



Hey HOSA!

January

HAPPY NEW YEAR!

Hey there, HOSA fam! Welcome to 2024, a year full of promise and potential. As we kick off this new year, let's set our sights on the upcoming State Leadership Conference in Greensboro, North Carolina April 3rd-6th. It's time to gear up, gather our energy, and get ready to make this year's conference the best one yet! Let's embrace this opportunity to learn, grow, and lead. Here's to an exciting year ahead!

Have you ever dreamed of leading, making a difference, and shaping the future of HOSA? Now's your chance! Applications for NC HOSA State Officer positions are now open. This is an incredible opportunity to develop leadership skills, make lasting connections, and contribute to our HOSA community in a big way. So, if you're ready to step up and make a mark, we can't wait to see your application!



Competitive Event Synopsis

Interested in a future in public health? HOSA's public health competitive event is perfect for you!

Sponsored by the US Public Health Service, this event enables you to work with a team on a presentation focused on educating about a public health topic. This year's topic is technology addiction and ways to protect ourselves from it. The event consists of two rounds and is a proactive outlet to grow your persuasive and presentation skills, critical for a future in public health! Find out more here: [23-24-PH-Final.pdf](#)



New Year, New HOSA

Welcome back and Happy New Year! For NC HOSA, 2024 looks bigger, brighter, and better than ever! This year, we will host our 48th annual state leadership conference in Greensboro, North Carolina, followed by HOSA's 2024 International Leadership Conference, which will be held in Houston, Texas.

Your state officer team will be meeting at their annual retreat to discuss some important and new changes. We cannot wait for you to see them! Continue to reach out to neighboring students and schools, and share the many amazing opportunities in store for health science students in North Carolina as well as globally.

As we roll into the new year, try something new and schedule a chapter visit with a state officer! (form can be found at [nchosa.org](#))

We hope you had an amazing 2023! We sure did, and we thank you for all of your support over the past year. Here's to an equally great 2024!

From all of us at NC HOSA, We hope you have a Wonderful New Year!



NATIONAL CERVICAL CANCER AWARENESS MONTH

Did you know January is Cervical Health Awareness Month? It's a time when we shine a spotlight on the importance of cervical health and how we can take steps to prevent cervical cancer. Shockingly, almost 13,000 women in the United States are diagnosed with this disease every year. But here's the good news – it's preventable! With the right vaccinations and regular screenings, we can catch any issues early and dramatically reduce the risk. It's crucial to recognize symptoms like abnormal bleeding and pelvic pain. If you notice any of these, it's important to consult with a healthcare professional immediately. So, let's use this month to spread the word, encourage our loved ones to get checked, and make a real difference in women's health. Remember, early detection is key! Let's all stand together in the fight against cervical cancer.



CAREER HIGHLIGHT: MEDICAL ASSISTANT

This January, we highlight the role of a Medical Assistant. Medical assistants support the work of physicians by completing necessary administrative and clinical tasks, making their position incredibly diverse. Not only are they thus cross-trained, but the position is growing much faster than the average, meaning there is a high demand for medical assistants. Some other responsibilities include correspondence, performing basic laboratory tests, and phlebotomy. There is a medical assistant certification which most employers require, but the education requirements are flexible, and most assistants tend to carry a two-year degree. If you're interested in this career path and learning more about it, check out the event "Medical Assisting" at SLC, which goes into further detail about the position from a textbook and hands on perspective!



STATE OFFICERS



Samantha Kamineni
President
Enloe Magnet High School



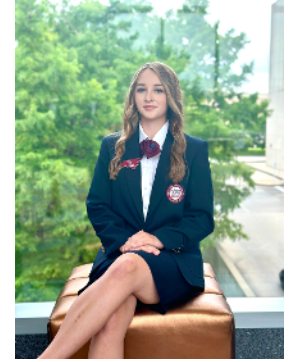
Abby Epperson
President-Elect
Piedmont-Triad and Southwest Region Representative
Mount Airy High School



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 ABBY!



Abby Epperson
President-Elect

School: Mount Airy High School

Region: Piedmont-Triad

Grade: Junior

Favorite Subject: Nursing Fundamentals

Competitive Events: Health Career Preparation, Prepared Speaking, Physical Therapy

Hobbies/Interests: Volleyball, Cooking, Reading, Labor and Delivery Nursing

Reason for joining HOSA:

I joined HOSA in sixth grade because I needed to pick a club at school. I chose HOSA specifically because my Mom and Sister were both nurses. I fell in love with the club that year and wanted to become as involved as possible. HOSA is a very rewarding club and it shows in the competitive events aspect. I work hard everyday, but in HOSA my hard work is celebrated. I would have never believed if someone told me I would place 1st at ILC not once but twice. The small and large successes I have experienced through HOSA in competing, volunteering, networking, and attending conferences have contributed greatly to who I am today. I am so proud to lead this great state in HOSA and can't wait for the many years to come!

CALENDAR

Hotel Reservations Open: February 12, 2024

SLC Registration Deadline: February 15, 2024

Digital Uploads Deadline: February 22, 2024

State Officer Application and Recommendations Deadline:
February 22, 2024

Hotel Reservations Deadline: March 12, 2024

State Officer Candidate Interviews & Testing: April 3rd at SLC

State Leadership Conference: April 3–6, 2024

International Leadership Conference Intent Form: April 22, 2024

International Leadership Conference Deadline: May 8, 2024

International Leadership Conference: June 26–29, 2024

DARE TO CREATE

Dare to Create is the 2023–2024 HOSA–Future Health Professionals theme, and with the new year, let’s consider what we can create to affect the landscape of healthcare, growing as a person and future health–professional. This theme resonates with us all differently, and as HOSA members passionate about healthcare, we dare to create change, serving our community, leading, learning, and innovating to make a difference. What do you dare to create this year? Perhaps it’s a new vision for an equitable future or an innovative approach to a personal struggle. We hope with this new year, you meet any goals you have set for yourself, and continue to grow as a HOSA member, student, and person!



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