



Dinuba High School at Region 3 RLC

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SLC Information f t y @



Home About Membership Advisors Alumni Events Resources

California HOSA

Future Health Professionals

"HOSA gives young people [the tools] they need to... make them agents of change in their community"
- Industry Partner

NEW CAL-HOSA WEBSITE!

We're excited to announce the release of our newly designed Cal-HOSA website! Here, you will find updates on upcoming events, information on California HOSA's various programs, and a brand new officer's corner featuring information about state office and an archive of our past newsletters. We hope you enjoy the new website!



WHAT'S INSIDE

- Applying for HOSA scholarships!
- Tear Down Cancer challenge
- Leadership activity ideas
- A fun, medical themed crossword!



IMPORTANT DATES

- January 31:** Affiliation Deadline
- February 15:** National Anthem/Patriotic Song and Talent Show Submissions Deadline
- February 9:** Send in Chapter Pictures
- February 20:** State Leadership Conference Registration Deadline
- February 28:** **Mandatory** STEM Premier Information, Scholarships Nominations, State Officer and Board of Directors Applications Deadline
- February 25-March 8:** SLC Online Testing Period

CONNECT WITH US

Want to contact an officer?

Email firstname.calhosa@gmail.com (i.e. amanda.calhosa@gmail.com)

Want more?

Check out our website at cal-hosa.org

Instagram: @californiahosa || Twitter: @calhosa || Facebook: California HOSA



RLC '18 RECAP

by Rithik Castelino

In October, members from all five Cal-HOSA regions met for a day of learning at their respective Regional Leadership Conferences (RLC). A variety of workshops were offered both by students and by active and retired health professionals. Also featured were leadership strategies shared from Washington Leadership Academy as well as various State announcements and opportunities.

Cal-HOSA hopes that participants had fun and gained knowledge at the RLCs. We look forward to seeing you at the upcoming State Leadership Conference (SLC) in Sacramento.

For questions and concerns, members may contact their Region Vice President through their email below:

- Region 1: ormina.calhosa@gmail.com
- Region 2: rithik.calhosa@gmail.com
- Region 3: xavier.calhosa@gmail.com
- Region 4: megan.calhosa@gmail.com
- Region 5: melisa.calhosa@gmail.com



Region selfies and chapter pictures

HOSA SCHOLARSHIPS

by Xavier Montes and Lisa Tang

Hey members! We're approaching that time to apply for scholarships! The scholarships offered by HOSA and California HOSA are great first steps towards paying for your postsecondary education. For more information, visit the Cal-HOSA and HOSA websites.

CAL HOSA SCHOLARSHIPS

For current seniors or postsecondary students



APPLY THROUGH STEM PREMIER!

CAL HOSA MERIT SCHOLARSHIP

\$500

Purpose: To promote excellence in health science careers education, community service, and HOSA involvement



JACOB HEFTER MEMORIAL SCHOLARSHIP

\$500

Purpose: To promote excellence in health science careers education, community service, and HOSA involvement



INEZ TENZER NURSING SCHOLARSHIP

Purpose: To promote postsecondary nursing education and training for Cal-HOSA members

AMOUNT VARIES



BOARD OF DIRECTORS LEADERSHIP SCHOLARSHIP

\$500



Purpose: To promote leadership development for local, state and national officers*

*Must be or have served as a local, state or national officer

TIM KLEIN MEMORIAL SCHOLARSHIP

Purpose: To promote excellence in Emergency Medical Technician (EMT) preparation, community service, and HOSA involvement

AMOUNT VARIES



REQUIREMENTS:

Minimum 3.0 GPA

75 verified hours during the current HOSA year (4 of which must be dedicated to the HOSA Service Project)

Personal statement essay (500 word minimum)

2 letters of recommendation (HOSA advisor + healthcare professional)

For more information, please visit cal-hosa.org/scholarships

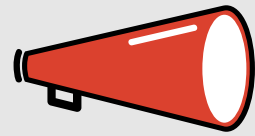
2019 California HOSA State Leadership Conference

Sacramento Convention Center
March 28 to 31

Are you attending the 2019 SLC? For more SLC information, go to cal-hosa.org or click the links below:

Registration || Dress Code
Housing || Competitive Events || Agenda

Gearing Up For SLC



DUE: 2/09

CHAPTER PICTURES

Email a chapter picture to your Region VP to be featured on the SLC region boards!

R1: ormina.calhosa@gmail.com

R2: rithik.calhosa@gmail.com

R3: xavier.calhosa@gmail.com

R4: megan.calhosa@gmail.com

R5: melisa.calhosa@gmail.com



DUE: 2/15

TALENT/ NO TALENT SHOW

Take part in this fun event! Group and individual numbers are accepted. Submit an audition here:

[Talent/No Talent Submission Form](#)



DUE: 2/15

PATRIOTIC SONG

Want to demonstrate your singing skills? Submit an audition to perform the national anthem or a patriotic song of choice here:

[Patriotic Song Audition Form](#)



SCHOLARSHIP BASKET

BRING TO SLC

We're excited to continue the scholarship basket challenge! Bring a gift basket for the raffle. The chapter's basket with the most tickets wins the challenge!

CAREER FEATURE: EMERGENCY MEDICAL TECHNICIAN

by Megan Chen and Amanda Gao



When someone calls 911, do you know who the first people are to arrive on the scene? Typically, it's Emergency Medical Technicians (EMTs). Their job is devoted to providing first-line medical or emergency care for the sick and injured.

EMTs primarily provide out-of-hospital care and perform basic care to patients to reduce risk of injury and death. They follow local and national protocols, and their goal is to maintain a patient's CABs (Circulation, Airway, and Breathing) through CPR and defibrillation. They also control external bleeding, reduce the potential of shock, and minimize risk of further injury through maintaining spinal/bone fractures. It's critical for EMTs to be adaptable, assess a patient's condition efficiently, and quickly determine a course of treatment. Most EMTs work full-time with long shifts.

Becoming an EMT is a relatively straightforward process. Prospective EMTs in California must be at least 18 years old and undergo an approved training program that is available through colleges, hospitals, local EMS units, and more. This includes at least 136 hours of teaching and 24 hours of clinical training. Afterwards, prospective EMTs will take an examination and complete an application before becoming certified. In certain counties, such as Los Angeles County, additional training is required to become accredited. Although the process seems complex, it can be completed fairly quickly, and the skills learned are applicable to many other careers.

If you're interested in becoming an EMT, you might want to participate in the EMT competitive event at the HOSA state leadership conference. This event involves a written round of multiple choice questions, and a second round testing skills such as splinting and bleeding control. It's a great way to learn more about the role of an EMT and gain new skills!

TEAR DOWN CANCER WITH CALIFORNIA HOSA

by Melisa Rivera

The National Pediatric Cancer Foundation is the HOSA Service Project for 2019 to 2020. In past years, various service projects have used social media challenges to promote their cause. This year, the state officer team has come up with the **Tear Down Cancer Challenge!** to raise awareness about pediatric cancer within your own community.

This challenge is quick, easy, and fun to do. We encourage you and your friends to join. You may follow the guide we've made (*see visual on the right*), watch a sample video in our YouTube channel ... or be as creative as you want to be - just make sure to hashtag #TearDownCancer and tag @CaliforniaHOSA and @pediatriccancer.

We are excited to see how you and your chapter "tear down cancer."

Introducing the
#TearDownCancer Challenge!

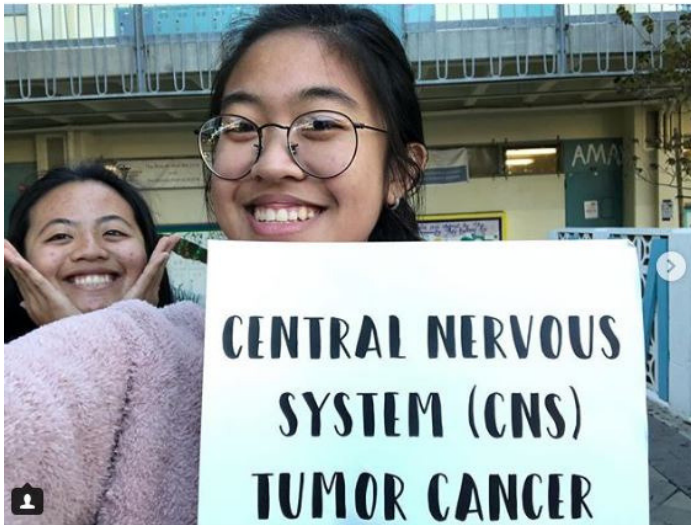
- Write a type of pediatric cancer on a piece of paper.
- State a fact about that type of pediatric cancer.
- Say: Let's tear down cancer by (insert idea)!
- Tear the paper and challenge a friend or chapter!
- Make sure to tag @CaliforniaHOSA and @pediatriccancer, make sure to use the hashtag #TearDownCancer



NATIONAL PEDIATRIC CANCER FOUNDATION

hosa future health professionals CALIFORNIA

allysaredondo • Follow



wrhosa • Follow



mhhshosa • Following
Mountain House High School Athletic Booster Club



yvhs.hosa • Follow



Spreading awareness: Cal-HOSA chapters and members across the state participate in the tear down cancer challenge to bring awareness to pediatric cancer (Source: Instagram)

MAKING STRIDES IN MENTAL HEALTH

by Amanda Gao

According to a study by the National Institute of Mental Health, approximately half of adolescents experience mental disorders in any given year. The mental health epidemic has recently increased in severity, so schools have an important role to play in improving the environment of their campus and boosting student wellness. This year, California HOSA started the Mental Health Prevention and Early Intervention project to establish mental health practices across schools in the state. From May 2018 to June 2019, students and advisors from ten schools including Venture Academy, Washington Union HS, Granite Hills HS and more are creating work plans and programs at their respective high schools.

The individual programs are meant to identify mental health needs of a certain school, equip educators with knowledge to respond, engage the community, connect with families, and work with school districts to integrate mental health strategies into resources and curriculum on campus.

For example, in Region 5, Southwest High School has adopted the theme "Soaring Above Stigma." They have held awareness activities during Suicide Prevention Week in September and Mental Health Awareness Week in October. Furthermore, informational booths have made an appearance at football and volleyball games. Southwest students have even partnered with their ASB during Smile Week sharing their message at an assembly, and they've attended the World Mental Health Day Summit with Imperial County Behavioral Health, a California Each Mind Matters initiative.

EXCITING NEW EVENT!

In addition to these amazing projects, Cal-HOSA is also introducing a Youth Advocating for Youth's Mental Health Day! This event will be taking place before SLC on Wednesday, March 27, 2019 at the Sacramento Convention Center. Participants will have discussions with their peers about the risk factors of mental health and increasing awareness to combat mental illness.

At Sato Academy in Region 4, students have also put on several events. They led a school wide presentation on the warning signs and risk factors of suicide, made a chain of positive messages, and created a tree with hand cutouts during National Suicide Prevention Week in early September. At the Region 4 RLC, Sato invited six presenters to discuss mental health awareness. Students were also certified in mental health first aid on December 14-15, and are planning a second school wide presentation on mental health awareness.

With the prevalence of issues such as depression, anxiety, and other mental illnesses in teens across the nation, students must step up and get involved in battling mental health. Participating in the Cal-HOSA Mental Health project is a great start for participating schools. Other students should take a chance to learn more from the many mental health initiatives within Cal-HOSA throughout the year.



Fighting stigma: Students from Southwest High School in El Centro, CA are part of the Soaring Above Stigma campaign to bring mental health awareness to their school.

(Source: Instagram, @soaringabove stigma)

FEBRUARY: AMERICAN HEART MONTH

by Rithik Castelino and William Martinez

Heart disease is the leading cause of death in the United States for many years now. Thus, February is dedicated to raising awareness on the prevention of heart disease.

About Heart Disease

Heart disease is the general term for many conditions that affect the cardiovascular system. One common heart disease is atherosclerosis - a condition where there is a buildup of plaque in the blood vessels (especially around the heart), causing less oxygen-rich blood to flow into the tissues increasing the chances of complete vessel obstruction that can lead to heart attack.

Prevention

You can start prevention of heart disease at any age, and it's not as difficult as you may think!

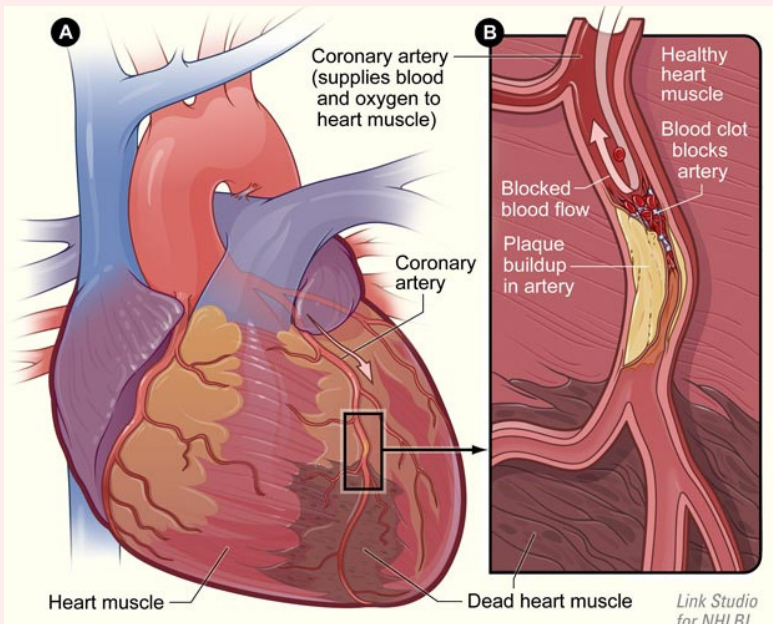
- Choose a healthy diet. Stay away from foods that are high in sodium and trans-fat. Also, limit your intake of sugar-sweetened beverages by supplementing them with water.
- Stay physically active. This doesn't mean you have to go to the gym everyday, but simply dedicate around 2 ½ hours per week to moderate physical activity.
- Control your stress. As students, you may have a wide range of responsibilities and tasks to complete. By making sure to not procrastinate and spread out your workload, you can help yourself eliminate stress. Also, make sure to take breaks and give yourselves moments to relax!
- Don't smoke! Smoking tobacco leads to heart disease, lung cancer, and other illnesses.
- Go to your doctor and get annual checkups

How to Contribute

- Fundraise: Research is expensive, so contributions to research help create new medications and information for those currently suffering with heart disease. There are numerous ways of raising money, so think outside the box!
- Educate yourself and family members: Heart disease is avoidable if the proper precautions listed above are followed. Please take the time to discuss with your family how to live healthier and safer lives.
- Exercise: There are many ways to help a community fight heart disease, but one of the best ways is to lead by example. So take the time out of your day to exercise and inspire others to do the same.

Learn More: Click on the links below to discover more about heart disease!

- [American Heart Association](#)
- [National Heart, Lung, and Blood Institute](#)
- [CDC on Heart Disease](#)



(Image courtesy of National Heart, Lung, and Blood Institute)

LEADERSHIP ACTIVITIES FOR YOUR CHAPTERS

by Megan Chen

For today's students to keep pushing the boundaries of health, it's critical to understand what being a "future health professional" entails. HOSA - beyond being a Career Technical Student Organization (CTSO) that educates members on the different aspects of the medical field, is an organization that strives to empower students to be future global leaders in the ever-changing health professions. As such, we encourage all chapters to take leadership - one of HOSA's core values, to heart this year. Here are a couple of ideas for leadership activities, inspired by Board of Directors Chair, Dr. Gustavo Loera, and HOSA's Executive Council.

CUP STACKING

Materials:

15 stackable cups (paper/plastic/styrofoam)
Marker or pen
Blindfold

Preparation: Label 5 cups with the number "5."
Label 4 Cups with the number "4." Repeat for numbers 3, 2, and 1. Acquire a blindfold.

Instructions: Work in pairs. One partner will sit down at a table with the cups scattered in front of them. This partner will be blindfolded and will have to listen to the other partner who will be sitting across from them and giving verbal instructions to stack the cups. The cups should be stacked with the row of "5" cups at the bottom, then the row of "4" cups on top, and so on. The partner giving instructions will not be allowed to touch the cups.

Reflection: Communication is one of the most important skills in effective leadership. In this activity, key lessons in giving instructions and listening are demonstrated. Communication in group settings must be direct. Large amounts of information or complexity often leads to confusion. In addition, this activity heavily relies on active listening skills. Listening is sometimes trumped by

speaking, but it encourages trust and respect between partners—thus, it is key for great communication. Listening enables the listener to further understand another's opinions. This is vital in achieving effective leadership.



THE GAME OF LEAD

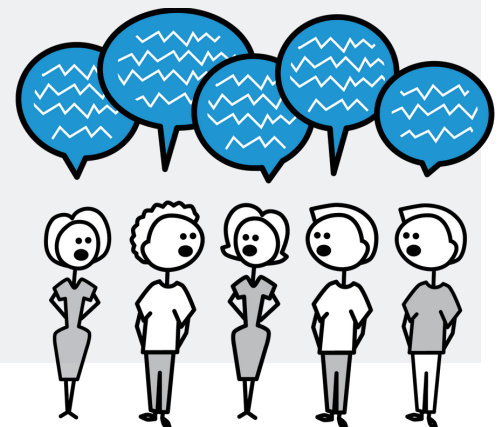
Preparation: Create ten to fifteen realistic leadership scenarios. Some examples include:

- A team member refuses to delegate work. They are overwhelmed, but don't accept help. How do you respond?
- In a project, your partner has put off their duties for over two weeks. They do not respond to updates when you try to follow up. How do you deal with this situation?

Activity: Split into groups of three or more. After being given the scenario by a moderator, two groups will go head to head with only one to two minutes to devise a response. They will share their response after the given time, and the other groups will vote for what they believe as more effective in each situation.

Reflection: This activity shows how leadership requires innovation. Sometimes, the most creative solutions can lead to the greatest results. With that said, however, many conflicts need to be resolved within a short span of time. Therefore, leaders must assess situations quickly and take action. Furthermore, many conflicts require the leader to be adaptable and to have a genuine and empathetic understanding of their members. They need to

act in a way that does not make the specific member feel targeted or uncomfortable.



MEDICAL TERMINOLOGY CROSSWORD

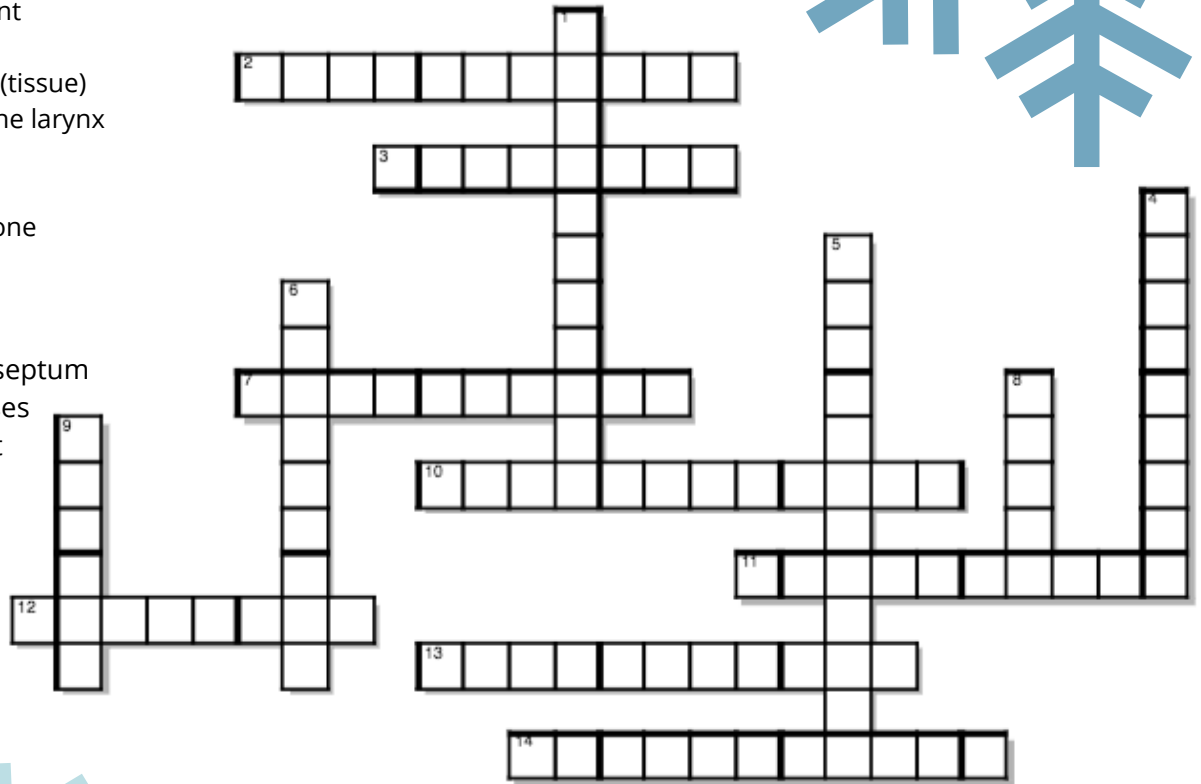
by Xavier Montes

ACROSS

- 2 Surgical fixation of a joint
- 3 Tumor of the liver
- 7 Loosening of the nerve (tissue)
- 10 Visual examination of the larynx
- 11 Suture of the muscle
- 12 White blood condition
- 13 Surgical fracture of a bone
- 14 Excision of the spleen

DOWN

- 1 Surgical repair of the septum
- 4 Causal study of diseases
- 5 Specialist on the heart
- 6 Condition of the lungs
- 8 Absence of breathing
- 9 Good breathing



ANSWERS:

Across: 2) arthrodesis; 3) hepatoma; 7) neurolysis; 10) laryngoscopy; 11) myorrhaphy; 12) leukemia; 13) osteoclasia; 14) splenectomy
Down: 1) septoplasty; 4) pathology; 5) cardiologist; 6) pneumonia; 8) apnea; 9) eupnea

Happy New Year!

CALIFORNIA HOSA WISHES YOU ALL THE BEST
IN YOUR ENDEAVORS THIS UPCOMING YEAR!