Golden Hearts Initiative

What is the Golden Hearts Initiative?

The Golden Hearts Initiative began last year in celebration of California HOSA's 40th anniversary, with the goal of spreading kindness and bringing joy to pediatric patients through activity kits. After seeing its impact, we are continuing to grow Golden Hearts and expand its reach across our communities. This year, chapters can make a difference through pediatric unit activity kits, care packages for unhoused, women's, and refugee shelters, and letters of encouragement and craft kits for senior centers. Chapters are encouraged to identify local organizations and community needs where their support can make the greatest impact. By researching local needs and building connections, chapters can find meaningful ways to serve those around them. Together, we can continue growing Golden Hearts, spreading kindness, and making a difference across California.

How to participate:

To participate in Golden Hearts Initiative, building a partnership and rapport with a local facility is important when considering the success of this initiative in your local chapter. After your chapter determines what type of facility they'd like to donate to, and they find a location, reaching out by email or phone is the next step. For the pediatric units, senior centers, and shelters the necessary materials are explained thoroughly on the initiative outline.

Recognition Awards:

Cal-HOSA is beyond thrilled to see chapter members engaged with their local communities, making them healthier and happier. We hope to celebrate your Golden Hearts achievements at the State Leadership Conference in April 2027. Chapters that dedicate time to particpating in the revamped Golden Hearts Initiative and fill out the verification form linked above with their advisors will earn the following:

- Goodie bag with Golden Hearts trinkets + a surprise from the State Officer team
- Digital certificate (for every participating member)

Contact: Shelters (food/hygiene kits): Contact Aditi Chawla, aditi.chawla@cal-hosa.org
Senior Centers (handwritten letters/kits): Contact Brody Raines, brody.raines@cal-hosa.org
Pediatric Unit (activity kits): Contact Marissa Rodriguez, marissa.rodriguez@cal-hosa.org

Link to Inititive Outline:

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Senior Centers (handwritten letters/kits): Contact **brody.raines@cal-hosa.org**
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Golden Hearts Initiative Outline:

2026-2027

GOLDEN HEARTS INITIATIVE

Outline & Information

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What is the Golden Hearts Initiative?

What is the Golden Hearts Initiative:
The Golden Hearts Initiative was started last year in celebration of California HOSA's 40th anniversary, with the goal of spreading kindness and bringing joy to pediatric patients through activity kits. Since then, we have seen the impact this initiative can make, and we have decided to continue growing and expanding Golden Hearts to bring joy to even more people in our communities. This year, chapters can make an impact through pediatric unit activity kits, care packages for unhoused, women's, and refugee shelters, and letters of encouragement and craft kits for senior centers.

As Golden Hearts continues to grow, chapters are encouraged to look within their own communities to identify pediatric units, unhoused shelters, and senior centers that could benefit from their support. By researching local needs and connecting with local organizations, chapters can find meaningful ways to serve those around them. Together, we can continue growing this initiative, spreading kindness, and making a difference across California.

The Golden Hearts Initiative launches on October 2nd, 2026 and the last day to submit the Verification Form is March 11, 2027

Golden Hearts Initiative Verification Google Form

Getting Started

Getting Started:

PLEASE NOTE: You **do NOT need to donate to all three of the service categories** for this initiative (pediatric units, shelters, and senior centers). Please donate to a center in whichever category is most **ACCESSIBLE** to your chapter! That is the goal of Cal-HOSA's inclusive launch of Golden Hearts initiative: **to ensure that EVERY chapter can participate and develop servant leadership in their communities.** Also, if donating to more than one category works for your chapter, please do so!

Forming a Partnership:

Building a partnership and rapport with a local facility is important when considering the success of this initiative in your local chapter. After your chapter determines what type of facility they'd like to donate to, and they find a location, reaching out by email or phone is the next step. When reaching out to the facility you should use professional language and thoroughly explain your reasoning for wanting to donate supplies.

Leading within Your Chapter:

Taking on Golden Hearts as chapter officers is a great way to grow as servant leaders. It is crucial that you delegate this work and engage as many members as you can in your service.

a.) Ways to Fundraise for Donation Materials

i. Selling boba, donuts, or other food/drink items through school-based fundraisers

ii. Asking for grants from small businesses in your community

iii. Organizing restaurant fundraisers (earn percentage of their sales; ex. Chipotle, Raising Cane's)

iv. Collecting $5-20 donations from each chapter member for Golden Hearts

v. OR run a donation drive for items and materials within your chapter or community to build the kits of your choice

b.) Assembling donation kits

i. After buying or collecting items needed, bring all items to chapter's meeting place (at school or in a community space)

ii. Check items to ensure they are unopened and brand new

iii. Organize chapter members and officers into an **assembly line**

Materials For Facilities

Materials to Facilities & Organizations:
To help make connecting with facilities easier, the Cal-HOSA State Officer team has created a letter providing background information on Cal-HOSA and details about the Golden Hearts Initiative. This supplement can be given to any facilities you've connected with to help assist with clear communication about the initiative and its purpose.

Below, you can find letter pdf links to each kind of service pertaining to the Golden Hearts Initiative.

- Donation to Senior Centers (Click here)
- Donation to Pediatric Units (Click here)
- Donation to Unhoused Shelters (Click here)

What to pack for Pediatric Units:
When preparing activity kits for pediatric units, please make sure to follow the facility's donation guidelines and confirm which items they are currently able to accept. Each activity kit may include crayons, colored pencils, markers, Play-Doh, and a note pad, with all items placed neatly inside a new, clean, resealable Ziploc bag. Please only collect and donate new and unopened items to ensure that all materials are safe and appropriate for patients. Make sure each kit contains the same or an equal amount of supplies so that they can be distributed fairly. Remember, these kits are meant to bring comfort, creativity, and a little bit of joy to patients.

What to pack for Shelters:
Once you have found a shelter open to donations, please check their wishlist or accepted donations page and do your best to gather donations they need; if a requested items list is not available, please reach out to the shelter by phone or email to confirm which donations they can accept from you. Generally, canned foods and hygiene products (toothpaste, shampoo, lotion, etc.) are low in stock and needed by unhoused, women's, and refugee centers. Please only collect and donate unopened, clean, and lightly-used items to ensure that we are being respectful towards the inhabitants of these centers. Also, make sure that gathered resources are equally distributed within each bag. Remember, it is always nice to personalize your donations with a heartfelt note signed by your chapter officers; lead with empathy!

Materials For Facilities & Recognition

What to pack for Senior Centers:

After contacting your local senior center there is only one thing left to do… Get to crafting! When creating craft kits for senior centers, you should add activities and letters. When writing your letters you should add **colors, drawings, cartoons and other things that make your letters pop out.** Please avoid writing generic letters without effort or depth. Stay away from phrases like "I hope you get well soon" or "Feel better soon". When thinking about activities that you can donate you should try and put yourself in the shoes of the people you are donating to. If you are donating to a nursing home you may want to include things like coloring kits, and knitting materials as opposed to things like sports equipment. When donating activity kits you want to ensure that they have **everything** someone would need to complete the activity. If you are donating a painting set you should make sure that it includes both paper, paints, and the brushes required to complete the activity.

Recognition Awards

Cal-HOSA is beyond thrilled to see chapter members engaged with their local communities, making them healthier and happier. Of course, we hope to celebrate your Golden Hearts achievements at the State Leadership Conference in April 2027! Unlike previous years, chapters that dedicate time to participating in the revamped Golden Hearts Initiative and fill out the Verification form linked above with their advisors will earn the following:

1. **Goodie bag with Golden Hearts trinkets + a surprise from the State Officer team**
2. **Digital certificate (for every participating member!)**

Cal-HOSA, thank you for dedicating your time as servant leaders to your communities. We are honored to have Golden Hearts in our organization. Please reach out to the state officers listed below with any questions! Ready, set, serve!

Contact Information

State Officers:

- Shelters (food/hygiene kits): Contact Aditi Chawla, aditi.chawla@cal-hosa.org
- Senior centers (handwritten letters/kits): Contact Brody Raines, brody.raines@cal-hosa.org
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