

# Hey HOSA

The NC HOSA monthly newsletter

## HOSA REWIND

### NEW YEAR, NEW HOSA

The New Year has arrived and with it, new hope and promise for each of us. As we head back to schools after our holiday break, let's hit the ground running for HOSA! Keep your fellow members engaged and empowered with new zeal and excitement! State Leadership Conference is

**SIXTH  
EDITION**



approaching quickly and it is time to really start preparing! In this season of New Year's Resolutions, encourage one another to stay on top of tasks, schoolwork, and all other obligations and also hold each other accountable. It takes a lot of work to run a successful HOSA chapter, so don't be afraid to lean on your support system! We wish you all the best during this new year!

From all of us at NC HOSA, **Happy New Year!**

## RUNNING FOR STATE OFFICE

Becoming a state officer is an amazing opportunity to give back to the HOSA community and lead your peers on the path to creating their future as health professionals. Applications will be posted on the NC HOSA website ([www.nchosa.org](http://www.nchosa.org)) where you can find each of the requirements necessary to run, and provide information about yourself. Be sure to read up on HOSA history and previous HOSA leaders, so you can be prepared for a HOSA knowledge test! As a part of the selection process, you will also be required to give a short speech in front of a few evaluators, and participate in an interview. These factors of the selection process will determine if you are slated to run for office. After being slated, you will go to a few briefings on the rest of the process. **The remainder of the campaign includes sharing your favorite quote with the HOSA members, giving a prepared speech, and answering a fishbowl question.** If you ever have any further questions, feel free to contact your district representative; they are always happy to help!

**The 2017-2018 North Carolina State Executive Council wishes you the best of luck!**

Nutritionists are professionals who specialize in advising people on the impacts of health from food and nutrition. They often help patients choose the right things to eat, help them plan menus, and advise them on the health effects of certain foods. When working with patients nutritionists assess their current diet and eating habits, make new plans, and check in with the



patients to reassess along the way and report the patient's progress. Many of their common patients include those with health issues such as diabetes or

patients who are undergoing chemotherapy. The demand for nutritionists in the United States and is expected to grow much higher than average for other occupations. To become a nutritionist one must attain a bachelor's degree in a health related field, then go on to meet state licensing requirements. In North Carolina, people seeking to become nutritionists must also complete a planned internship that meets the standards of the Accreditation Council for Education in Nutrition and Dietetics, as well as pass an exam approved by the Board.

### Competitive Events

Health Career Photography

Healthy Lifestyle

Knowledge test- Nutrition

**What advice would you give to local chapters to make their own chapters more creative and interesting?**

Don't be afraid to think outside the box.

You would be surprised at how much school wide participation you can get.

**What do you love most about being a HOSA advisor?**

I love the connections and relationships that I have made with students. I also try to let the students pick the things we are going to do within our chapter. This allows their interests to shine through and I am able to see the things that are important to them!

**How do you encourage students to participate in HOSA events?**



I find students who have specific interests or who excel in various parts of the class. Then I talk to them about the

opportunities that they could have through HOSA.

**What's your favorite program or event that you have done this year?**

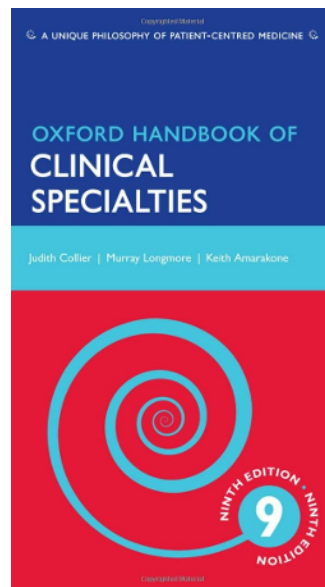
HOSA spirit week was my favorite! was able to interact with and meet students that I normally would not have, because they wanted me to take their pictures for our Twitter feed! (@ERHS\_Beasley)



## COMPETITIVE EVENT SYNOPSIS

# CLINICAL SPECIALTY

Clinical Specialty is a high reward competitive event. Clinical Specialty involves a competitor to **job shadow a career they are interested in and perform a skill learned from that career** (but not a skill already tested on by a current competitive event. For example, you would not be allowed to show the skill of CPR, but you could show the skill of venopuncture). The career you job shadow must be a health career, for example, a pharmacy technician while a firefighter is not. If there is any question on whether or not the career you pick is a health career, refer to "Explore Health Careers" website for an updated list. The **skill you perform must be video recorded and that video will be shown for your competition**. A portfolio will also have to be completed that includes research about your career, includes your job shadowing experience, and an outline of the skill you have learned. Clinical Specialty is one of the few competitive events that **does not require a test**.



Prescription drugs have benefited society for many years. Prescriptions have many

## PRESCRIPTION DRUG DISPOSAL

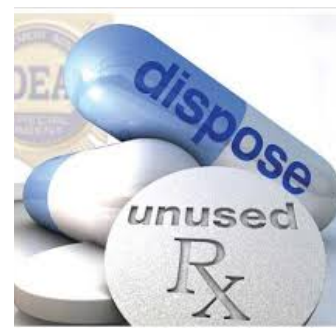
## MONTHLY AWARENESS ARTICLE

different purposes, such as curing infections, stabilizing moods, controlling allergies, and treating symptoms of diseases. But your **medicine cabinet can become hazardous** to those around you if it contains unused, unwanted, or

expired drugs. This is because your medicine is for you, and there is no way to tell how your

medication will affect someone else if consumed. If pharmaceuticals get into the wrong hands, it can lead to things such as addiction, overdose, coma, paralysis, and even death. With this being said, it is important to make sure that your expired, unused, or unwanted are disposed properly. **Many local and chain pharmacies accept prescription drug drop-offs**, and there may also be specific prescription drug drop off sites near you. To find the location of a drop off site or pharmacy near you, you can speak with your local pharmacist in person or over the phone, or visit

[rxdrugdropbox.org](http://rxdrugdropbox.org).





# NC HOSA Merchandise Catalog

**Prices** Pre-sale | On-site

Money and item selections due to your advisor by 2/2/18!



**Polo** \$18 | \$22  
\*XXL +\$2 | 3XL & 4XL +\$4



**Long Sleeve** \$18 | \$22  
\*XXL +\$2 | 3XL & 4XL +\$4



**Water Bottle** \$18 | \$22



**Cap** \$18 | \$22



**Fun Cube** \$9 | \$12



**Beanie** \$12 | \$15



**Hoodie** \$30 | \$35  
\*XXL +\$2 | 3XL & 4XL +\$4

## OFFICER SPOTLIGHT

Hannah Tuckman | District Six



**School:** South Mecklenburg High School

**Grade:** 12th

**Career Goals:** Epidemiologist

**Competitive Event:** CERT Skills

**Hobbies/Interests:** Hiking, Camping, Scuba Diving, Photography

**Reason for joining HOSA:** I have always had an interest in the health science professions. When I found out that there was an event called Medical Photography that blended my love for health science and photography, I quickly signed up! I had such an amazing time at SLC that I quickly fell in love with HOSA and became more involved. Since my first general meeting to now, I have enjoyed every opportunity HOSA has handed me along the way!

**Fun Fact:** I can say all 50 states in under 15 seconds. For proof, there is a video of me doing it at an officer training at SLC.

January 19th

PSC Winter Seminar

February 2nd

SLC Registration Deadline

February 18th

SLC Hotel Registration Form Due

March 21st

State Leadership Conference (21-24)

June 27th

ILC (27-30)

For a full calendar, please visit [nchosa.org](http://nchosa.org)

## MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



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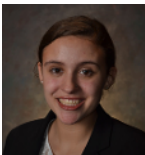
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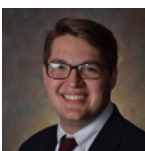
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## STAY TUNED!

The next edition of *Hey HOSA* will be released on 2/14/2018. Be sure to check back at [www.nchosa.org](http://www.nchosa.org) for more NC HOSA news, articles, and fun!

Got questions? Contact us at [nchosa@gmail.com](mailto:nchosa@gmail.com)



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