



## THANK YOU *from the state officer team*

And with that, the final edition of the "Heartbeat of HOSA" for the 2018-2019 HOSA year comes to a close. We hope you have enjoyed these newsletters, from the chapter features to awareness articles about major diseases.

The State Officer team would like to thank you for taking the time out of your day to stay up to date on HOSA events and for giving us the opportunity to communicate with you.

We would also like to give a giant Thank You to the Leadership Team of Cal-HOSA who has given us a great amount of guidance throughout the creation process and also Mr. Cuenca, who has been of amazing assistance.

However, this isn't the end of the journey as there is still some time left before SLC. So study hard for your competitions, serve your communities, grow your leadership skills, and keep pursuing your dreams of becoming a healthcare professional. We'll see you in Sacramento!



## WHAT'S INSIDE

- Gearing up for the 2019 Cal-HOSA State Leadership Conference!
- Health-Related Reading Recommendations!
- A Fun Medical Maze!



## UPCOMING EVENTS

- **March 28-31:** Cal-HOSA State Leadership Conference
- **April 9:** ILC Letter of Intent Submission

## CONNECT WITH US

Want to contact an officer?

Email [firstname.calhosa@gmail.com](mailto:firstname.calhosa@gmail.com) (i.e. [amanda.calhosa@gmail.com](mailto:amanda.calhosa@gmail.com))

Want more?

Check out our website at [cal-hosa.org](http://cal-hosa.org)

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



# FAQ: STATE LEADERSHIP CONFERENCE (SLC)

by William Martinez, Ormina Naveed, Megan Chen, Rithik Castelino

## What will my day look like?

The composition of your days will vary throughout SLC, but each day should be a balanced mixture of competitive events, workshops, and networking. Each night will be finished with a ceremony: Opening Session, Recognition Session, Closing Session. On Friday night, the 3rd Annual Cal-HOSA Talent/No Talent show will be taking place! The HOSA Store will be open throughout Friday and Saturday.

Check out the 2019 SLC Agenda on the Cal-HOSA website and Guidebook (more information below) for specific event times, so you can start planning your conference experience! Be early for your competitive events and workshops! You want to give yourself enough time to be able to walk to the designated location because the convention area is very large. Remember that early in on time, on time is late, and late is left behind. Finally, keep in mind the curfew. Friday night curfew is at 11:30 PM while on Thursday and Saturday is 11:00 PM.

## What should I wear at SLC?

At SLC, you should wear your HOSA blues, which consist of a navy blue blazer with matching slacks or skirt for women, a white dress shirt, and closed toed blue or black shoes. Boys should wear a maroon tie while it is optional for girls to wear the HOSA ascot. Be aware of how comfortable your shoes are, because you will be doing a lot of walking! Hair needs to be off the shoulders, so bring extra hair ties and bobby pins. If you need a sewing kit, ask the hotel lobby as they usually carry them.

## When do I compete?

Competitive event times will vary throughout the conference, so refer to the SLC Agenda on the Cal-HOSA website or the Guidebook App for a schedule. If you are competing in an offsite event, make sure to plan for bus pick up and travel time. If you do not qualify to Round Two or you only competed in an online event prior to SLC, then make sure to take advantage of the numerous educational and leadership experiences throughout the conference!

## What can I do in Sacramento?

Sacramento is a haven to many great tourist attractions, from the State Capitol Building and Rose Gardens to Old Sacramento Historic Park. Yelp is a great resource to discover and learn more about the city! However, be sure to always buddy up when exploring the city and ALWAYS obtain approval from your advisor first!

## What do you recommend I attend if I want to learn more about being a student leader within Cal-HOSA?

The State Officer Candidate Meet and Greet, Leadership: It's Mysterious and Leadership: It's Branded workshops, HOSA Leadership Camp, and Business Session are great events to attend. In addition, do not hesitate to speak with chapter officers, state officer candidates, and state officers about their leadership experience in HOSA.

## What is Guidebook?

Guidebook is the official app for Cal-HOSA's 2019 SLC! It will allow you to check future and planned events, maintain your personal schedule throughout the conference, set personal reminders as well as check results for your events! Be sure to download Guidebook on iOS or Android!

## What if my question was not answered in this list?

Refer to [cal-hosa.org](http://cal-hosa.org) for more information about SLC!

## SLC PACKING LIST



- |   |   |
|---|---|
| <input type="checkbox"/> <b>HOSA Blues!</b> (Navy Blue Blazer with Emblem, Navy Slacks/Skirt, Maroon Tie, Optional Maroon Ascot, White Dress Shirt, Navy/Black Dress Shoes) | <input type="checkbox"/> <b>Toiletries</b>  |
| <input type="checkbox"/> <b>Extra hairbands/hairpins</b> (Note that hair must be off the shoulders when in official HOSA Blues)   | <input type="checkbox"/> <b>Band Aids</b> (to protect yourself from blisters!)  |
| <input type="checkbox"/> <b>ID Card</b> (Form of government-issued identification must be presented for competition entry)  | <input type="checkbox"/> <b>Pocket Money</b> (to donate to the NPCF Fanny Pack fundraiser, spend at the HOSA Store, buy scholarship basket raffle tickets, and more!) |
| <input type="checkbox"/> <b>Competitive Event Guidelines</b>  | <input type="checkbox"/> <b>Camera or Phone</b> (make sure to tag California HOSA in any of your social media posts!)   |
| <input type="checkbox"/> <b>Competitive Event Materials</b>   | <input type="checkbox"/> <b>Snacks</b>  |
| <input type="checkbox"/> <b>Appropriate casual clothing</b>   | <input type="checkbox"/> <b>A smile and a positive attitude!</b>  |

## DOWNLOAD GUIDEBOOK

VIEW THE CONFERENCE AGENDA,  
CONFERENCE MAPS, AND MORE!

START PLANNING HOW YOU'LL SPEND  
YOUR TIME AT SLC!



Download on the  
App Store

GET IT ON  
Google Play

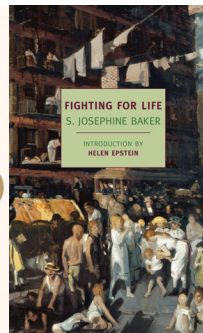
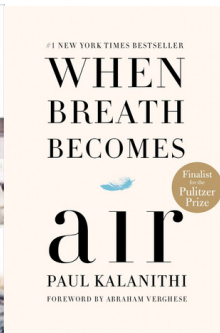
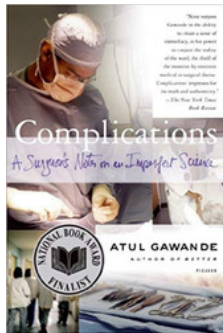
# READING RECOMMENDATIONS

by Amanda Gao and Xavier Montes

Have some time to spare? Looking to expand your reading list? The following books are the perfect opportunity to learn about the lives of amazing individuals in the healthcare industry, while also expanding your perspective on the impact medicine can have.

## Complications by Atul Gawande

One of the 2018-2019 HOSA Medical Reading selections, this book discusses the challenges surgeons face in their day-to-day jobs. Gawande draws from his years of surgical experience, telling anecdotes with an honest, open tone. He writes the book in three parts—Fallibility, Mystery, and Uncertainty—each contributing to an overall message that medicine is imperfect and complicated.



## When Breath Becomes Air by Paul Kalanithi

This autobiography was written in the perspective of both a doctor and patient, offering a unique point of view on medicine, life, and death. Paul Kalanithi was a Neurosurgery resident who was diagnosed with stage IV metastatic lung cancer. Kalanithi skillfully delivers a raw account of his personal and professional life, shining a light on his restless ambition and caring nature.

## Fighting for Life by Sara Josephine Baker

When surrounded by dirty streets, disease, and dying children, many would turn away. Yet, Dr. Sara Josephine Baker took the conditions of New York City's 1900s slums in stride, choosing to solve the problems around her. Dr. Baker spent years in the Bureau of Child Hygiene, where she pioneered methods to reduce infant mortality and increase health education for immigrant mothers. She tells her story in a manner sure to engage any audience.

## Gifted Hands by Ben Carson

This book reflects on the early career of Dr. Ben Carson and his journey in performing the groundbreaking brain separation surgery on conjoined twins. Dr. Carson had just started his residency at Johns Hopkins, and became a well-known neurosurgery resident when he was contacted to perform this difficult, life-threatening procedure. Little did Dr. Carson know that it would make history.

# UCI CHAPTER FEATURE

by William Martinez

It is never too late to start your HOSA journey! UC Irvine HOSA has recently been recognized as an official on-campus organization by the University of California, Irvine. Together, Jasmien Sihota (President), Bianca Bhakta (Vice President), Anthony Hoang (Secretary/Treasurer), Jamie Stapp (Historian), and William Martinez (Cal-HOSA Postsecondary VP) have worked effectively to achieve a common goal: continuing their HOSA journey. Additional postsecondary chapters have been established at Diablo Valley College and UC Santa Barbara.

California HOSA encourages all current and future postsecondary students to start their own HOSA chapter at their 2 or 4-year university. HOSA offers a variety of scholarships, internships, networking strategies, and leadership skills so, don't turn down an opportunity that can positively influence your life forever. If you are interested in starting a postsecondary/collegiate chapter, email headquarters at [headquarters.calhosa@gmail.com](mailto:headquarters.calhosa@gmail.com) for more information on how to get started!



# CAREER FEATURE: LICENSED CLINICAL SOCIAL WORKER

by Melisa Rivera and Makayla Gonzalez

Through every health-related problem, social workers are present to guide individuals and families. Licensed Clinical Social Workers (LCSW) provide assistance for issues relating to mental and emotional wellbeing. They work in a variety of sectors, such as mental health, substance abuse, school social work, marriage counseling, and administration. In all scenarios, LCSWs aim to gather information about their clients, develop treatment plans, and provide or refer for service. Their ultimate goal is to improve the general wellbeing of clients.

In the U.S., becoming a LCSW typically requires a Master's degree in social work. These programs can be seat based or online, and they often offer a broad foundation for biology, psychology, sociology, finance, and politics. After completing a master's program, prospective LCSWs must gain clinical work experience. In California, a minimum of 2 years and 3,200 hours of supervised work experience is required. Students must then pass a California Law and Ethics Exam and ASWB (Association of Social Work Boards) Examination.

Becoming a Licensed Clinical Social Worker allows for diverse and fulfilling work experiences, helping individuals achieve overall health and wellness.

# MEDICAL MAZE

by Lisa Tang

## Instructions:

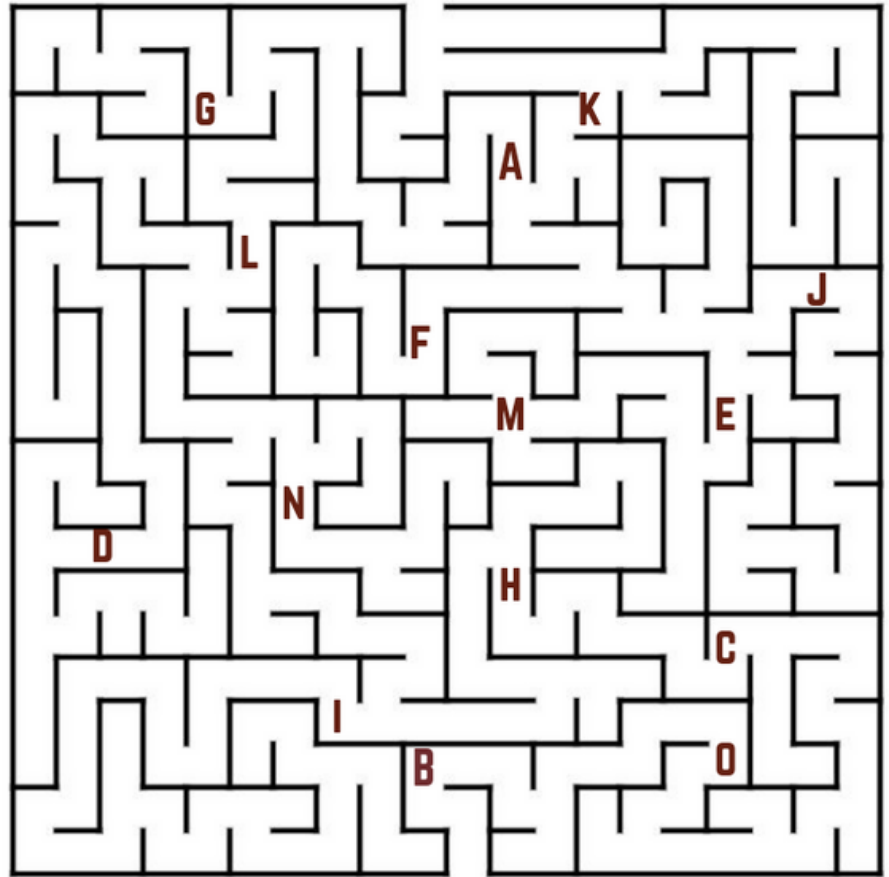
Welcome to the HOSA Maze!

Every time you encounter a letter on your path to the "Finish," answer the corresponding question below. If you know the answer, go forward. If not, do some research and learn something new!

Can you answer all the questions make it to the end?



**START HERE**



**FINISH**



## Questions:

- A. What does the acronym PET stand for?
- B. What is the medical term for a nosebleed?
- C. What is the function of the valves found in veins?
- D. What disorder impairs a person's ability to process language and communicate?
- E. What is the medical term for swelling caused by excess liquid in body tissues?
- F. What does the suffix *-itis* mean?
- G. How many liters of urine does the human body produce in a day?
- H. What is the leading cause of death in women in the United States?
- I. What infectious disease killed about 100 million people globally in a 1918 pandemic?
- J. What disorder is characterized by an abnormal curvature of the lens in the eye?
- K. How many bones does the human body have?
- L. Who is often referred to as the "Father of Human Anatomy" and used dissection to learn about the human body?
- M. What medical professional deals with the treatment of disorders of the foot and ankle?
- N. What is the medical term for a bluish color of the skin?
- O. How many chromosomes does a human cell have?

## Answers

- |   |                    |
|---|--------------------|
| A. Position emission tomography         | I. Influenza (flu) |
| B. Epistaxis                            | J. Stigmatism      |
| C. Prevents blood from flowing backward | K. 206             |
| D. Aphasia                              | L. Vesalius        |
| E. Edema                                | M. Podiatrist      |
| F. Inflammation                         | N. Cyanosis        |
| G. Two                                  | O. 46              |
| H. Heart Disease                        |                    |

