



# HEY HOSA!

*september edition*

**2024**



# HOSA- FUTURE HEALTH PROFESSIONALS POWERED BY PEOPLE

Hey NC HOSA!

Your state officer team hopes you're making the most of this new semester so far. As this exciting new page of HOSA begins, be sure to keep up with your schoolwork and start making strides toward a successful year! Your state officers are currently preparing to attend Washington Leadership Academy at the end of the month, we hope to meet some of you there representing North Carolina. There, HOSA leaders gather to further their leadership, teamwork, and networking skills.

As our Regional Leadership Conferences approach, we look forward to meeting with new leaders from chapter all over North Carolina. There's no time like the present to begin studying for your testing, whether it be test-only or hands-on. Get a headstart on competition prep by utilizing resources on our website, as well as those provided by your advisors and fellow members. We can't wait to see the regional winners shine on stage!

With the new HOSA year comes new changes, one of those being the combining of the Fall and Regional Leadership Conferences. Regional Officer Inductions will now take place at RLC, as well as leadership sessions presented by your State Officers. If you're interested in taking on new and exciting responsibilities as a Regional Officer, visit the [nchosa.org](http://nchosa.org) website to learn more about what your role will look like, as well as more vital information pertaining to the application process. Your State Officer's are ecstatic to see you all in the upcoming months! Have a great semester!





# Officer Spotlight: Samanyu Manjunath

## NC HOSA 24-25 Vice President

**School:** The Early College at Guilford

**Region:** Piedmont-Triad

**Grade:** 12

**Favorite Subjects:** Chemistry/Psychology

**Competitive Event:** Nutrition

**Hobbies/Interests:** Reading, Playing Violin, Learning New Languages, Taekwondo, Baking

**Reason for Joining HOSA:** When I first joined HOSA, I wasn't entirely sure if a career in medicine was the right path for me. I was initially drawn to the organization for the service opportunities it offered, hoping to make a positive impact in my community while exploring different interests. However, as I became more involved, I found myself captivated by the world of healthcare and the diverse experiences HOSA provided.

What truly solidified my decision to pursue this path was the sense of community I found within HOSA. HOSA week became a place where I could learn, grow, and connect with others who shared my passion for healthcare!



Abby Epperson  
President  
Mount Airy High School



Aanandi Thakur  
President-Elect  
Region: North East/North  
Central  
NCSSM-Durham



Clara Smith  
Postsecondary/Collegiate  
Vice President  
Pfeiffer College



Samanyu Manjunath  
Vice President  
Region: Piedmont-  
Triad/Northwest  
The Early College at  
Guilford



Tess Totten  
Secretary  
Region:  
Southwest/Western  
NCSSM-Durham



Emily Nethala-  
Historian  
Region:  
Southeast/Sandhills  
Marvin Ridge High School

## Calendar

Friday, September 27th- Monday, September 30th:  
Washington Leadership Academy

Wednesday, October 2nd— Regional Officer Application  
Deadline

Friday, October 4th— RLC Registration Deadline

Monday, October 14-Friday, October 18— RLC Online Testing  
Week

Friday, October 18- RLC Digital Upload Deadline

Monday, October 21- Southeast RLC

Friday, November 1- North Central RLC

Saturday, November 2- Sandhills RLC

Saturday, November 9- Piedmont-Triad

Saturday, November 16- Northwest RLC

Tuesday, November 19- Northeast RLC

Friday, November 22- Western RLC



# MONTHLY AWARENESS



**For more information:**  
<https://988lifeline.org>

**Suicide and Crisis  
Hotline: Call 988**

## September is Suicide Awareness Month

September is Suicide Awareness Month, a time set aside to focus on the critical issue of suicide and mental health. During this month, various initiatives work to inform people about the signs of suicidal thoughts and the importance of reaching out for help. This includes community events, educational talks, and sharing personal stories to help reduce the stigma around mental health struggles and make it easier for people to seek support. The month also underscores the need for accessible mental health resources and effective support systems. It encourages people to break the silence surrounding mental health issues and to understand that asking for help is a sign of strength, not weakness. By raising awareness and promoting open conversations, September aims to foster a compassionate community where individuals feel supported and know that there are resources available to help them navigate difficult times.



# Career Spotlight



General surgeons are seen as the backbone for all types of surgery within the medical field. Their role is critical in both normal and emergency healthcare settings, and as a result they must have a deep understanding of human anatomy, surgical techniques, and patient care. In most cases, it takes around 13 or 14 years to become a general surgeon: four years for a bachelor's degree, four years of medical school and five to six years of residency. Many general surgeons go on to specialize in certain fields such as cardiothoracic surgery, neurological surgery, orthopedic surgery, and many other specialties. The possibilities are endless as a general surgeon!



# SERVICE PROJECT



**This year HOSA-Future Health Professionals continues its partnership with the National Marrow Donor Program (NMDP) previously known as Be the Match.**

NMDPs mission is to help patients get the life saving treatments they need. NMDP is contributing in many ways to this mission by conducting research, growing the NMDP registry, connecting patients with donors, advocating for important legislation, etc. Through our partnership HOSA has substantially impacted this mission and continues to do so. Your chapters can make a difference today in many ways. Firstly, you can encourage students to join the pre-registry or registry to begin the journey as a potential donor. Secondly, you can hold fundraisers to financially support NMDPs mission. Finally, you can simply bring awareness to this important organization and its life saving goals. Whatever you do, we are extremely grateful for your contributions and efforts.



# Competitive Event Spotlight



September is a time of remembrance for many Americans. For this month's Competitive Event Synopsis, we'd like to highlight a HOSA competition that carries out many of the tasks first-responders performed on the tragic morning of September 11th, 2001. The Emergency Medical Technician event aims to inspire members to be proactive future health professionals and be equipped with resilience, physical strength and problem-solving skills to provide immediate treatment in emergencies.

This competitive event consists of 2 rounds and each team consists of two people. Round One is a written, multiple-choice test and the top scoring teams will advance to Round Two for the skills assessment. Skills may include topics such as administering Epinephrine Pens, supplying Naloxone (Nasal Spray NARCAN), childbirth, trauma care and many other abilities that must be performed by first responders arriving to an emergency scene.



# Social Media

Stay Connected



Want to stay up-to-date on all things HOSA? Follow us on social media for the latest news, events, and inspiration! We recently made an official NC HOSA TikTok account (@nchosa) to keep everyone entertained and updated! Additionally, you have the opportunity to get featured on our feeds and stories by using #NCHOSAHYPE and tagging us. Let's stay connected and grow together!