A photograph of a stone monument, likely a memorial, with a wreath on top. The monument is made of light-colored stone blocks. The words "NORTH CAROLINA" are engraved on one of the blocks. The background is dark, suggesting it might be nighttime or in a shaded area.

NORTH
CAROLINA

HEY
HOSA!

October Edition

2024



Hey NC HOSA!

We hope all members are having a wonderful fall semester. As the semester progresses, we are getting closer and closer to our regional leadership conferences (RLC). We encourage members to register as soon as possible and to start preparing for their competitive events. Our very first RLC happens this month, so make sure you are ready for competition day! Your state officers have been preparing for RLCs as well by creating a leadership workshop for each RLC. We have also been working hard on reviewing scripts and communicating with regional officers and board of directors representatives to make sure everything is ready for the first conferences of this school year. You can find more information about dates and locations for each RLC under the calendar section of this newsletter. In September, your state officers also attended the Washington Leadership Academy (WLA) in Washington, D.C. We Learned about important leadership skills as well as made new connections with HOSA officers from around the country. We are so excited for the month ahead!

NC HOSA Team 49



Officer Spotlight: Clara Smith

NC HOSA 2024-2025 Postsecondary/Collegiate Vice President

School: Pfeiffer University

Grade: College Freshman

Favorite Subjects: Science and History

Competitive Event: Forensic Science

Hobbies/Interests: Reading, Shopping, Cooking, Driving, Listening to music

Reason for Joining HOSA:

I was late to hop on the HOSA train. As a junior, I wasn't quite sure what I wanted to study following high school. I knew that I wanted to help people and had an interest in medicine, so I enrolled in our health science class. The teacher, Mrs. Wells, was also our chapter HOSA advisor, and she encouraged me to join. I immediately fell in love with HOSA. Through the organization and her class I learned that I wanted to become an autopsy physician, an occupation I never considered prior, but now know it's my perfect fit.

Before joining HOSA, I never thought I'd be caught dead before giving a speech to twenty people, let alone everyone at SLC, but here I am. HOSA gave me the confidence I needed to reach for a greater purpose. I became a state officer to pay it forward. The opportunities provided by HOSA are something that every student deserves, and it's my goal to help get it to them.



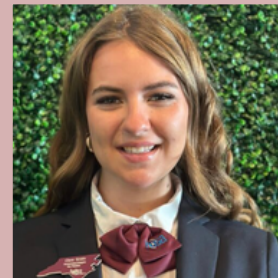
Abby Epperson
President

Mount Airy High School



Aanandi Thakur
President-Elect

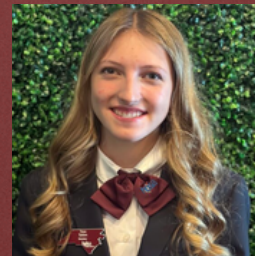
Region: North East/North
Central
NCSSM-Durham



Clara Smith
Postsecondary / Collegiate
Vice President
Pfeiffer University



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

Wednesday, October 2nd: Regional Officer Application
Deadline

Friday, October 4th: RLC Registration Deadline

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

Wednesday, October 16: Regional Officers Slate
Announcement

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

October is Breast Cancer Awareness Month!

In 2024, over 360,000 people nationwide will be diagnosed with breast cancer. With a number this large, it's important to remember that early detection can raise the 5-year relative survival rate to 99%. Regular screenings, raising awareness, and healthy living are all ways you can help reduce the risk of breast cancer in yourself and/or your loved ones.

Readers- perform self-examinations! Make it a habit to check monthly for any irregular bumps, lumps, or any unusual coloring in your breasts. The National Breast Cancer Foundation has a helpful step-by-step guide on self-examinations. It's also recommended that women over the age of 40 get mammograms performed at minimum every two years. If your family has a history of breast cancer, or you have a genetic predisposition, it's suggested that you begin much earlier.

Anyone of any age can reduce the risk of breast cancer through awareness. Topsail High School's HOSA Chapter has an "On Wednesdays We Wear Pink" event throughout the month of October where students wear pink in support of those that have experienced breast cancer. This is one of many simple yet effective ways you can make an impact in your community.

Healthy living is another way to prevent breast cancer. Maintaining a healthy weight, staying active, limiting or avoiding alcohol, not smoking, and a balanced diet are all ways to lower your odds.

Contrary to common belief, it's not just women that are diagnosed with breast cancer. About 1 in 830 men develop breast cancer in their lifetimes. Men are often undertreated for breast cancer, and are less likely to receive breast-conserving surgery or endocrine therapy. When advocating for breast cancer awareness, keep the 530 men that succumb to breast cancer per year in mind.

Career Spotlight

This month we would like to highlight labor and delivery nursing. Labor and delivery nursing is a unique field that plays a crucial role in one of life's most important experiences: childbirth.



Nurses in this area provide care to expectant mothers during labor, ensuring both their physical and emotional needs are taken care of. They monitor the mother's vital signs and the baby's heart rate, administer medications, and assist with pain management, all while offering continuous support. These nurses also collaborate closely with OBGYNs and other healthcare professionals to create a safe and supportive environment for laboring women. Their skills and compassion not only help facilitate a smooth delivery but also support families as they welcome their new children into the world.



The Occupational Therapy event is debuting this year, and it's the perfect chance to dive into one of healthcare's most inspiring fields! Occupational therapists are the everyday heroes who help people regain independence, from physical rehabilitation to mental wellness.

This competitive event consists of one round: a written, multiple-choice test with 50 questions and a 60-minute time limit. You'll explore topics like occupational therapy models, activity-based interventions, and care for both physical and mental conditions. The test also covers how occupational therapy helps patients develop skills needed for daily living and work-related tasks, making it a critical part of holistic patient care.

Whether you're interested in working with patients recovering from injury or supporting overall wellness, this event is your gateway to learning more about a career that's all about empowering others!

Competitive Event Spotlight

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.



School Spotlight



This month, we're shining a spotlight on the University of North Carolina Greensboro (UNCG) HOSA chapter.

Founded this year, UNCG HOSA is quickly making its mark. Despite its young membership, the chapter has already demonstrated a strong commitment to community service and fundraising. To support more post-secondary students in attending regional conferences, UNCG HOSA has launched fundraising initiatives. Additionally, members have been actively volunteering in their community. For instance, Co-President Jake Draminski partnered with his athletic trainer to provide injury prevention and evaluation services to local athletes. UNCG HOSA's growth and success are a testament to the dedication and hard work of its members. It's inspiring to see new post-secondary chapters emerge and contribute to the HOSA community.

2024 Washington Leadership Academy



This October your state officers went to the Washington Leadership Academy! It was an amazing experience that gave us incredible knowledge about leadership and personal development, using our key strengths and weaknesses within a team. We were able to meet other HOSA state officers as well as the International Executive Council. While at WLA, we became experts in HOSA's premier service project, NMDP, formerly known as BeTheMatch. Through guided presentations and interactive sessions, we were able to learn about the donation process. In the culmination of this project, we went out to the National Mall in Washington, DC to find donors within the community! Finally, your state officer team visited the Capitol Hill to represent HOSA's commitment to advocating Perkins funding for career-technical education programs. WLA's team-building exercises, workshops, and conversations highlighted how important team dynamics are. We are better prepared than ever to guide and assist NC HOSA in educating the next generation of healthcare professionals!