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WELCOME TO 2018-19

by Amanda Gao and Ormina Naveed

Hello California HOSA!

Welcome to the 2018-2019 HOSA year! The state officer team and the Cal-HOSA staff have been hard at work preparing to make this year a great experience for all members.

We are excited to release the first issue of our monthly Cal-HOSA Newsletter, which will be covering a broad range of topics including member and chapter features, HOSA updates, activity ideas, and more. Hopefully, this newsletter will allow you to better connect with one another and gain inspiration as you continue on your HOSA journey.

In addition to this newsletter, the state officer team has created an ambitious list of goals including developing the YouTube channel and working on the HOSA service project. These are all meant to unite the Cal-HOSA community and promote inclusiveness in your chapters. As Helen Keller once said, "Alone we can do so little; together we can do so much." We encourage you to take this message of collaboration and teamwork into your school year and HOSA plans.

Finally, please note that we are constantly looking for member input, so feel free to contact us at any time with questions, concerns, or simply to update us on any amazing projects your chapters or members are doing! On behalf of your 2018-19 Cal-HOSA State Officers, have a fantastic year!

LOOK AHEAD
August is Immunization Awareness Month!

ILC Recap Video in YouTube

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

See page 4 for social media



FEATURE: NAMI WEEK AT LOS ALTOS HIGH SCHOOL

by Makayla Gonzalez and Melisa Rivera

Our 2016-18 National Service Project was the National Alliance on Mental Illness (NAMI). During this past year, Cal-HOSA chapters became very creative on ways to spread NAMI's message. Los Altos High School HOSA created a NAMI Week where they dedicated each day to raising awareness for mental illness.



Source: LAHS Instagram

Make It Count Monday

Students took a pledge to pop the stigma and received ribbons to wear throughout the week.

Thrive Together Tuesday

Students handed out bracelets throughout the school to further spread the meaning of NAMI.

We Matter Wednesday

Students took a picture in front of a poster and used a hashtag to post onto social media.

Thoughtful Thursday

Students wrote positive messages to friends, teachers, and faculty members.

Fight The Stigma Friday

Students wore green to support the NAMI foundation and further encouraged others to join them in popping the stigma against mental illness.

We want to thank Los Altos High School HOSA for helping spread awareness for mental illness, and although NAMI is no longer our service project, we encourage students to continue popping the stigma against mental illness.



JULY- JUVENILE ARTHRITIS AWARENESS MONTH

by William Martinez and Alice Wong

What is Juvenile Arthritis (JA)?

The term juvenile arthritis, otherwise known as pediatric rheumatic disease, describes a group of inflammatory conditions and rheumatic diseases that affect children under 16. All of these conditions are autoimmune disorders, meaning that the body's immune system turns against itself. The most common symptoms of JA are joint pain, swelling, and stiffness, but serious complications such as growth problems and eye inflammation may also occur.

Who is at risk for JA? What are the causes?

Although JA isn't very widely known, it actually affects more than 300,000 children in the United States alone. The cause of JA has not yet been discovered, but it's thought that the body's immune system mistakenly attacks cells in the joints as if they were bacteria or a virus. Currently, there are no clear risk factors for JA, but both genes and the environment likely play a role.

How can we support the fight against JA?

Tell others you know about Juvenile Arthritis! Do some research and create a presentation about JA to share with your community, or create a mini-workshop for your chapter! You can also raise money with your local HOSA chapter to make a donation to JA research through reputable charities, such as the Arthritis National Research Foundation or the Arthritis Foundation.

IN REVIEW: CAL-HOSA AT ILC

by Megan Chen and Xavier Montes

Keynote Address

After a lively introduction to opening session featuring "The Greatest Show" and pyrotechnics, HOSA's keynote speakers continued to light up the stage. Speakers included the Surgeon General of the United States, Jerome Adams and Dr. Rick Rigsby. Surgeon General Jerome Adams reminded HOSA members to always "advocate, persevere, and stay grounded." Meanwhile, Dr Rigsby reminded us that "What matters most is not how long you live, but how you live."

Workshops & Symposiums

Workshop topics ranging from learning about how to get into medical school to becoming certified in bleeding control gave all members more opportunities to jumpstart their education in healthcare. In addition, the HOSA Expo provided members with more more learning opportunities through activities with CVS Health, the U.S. Army, Skaggs School of Pharmacy, the National Disaster Medical System, and more!

2018-19 HOSA Theme

HOSA's international theme for the 2018-2019 year has been declared as "Define Your Purpose." Closely tied in with the theme of this past year, "Create Your Future," this year's theme serves as a reminder to HOSA members to explore what's meaningful to them.

Executive Council

At the 2018 International Leadership Conference, California HOSA was fortunate to have Vivian Do, former state officer, run for HOSA's Executive Council. We are proud to announce that she became the 2018-2019 President-Elect and will work with HOSA for the next two years to help all members "Define Their Purpose!"

Service Project

HOSA's Service Project for 2018-2020 has been announced as the National Pediatric Cancer Foundation, a non-profit dedicated to funding research to eliminate causes of childhood cancer. The NPCF has collaborated with leading medical institutions and doctors nationwide and has donated \$13 million since its formation twenty-six years ago.



TIPS FOR CLUB RUSH SUCCESS

by Rithik Castelino and Lisa Tang

HOSA is not a club with open membership. Cal-HOSA requires that students are enrolled in a Health Science and Medical Technology pathway or course. However, many chapters still participate in their school's club rush. Here are some tips to create a successful club rush presence!

1 Setting Up The Table

- Make sure to contact your student leadership early to secure a good spot for your table and to secure as many dates as possible!

2 Getting Members to the Table

- Bring visuals, incentives, or demonstrations (e.g. hitting knees with small rubber hammers, taking blood pressure) to make your booth more memorable. A bulletin board or trifold can help students imagine what being a member in your club will be like.
- Be proactive! Don't wait around. Approach the underclassmen who are still unsure of what to join. Usually, they're very curious and full of energy.

3 Engaging with People Expressing Interest

- Give some examples of chapter activities throughout the year, such as SLC and HOSA Week, to give your audience a better idea of what our organization does.
- Always remain approachable and friendly while giving your pitch. You don't want to scare away potential members.
- Tell students your story. What makes you passionate about HOSA? This makes the organization seem more personable and relatable.

4 Post-Club Rush

- Getting member sign-ups may be challenging, but keeping member engagement is even more important. Send out an email after club rush thanking them for their interest, recapping what your chapter does, and providing the meeting time and location.

UPDATES & ANNOUNCEMENTS

Next newsletter release in mid-August!

Stay tuned for an ILC recap video! Check out our YouTube Channel here:

<https://bit.ly/2Im35EQ>

Enjoyed this issue? Tell us how we're doing by filling out a quick survey here: <https://bit.ly/2MUKtOQ>

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