



Hey HOSA! November

RLC'S ARE HERE!

Hey HOSA!

This past October your state officers gained leadership skills by leading multiple regional Fall Leadership Conferences across the state! They got to meet up-and-coming HOSA leaders and gave meaningful advice throughout the state officer led leadership session. At the FLC's the next group of regional officers were elected and inducted. November will be an eventful month as well, where the regional leadership conferences will take place! Your state officers are ecstatic to see young competitors flourish in their event, and for our newly inducted regional officers to step on the big stage and lead their region's conference.



Competitive Event Synopsis

Medical Law and Ethics is a competitive event in HOSA that focuses on the fascinating connection between healthcare and legal principles. Participants get to show off their knowledge and understanding of medical ethics, healthcare regulations, and the legal side of the medical field. The event involves challenging case studies, role plays, and written exams to test students' ability to handle tough ethical dilemmas and legal situations. Competitors demonstrate their grasp of important topics like patient rights, confidentiality, and informed consent. It's not just about knowing stuff; it's about thinking critically, problem-solving, and communicating effectively. This event is a fantastic opportunity for students who are interested in healthcare and law to shine and share their passion. So get ready to dive into the ethical and legal complexities of the medical industry world while sharpening your skills and knowledge! For more information visit hosa.org for event guidelines.



Fall Leadership Conferences Recap

Over the month of October we held our Fall Leadership Conferences across our 8 regions. We believe this year's FLCs were a great success and much was learned from them. At each FLC there were a variety of educational opportunities as well as leadership sessions run by your state officers. Chapter officers and local HOSA leaders participated in activities such as the GNAP introduction/I, Me, My game and elevator speech production. Your state officers were very happy to see all the hard work and participation given by HOSA members during the conferences. We finally want to thank all board representatives, host locations, and volunteers who made these conferences a success!



ALZHEIMER'S AWARENESS MONTH

November is Alzheimer's Awareness Month. In 2020, as many as 5.8 million Americans were living with Alzheimer's Disease, which is projected to nearly triple to 14 million in 2060. Alzheimer's disease is progressive, starting with slight memory loss to loss that interferes with daily activities, affecting one's ability to respond to their environment.

Because scientists do not fully understand the causes of Alzheimer's, it is important to become aware of warning signs, which according to the CDC, include:

- Memory loss that disrupts daily life, like getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work, or at leisure.
- Decreased or poor judgment.
- Misplacing things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior.

If you or a loved one suspect this disease, it is imperative that you seek care and outline treatment plans.

For more information, visit alzheimers.htm

CAREER HIGHLIGHT: NURSE PRACTITIONER

Marked from November 12-19th, National Nurse Practitioner Week is celebrated each November to appreciate the critical role of these healthcare professionals. Providing direct patient care to a wide range of individuals, nurse practitioners (NP) assist in diagnosing and treating healthcare conditions, counseling individuals, alongside providing care and checking up across time. In such, they communicate health education and healthful practices, allowing for the best health of individuals. To pursue this career, you should have a Bachelors in Nursing, be a registered nurse, and then complete a graduate course regarding NP to then take a national exam. For any HOSA members interested in this career, check out the event Nursing Assisting which mimics nurse practices and allows for testing and hands on skills!



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 Northwest Region Representative
Cherokee High School

MEET SAMANTHA!



Samantha Kamineni

President

School: Enloe High School

Region: North Central

Grade: Senior

Favorite Subject: AP Biology

Competitive Events: Biotechnology

Hobbies/Interests: Baking, crocheting, figure skating.

Reason for joining HOSA:

I started my freshman year of high school online and with COVID taking a toll on the lives of many people around me, I felt especially drawn to health care and found my HOSA chapter to be a great avenue to explore my interests further. While I was initially drawn to HOSA for the competition aspect, I am so grateful to have found a community of supportive people along the way, and that is what keeps me going to this day- serving a community of people that I admire!

CALENDAR

HOSA Week: 11/5/23 – 11/11/23

Regional Leadership Conference (RLC)

- Northwest(Megan Gambill) – November 10, 2023 @West Wilkes High School, Millers Creek, NC
- Western (Kellie Frank) – Dec 2, 2023 at Blue Ridge Community College, Flat Rock, NC
- Piedmont Triad (Melissa Sparks) – Nov 4, 2023 @ Mount Airy High School, Mount Airy, NC
- Southwest (Angie Stegall) – October 28,2023 at Cox Mill High School, Concord, NC
- North Central (Benicia Ledford) – November 9, 2023 at Knightdale High School, Knightdale, NC
- Sandhills (Dawn Larson) – November 4, 2023 at St. Andrews University, Laurinburg, NC
- Northeast (Alice Hyatt) – November 7, 2023 at Eastern AHEC Center, Greenville, NC
- Southeast (Amanda Jenkins) – November 18th at East Duplin High School, Beulaville, NC

ADVISOR SPOTLIGHT

Lynn Snow

Mount Airy High School

"Ms. Snow dedicates so much of her time to her students and ensuring their success. Without her wisdom and guidance MAHS HOSA would not be so wonderful! We love Ms. Snow not only as a teacher and mentor but as a friend and role model!"

-MAHS HOSA Members



SOCIAL MEDIA

INSTAGRAM: @NCHOSA

FACEBOOK: @NCHOSA

FOR MORE INFORMATION VISIT THE NORTH
CAROLINA HOSA WEBSITE AT
NCHOSA.ORG !

CONTACT US

SAMANTHA.KAMINENI@NCHOSA.ORG

ABBY.EPPERSON@NCHOSA.ORG

MANSI.GOYAL@NCHOSA.ORG

ANYA.TRIVEDI@NCHOSA.ORG

PAYTYN.BARKER@NCHOSA.ORG