



Diego Figueroa - State President

It is my extreme pleasure to welcome you back to Disney's Coronado Springs Resort for Florida HOSA's 2014 State Leadership Conference! Working in harmony with our members, our State Team has spearheaded projects that will inspire, exalt, and galvanize others into action, thus, ensuring the continuity of motion within the state.

From April 3rd-6th, members, coming from every corner of the Sunshine State, will meet under the guiding and welcoming hands of Mickey Mouse as they prepare to challenge themselves academically and push themselves socially. Accordingly, my advice for newcomers and veterans alike, is to come in with a plan, with resolution, and with resolve. Thousands are entering the resort convention center thinking that they have what it takes to bring home the coveted gold medal; however, only a select few will walk away victorious. Now don't get me wrong, this should not interfere with your learning or growth as a leader. Rather, it should fuel your ambitions, encourage your preparedness, and heighten your overall experience (a little competition is fun, anyway). On the other hand, when you're not racking your brain over medical terms, HOSA history, or occupational skills, you will have the opportunity to bask in the glory that is Disney World. With a transportation system that works continuously throughout the resort, you will have the opportunity to have lunch in Downtown Disney, travel through time in Space Mountain, or meet with the royal mouse in Cinderella's Castle. Regardless of your choices, I can assure you that there will not be a dull moment throughout the weekend.

Even if you don't take a medal or ribbon home, all of you should consider yourselves winners as you have made it to SLC with your hard work and determination; you have earned your way to the State Leadership Conference. Now it is up to you to validate your sacrifices and solidify your objectives. During your time at Coronado, I advise you to channel your unparalleled ambition into this program fostered by a receptive staff, advisors, and vigorous students that incite innovation. As a Florida HOSA enthusiast, I look forward to seeing you in April.

Stephanie Guimaraes - State President-Elect

We would like to take the time to recognize our tireless advisors who brought more than 300 members to Florida HOSA's Leadership Development Conference this past November! Being set in a new location, there was much preparation in striving to reach expectations. Lake Yale Baptist Conference Center in Leesburg served as a great host venue for our growing conference. Upon arrival that Friday afternoon, the members joined together at the Opening Session for an introduction to the weekend. This year's conference theme was "Flashback - Learn From the Past, Prepare for the Future!" and demonstrated monumental eras of history. From a caveman to a Greek goddess, the Florida HOSA State Officers entered the auditorium wearing costumes that represented their era. Members were then broken up into teams where they bonded, created a team flag, and prepared a skit to be performed at the closing session. Aside from teams, members were also split into groups to rotate through workshops prepared and led by the State Officers, our own Devindra Persad who is now a National HOSA Officer, and Dan Geer. These workshops gave the members ideas to take back to their schools and regions and helped them build their character as a leader. At the evening sessions, the State Officers performed skits they had been preparing for months which received rave reviews and tons of laughs! Although the weather was gloomy, that did not stop us from having field day; we just moved it inside and it was just what our Florida HOSA members needed to bring out their competitive edge. The campfire and s'mores on the last night of LDC were the perfect end to the fun-filled weekend. Our Dancing with the State Officers, T-Shirt sales, and Lollipop Tree fundraisers were very well supported and contributed greatly to the Florida HOSA Foundation Scholarship - thank you Florida HOSA members! As predicted, LDC was an amazing experience and is still being talked about today. Thank you, members and advisors, for making the Florida HOSA 2013 LDC a memorable success!



Travis Markham - State Northern VP, Secondary

The time is nearly upon us, Florida HOSA members! Believe it or not, SLC 2014 is just a little over a month away! It can still seem like a long way off, but I'm already excited to see what skills you all are bringing this year.

Competition is one of the pillars of the State Leadership Conference, and for that reason I encourage everyone attending to keep practicing your events! Regardless of the event you participate in, practice really does make perfect. So, grab a set of guidelines (which can be found at <http://www.hosa.org/node/117>) and keep preparing. Have you seen this [Gotta-Have-It Chart](#) that lists the materials you as a competitor need to bring? Use this great tool as you pack your bags for SLC! So get started: set up mock scenarios and practice in front of friends and family, simulate testing environments, and do anything you can to be prepared for the unexpected. The more you practice, the more confident you will be, and the more likely you will be to perform to the very best of your abilities!

Just remember, above all else, HAVE FUN! Enjoy what you do, and know that great efforts are always greatly rewarded. Start today, Florida HOSA - be confident, be prepared, and be the best Future Healthcare Professional you can be!



Scholarships: [Florida HOSA Foundation Scholarship](#); [HOEAF Scholarship](#); [HOSA Scholarship and ACTE Scholarship](#); [ExploreHealthCareers.org links](#); [links from our Florida HOSA website](#)



Astrid Leonardo - State Northern VP, Postsecondary

Hello, Florida HOSA!!! It's scholarship season!!! When it comes to scholarship money, any amount helps; therefore, we encourage you to apply for all the scholarship opportunities HOSA has to offer.

Within our own state, we have the [Florida HOSA Foundation Scholarship](#) and the [HOEAF Scholarship](#). If you are planning to apply for the HOEAF scholarship, please know that your advisor needs to be a HOEAF member. Both applications can be found on the Florida HOSA website: <http://www.flhosa.org/resourcespublications/scholarships>. The State Officer Team has worked hard this year to raise funds for the Foundation Scholarship, so please apply!

Not only can you apply for scholarships within the state, but there are National HOSA scholarships available too. The [application](#) is found on the National HOSA website <http://www.hosa.org> and by completing and submitting it, you automatically become eligible for more than 40 different scholarship opportunities. The award amounts range from several hundred dollars to \$2,000. You will also find a link to the [ACTE scholarship](#) on the HOSA Scholarship Application Page; however, your advisor must be a member of ACTE before you can apply. So I encourage you to take some time and fill out the applications because you never know how much you can receive!!!! Keep in mind that the deadlines for all are approaching quickly. The Florida HOSA Foundation application is due in February, HOEAF - March 1, HOSA - April 1, and ACTE - April 4.

We also added some resources to our website recently for Advisors/Teachers and [Student Members](#). Just go under "Resources/Publications" on www.flhosa.org to find them. Once you access the Student Resources, just scroll down the page to see the Financial Aid/Scholarships and Minorities Support for many great links! Also, keep in mind that many health care professional associations offer scholarships, so start your research now. There is usually no limit for how many different scholarships you can receive. Keep up the great work, Florida HOSA! See you very soon at SLC! ☺



Allina Hernandez - State Southern VP, Secondary

Hello, Florida HOSA! I hope that you all have had fun competing at your regional conferences. We can't wait to see you all again at the State Leadership Conference! This year, the State Team has made it a priority to bring some new and exciting fundraising ideas in the hopes of raising the most money for the Florida HOSA Foundation Scholarship to date.

Have you ever wondered what it would be like to pie a State Officer in the face? Well now you can stop wondering, because for just three dollars (\$3) you can chose which State Officer you would like to pie in the face and find out. After pushing a pie in the face of your favorite officer (or feel free to pie us all!) you can stop by Conference Headquarters to raise money through our more familiar Lollipop Tree. For \$1 you can grab your favorite flavored lollipop and then head over to Karaoke with your peeps before the Leadership Academy begins and show off your talent. Pick your favorite song for \$2 and get everyone to sing along. Advisors, you are welcome to join us too!

Don't forget that SLC is what you make of it! So make sure you focus on your competitive event, but also get involved in the other activities that the State Leadership Conference has to offer.

These fundraisers can only be a success if you come out and support them. Help us to make this the most successful year of fundraising for the Florida HOSA Foundation Scholarship!

Clayton Sims - State Parliamentarian

Hey there, Florida HOSA! It's almost time for the State Leadership Conference, where you will have the opportunity to compete and show us how hard you've worked to make it to SLC. However, since HOSA always maintains its professionalism, we must ask that HOSA's members conduct themselves professionally while at SLC.

Professional appearance often starts with how one dresses so to help you with that the [official dress code policy](#) can be found on the Florida HOSA website; just hover over "Conferences" in the Navigation Bar, then select SLC. Appropriate attire for all the general sessions is the official HOSA uniform (as outlined in that document) or a navy blue/black suit with a white shirt and a tie for males, optional maroon scarf for ladies. Additionally, female members may choose to substitute slacks with a navy blue or black knee-length skirt. Close-toed black shoes (or navy blue for ladies) must be worn.

For competitive events, "competitors must be in official HOSA uniform or in proper business attire" during event orientation and at all other times as specified in the event guidelines; however, for events with skills such as those in the Health Professions and Emergency Preparedness categories, competitors may wear attire that is appropriate to the occupational area being demonstrated. This dress is recommended for the skills portion of the event only.

Because HOSA is a professional organization, any individual who is not dressed according to the dress code may be withheld from standing on stage and receiving recognition or an award. In this case, members will receive their award at the end of the session. Even when we are not competing or in a general session, HOSA members should represent the best of the organization.

With that being said, I hope everyone in Florida HOSA is excited to attend SLC and show central Florida just how professional we can be!



Penny Wars 2014

Florida HOSA members - bring your pennies, silver coins, and bills to drop in the regions' jars. This is how it works: you'll be putting your pennies in your region's jar and each will count for 1 point. You put silver coins and dollar bills in the other regions' jars to take points away from them. So if you put a quarter in another region's jar, that means 25 points will be subtracted from their total. Last year, we collected another record amount: a whopping \$24,960.13 with Region 2 raising the most - over \$17,300! Let's set another record, members, and show our strong support for the Cystic Fibrosis Foundation, our National Service Project.

SLC Pin and T-Shirt Winning Design

By **Shekhanyah Israel** from **Robert Morgan Educational Center**



Congratulations!

This winning artist will be presented with two t-shirts and ten HOSA pins during the Recognition Session at the State Leadership Conference in Lake Buena Vista. Thanks for your outstanding work!

And thank you to all the artists who submitted designs - everyone did a fantastic job!!

Tyler's Hope for a Dystonia Cure

Tyler's Hope for a Dystonia Cure is a non-profit organization that was founded in Gainesville, Florida. We are committed to funding research to prevent and cure DYT-1 Dystonia through a variety of events and campaigns. Since our founding in 2005, Tyler's Hope has raised and donated over \$3 million to Dystonia research. Donations are made to top researchers at the University of Florida, as well as other labs around the world.

Dystonia is a neurological movement disorder characterized by involuntary muscle contractions, which force certain parts of the body into abnormal, sometimes painful, movements or postures. It can affect any part of the body including the arms and legs, trunk, neck, eyelids, face, or vocal cords. Abilities such as cognition, strength, and the senses are normal in Dystonia sufferers, although speech can be impaired as a symptom. Dystonia is the third most common movement disorder after Tremor and Parkinson's disease. This disorder does not discriminate and it affects people of every race and ethnic group. One-third of Dystonia patients are children. Dystonia affects more people than Muscular Dystrophy, Huntington's disease and Lou Gehrig's disease combined!

Even though our research efforts are getting closer to finding a Dystonia cure, we are still looking to reach out to our communities in order to educate them and bring light to the issues that nearly 500,000 Americans face daily. We recognize that HOSA fosters the development of young students as they continue towards a career within the health professions, therefore, we would like to educate these future health professionals of America about this disorder and its implications.

If you are interested in learning more about Dystonia and Tyler's Hope for a Dystonia Cure, please visit our website at www.tylershope.org. We welcome students, faculty, family, and friends to attend and/or volunteer at any of our wide variety of events that take place throughout the state of Florida. Tyler's Hope for a Dystonia Cure has been submitted for consideration as HOSA's 2014-2016 National Service Project. We truly believe that, if selected, with the help of National HOSA's outstanding members, we will have an army equipped to join in the battle against Dystonia.

For more information regarding Tyler's Hope for a Dystonia Cure, please visit our website or email our Development Coordinator, Jacob Wychulis, at Jacob@tylershope.org.

CTE Day on the Hill

The Fifth Annual Career and Technical Education (CTE) on the Hill Day celebrating National CTE Month, was held on Tuesday, February 11 at the Capitol Building in Tallahassee. Two of our State Officers, Travis Markham and Astrid Leonardo, as well as the State Advisor, Lloyd DeVault, made the trip to represent Florida HOSA alongside the other Career and Technical Student Organizations (CTSOs). Attendees were honored to hear remarks from Mrs. Pam Stewart, Commissioner of Education, and Mr. Rod Duckworth, Chancellor for the Division of Career and Adult Education. CTE programs and CTOSs from around the state set-up displays with several showcasing pursuits that take place in their classes. Legislators, and everyone else that was present, were able to hear our success stories and view the "rigorous and relevant learning that takes place in our classrooms and student organizations everyday!"



Travis and Astrid with Rod Duckworth, Chancellor of Career and Adult Education.

Travis and Astrid speaking with the Commissioner of Education, Pam Stewart.



Students' Corner

- Health Care Summer Institute (HCSI) 2014 at the College of Medicine, UF will be held June 15-July 12. For more information and the application go to: <http://odhe.med.ufl.edu/8/hcsi/>. Deadline to apply is April 14. This is open to students in North Central, Northeast and Northwest Florida. The specific counties from which students can apply, are listed online.
- [Florida's Rural STEM Education Institute or Florida Learns STEM Scholars](http://floridalearnsstemscholars.org/documents/share/STEM_BROCHURE_FINAL.pdf) has research opportunities for students this summer to work with a STEM scholar on a project. For more information, please visit: http://floridalearnsstemscholars.org/documents/share/STEM_BROCHURE_FINAL.pdf.
- [Bio-Link](#) is a National Advanced Technology Education Center of Excellence focused on Biotechnology and Life Sciences. It connects instructors at various colleges, as well as industry representatives, and contains information for students and job seekers. Check out the information about obtaining a [Biotechnician/Biotechnology, Bioscience certificate](#). While you are there, you can also learn about related careers. In addition, you can visit the websites of colleges offering this program and find some in Florida. For example, there is a biotechnology program at [Palm Beach State College](#) with an AA or AS degree option, as well as offering numerous other opportunities for students. This program has built strategic partnerships with biotech companies in the area and is housed in the state-of-the-art Bioscience and Technology Complex.

Looking Forward to Seeing you at Disney's Coronado Springs Resort for SLC 2014! April 3 - 6

For the second year in a row, the beautiful Disney Coronado Springs Resort is the host hotel for our State Leadership Conference! Talk with your advisor now about registering for the conference, whether as a competitor or a courtesy corps member to help with the many competitive events. The deadline to [register](#) is **March 3**. Hotel reservations can be easily made online at <http://www.mydisneymeetings.com/flahosa> and the deadline is also **March 3**. Reservations can also be made via fax and email. All SLC related information and documents are posted on our website at <http://www.flhosa.org/conferences/state-leadership-conference-slc>.

SLC Activity Highlights

- "Fun"draisers Saturday

Are you ready to have some fun at SLC? Bring some change and pie the State Officers, then show off your singing abilities at the karaoke just before the Leadership Academy on Saturday.

- Workshops brought to us by Orlando Science Center

Middle School Division members are invited to participate in the Medical Mystery Diagnosis workshop, which will take place at the beginning of their orientation on Thursday at 5:30 p.m.

High School members who have pre-registered will participate in the Forensics hands-on workshop Friday at 5:00 p.m. Please note that all 30 spots have been filled.

- Career Fair, Expo and Scientists' Corner is Friday

All members are encouraged to participate at the **Career Fair** in Coronado Ballroom H on Friday. You **will be able to pre-register for the fair starting March 4 and the first 35 participants will receive a small gift**. Just **ask your advisor how to register or visit the [SLC page on our website to download the form](#)**. Up to 150 of those registered on-site will also receive a small gift. The **Scientists' Corner** will be happening simultaneously where you will meet professionals who have brought various equipment from their workplace. They will be ready to share their experiences with you; for example, how they've gotten to where they are now in their career. Bring your enthusiasm and be ready to ask questions and learn! We'll provide you with some sample questions.

- HOSA Day is Saturday

During **HOSA Day** you can explore Central Florida and all it has to offer! There are plenty of things to see that will fit any budget. You can pick one of the bodacious world-class amusement parks like the *Magic Kingdom*® and Universal Studios®. Or you might want to get off the beaten path and see attractions like the [UCF Arboretum](#), which covers an area of 32 hectares with 600 plant species and several ecosystems where you can hike or play disc golf. Other great ideas are: [Kelly Park/Rock Springs](#) where you can go tubing down the spring, or [Wekiwa Springs State Park](#) which is great for swimming, canoeing/kayaking, and birding. Plus, don't forget your snorkeling gear for underwater explorations!



Experience Manta®, a flying roller coaster, and see water creatures up close and personal at SeaWorld®.

View from below a few snorkelers at Wekiwa Springs.



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