



Stephanie Guimaraes - State President

Grab your extra buttery popcorn and get ready for the event of a lifetime: the annual Fall Leadership Development Academy is coming your way! Taking place from November 14th to November 16th, FLDA is an unmatched weekend filled with workshops, fundraising, shows, and more. There's definitely no business like show business - except for health care, of course! What greater way to bond with others interested in health than spending a weekend with some of the top HOSA leaders of the state at Camp Kulaqua in High Springs? Now, if you haven't caught on to the hints yet, I would love to officially announce that the FLDA theme this year is "Lights, Camera, HOSA - LEADership in Action." With this year's HOSA theme of "HOSA: LEAD," we will be honoring the cinematic success of the past century, alongside building the qualities necessary to be a truly exemplary leader. You, the members, serve as the actors in making the award-winning hit that is Florida HOSA. Be ready for laughter. Be ready for fantasy. Be ready for thrills. We're HOSA... Florida HOSA!. And we are here to grow as individuals and pave the way to our future. As

the great actor Robin Williams once said in the outstanding film *Dead Poets Society*, "Carpe diem. Seize the day, boys. Make your lives extraordinary." Take movement towards what you want in life and better yourself as an individual because there is always room for improvement. Whether you're a new member or have been to this conference before, join the Florida HOSA State Team in this year's Fall Leadership Development Academy production that will have critics raving happily ever after!

Are you Ready for an Unforgettable Weekend during the FLDA?

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Jaylon Tellis - State President-Elect

Florida HOSA, let's make receiving change an exciting experience! The next time you pay for something in cash, think about the change you are receiving. Don't keep throwing away your pennies and other loose change. Instead, save them for Penny Wars! This year's Penny War is to raise money for our new National Service Project: the Leukemia & Lymphoma Society. Members, you can start saving pennies to take to our State Leadership Conference and place them in your region's jar. Quarters, nickels, dimes, and paper money are accepted as well; however, there's a catch. If you put a \$1 bill in a jar, that will mean that 100 points will be deducted from that jar; silver coins will also deduct their value from the jar's total. So, with that in mind, save the bigger change to put into other regions' jars. The jar with the highest amount, after the deductions of bills and silver coins, will win. Your advisor can also bring checks if your chapter has done some fundraising prior to SLC. We are happy to continue such a great fundraiser. So remember, our main goal is to raise as much money as possible!



Last year, Region 9 took first place and raised a total of \$4,922.42! All together, Florida HOSA raised a total of \$13,518.08! That's a great sum of money that went towards the Cystic Fibrosis Foundation. So, Florida HOSA, we encourage you to fundraise by participating in this year's Penny Wars to help the Leukemia and Lymphoma Society! This is also a great opportunity for your chapter to be recognized at the state and national conferences in the National Service Project Recognition Event. Start today by visiting this event's [guidelines!](#)

Barbara Sanchez - Northern VP, Secondary

It is that time of year again; when pumpkin spiced lattes are back in coffee shops and you begin preparations for the holiday season ahead. The days eventually become shorter and temperatures start to drop, but it's only heating up here in Florida HOSA! Competition season is upon us...are you ready? Do you have what it takes to make it to the State Leadership Conference at Disney's Coronado Springs Resort at the end of March? How about to the National Leadership Conference in Anaheim, California?

HOSA offers our members over 50 different competitive events to choose from - if you have an interest, we have a competition to match it. Visit the HOSA [Competitive Event Resources page](#) for all competitive event topics, updates and individual event guidelines. Whether you are a team player or an individual super star, competition is what we all love to participate in each year. It is a major highlight of being in HOSA as members learn new skills, test their abilities, and form networking communities at the different conference levels.

In addition to the events on the National HOSA website, Florida HOSA is offering the [Massage Therapy](#) event again, as well as a new event this year - [Family Medicine](#), which is a Knowledge Test of the profession. Members may participate in either of these events, plus compete in their one selected event from National HOSA's list of events, along with any recognition events.

Our middle school members have an opportunity to participate in some new events also. Please see the [2014-15 Middle School Division Handbook](#) for more details.

As you pick your topics and assemble your strategies, remember to refer to your guidelines as they will hold all the information you need to be successful in your event. Practice, practice, practice! Just like sports teams practice and band members rehearse, to be successful in competition - you get out what you put in. We wish you all luck in your respective events!



“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

Albert Schweitzer



Travis Markham - Northern VP, Postsecondary

Florida HOSA,...the 2014-2015 State Officer Team is excited to announce that we have made it our personal goal to raise ONE THOUSAND DOLLARS this year towards the Florida HOSA Foundation Scholarship! HOSA knows the value of education, and for that reason, high school seniors and postsecondary members are invited every year to apply for a scholarship. Winners are announced every year at the annual State Leadership Conference. In order to facilitate this wonderful opportunity for our members, the State Team will be holding a number of fundraising events at this year's Fall Leadership Development Academy (FLDA) in beautiful High Springs, Florida! First and foremost, all proceeds from the commemorative FLDA long sleeve t-shirt that was offered during registration will go to the Foundation Scholarship; a few extra shirts were ordered in case you didn't get one yet, but supplies will be limited and sales will be

on a first come, first serve basis. These shirts will feature the theme of the FLDA and cost \$15 each. Also, for the low, low, low, low price of...\$3.00, YOU can dance on stage at the FLDA with the State Officer Team to a selection of songs chosen in advance! And last...but certainly not least, you can Pie the State Officers at the conference for just \$3.00 a pie, or \$18.00 for the whole team! That's all for now, Florida HOSA, see you all at FLDA!



Julius Wade - Southern VP, Secondary

It's truly something to be able to stand in a patch of grass, look around and realize that almost 300 years of history stands before you, behind you, and beside you. It's truly something when you're just a conversation away from knowing what it's like to have never seen a beach, or lead a State Association that's fifty members strong. It's truly something to be able to convene in the capital of our great nation with over 125 State Officers from across the nation, to learn and grow as leaders in an ever-evolving, ever-diversifying organization that stands at the forefront in the bridging of leadership and quality health science education. It's truly something, because all of this is made possible by you.

Upon our arrival in Washington, DC, we were split into teams randomly. We explored the National Mall, as part of the teams, and learned about leadership skills and strategies that we'll apply towards making Florida HOSA function more effectively and dynamically. On top of our exposure to the monuments and buildings that make DC so spectacular, your State Officers had the privilege to attend and witness the Changing of the Guard and Laying of the Wreath Ceremony

at Arlington National Cemetery at the Tomb of the Unknown Soldier. Finally, we spoke with our Congressional Representatives and delivered to them valuable information about HOSA. We shared with them the stories of our members to depict the breadth and importance of everything that we stand for as members of HOSA.

It truly is spectacular to see HOSA in action from the very top, and even more so to know that it exists and functions all across the nation. More than ever, your State Officers are ready to lead with courage, and we are excited for what lies ahead. Be bold, be brave, be brilliant.



Our State Officers meet a staff member from Rep. Patrick Murphy's office serving district 18



Our State Officers in front of the Capitol Building

The State Team made a variety of visits, including the Uniformed Services University of the Health Sciences (USUHS), the National Museum of American History, Florida House on Capitol Hill, and a number of sites on the Twilight Tour.

The team met with staff and faculty of the **Uniformed Services University of Health Sciences at the Walter Reed National Military Medical Center** in Bethesda, MD, and also heard from representatives of the **National Institutes of Health**. The University and Medical Center house state of the art simulation areas, virtual medical environment labs and clinical skills labs with standardized patients (specially trained individuals) where medical and other students train. The University has a School of Medicine, Graduate School of Nursing, and a Postgraduate Dental College. In addition, graduate programs in Biomedical Sciences and Public Health are offered. For more information on these schools and programs go to: <http://www.usuhs.edu/graded/geofaq.html#faq>; <http://www.usuhs.edu/medschool/pdf/WhatYouNeedtoKnow.pdf>.

Florida is the only U.S. state to have an embassy in our nation's capital and it is called **Florida House**. The next time you visit Washington, D.C. make sure to stop by for a glass of orange juice. The house was built in 1891 by Edward Manning, the architect of the Library of Congress. Mrs. Chiles purchased it in the early 70's after Lawton Chiles was elected to the U.S. Senate. It was the idea of one of their daughters who, after her and her family were lost in Washington D.C. said they should go to the Florida Embassy for help. After explaining that only foreign countries had embassies and that states did not, the idea still intrigued Mrs. Chiles. The result was the purchase a Victorian house directly behind the Supreme Court which was transformed into the beautiful Florida House showcasing antiques and artwork donated by Floridians over the years.



Florida House, Washington, D.C.



Clayton Sims - Southern VP, Postsecondary

Hey there, Florida HOSA! I know all of you are working hard to wrap up the semester before Winter Break comes along, and many of you are searching for colleges and universities for the future. Financing your postsecondary education is very important. One of the easiest ways to get money is to apply for scholarships. There are many different scholarships available for our members so take advantage of the opportunity! HOSA is an organization that promotes education and understands that a large majority of HOSA members go on to study at postsecondary institutions. The Florida HOSA Foundation Scholarship is only available to Florida HOSA members and all that is required is a simple application. The Florida HOSA Foundation Scholarship Selection Committee then awards a few outstanding secondary (senior) and postsecondary students a \$700 - \$1,000 scholarship! It's very easy to apply; simply visit the Florida HOSA website, hover over *Resources* and select *Scholarships*. The Health Occupations Educators Association of Florida (HOEAF) offers a scholarship to members whose advisor belongs to HOEAF. Those 2 scholarship application deadlines will be in February 2015. In addition, our own website has many scholarship and financial aid resources under *Student Member Resources*, which you can access from our home page after hovering over *Resources/Publications*. Please keep in mind that many professional associations offer scholarships for students in specific career fields. So start your research today!

Our scholarship page also has a link to the National HOSA Scholarship Application. Their application is due by April 1 and with one application you are eligible for over [40 scholarships](#). The Association for Career and Technical Education (ACTE) also offers a scholarship through National HOSA. Most applications are accompanied by an essay. Please make sure you have someone read over it looking for correct grammar and spelling.

I look forward to seeing many of you at your regional fall conferences and FLDA this November!

Scholarships

- You can search the [Congressional Hispanic Caucus Institute's](#) for a variety of scholarships & internships for various ethnicities.
- You can search [Cappex](#) by major, gender, state or ethnicity
- [ScholarshipExperts](#) allows you to search by state, type of scholarship, etc.
- Dr. Ben [Carson's Scholars Fund](#) awards outstanding students in grades 4-11!
- Scholarships for students in schools that are members of the [Association of Schools of Allied Health Professions \(ASAHP\)](#)
- [Mapping Your Future](#) has college resources and links for a dozen scholarship sites
- [Student Financial Affairs](#) at the University of Florida has links for UF and non-UF scholarships
- [Peterson's](#) scholarship search
- [American Assembly for Men in Nursing](#) scholarships
- [STEM Equity Pipeline](#) - scholarships for women in STEM
- Borrow a scholarship guide from our local library!

Region 5 Update

Region 5 celebrates the ending of a successful 2013-2014 year with the National Conference and anticipating a great 2014-2015 year. Congratulations go to Manatee High School for making top 10 in the events of Creative Problem Solving, Epidemiology, and Forensic Medicine. Also hats off to the postsecondary winners from Manatee Technical Institute and South Florida State College. There were eleven winners in the top 10 with five of those placing in the top 3!

August begins a new year and chapters are organizing, electing their officers, and planning activities for the year. Our region is growing and new schools are anticipating joining and participating in HOSA. Our Fall Conference occurred on October 23rd in Arcadia, Florida and those attending learned about the new updates for the year and the competitive events. We elected our new regional officers and gave advisors and students the opportunity to interact with old friends and meet new members from other chapters in the region.

Our middle school chapters from R. Dan Nolan and King Middle School are already off to a good start by having Penny Wars, bringing in guest speakers in the health career fields, planning fundraisers to benefit the Leukemia and Lymphoma Society and blood drives to name a few.

The high schools in region 5 are busy planning activities for the year such as raising money for Operation Smile, Pasta for Pennies, Relay for Life (Braden River), creating a newsletter to inform others about HOSA and its mission, initiation event that creates teambuilding between old and new members within the chapter, HOSA Week preparation (Palmetto HS) and providing support for a variety of other health organizations' needs. All chapters are preparing for the Competitive Events Conference that will take place January 22nd, 2015 at Manatee Technical Institute in Bradenton. Region 5 is looking forward to a fun, productive and successful year in HOSA!



Michael Riley - Parliamentarian

Hello, Florida HOSA!!! I hope you all are having an amazing school year thus far. I also hope that you all had fun kicking off your HOSA year! One of the best ways to promote HOSA is through HOSA week. Now I know, if you are like me, HOSA week is every week! However, the unofficial designated week is the first full week of November which is November 2-8 this year. If that isn't convenient for your chapter to plan HOSA Week activities, you can designate any week of the year HOSA Week! This is the time when your chapters and regions can show your local community what HOSA is all about, give back to your community, and help build the ever growing support for HOSA. You can choose to celebrate HOSA Week in any way you wish - whether it be events for each day of the week or one week-long event. Plan amazing things, and if you need help with some ideas, visit the [HOSA Week Ideas](#) Page on the National HOSA website. Don't forget education is a big part of HOSA; educate your chapters, community, schools, and family, etc. Spread the word about HOSA and remember - go big or go home. Some great ideas are to invite guest speakers to talk about health care careers and to give praise and appreciation to HOSA advisors or teachers that make HOSA possible for all of you. This also goes for business partners; if, as part of your health science class, you are involved with an organization like a hospital, show your appreciation for their staff and put the

spotlight on them during HOSA Week. There are many different avenues you can take when creating your chapter's HOSA Week events. Be sure to share with us at Florida HOSA what you have done; we love to see what everyone is up to so share your photos and experiences! Also - HOSA Week is a great way to add to your Outstanding HOSA Chapter scrapbook. With all that, I say good luck to you all and HAPPY HOSA WEEK!

More Money for College

- Cognizant's [Making the Future College Scholarship](#): application can be downloaded now and submitted through March 31, 2015. One of the requirements is to submit documentation of a hands-on project. Student must be pursuing a career in a STEM field. Award of \$5,000 will be sent to the institution that the student will be enrolled in.
- Most Valuable Student Competition - Elks National Foundation Scholarship; application due Dec. 5, 2014: <http://www.elks.org/ENF/scholars/mvs.cfm>.
- Gen and Kelly Scholarship offered by Gen and Kelly Tanabe, authors of numerous scholarship books: <http://genkellyscholarship.com/>. You only need to write an essay; apply through December 31, 2014.
- CORE's Que Llueva Café Scholarship for undocumented high school students in the U.S.: http://www.ca-core.org/que_llueva_cafe_scholarship_program. Deadline is late February
- U.S. Pan Asian Chamber of Commerce Education Foundation scholarship: <http://celebrasianconference.com/overview/scholarships/overview>. Deadline in March
- Congressional Hispanic Caucus Institute Scholarship for postsecondary/college students: <http://www.chci.org/scholarships/>. Application is due April 16, 2015; students active in public and community service are encouraged to apply.
- HENAAC Scholars Program for undergraduate or graduate students in a Science, Technology, Engineering or Math related major: <http://www.greatmindsinstem.org/college/henaac-scholarship-application-guidelines>. Deadline to apply - April 30, 2015
- AIFS - HACCU scholarship for Hispanic students attending Hispanic-Serving Institutions and AIFS—NAFEO for outstanding students at black colleges - <http://www.aifsabroad.com/scholarships.asp>. Deadlines - April 15 (for fall semester) and September 15 (for spring semester)
- What Kids Can DO (WKCD) Youth Research Action Grant for up to \$2,000 for youth-designed and -led action projects. Proposals are due November 26, 2014: http://www.whatkidscando.org/new/WKCD_youthactionresearch.html.
- CVS Caremark, HOSA's partner, has several part-time opportunities to train and become a pharmacy technician in various locations in Florida. If you'd like more information, please email Kristina at kroberts@flhosa.org.

Vida Volunteer & HOSA Connect by Sondra Elizondo, LSW

Executive Director & Co-Founder, Vida Volunteer

I had dreams of being a U.S. Peace Corps Volunteer as far back as high school and knew that somehow volunteering and my love of healthcare would be a part of my life. I had no idea at that time that I would have the privilege of leading an amazing non-profit organization called Vida Volunteer, which helps support over 65 needy communities with their health care issues in Central America. I had a lot of good intentions, but not many specific skills in High School as there were no programs such as HOSA in the 80's. I recently had the pleasure to meet with student volunteers and their parents from the HOSA chapter at Shakopee HS in Minnesota who, along with a whole lot of good intentions, do have some specific skills to help those in need. This group of 9 students volunteered in Nicaragua along with their HOSA Chapter Leader, Professor Elizabeth Dueher, this past June.

Elizabeth started the HOSA chapter at Shakopee High School approximately six years ago. She wanted to take her chapter to the next level and offer a service learning experience abroad and Vida Volunteer was her first choice due to our emphasis on volunteer & patient safety. Elizabeth says her group wanted to help people directly and that is why they choose to go beyond their annual blood drive with a service-learning adventure. The students had the opportunity to help patients, practice their technical skills from the classroom, which include nursing assistant skills, and improve their patient communication skills. I spoke with Elizabeth this past week and she said: "I was thoroughly impressed with Vida Volunteer, we had a blast!" Elizabeth believes that the service learning experience abroad has incredible potential for both personal and professional growth that cannot be obtained volunteering locally, as we are not outside of our comfort zone. For true personal growth we need to be outside of our comfort zone and face with the daily reality of a developing nation. She stated it was the right choice for her group and that the clinic experiences were meaningful; the volunteers felt like their presence made an impact and that their skills were utilized.

One of the parents that I was in contact with from Shakopee, Pat Plouman, who describes himself as a Vida Volunteer parent even before his daughter attended the June trip wrote: "The Vida trip, I believe, will provide something very special for my daughter; I thank you for that. We evaluated other travel abroad options, but this was by far the best option for a service-learning experience."

Being a Minnesota native, I am proud to see so many young adults from my home state interested in volunteering and service learning experiences; and I look forward to Vida Volunteer continuing to work with the members of Minnesota HOSAand now Florida HOSA! During 2014, Vida Volunteer provided basic medical care to 10,796 patients, oral health care to over 4,619 patients and performed 2,023 spays/neuters to reduce the overpopulation of cats and dogs in Central America. Join us now and make a difference!

Hope to see you at the Florida HOSA State Leadership Conference, March 26-29, 2015; look for our booth and come by to say "Hi". Please feel free to contact me for more information regarding service learning experiences for 2015 or if you are interested in starting a partnership with Vida Volunteer and your local HOSA chapter. You can email me at sondra@vidavolunteer.org, call (Phone: 321-848-3550) or visit our website www.vidavolunteer.org. {Vida Volunteer is a 501c3 Charity registered in Minnesota, Charity number: 39-2077094}

Vida Volunteer is providing a scholarship of approximately \$1,870.00 (cost of the trip) to a high school senior or a postsecondary Florida HOSA member. More details to come soon on the Florida HOSA website. The winner will be announced at SLC 2015!



Shakopee HS volunteers





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This national competition is for **all** middle and high school students to come up with a mobile app idea that will creatively solve a problem in their school or community. No coding experience or mobile devices are necessary. Winning teams will be coached by MIT Media Lab professionals who will teach them how to build their app and bring it to market. The winning students retain intellectual property rights to their app. Eight winning schools will receive a \$20,000 cash grant and each team member receives a Samsung tablet. Complete registration details and team resources can be found on the [Verizon App Challenge website](#). The deadline for submissions is November 24th.

This past school year, more than 1,000 schools, from every state and Washington, D.C., registered for the app challenge and 770 of those teams submitted app concepts. The competition engaged more than 5,000 boys and girls from major cities to rural areas including many underserved communities. Several participating students were also members of their school's CTSO. Nearly 60 percent of the winning team members were girls. All U.S. middle school (grades 6-8) and high school students (grades 9-12) are eligible for the App Challenge, regardless of their CTSO affiliation.