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HOSA Highlights

Spring Newsletter

May 2015

State Advisor's Corner

Delaware HOSA has seen tremendous growth and excitement this year! The State Leadership conference (SLC) reached nearly 800 students and included seven (7) new written tests and three (3) new recognition events! In addition, Delaware HOSA hosted the first-ever Middle School Conference at Central Middle School in Capital School District, and partnered with Nemours for its first annual Rare Disease Day Celebration!

In anticipation of this growth, we hired Sue Parkowski as Assistant State Advisor and implemented an Event Manager role to assist with logistics during the SLC. A giant "THANK YOU" to Sue for the great work this year and a great big "THANK YOU" to the advisors who took on the role of event manager without hesitation and offered tremendous support and smiles to the conference. "THANK YOU" to the advisory committee which has demonstrated amazing commitment every year!

The Delaware HOSA State Officers did a fabulous job creating a HOSA legacy that will hopefully last for many years to come. They developed and judged the Pin and T-Shirt Design in addition to assisting with the logistics of running the SLC. They performed community service, raised \$925 for the "Gift of Sight" program, participated in a retreat at Go Ape, and were excited to help lead the new Rare Disease Day and Middle School events. We have been extremely proud of the teamwork and cooperation demonstrated by the State Officers this year! Although they all are busy students, they made HOSA a priority and got things done! Nolwenn Daniels stays on as the Delaware HOSA President, and will help train new officers while the current seniors head off to universities to add to their many accomplishments. Year five of Delaware HOSA will bring even more growth and excitement! We will be adding more schools and events. I look forward to spending time with students and advisors at the National Leadership Conference in Anaheim, California in June and retreating with officers over the summer. Thank you all for a great year!



A complete list of this year's SLC winners is on our website!

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Moulage Demonstration

noun mou·lage \mü-'läzh\

Medical Definition of MOULAGE

:a mold of a lesion or defect used as a guide in applying medical treatment or in performing reconstructive surgery especially on the face.

Dr. Rebecca Craft, Veterans & Service Members Counselor at Delaware Technical Community College shared her gift of moulage make-up artistry and “victimized” willing students one day at the SLC.

First Ever Middle School Conference

Delaware HOSA expanded it's State Conference into the middle school this year with first year teacher Sharon Ponsell advising over 30 students to compete in three events- Health Career Display, Health Education and Medical Reading. The event was held at Central Middle School in Dover on March 5 and went extremely well with State Officers having the opportunity to serve as judges for the first time. When this news was shared at our Advisory Committee meeting, there was a growing interest in more schools participating at the middle school level. We're looking forward to seeing how HOSA can reach even more future health professionals.

HOSA Idol of the Year

The HOSA Idol Award is presented to an individual student who makes a significant contribution to Delaware HOSA and is recommended by the State Officer team. This year's HOSA Idol was awarded to Morgan Heritage from Hodgson. Morgan is a mature young woman who represents HOSA in every way by being a leader, a contributor, and a hard worker. She is very enthusiastic about HOSA and always brings that enthusiasm and a loving personality with her to every HOSA event.

Hands-On Exhibitors

Respiratory Therapist Janice Ellis, had a swarm of people around the Christiana Care Respiratory Care exhibit during this year's Health Fair. A set of pig lungs were used to allow the students to see what real lungs look and feel like, and see how respirations expand the lungs. The “sick” lungs displayed areas of the lung that were not being ventilated, as well as areas that were damaged. By comparing the lungs side by side the differences of how your lungs should expand equally with each breath could easily be seen. Respiratory Therapy is a health career avenue that a motivated student could explore.



T.J.'s Journey – by Vice President T.J Pinto

In the sixth grade, most kids my age wanted to be professional athletes when they grew up. However, I wanted to be a dentist. At the time it was just a dream, but HOSA has allowed me to come much closer to making this dream a reality. I've learned how far a simple dream can push one to succeed. Hours upon hours have been spent with my nose in a dental book, practicing clinical skills in my schools dental clinic, and stressing over my event, Dental Science. When I first competed as a sophomore, I would have never thought that this organization would change my life the way that it has.

When I first competed as a sophomore, I was quite intimidated by my competition, most of which consisted of individuals older than myself. All I could do was study hard and believe in myself. NLC is an experience like no other. The first NLC I attended was in Nashville, TN. Walking into the opening ceremony was exhilarating, thousands of students and advisors cheering and waving light-up objects, all coming together as health professionals. At this conference I placed sixth in the country in my competition. The following year, I placed second in the country in Dental Science. Standing on a podium in front of thousands of cheering people and receiving my medallion was the most incredible moment in my life.

At the end of my junior year, I decided to run for Delaware HOSA state office. I still remember how nervous I was on the day of my interview. Two weeks later, on my birthday, I received an e-mail that stated that I was selected to be a Delaware HOSA Vice President. I remember finding out right at the end of my anatomy class and running out of the room to tell my dental teacher and student activities advisor. This last year has been one of the best years of my life. I went to the Washington Leadership Academy, where I became friends with other state officers from New Jersey to Hawaii, many of which I still speak to today. I've become best friends with my state officer team, even going on a retreat and zip lining with them over the summer. This incredibly intelligent, charismatic, and fun group of individuals made sure that there was never a dull moment during my term as a state-officer. I also helped run Delaware's first middle school HOSA conference. While it was quite different working from the judge's point of view, it was amazing to watch these students express such an interest for healthcare at such a young age. Helping to run the Delaware HOSA State Leadership Conference was another awesome experience. As hectic as things may be as a state officer during these few days, all of the hard work pays off once you finally get see the smiles and cheering of competitors who placed in their events. Being a state officer forced me to break out of my shell and to become a stronger leader and a better person. My HOSA has made me the person I am today, a future health professional.

T-Shirt & Pin Design

Early on, this year's state officers talked about doing something that would leave a legacy for years to come. That desire turned into yet another

addition to this year's competitive events. Students were invited to create a design that would be fabricated into a pin and t-shirt for the national conference. State Officers were the judges for these events and the winners of the first state t-shirt and pin design competition are Courtney Russum from Sussex Tech and Michele Hunter from Delcastle, respectively.



Winning T-Shirt Design



Winning Pin Design

HOSA Advisor of the Year

This award is presented to an advisor who makes a significant contribution to Delaware HOSA and is recommended by the State Office team. Congratulations to Kaci Burris from POLYTECH for being presented with the 2015 Advisor of the Year award. Kaci has worked with numerous students to prepare for the state conference. She demonstrates a willingness to accept challenges with enthusiasm and is admired by teachers and students alike. In addition, she spent four days with State Officers at the Washington Leadership Academy.

Put Down Your Pencils?

Delaware Advisors are considering the switch to online testing in years to come. This year we added seven new written tests to our schedule, which increases the need for resources. Moving these tests to a computer lab at the school level will eliminate the need for copies, transportation, time away from school for both students and advisors, food cost as well as sharpened #2 pencils! While the talks are still at the exploratory stage, it seems both environmentally friendly as well as resource conscious to further pursue this as an option for our Round 1 tests only. Other written tests would remain the same and be taken at the conference location.



Delcastle wins the HOSA Spirit Award!

HOSA Spirit Award Brings New Tradition

State Officers implemented a new tradition to go along with this spirited award. The winner not only gets a plaque for their school but they also get to create the spirit stick to be presented to the following year's winner. Thank you to St. Georges for rising to the challenge as the first recipient last year and creating a very fun spirit stick for 2015. This year's HOSA spirit award was presented to Delcastle Technical High School. We're excited to see what they produce for 2016!

Rare Disease Day

The first ever Rare and Chronic Disease Research Event took place on Friday, February 27, 2015.

Eight teams of two students were paired with researchers, clinicians, patients and families to learn about their chosen rare disease. They then developed a visual display (modeled after the Health Career Display CE) of a specific rare or chronic disease, defined it, and proposed a possible cure/treatment or way to improve a quality-of-life issue related to their chosen rare disease. In addition, there was a fundraising component factored into the scoring. Nemours set a goal of \$2,000 for this event but that was far exceeded as donations reached over \$5,500!

The top three teams were awarded HOSA medals and were given a monetary prize courtesy of Nemours. In addition, first place team members were presented with trophies by Terry Pedicone, Administrative Program Manager, Nemours Biomedical Research on the final day of our State Leadership Conference at Delaware State University.

Students and advisors have shared that the experience went far beyond a competitive event. Bonds were formed between students and the families they were partnered with and a few even attended the event. There was a great sense of pride in the work that was done and it's provided our students with a truly valuable experience.

Everyone involved declared the event was a "huge success." We are not only excited to working with Nemours again next year, but have made steps to bring RDD to the National level in hopes to expand HOSA's involvement.



Photo Booth FUN!

HOSA students work hard to get to the State Conference. But, as you can see, they also know how to have fun!



2015 National HOSA Anaheim, CA June 24-27

All students that placed 1st, 2nd or 3rd for their competition at the state level are qualified to compete at the national level. A complete list of these medalists can be found on our state website www.delawarehosa.org. Nationals will take place in Anaheim, California June 24-27th.

For more information on the national conference, please visit www.hosa.org.

We hope to see you there!



Looking Ahead....

- 2016 National Conference, June 22-25 at the Gaylord Opryland Hotel - Nashville, Tennessee
- Celebrating 5 years of Delaware HOSA!
- Improved and expanded HOSA Fall Leadership Conference in October!

Community Service News

The Delaware HOSA State Officers partnered with the Glasgow Lions Club to support the collection of eyeglasses. The students sorted over 2,000 pairs of eyeglasses and an assortment of vision and hearing devices. Eyeglasses are collected and the State Officers sorted the glasses into different categories including:

- Prescription eyeglasses
- Nonprescription sunglasses
- Prescription sunglasses

The Lion's Club ships nonprescription sunglasses to parts of the world where the sun affects the development of cataracts. The prescription eyeglasses and prescription sunglasses will be cleaned, repaired, and shipped to parts of the world where vision care is limited.

The State Officers also sold Charity Links in their schools and communities. The funds raised from the Charity Links were forwarded to the Lions Eye Bank of Delaware Valley. Since 1957, The Lions Eye Bank of Delaware Valley has been instrumental in providing over 35,000 sight restoring corneal transplants! Through a matching contributions program, Delaware HOSA's donation to the Lions Eye Bank of Delaware Valley was \$925.00!

