



HEY HOSA!

January Edition
2025



Hey NC HOSA members!

As we kick off 2025, we're proud to reflect on the incredible accomplishments of our chapters and look forward to the opportunities that lie ahead. From hosting impactful blood drives to preparing for leadership conferences, our members continue to set the bar for excellence in healthcare education and community service.

We're thrilled to announce that we've surpassed our membership goal of 8,000 members, a testament to the dedication and passion of our HOSA community. This year promises to be even bigger, with highlights like the 49th annual State Leadership Conference in March in Greensboro and the International Leadership Conference this summer in Nashville, Tennessee. We can't wait to see each of you grow, lead, and thrive through HOSA in 2025. Thank you for being part of this incredible journey! Here's to an amazing year ahead!

NEW YEAR, NEW HOSA

Welcome back and Happy New Year NC HOSA!

2025 is looking bigger, brighter, and better than ever with our 49th annual State Leadership Conference coming up on March 26-29 in Greensboro, North Carolina followed by HOSA's 2025 International Leadership Conference which will be held in Nashville, Tennessee!

As we kick off another exciting year, NC HOSA is ready to take things to the next level! With fresh faces, innovative ideas, and boundless enthusiasm, let's dive into opportunities to grow, learn, and lead in the world of healthcare. State officer applications are now open, and it's the perfect opportunity for anyone ready to take on a leadership role and represent! Let's make this a year to remember—one filled with collaboration, discovery, and collective passion to make a difference! Here's to a great 2025 ahead!

Calendar

State Officer Webinar - January 18th and 19th @ 7:30pm

SLC Registration Closes - January 31st

SLC Hotel Reservations Open - February 5th

State Officer Application Closes - February 7th

Barbara James Service Award Hours Cutoff - February 7th

Conference Uploads Deadline - February 7th

National Anthem Singer Submission Due - February 7th

Pin and T-Shirt Design Contest Cutoff Date - February 7th

Award Nominations Due - February 7th

NMDP HOSA Service Project Deadline -
February 7th

American Red Cross Hours Cutoff -
February 7th

Officer Spotlight: Emily Nethala

NC HOSA 2024-2025 State Historian

School: Marvin Ridge High School

Region: Sandhills

Grade: Senior

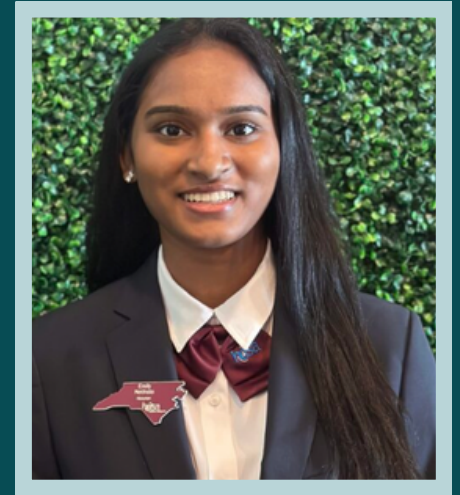
Favorite Subject: IB Biology HL

Competitive Events: Pathophysiology, Creative Problem Solving

Hobbies/Interests: Basketball, Reading, Suturing

Reason for joining HOSA:

I joined HOSA in my freshman year because I wanted to join a club that all of my friends were in. It also helped that there was a state overnight trip where I could hang out, without too much regard for my specific competitive event. However, I became more involved in the club, especially in the service aspects, when I became Community Service Director for Marvin Ridge HOSA. Through my peers' support and guidance, I was able to become a state officer, primarily because of my passion in making a difference in the community. I knew from the beginning of my sophomore year that HOSA was my calling after winning the Gold Barbara James Service Award, and I hope to continue to serve this organization as a state officer!



Emily Nethala -
Historian

Region:
Southeast/Sandhills
Marvin Ridge High School



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

School Spotlight



This month we are proud to spotlight Asheville High HOSA. Asheville High HOSA is a small chapter making a big impact, even in the face of challenges. This year, the chapter showed incredible resilience and strength, continuing their efforts despite the disruptions caused by the hurricane helene. From hosting meaningful blood drives to engaging in health education initiatives, they've demonstrated unwavering dedication to HOSA. Their hard work is paving the way for success, with members hoping to compete at the State Leadership Conference. Asheville High HOSA exemplifies the importance of community within HOSA. Keep inspiring us all!

MONTHLY AWARENESS

January is recognized as National Blood Donor Month,

A time to honor and encourage those who give the gift of life through blood donation! This month serves as a reminder of the critical need for blood donations, especially during the winter months when donations tend to decrease due to holidays and bad weather. Blood banks and hospitals rely on a steady supply of blood to treat patients needing surgeries, those with chronic conditions, and victims of accidents or emergencies. National Blood Donor Month not only highlights the importance of giving blood, but also celebrates the selfless act of donating, which helps save countless lives each year. It's a perfect opportunity for individuals to consider becoming regular donors and to inspire others to contribute to this lifesaving cause!



Career Event Spotlight: Nursing/Nursing Assisting



This month we want to share some more information on the event "Nursing Assisting." This is a fantastic opportunity for HOSA members interested in careers in nursing or nursing assisting. Members will have the opportunity to strengthen their knowledge relating to anatomy, infection control, communication, providing care, reporting care, disabilities, disorders, and nursing assistant responsibilities. This event has two rounds. The first round is a written test consisting of 50 multiple choice questions. These questions will cover the topics previously mentioned. The second round will test the competitor's ability to perform one of the potential eight skills. Depending on the skill selected, a certain amount of time will be allotted to the competitor to perform the skill to the best of their ability. The potential skills and their respective judging sheets can be found under the guidelines for this event. Competitors' final score will be determined by the combination of their written test score and their skills section score.

If you wish to find more information about this event you can visit hosa.org under the competition tab. You then need to proceed to guidelines where the guidelines for all events in the HOSA competitive events program can be found.