly Bean Day
- Apr 25 ~ National DNA Day
- Apr 28 ~ Stop Food Waste Day
- Apr 29 ~ International Dance Day

VFLDA SCREENSHOTS!

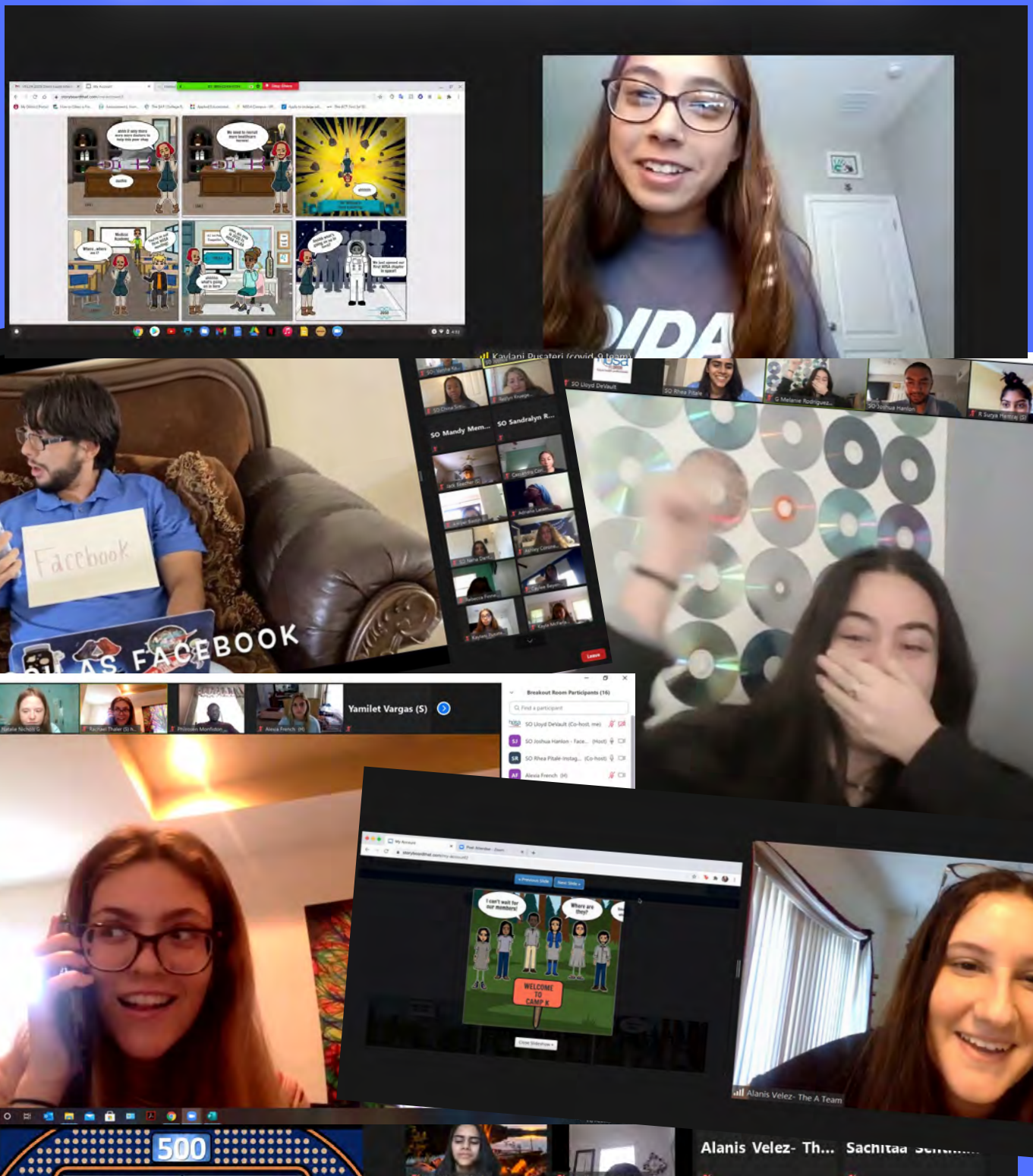








VFLDA SCREENSHOTS!



STAY CONNECTED!!

hosa future health professionals
FLORIDA

Florida HOSA State Office
13570 NW 101st Drive
Suite 200
Alachua, FL 32615

Office: (386) 462- HOSA
Fax: (386) 518-6875
Web: www.flhosa.org

Want to learn more about Florida HOSA?

Just scan this QR code!

like us on facebook

Follow us on Instagram

SUBSCRIBE NOW to the official Florida HOSA YouTube channel