



Louisiana HOSA

“HOSA: the hearts that believe and the hands that achieve”

DECEMBER 2010

INSIDE THIS ISSUE:

- A Day With The Doctor's 1
- President's Pen 1
- Are You An Outstanding HOSA Chapter? 2
- Hicks High Is At It Again 3
- Theme Contest 4

Check out HOSA:

www.hosa.org



We're Looking...

...for the **Most Outstanding Chapter Advisor**. What makes your advisor rise above the rest? Write and tell us, and they may be chosen this year and honored at NLC 2011 !!

A Day With the Doctor's



Each year a group of students in Louisiana are given the opportunity to have a glimpse of what Medical School is like. Southwest Louisiana AHEC (SWLAHEC) and other AHECS, offer a program called A Day with the Doc's. On October 18th, SWLAHEC gave the opportunity to 75 high school students who are considering becoming a physician. Students were transported by their schools to LSU Health Science Center in

New Orleans. Of those 75 in attendance, 17 were also HOSA members!!

Each year SWLAHEC offers the program on a rotating basis to some of its thirteen parishes. This year, the program was offered to students in Acadia, Cameron, Lafayette, and Vermilion. Students are selected from a very competitive application process. Grades are only one factor (but very important) along with their answers to essay questions, and recommendation letters from others.



During the day at the medical school, students got the chance to talk to second year medical students about what med school is like, and what they can do now to be on the right path for entrance into medical school. In addition, students got to use the simulators that medical students learn on, view cadaveric organs, learn about

reading x-rays, revive a person in a simulated situation and more! - (continued on page 2)



President's Pen

Dear Readers,

As the holidays are upon us and we spend time with family and friends, let's remember those thousands affected by Juvenile Diabetes. Holiday foods are normally rich and scrumptious, and while we're worried about the holiday weight gain, they're tempted by all the food and it's effects. As HOSA elected to partner with JDRF for the next two years, we agreed to raise awareness, so check your blood sugar sometimes... and do a little research. For those of you who were able to attend the Fall Conference, we spoke about JDRF so you already know a little about it. So, go out and tell others!

Have a great holiday season and a healthy 2011!

Thank you,
Sarah Featherston
featherston.sarah@gmail.com

(Day with the Doctor's continued)-

The HOSA students that participated in the day were:

From Comeaux High School: Brittney Bradford (Louisiana HOSA State Vice-President), and Zhang Xiao.

From Lafayette High School were: Sarah Featherston (Louisiana HOSA State President), Michael Artigue, Ashley Buford, Zoe Chatman, Grayson Jones, Emily Mann, Danielle Mauldin, Jessica Mendez, Lubna Rashmawi, Sierra Sapp, and Rosalia Silva.

From Rayne High School were: Shelbie Boudreaux, Tayler Monique, and Andre' Rochon.



*Join Us on
Facebook!*

Are You an Outstanding HOSA Chapter?

The Outstanding HOSA Chapter event serves as a template for chapter achievement, and recognizes the chapters that go above and beyond in providing opportunities for members and service to the community. It encourages participation in state and national leadership conferences, encourages community service, promotes participation in professional meetings, and asks chapters to share their knowledge and skills with others. Last year at the National Leadership Conference, 63 chapters from around the country were recognized as being outstanding chapters! This year it could be YOUR chapter!!



Why should Your chapter participate in this event?

There are many good reasons for participation. Members can use the rating sheet to create an outline for chapter activities. This is especially useful for new chapters! Careful planning helps chapters focus their efforts and provides a well-balanced program of work for the year.

This event should be a team effort. Because the reward is for the actions of the chapter, it makes sense to have a team of members collect evidence of chapter activities, and put the scrapbook together.

Chapters who participate in this event every year find that it leaves a legacy for future HOSA members. The scrapbook can remain on display in the classroom and is a permanent reminder of achievements of HOSA members. The scrapbook can also be a source of pride for alumni members if they return to talk to current members and promote health careers.

How Can We Succeed in This Event?

There are **two keys to success** in the Outstanding HOSA Chapter event: **1)** Develop a program of work that addresses all of the requirements outlined in the event rating sheet; **2)** Follow the guidelines for the composition of the scrapbook. The biggest mistake, according to judges, is not following the guidelines! (Ex: number the pages, description of pictures, etc.)

How Can We Be Sure To Get It Right?

Practice Judging!!! Ask a parent, guidance counselor, school staff, or fellow HOSA member to read the guidelines and score the scrapbook using the score sheet. If you do this a few times, you will be able to correct any concerns that judges might have, and improve your chances of being recognized at Nationals as one of HOSA's Outstanding Chapters!

Be sure the Historian in your chapter is putting together this event for your members, and then submit it for the State Conference!



*Happy
Holidays*

" What's happening in YOUR chapter? Send us stories of events and amazing happenings. We want to share with others what great work Louisiana HOSA is doing!"

Hicks High Is At It Again!



Pictured from left to right, Back: Dawson Miller, Kaleb Bennett, Ms. Katie Standlea, Jasmine Monk
Front: Jessi Doyle, Mercedes Kirschener, Rebecca Stanley

HOSA students from Hicks High School were involved in community service on December 4, 2010. Students took five hours of their free time on Saturday to help recruit members of the community to donate blood in Leesville.

The students partnered with LifeShare Blood Centers for the event at Wal-Mart. On this one day, the community helped to reach the goal of 25 units of blood by donating over 35 units of blood! The nurses even commented on how amazing they were doing to get people to volunteer! Thank you for the effort of everyone involved in this event. You have helped the lives of many!

Kaleb Bennett donates blood for a good cause at the LifeShare event.



Welcome New Chapters & Members!!

Dillard University, New Orleans:

Whitney Byrd,
Jasmine Dominic

Zachary High School:

Advisors: Bonnie Byland and Crystal Von Rosenberg

Candice Bowman	Shequoia Bowman	Miranda Edelen
Sheriece Handy	Lesha Harris	Tiara Jett
Aisha Joyner	Heather Lyons	Jeremy McCauley
Kierra Pickett	Carl Stanley	Harlie VanOsdell
Leann Veal	Jasmine Weston	Jasmine Woods
Breshaunya Young		

Comeaux High School:

Advisors: Lisa Ranney and Debbie Prince

Officers: Brittney Bradford, President; Rithika Thirumal, Vice-President; Jobie Racca, Secretary; Caroline Beals, Reporter; Dylan Harrell, Historian.

Send news, questions, or comments to: Shirlene Bender, State Advisor

103 Independence Blvd., Lafayette, LA 70506 Ph: 337-989-0001 Fax: 337-989-1401

students2@swlahec.com

Theme Contest

Each year a theme is chosen annually by the National HOSA delegate assembly to provide the focus for all activities in the designated year, including some events in the National Recognition Program. This year's theme, "HOSA: *The Hearts That Believe and the Hands That Achieve*" was submitted by Illinois HOSA.

During the Spring Leadership Conference, Louisiana HOSA will be awarding one chapter for: "Outstanding HOSA Theme." Each chapter is asked to submit at least one theme for consideration. Multiple themes may be submitted. Themes will be voted upon by the voting delegates at the spring conference and the winning theme will be presented during the award ceremony.

The winning theme will be used as the Louisiana State Theme for the coming year, and will also be submitted for national consideration at the National Leadership Conference in Anaheim.

So...put on your thinking caps!!!

Wouldn't it be great if the winning National Theme for 2011-2012 came from Louisiana?!!!

The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.

- Albert Einstein



Funny Stuff

"Doctor, Doctor, You've got to help me - I just can't stop my hands from shaking!"
"Do you drink a lot?"
"Not really - I spill most of it."

Upcoming Events

- | | |
|------------------|--|
| January 14, 2011 | Chapters should all have received registration info for Conference |
| January 17 | Online Conference registration opens |
| January/February | Online competitive testing—date to be announced |
| February 18 | Online Conference Registration Closed |
| March 12 | Acadiana Walk for a Cure - JDRF |
| March 13-14 | Louisiana HOSA Spring Leadership Conference, Pineville |



Southwest Louisiana AHEC
103 Independence Blvd.
Lafayette LA 70506
337-989-0001
(800)435-AHEC
Fax: 337-989-1401
students2@swlahec.com

Sign up for the HOSA E-Magazine:

Click [HERE](#)

The mission of SWLAHEC is to improve health status through access to information, education and health services.