

MARCH 2018

Hey HOSA

The NC HOSA monthly newsletter

HOSA REWIND

FEBRUARY BOARD MEETING

EIGHTH
EDITION



On February 16th, the North Carolina HOSA Board of Directors had one final meeting to prepare for the 42nd annual State Leadership Conference! The team worked diligently to place the final touches to ensure that you have a memorable time at SLC on March 21-24. We can't wait to see you there!

PREPARING FOR SLC

State Leadership Conference begins March 21st, which means you need to begin getting ready! In order to maximize the success and fun you'll experience at SLC, we have a few tips for you. Competition is a huge part of SLC, and the majority of first-place winners will tell you how dedicated they were to studying. **Try to review your study material at least once daily, and make sure you have a thorough knowledge of your test material.** Make sure you are proficient in your respective skills as well. In addition to studying, when packing, make sure you have all of the required materials specified in the guidelines for your competition. You wouldn't want to waste your time working so hard by leaving all your pencils at home and being unable to compete. If you're looking for something to do, **attend a symposium.** The symposiums offered at SLC cover a variety of different health care topics, and are extremely interesting and informative. After attending symposiums, visit the HOSA store. If you've been looking for the perfect piece of HOSA merchandise, the HOSA store is the place to find it. The most important tip to maximize the success and fun you'll experience at SLC is to stay friendly and positive, because at HOSA, you're surrounded by a community of people who are just as passionate about quality health care as you are.



STAY CONNECTED

One pro tip to make your SLC the best that it can be is to follow NC HOSA on all forms of social media. Here, you will get the inside scoop on what's happening at SLC and may even get featured! Don't forget to use **#nchosaslc42** and tag NC HOSA on all social media posts! Also, the fun doesn't end at SLC! Use our social media to keep up with important dates and events all year long!



CAREER HIGHLIGHT

PHARMACIST

Pharmacists are health care professionals who specialize in dispensing prescription medications to patients, and providing information about the prescribed drugs so patients can use their prescriptions safely and effectively. Pharmacists also collaborate with other health care professionals to make the necessary changes to a patient's plan for care, reviews prescriptions for accuracy, and prepares special solutions or compound medications as required.

In order to become a pharmacist, one must attain a **Doctorate** from an accredited pharmacy program. Pharmacy programs can take anywhere from four to six years for completion. Pharmacists must be skilled in reading comprehension, communication with customers, critical thinking, and paying attention to detail.

Related Events:

Pharmacology

Pharmacy Science

Clinical Specialty

Health Career Display



INTRODUCING THE KEYNOTE SPEAKER: PATRICK GRADY

We are thrilled to announce that the Keynote speaker at State Leadership Conference will be Patrick Grady! We asked him a few questions so you can get to know him better before opening ceremony!

1) What is your background?

I was very involved in a CTSO during my years in high school that allowed me to be involved in competitive events. I discovered that "speaking competitions" were my favorite and that the challenge of keeping the attention of an audience was a thrill. Therefore, whenever possible, I would volunteer to speak FOR FREE at any meetings locally that involved students and/or adults. I was finally able to build a clientele that would allow me to speak full time. The entire process took about 6 years.

2) If you could travel back in time and meet your 10 year old self, what would you tell him?

Be involved with organizations like HOSA as they give you real life skills that help you become the person you dream to be . . . (actually, looking back . . . I followed that advice)

3) If you could give any advice for the young adults of today, what would you tell them?

Take OWNERSHIP AND RESPONSIBILITY for yourself, your actions and your future.

4) On a scale of 1-10, how pumped are you for this years NC HOSA State Leadership Conference?

1,000% My very first speech at a State Leadership Conference was to Florida HOSA at their very first State Convention in 1978 . . . there were 50 students and advisors present and I was a Junior in High School. Also, my mother at the age of 64 went to the Withlacoochee Technical Institute to get a CNA degree to help care for my father during his illness and was a HOSA member



COMPETITIVE EVENT SYNOPSIS

COMMUNITY AWARENESS

Community Awareness is a service project designed to raise community awareness of a health and/or safety related issue of local, state and/or national interest. Community Awareness projects should address **one specific health and/or safety issue, need, or concern and makes a worthwhile contribution to the community**. The project should have a direct relationship to Health Science or Biomedical Science Education. Activities are then planned to make the community aware of the health and/or safety issue. The group documents each activity as it is planned, conducted and evaluated. When the project is completed, the chapter develops a portfolio that documents and explains the project and activities. A team of **2-4 competitors** presents the chapter's project to a panel of judges, using the portfolio as documentation of their accomplishments. All competitors competing in this event must keep into mind that there is a style guide for the final portfolio for this event.

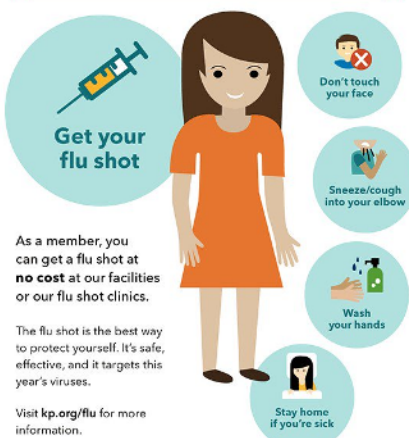


Everyone's worst nightmare: THE FLU! The flu is a highly contagious viral infection of the respiratory passages causing fever, severe aching, and catarrh. It has been the cause of death of 114 children under the age of 18 years old and many adults

THE FLU

MONTHLY AWARENESS ARTICLE

5 Ways to Fight the Flu



this year. There is a different strain of influenza that surfaces each year. At the beginning of this flu season, influenza A was present in high numbers, but it is now shown that influenza B is on the rise. Although the flu season has peaked, a secondary strain is starting to infect individuals, causing officials to believe that the flu season will continue until mid-April. If you or your family members have not been vaccinated for the flu, please get the vaccination; it decreases the risk of becoming infected by 40-60%. Protect yourselves: avoid close contact with infected people, wash your hands often, avoid touching your eyes, mouth or nose, and lastly remember to cover your mouth or nose and keep others safe from your sickness.

DOWNLOAD THE APP FOR SLC

Make sure that you download the app "**attendify**" before state conference. After you download the app, search "**North Carolina HOSA SLC 2018**" and then select "join". This app will be a great resource to use. Also, tag all of your photos from SLC using **#nchosaslc42**



OFFICER SPOTLIGHT

Ebanie Bailey | District Eight



School: Madison High School

Favorite Subject: Health Science, Biology, and Math

Career Goals: Fetal and Neonatal Surgeon

Hobbies and Interests: Ice skating, traveling, and studying anatomy

Reason for joining HOSA: I learned about HOSA my freshman year through my first health science class, Health Team Relations (which was taught by one of my wonderful advisors, Mrs. Smith), and was immediately interested. I joined HOSA mainly because it was co-curricular with my health science classes, and I wanted to pursue a career in the medical field. At that time, I had no idea of how many life changing and amazing opportunities this organization would provide me with.

Fun Fact: I was born on Christmas morning, which is why my middle name is Noel!

Burgin Mackey | Postsecondary

School: Western Carolina University

Majors: Environmental Health and Japanese Studies

Career Goals: Public health education and outreach specialist

Competitive Event: Public Health

Hobbies and Interests: I sing Tenor I in the WCU Concert Choir; I make sushi, bake bagels, and cook pasta.

Reason for joining HOSA: As an advisor's kid, I got to see how much the students enjoyed the organization. I never realized how much I loved health science until I started HOSA, I quickly fell in love. My older sister was also heavily involved in HOSA and greatly influenced my path.

Fun fact: I collect VHS tapes from Goodwill and other consignment stores. I started collecting four years ago and now own over 200 films.



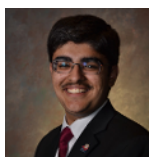
MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



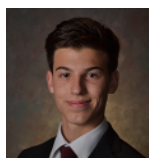
Hannah Tuckman

President
District Six Representative
nchosadistrict6@gmail.com



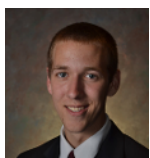
Kartik Tyagi

Vice President
District Three Representative
nchosadistrict3@gmail.com



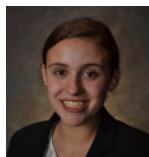
Cole Dickerson

District One Representative
nchosadistrict1@gmail.com



Bogue Dick

District Two Representative
nchosadistrict2@gmail.com



Samantha Gephart

District Four Representative
nchosadistrict4@gmail.com



Jailyn Smith

District Five Representative
nchosadistrict5@gmail.com



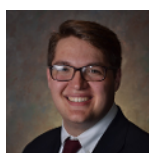
Kinley Adams

District Seven Representative
nchosadistrict7@gmail.com



Ebanie Bailey

District Eight Representative
nchosadistrict8@gmail.com



Burgin Mackey

Postsecondary President
nchosapostsecondary@gmail.com



STAY TUNED!

The next edition of *Hey HOSA* will be released on 4/11/2018. Be sure to check back at www.nchosa.org for more NC HOSA news, articles, and fun!

Got questions? Contact us at nchosa@gmail.com



@NCHOSA



@NC_HOSA



@NCHOSA



NCHOSA.ORG