

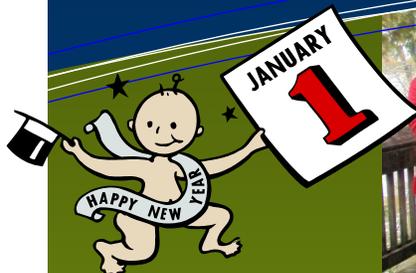


Louisiana HOSA



“HOSA: Leaders of Today, Professionals of Tomorrow”

-Hicks HS



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Remember to like us on Facebook!

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Happy New Year!!

Happy New Year to All!

I always feel like the start of the new year is the start to a new beginning. We make our new year resolutions and sometimes they slip by the wayside. What are your resolutions? Are you sticking to them? One way to stick to them is to stay busy, and a good way to do that is to start practicing and studying for the competitive events you will compete in at the State Leadership Conference in March!

The State Leadership Conference is only weeks away (eight, to be exact!) and time is going by quickly. So, there is no time to waste...study and practice your event now! Practice with others, form study groups, do whatever you need to so you are successful in your event.

I would like to wish all of you the best in achieving your new year resolutions, whatever they are, and I look forward to seeing you in March!

Shirlene Bender
 State Advisor

President's Pen

Happy New Year!

Some may view the New Year as a refresh button to start all over, maybe start a new tradition. This is a great time to hit HOSA activities hard. We would like to hear what your chapter is doing. Post on our Yammer account or on our Facebook page.

Rebecca Stanley
 Louisiana HOSA State President



Louisiana HOSA

State Leadership Conference

2011-2012!

When: March 11-12

Where: Holiday Inn Lafayette, Lafayette, LA

More Info: See your chapter advisor for details and registration!

Reminder: Many of the events this year require online testing before the conference!

Can't wait to see you there!

Event Helpline:

Kaiser Permanente Health Care Issues Exams

Tips and Techniques

- Read the health section of the magazines (Time, USA Today), newspapers (New York Times, The Daily Advertiser), websites (BBC Health, Yahoo Health, Kaiser Permanente News)
- Pay attention to the new laws dealing with health care and new findings
- Pay attention to the new advancements in the healthcare industry
- Read the new diet tips and new treatments
- Read over interesting things you find in the media

*Remember an essay question will be used to break a tie so be prepared to write that essay!

**Remember this year's test information will cover stories from July 2011 to February 2012!!

Health Occupations Students of America

We're looking for the...

Most Outstanding HOSA Chapter Advisor!



What makes your advisor the best of the best? Write and tell us why they are so outstanding as a HOSA Chapter Advisor.

They may have the opportunity to be honored at the 2012 National Leadership Conference in Orlando!

We want your help!

Come up with an original HOSA theme to be voted on at Spring Conference! It may be the next year's State

Theme and possibly the National HOSA Theme!



A HOSA Competitor's Checklist

- Closed toe heels/dress shoes.....\$40
- White button down.....\$25
- Black or navy slacks.....\$35
- Blazer.....\$50
- Going to Nationals in Orlando.....Priceless

HOSA



Extreme “Diets”

“...causes mood swings, depression, anger spikes..”

Teens today are becoming more and more obsessed with their image. With these obsessions, come these eating disorders such as anorexia or bulimia. Besides the obvious health risks of malnutrition and future digestive tract problems, these disorders come with many more. Many teens that have eating disorders have mental health disorders. Eating disorders cause mood swings, depression, anger spikes, and behavioral disorders. In the end, anorexia causes low blood pressure, heart fatigue, and osteoporosis. Bulimia causes all of these plus dehydration and possible stomach rupture. Losing those extra five pounds are not worth the damage you will have done on your body.

Read more at www.hhs.gov



Louisiana HOSA Fundraiser

Anyone need to buy anything online? You, your family, friends (anywhere in the country)? Please send them the link below to do their online shopping. Money raised from this will help offset the cost of conferences and other activities. Plus, there's no extra cost to you! This is a year-round fundraiser, so please keep reminding everyone to use it.

Just click on the link, and that will take you to the page where you can choose from a list of stores!

www.louisianacommunitymarketplace.com/lahosa

Thank You!

Winning isn't everything, but
wanting to win is.

-Vince Lombardi

Healthcare Limelight: Paramedics and Emergency Medical Technicians

When you have an accident or are feeling under the weather and need a ride to the hospital, paramedics are there to help. Paramedics and Emergency Medical Technicians (EMTs) are emergency personnel trained in basic emergency medicine. In order to become a paramedic, you must first become an EMT-Basic. In most cases, a high school diploma is needed to enter a training program. After an EMT-Basic, EMT-Intermediate is received by completing so many hours of on the job training and in class training. Paramedic is the highest level of EMT and is achieved by attending a program for two years. Usually the paramedic program is held in a community college or university. All forms of Paramedics and EMTs are required by the law to be licensed and maintain their license. Paramedics also have to pass a psych evaluation to determine if they are emotionally stable and a physical exam to determine if they can deal with the physical nature of the job. Being a paramedic is demanding and often stressful. Paramedics are required to go to some sort of counseling to cope with the losses and the scenes they are called to. Paramedics usually earn between \$10 and \$22 dollars an hour depending on if you are employed by a company or the government. Most paramedics work over 40 hours a week and their work schedules are irregular because emergency response is needed 24 hours a day.



Welcome New Members & Chapters!

Assumption High School

Jada Jones

Carroll Jr. High School **New Chapter!**

Advisor: Ms. Catherine Johnson

Amber Bennett

John Quinn, Jr.

Ashley Williams

Varqueze Logwood

Amanda Washington

Church Point High School **New Chapter!**

Advisor: Ms. Karin Gibbs

Chasity Citizen

Bailey Gautreaux

Mariana Dupont

Keilli Latiolais

Hicks High School

Laken Sigler

St. Amant High School

Advisors: Ms. Jennifer Pizzalato, Ms. Shawn Bourgeois

Jessica Abrahams

Cindy Delatte

Hailey Mackey

Katherine Scarbrough

Jade Bardwell

Asjeu Deaime

Aliyah Malancon

Lauren Scott

Berman Berthelot

Claire Derise

Haley Marcel

Lindsey Scott

Jada Berthelot

Holly Dicharry

Rebecca Martin

Kourtney Simmons

Jalea Berthelot

Devynn dunn

Lori Matheme

Kelsey Smith

Sydnie Bertrand

Brooke Elisar

Carli Melancon

Rebecca Smith

Matthew Blanchard

Danna Fekete

Nathaniel Michel

Taylor Snyder

Madison Bonton

Chelsey Gautreaux

Callie Mizel

Laci Soileau

Christa Bourgeois

Britt Graham

Carley Molliere

Stephanie Stelly

Brianne Bourgeois

Shelbi Haydel

Kirsten Morales

Victoria Stokes

Larissa Bourgeois

Kimberly Hidalgo

Felicia Nealy

Ashley Sturdivant

Rachel Bourgeois

Brock Hoag

Jose Olivas Jr.

Taylor Talley

Stephen Bourgeois

Dane Holeman

Christopher Poore

Gabrielle Theriot

Brooke Broussard

Shayna Jarvis

Kiersten Rapp

Tori Thompson

Akiran Brownfield

Kennysha Johnson

Kaitlin Rawls

Kelci West

Jessica Bush

Christopher Landaiche

Brooke Roberts

Carlie Whittington

Maddie Coleman

Sadie LeBlanc

Jascelynn Roddy

Kaitlyn Young

Ciara Cuny

Kaitlyn MacDonald

Rachel Ruiz

Welcome New Members & Chapters!

Teurlings Catholic High School **New Chapter!**

Advisor: Ms. Lauren Shomaker

Renee Angelle	Debaney Francis	Demi Letchworth	Delena Phung
Tyler Berard	Jennifer Garrett	Macye Lopez	Ginny Saltzman
Amber Bordelon	Ben Gary	Amelia Lormand	Keller Schexnailder
Alex Boudreaux	Adam Garza	Brianna Malbrough	Whitney Smith
Drake Boudreaux	Kate Garza	Allison Marcel	Ashley Sonnier
Matthew Boudreaux	Annelise Gerami	Hannah Marks	Katie Stelly
Taylor Brown	Katie Guidry	Kalyn Mayfield	Josie Stiles
Kathryn Burkhardt	Jhada Landor	Kiri Meche	Shelbi Talley
Jasmine Chizer	Taylor Lasseigne	Sara Miller	Kiley Thibodeaux
Alexis Davis	Emma LeBlanc	Elizabeth Morgan	Jessica Vallot
Sydney Domingue	Alexandra Lee	Nick Neumeyer	Kellie Voisin
Morgan Dupre	Lacy Lee	Gareth Olivier	Hillary Washington
Kylin Fernandez	Kennedy LeJeune	Mariah Ozene	Danasha Zenon

Carroll High School

New Advisor: Ms. Georgia Jones

Lafayette High School

Madison Lambert

Leesville High School

Sean Grady

Casey Jones

Just for Laughs

Patient: Doctor, what I need is something to stir me up; something to put me in a fighting mood. Did you put something like that in this prescription?

Doctor: No need for that. You will find that in your bill.



GPSA for Health

Looking for something meaningful to do this summer?

GPSA (Global Public Service Academies) is a summer experience targeted at high school sophomores and juniors, but others are accepted. The program is aimed at students who self-identify as being interested in health careers. Health careers include medical doctor (MD), nurse (RN, LPN), pharmacist, biomedical engineer (BME), dentist and other related fields.

The Experience

The students' GPSA experience begins in Guatemala City, Guatemala. Students learn to facilitate several screening measurements (height, weight, temperature, blood pressure, heart rate, etc) and complete some introductory cultural and language training with outstanding faculty from American universities. Then, the entire team travels to Calhuitz, Guatemala. Students spend a bit less than four weeks working in the community, working in a health clinic and health posts. During this time, students take language classes as well as technical classes. GPSA is proud to have outstanding educational collaborators in Duke University, The Massachusetts Institute of

Technology and Florida Gulf Coast University. For their service activity, students are divided into teams led by trained college students. The teams are assigned to

- facilitate health screenings and community health work, including vaccinations and nutritional intervention,
- conduct community health trainings such as hygiene or nutritional education, or
- perform volunteer tasks, including physical labor. Teams rotate every few days so that every participant experiences every activity.

The team takes a short vacation in Panajachel, Guatemala on the way to the final GPSA conference, open to the community. At the conference, students and faculty present their observations, findings and community impact in a professional conference format.

The Benefits

GPSA participants will get a deeper and more meaningful experience from working in a developing world to make a difference.

Participants will also get a chance to see if a

health career is right for them. Students will tangibly improve healthcare conditions in the developing world. The students' contribution will be measured and made public each year.

Students will get a chance to "try-out" their future career. Students live with host families during some of the experience furthering their language and cross cultural training. They will find living with a host family and working in a developing world clinic exciting, stimulating and challenging. GPSA will select up to 30 high school students per site per cycle. Participants should be juniors in the following fall, who have an interest in health care careers. Seniors are fully eligible. Sophomores will be occasionally accepted. Freshman in college may be accepted under particularly compelling reasons.

Program Director:

Dr. Robert Malkin, PhD, PE
 robert.malkin@gpsa.org



Find out more program details at:

www.gpsa.us

Coming soon...Louisiana HOSA Website!!

Want HOSA Points?

Do you want your chapter to rank superior?



Every point counts!!

Submit your points to the state advisor!



National Opportunity

Did your chapter participate in any event this year? Do you have photos of those activities?

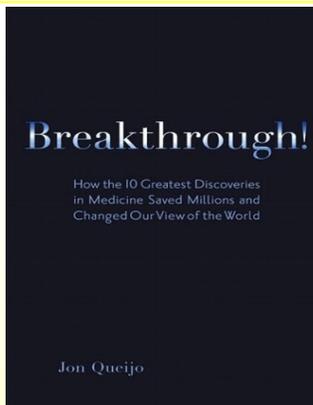
Louisiana HOSA has been asked to submit a story that include chapter activities and photos to the HOSA E-Magazine.

Submit your story by the end of the month to the state advisor

Upcoming Events

February 17	State Officer Applications Due <i>Contact Ms. Shirlene Bender for Application</i>
March 11	JDRF Walk Lafayette, LA
March 11-12	Spring Leadership Conference Lafayette, LA
June 20-23	National Leadership Conference Orlando, FL

ON YOUR MEDICAL BOOK READING LIST!



Why are you alive right now? Chances are, you owe your life to one of the remarkable medical discoveries in this book. Maybe it was vaccines. Or antibiotics. Or X-rays. Revolutionary medical breakthroughs like these haven't just changed the way we treat disease, they've transformed how

we understand ourselves and the world we live in. In *Breakthrough!*, Jon Queijo tells the hidden stories behind 10 of history's most amazing medical discoveries. This isn't dry history: These are life-and-death mysteries uncovered, tales of passionate, often mocked individuals who stood their ground and were proven right. From germs to genetics, the ancient Hippocrates to the cutting edge, these are stories that have changed the world—and, quite likely, saved your life.

Questions? Comments?
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