

WHAT'S INSIDE:

HOSA Service Project Ideas, Washington Leadership Academy Recap, Medical Crossword, Alumni Feature, Career Spotlight, and more!

ANNOUNCEMENTS:

Click here to fill out our newsletter feedback form to let us know how we're doing!

LOOK AHEAD:

October 13, 20, and 27

Regional Leadership Conferences

November 16

2019 California Pin Design Submission Deadline

December 1

2019 SLC Registration Opens



Local Chapter Leaders at Washington Leadership Academy



NOCROP at Esperanza High School



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Want to contact an officer?

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

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WASHINGTON LEADERSHIP ACADEMY

by Ormina Naveed and Melisa Rivera

The 12th annual Washington Leadership Academy was held from September 15 to 18. California brought 54 delegates, including state officers and local chapter leaders, to Washington DC. Attendees participated in leadership workshops and activities, were also given the opportunity to advocate for HOSA among legislators, listened to keynote speakers, and went on industry tours.



This year's WLA theme was Socially Responsible Leadership through the Social Change Model; for short, the Seven "C's". The Social Change Model is an approach to build socially responsible leaders who will create positive social change. Its goal is to enhance student learning and development by developing a student's knowledge of themselves and their leadership skills, and to build an awareness that positive, social change is the ultimate goal of leadership.

At WLA, members also focused on the core values of HOSA — lead, learn, serve, and innovate through a series of mini workshops led by the Executive Council. Overall, workshops and activities significantly helped HOSA members build up their network with members from across the nation.



SATO HOSA with congress staff member

Members also met with their legislators to advocate for HOSA and the Perkins Act. The Perkins Act helps many HOSA members, who cannot afford to go to a conference or buy equipment, through grants. Members attending WLA set up meetings with their local congressperson and staff members to discuss how HOSA has impacted them.

Keynote speakers for this year was Captain Paul Reed, MD and Lieutenant Colonel Elizabeth Duque, MD, MBA, of the U.S. Army. Opening keynote speaker, Captain Paul Reed, MD's speech was centered around the 2018-19 National Theme, Define Your Purpose. Reed not only emphasized the importance of defining one's purpose, but also emphasized how to realize it. Lieutenant Colonel Elizabeth Duque, MD, MBA, of the U.S. Army shared her journey through medicine.

Thank you to all the Cal-HOSA members who attended WLA this year. We hope you had a great experience, and we encourage all members to try attending in the future!

"I came to WLA because I wanted to be able to network and connect with people with the same goals and aspirations as me."

-Mary Rached, Los Altos High School, Region 4

PARTICIPATING IN THE HOSA SERVICE PROJECT

by Rithik Castelino, Amanda Gao, Makayla Gonzalez, and Lisa Tang

As announced at the 2018 International Leadership Conference, the new HOSA service project is the National Pediatric Cancer Foundation (NPCF). Created in 1991, the NPCF has primarily focused on funding research for childhood cancer. For example, they founded The Sunshine Project which funds clinical trials and collaborates with a network of doctors and hospitals to find treatments. Over the years, the NPCF has donated over \$13 million to pediatric cancer research.



**NATIONAL
PEDIATRIC CANCER
FOUNDATION**

California HOSA

Cal-HOSA plans to launch an awareness campaign on all social media platforms and through the newsletter. To increase awareness, we're excited to announce the "Tear Down Cancer" challenge! To participate, follow these steps:

- Write down a type of pediatric cancer on a piece of paper
- State a fact including that type of cancer
- Say "Let's tear down cancer by [insert your idea here, such as fundraising/bringing awareness/ donating, etc.]
- Challenge a friend to tear down cancer!

Feel free to use a variety of paper sizes and make it a group activity, or experiment with different ways to execute the activity! Post videos or pictures on social media and use the hashtag #teardowncancer. Make sure to tag California HOSA as well for a chance to be featured!



Cancer is the leading cause of death by disease among children

43 children per day are expected to be diagnosed with cancer

15,780 per year

Learn

Visit nationalpcf.org/hosa/ to learn more about the organization and how you can get involved as a HOSA member! Sign up to become a NPCF ambassador to receive updates about projects, research, and treatment.

Fundraise or Donate

The NPCF's own fundraising programs include Cut for a Cure and Fishing Funds the Cure. Alternatively, you can start your own fundraiser such as a bake sale, car wash, 5k run, or more!

Donate online through the National Pediatric Cancer Foundation website here (<http://bit.ly/npcfdonate>). All donations are tax deductible. Check with your parents' or your employer to see if they match charitable donations. If so, you can double your impact in fighting childhood cancer!

If you can't donate money, try making care packages to send to a local hospital. Including goodies such as stuffed animals, coloring books, and toys is a sure way to bring smiles to children's faces!

Volunteer

Volunteer in places such as a nearby hospital's pediatric department. Or, think of your own volunteering idea to implement at school. Make sure to plan ahead and check with your administration about campus rules.

Spread Awareness

Wearing a gold ribbon is simple to do and symbolizes commitment to the cause, encouraging others find out more and get involved. In addition, tell your friends and family about childhood cancer! Together, HOSA members can make a huge difference.

Over **12** types of pediatric cancer & more than **100** subtypes

Only **3** approved drugs for use in children

\$40,000 for an average hospital stay

As you head into the upcoming HOSA year, make sure to keep the HOSA Service Project in mind. Cal-HOSA is excited to see the great ideas you all have in store!

HEALTH CAREER SPOTLIGHT: EPIDEMIOLOGIST

by Melisa Rivera

Have you ever heard the term “Patient Zero”? This term refers to the initial patient in an epidemic or pandemic. Often times, it’s the goal of an Epidemiologist to find “Patient Zero.”

According to the Bureau of Labor Statistics, Epidemiologists “seek to reduce the risk of negative health outcomes through research, community education, and health policy.” Epidemiologists ask questions such as “Where does a disease come from?” and “What measures can be taken in order to prevent them?” They often work at local health departments, large government agencies such as the Centers for Disease Control and Prevention (CDC), laboratories, or hospitals. Epidemiologists not only conduct research, but they also often go out into the field to collect data and analyze how communities work together during outbreaks.

To become an epidemiologist, you must receive a Master’s Degree in Epidemiology or Public Health. You may also want a Doctoral Degree to further advance your career. If you are interested in public health, epidemiology might be the job for you! Check out the competitive event in Epidemiology to learn more about the subject and see if this career might be a fit.

Source: Epidemiologists. (2018, April 13). from <https://www.bls.gov/ooh/life-physical-and-social-science/epidemiologists.htm>

GOAL SETTING FOR THE NEW YEAR

by Alice Wong

With the school year rapidly approaching, it is easy to become overwhelmed with all of your responsibilities. Therefore, it is important to balance your time to get things done. Setting "SMART" goals is a great way to get started!



S Specific

What do I want to do? Who is involved? Where will it occur? Which resources will I need?

Example: We want to increase the number of local service events for our HOSA chapter by organizing fundraisers for nearby organizations.

M Measurable

How much? How many? How will I know when my goal is accomplished?

Example: Our goal is four events per semester

A Attainable

How realistic is this goal? Do I have the resources and time to complete it?

Example: Last year, we held two service events for members first semester and three events second semester, so four per semester is achievable.

R Relevant

How does this match my overall mission? Is it the right time to work on this goal?

Example: Members enjoy service events, so more events will boost satisfaction while helping the community.

T Time Bound

When does this goal need to be completed? What can I do today? A week from now? A month from now?

Example: By April 1st, we will have held eight local service events.

SMART Goal: By April 1st, we will have held eight local service events (or four per semester) in collaboration with nearby organizations for members to enjoy .

ALUMNI FEATURE: ELAINE YIP

by Megan Chen

Elaine Yip graduated from Diamond Bar High School in 2017 and is a rising sophomore at Hamilton College in Clinton, NY. Studying biochemistry and molecular biology, she hopes to combine her interests in public health, medicine, and her majors.



Elaine joined HOSA her sophomore year in high school with hopes of expanding her view in the healthcare professions. She attended several local chapter events as well as RLC that year, and the following year, she attended SLC. It was at SLC that she realized that HOSA was more than a CTSO; it was a family.

In her senior year, she served as a chapter officer and qualified for ILC in Biomedical Laboratory Science and Healthcare Issues Exam. There, she took home the gold and qualified in the top 10% internationally. Following ILC, Yip took a bold step in her healthcare journey, interning for the Assistant Secretary for Preparedness and Response (ASPR) branch of Health and Human Services after applying for the program through HOSA STEM Premier.

There, she curated a spreadsheet that cross-examined national and international public health emergency preparedness assessments based on WHO regulations and created animated maps for public health outbreaks. Yip vividly recalls the striking diversity in backgrounds of those she worked with at her internship, but she was inspired by how everybody was united by the desire to help others.

Elaine also attended the prestigious Public Health Leadership Scholars (PHLS) Program, as recommended by her ASPR internship coordinator. Throughout the program, she listened to an array of guest speakers from the Deputy Surgeon General, Dr. Sylvia Trent-Adams, to the director of the Medical Reserve Corp Program, Captain Rob Tosatto. Through engaging presentations, Yip explored new angles of leadership and discovered interdisciplinary connections within public health. She was also able to observe grand rounds, tour the autopsy room and forensic toxicology room in the DC Department of Health, as well as visit the Val G. Hemming Simulation Center.

“PHLS has shown me the importance of HOSA and helped me realize the extent to which HOSA has prepared and shaped me as a future health professional.”

HOSA continues to kindle her interests in the health professions. She currently works as a research assistant in a biology lab and in the health professions branch of her school’s career center. Furthermore, she plans on joining her school’s EMS agency this fall.

Elaine’s passion for healthcare permeates through her bright mind and the grace, maturity, and confidence with which she carries herself. She is undoubtedly both an inspiration and an emblem of what HOSA strives to instill within its members.



Cal-HOSA encourages its members to apply for either the Public Health Leadership Scholars Program or an ASPR Internship. Application information will be available on STEM Premier and at www.hosa.org



REGIONAL LEADERSHIP CONFERENCES

by Amanda Gao and Alice Wong

With the school year in full swing, the Regional Leadership Conferences (RLCs) are right around the corner! Whether it is your first or fourth RLC, every conference has been designed for members to experience something new.

You'll have the chance to learn leadership lessons that the state officers and other Cal-HOSA members learned while attending WLA and you will be exposed to information about the new HOSA Service Project, the National Pediatric Cancer Foundation. The day will be packed with engaging, educational, and interactive workshops. And, to top it off, you'll have the opportunity to meet other HOSA members from across your region.



Valencia High School at the 2017 Region 3 Regional Leadership Conference

Dates and Locations

Region 1

October 20
San Joaquin County Office

Region 2

October 27
Dublin High School Student Union

Region 3

October 27
Washington Union High School

Region 4

October 13
Rio Hondo Community College

Region 5

October 20
UC Riverside- Palm Desert

RLC FREQUENTLY ASKED QUESTIONS

by William Martinez and Xavier Montes



What workshops will there be?

Each region will have workshops on topics such as leadership, health careers, mental health, professional development, and much more. Specific workshops will vary by region. If you want to learn about the specifics for your region, you can contact your Region's Vice President for more information.

Is there going to be information on running for State Office?

Yes. State Officers will hold a workshop to provide information about what the job of a state officer entails, as well as details on the application and candidacy process.

What will I learn at RLC that can help my chapter run more smoothly?

You will learn leadership activities that you can take back to your chapter to promote membership involvement and allow you to build a stronger connection with your chapter members.

Is there a dress code?

The dress code for RLC is HOSA Blues. HOSA Blues includes a navy blue blazer with HOSA emblem, white blouse/shirt, navy blue slacks/skirt, closed toe black or blue shoes, and maroon tie (male) or optional ascot (female).

What's the link to register for RLC?

Advisors may register their students at apps.hosa.org/hosaconf/. The registration deadline varies by region.

BREAST CANCER AWARENESS MONTH

by Rithik Castelino and Lisa Tang

October marks National Breast Cancer Awareness Month. Breast cancer is the most common type of cancer for women in the United States, yet early detection can lead to a cure for most patients. Read more to learn about preventative measures and ways to get involved in this battle against breast cancer!

Early-Detection:

While treatments are available for Breast Cancer, the best option is to try and detect the cancer early on to minimize risk and to allow for early intervention. The three main early-detection measures that are recommended by the National Breast Cancer Foundation are: self-exams, clinical breast exams, and mammograms.

Self-exams are advised to occur monthly. While you should look out for warning signs of Breast Cancer on your own, your best informant is always your doctor. For that reason, regular checkups are highly recommended.

Ways to Get Involved:

There are many ways to get involved with the fight against Breast Cancer, here are just a few!

Fundraise - Research is very expensive, so monetary donations are always appreciated no matter their size. Donations help scientific organizations get closer to discovering a cure.

Volunteer - Many foundations and charities have volunteer programs, and a donation of your time and energy can make a large difference!

Campaign to raise awareness - Unfortunately, the threats of Breast Cancer are not as well known as many would like. Therefore, you can help spread awareness by organizing campaigns, either through nonprofits or by yourself.

Educate Yourself! - While helping others is always important, taking care of yourself is also a priority. Learn more about the early signs and how you can change your lifestyle to decrease the chance of acquiring Breast Cancer.

Want to Learn more?

Click on the links below to learn more about the disease and how you can get involved in your local community.

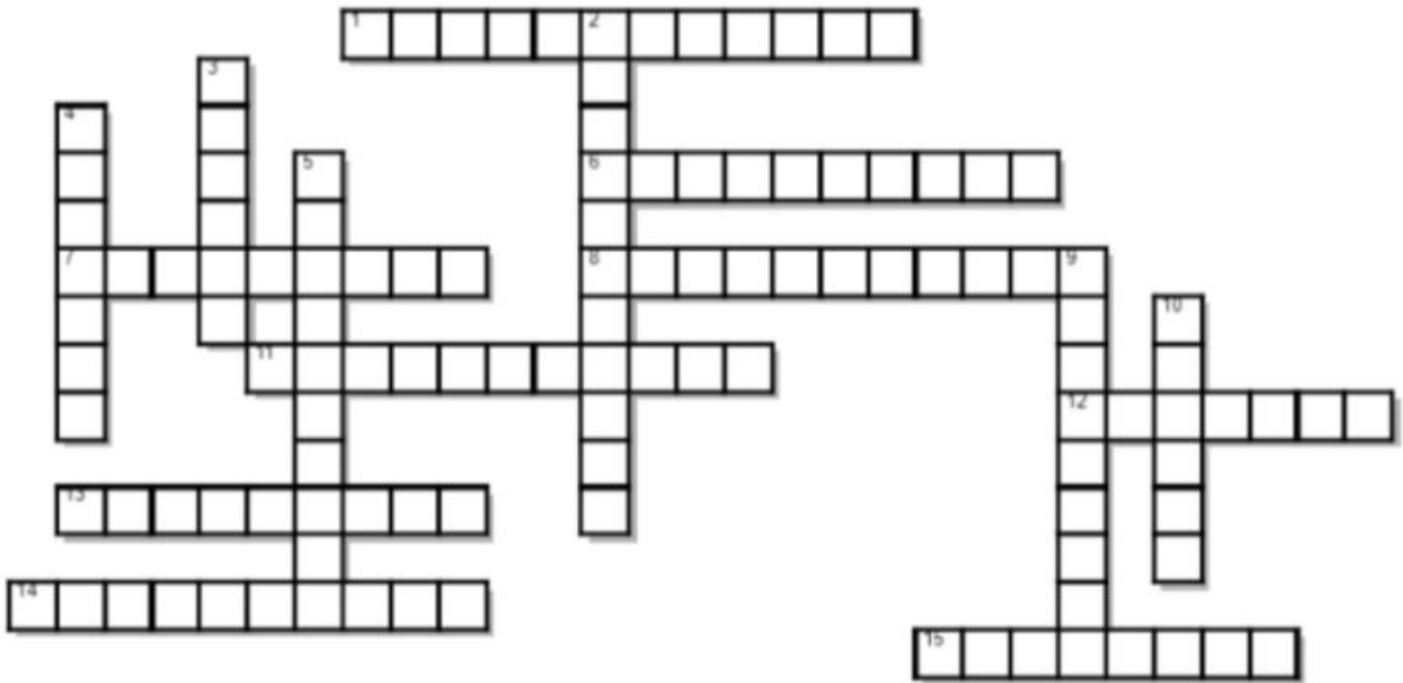
- [Center for Disease Control and Prevention](#)
- [National Breast Cancer](#)
- [Wearitpink.org](#)
- [Breastcancer.org - Statistics](#)
- [Breastcancer.org - Self Exam](#)
- [The Breast Health Guide](#)

In the US, a woman is diagnosed with breast cancer every **two minutes**

one in eight are diagnosed with invasive breast cancer in their lifetime

GAMES AND JOKES

by Megan Chen and Makayla Gonzalez



Y Y C C V C B Y J Y C V S A Y
 P A K K A L L I X A M C U N H
 I W D R O S A A K D A P I L V
 M A N D I B L E V P K E D U U
 X Q G K W Q M A U I S Y A F N
 H Z T G B U I L P C C I R E H
 U D W R R C A K K R O L B M G
 M X R C N F I M X H A C E U T
 E P A U M L F M O X O C C R P
 R S M I I F I B U L A J E Y Z
 U D M U Q K P B C T W Q O D X
 S O M D S V C Z Y E K I H D Q
 P E Y F D X X H L S O F F Z D
 K Z R D L Y Z G J A I B I T S
 I L G W P L A K O H R I N G I

CARPALS	HUMERUS	RADIUS
CLAVICLE	ILIUM	SACRUM
COCCYX	MANDIBLE	SCAPULA
FEMUR	MAXILLA	TIBIA
FIBULA	PUBIS	ULNA

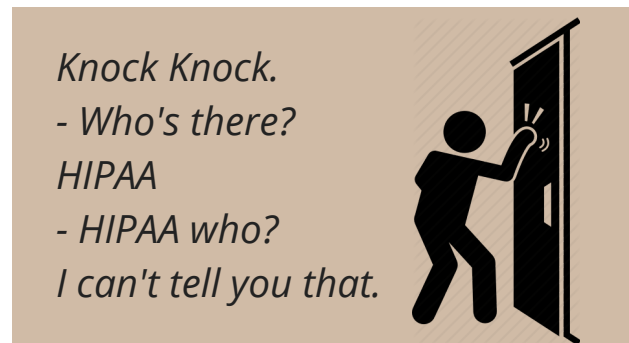
ACROSS

- 1 Inflammation of the Brain
- 6 Without Pain
- 7 Inflammation of the Intestine
- 8 Red Blood Cell
- 11 Paralysis of the Face
- 12 Condition of Paralysis
- 13 Gland that secretes hormones for growth and metabolism
- 14 Muscle Pain
- 15 Sugar in the Blood

DOWN

- 2 Vomiting Blood
- 3 Normal Respiration or Breathing
- 4 Between the elbow and the wrist
- 5 Above Stomach
- 9 Disease that Originates Outside the Body
- 10 Tumor of Fibrous Tissue

1 (1) encephalitis, (2) hematemesis, (3) eupnea, (4) forearm, (5) epigastric, (6) anesthesia, (7) enteritis, (8) erythrocyte, (9) exopathic, (10) fibroma, (11) faciooplegia, (12) paresis, (13) endocrine, (14) myofascial, (15) glycemia



Knock Knock.
- Who's there?
HIPAA
- HIPAA who?
I can't tell you that.