



# Hey HOSA! September

## SCHOOL IS BACK!

Hey NC HOSA Members,

We are thrilled to commence this HOSA year and extend our heartfelt wishes for a successful start to your academic year! Throughout the summer, our state officer team convened to meticulously strategize and prepare for the upcoming school year. We have worked diligently to finalize plans for each upcoming Fall Leadership Conference and Regional Leadership Conference. We are very excited to meet in-person with every new HOSA leader from each NC HOSA chapter. Moreover, we are equally enthusiastic about representing North Carolina HOSA in Washington, D.C. this September, as we participate in the annual Washington Leadership Academy. Our goal is to explore avenues for enhancing our leadership, communication, and networking skills.

To stay abreast of all North Carolina HOSA updates, we encourage you to follow our social media channels and visit our website, where you can find all the up-to-date information. Your North Carolina HOSA officers are eagerly looking forward to reuniting with you at one of the upcoming Fall and Regional Leadership Conferences in your vicinity!



# Competitive Event Synopsis

Are you interested in learning how to save a life? The CPR/First-Aid event might be right for you! This event provides you with **knowledge and skills necessary to save a life and work in a healthcare setting.**

This competitive event consists of 2 rounds and each team consists of 2 people. Round One is a written, multiple-choice test. The test will consist of 50 multiple choice questions, and competitors will have up to 60 minutes to complete it. Top scoring teams will advance to Round Two for the skills assessment. Round two will test skills such as adult and infant BLS/CPR with AED, severe bleeding and shock, choking, open fracture and splinting, severe burns, heat-related emergency, administering epinephrine pen, administering naloxone. This event is a great way to learn more about basic life saving measures, and also prepare for a future in healthcare!



## Looking Forward to Washington Leadership Academy (WLA)



This September our state officer team along with teams from across the nation and world will be heading to Washington, D.C. for WLA. We are extremely excited not only to grow our leadership skills to better serve NC HOSA members, but to also network with new and old friends. We will participate in different symposiums while we are there while also learning about the history of our capitol. When we are there we have made appointments to also meet with Congressmen and women from our state to advocate for CTE education and the Carl Perkins Act/Fund. We are so excited for this time to grow as leaders and people!

## HEALTHY AGING MONTH

September is Healthy Aging Month– a great time to acknowledge a natural process in life that we all have and will continue to experience. While getting older is often looked down upon, aging can be a celebration of life. With this month comes the important reminder that as we go through changes in age, physical and mental health changes may result. Therefore, it is up to us to nurture our health and come to terms with such changes in order to live a healthier life! A couple of tips for healthy aging include staying socially connected, performing stimulating activities (mental and physical), eating a balanced diet, and getting regular checkups. For more information, check out [healthy-aging-month-2023](#)

## CAREER HIGHLIGHT: CARDIOLOGIST

This month's career highlight is a cardiologist. They are physicians who are experts in the care of the heart and blood vessels. They can address various cardiovascular issues and offer specialized care for specific conditions like heart rhythms, heart failure, or congenital problems. If you have heart or blood vessel issues requiring specialized attention, your primary care provider may recommend a cardiologist. Symptoms like chest pain, dizziness, or shortness of breath may warrant a visit to a cardiologist. Your cardiologist may provide ongoing care and monitoring for your conditions. In order to become a cardiologist one must get a bachelor's degree, complete the MCAT, enter medical school, pass the United States Medical Licensing Examination (USMLE), complete a residency, enter a fellowship program, acquire licensure, and become certified. If interested in this career path, checkout these competitive events: CPR/First Aid, Life Support Skills, CERT (Community Emergency Response), and Emergency Medical Technician.



# STATE OFFICERS



Samantha Kamineni  
President  
Enloe Magnet High School



Abby Epperson  
President-Elect  
Piedmont-Triad and Southwest Region Representative  
Mount Airy High School



Mansi Goyal  
Post-Secondary Collegiate Vice-President  
University of North Carolina at Chapel Hill



Anya Trivedi  
Vice-President  
North Central and Sandhills Region Representative  
Wake Early College High School



Paytyn Barker  
Secretary  
Western and North-west Region Representative  
Cherokee High School

## MEET ANYA TRIVEDI!



### Anya Trivedi

Vice President

School: Wake Early College High School

Region: North Central

Grade: 11

Favorite Subject: Biology

Competitive Events: Health Informatics and Healthcare Issues Exam

Hobbies/Interests: Playing board games/cards, reading, playing golf, and spending time with family and friends!

Reason for joining HOSA:

Beginning my freshman year while taking Health Science, I originally joined HOSA as a way to get involved within healthcare and her community early on. Since joining, I've had the opportunity to connect with passionate individuals, dedicate myself to a meaningful cause, and have fun while making a difference. HOSA has allowed me to discover my interests within medicine both within the organization and through external opportunities, and I'm thrilled to help bring these experiences to all NC HOSA members!

# CALENDAR

Regional Officer Application Deadline: September 11, 2023

Fall Leadership Conference Registration Deadline: September 11, 2023

Regional Officer Slate Announced: September 21, 2023

Regional Leadership Conference Registration Due: October 2, 2023

NC HOSA Courage Night (North Central Region): October 7, 2023

Regional Leadership Conference Online Testing Week: October 16–20, 2023

## FLC Dates:

Northeast: 10/3/23 at Greenville AHEC, Greenville, NC

Northwest: 10/4/23 at the Stone Center, North Wilkesboro, NC

Southwest: 10/6/23 at Cox Mill High School, Concord, NC

North Central: 10/9/23 at Campbell University, Buies Creek, NC

Sandhills: 10/10/23 at Methodist University, Fayetteville, NC

Piedmont Triad: 10/13/23 at Davidson– Davie Community College, Thomasville, NC

Southeast: 10/13/23 at Greene County Wellness Center, Greene County, NC

Western: 10/21/23 at Blue Ridge Community College, Flat Rock, NC

Regional Leadership Conferences Begin: October 28, 2023

# FALL LEADERSHIP CONFERENCE

Your state officers have been busy preparing for the upcoming Fall Leadership Conferences! The FLCs (Fall Leadership Conferences) are intended for regional officer candidates, chapter leaders, chapter officers, and advisors. You will have the opportunity to dive into leadership activities that can be channeled into lessons to utilize for the optimization of your local chapter's success! If this sounds like something you would be interested in attending, be sure to register by September 11th. The Fall Leadership Conference section under the "Conferences" tab of [nchosa.org](http://nchosa.org) is a great starting point for more information. If you have any questions, feel free to reach out to us!



## SOCIAL MEDIA

INSTAGRAM: @NCHOSA

FACEBOOK: @NCHOSA

FOR MORE INFORMATION VISIT THE NORTH  
CAROLINA HOSA WEBSITE AT  
[NCHOSA.ORG](http://NCHOSA.ORG) !

## CONTACT US

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