Upcoming Events

- **State Officer Slate Posted**
  October 7, 2015
- **Top 3 Trading Pins Posted**
  October 12, 2015
- **Fall Leadership Conference (FLC):**
  October 27, 2015

HIGHLIGHTS

**In this issue**

2. Letter from President
   Luke MacNaughton

3. Letter from State Advisor
   Debbie Bennett


5. In Brief: Local HOSA Chapter Activities

6. On Being An OKHOSA State Officer

7. Fundraising for National Service Project

8. Review of Activities Thus Far (cont. on page 9)

Pictured above: Your 2014-15 Oklahoma HOSA State Officer Team having fun during NLC in Anaheim, California!
Hello Again, OK HOSA!

It’s great to be writing to you again, especially after an amazing summer for Oklahoma HOSA! This year has been by far Oklahoma HOSA’s most successful year to date! Between State Leadership Conference, raising money for the Leukemia and Lymphoma Society, and National Leadership Conference, we have truly strived for excellence in everything we have done!

After SLC we had raised a little over $10,000 for LLS, an amazing number but still short of our goal. However, thanks to a generous LLS supporter who loves raising money to give to groups fundraising for LLS, we exceeded our goal and were able to give over $15,400 to the Leukemia and Lymphoma Society at this summer’s National Leadership Conference. But we didn’t stop there; we also raised another $1,700 through the LLS Lemon Challenge at NLC, totaling over $17,100 raised for the Leukemia and Lymphoma Society. Great job, guys!

Oklahoma HOSA didn’t just succeed at NLC 2015 in fundraising, we also succeeded in competition. Out of less than 300 Oklahoma HOSA members in attendance, we had 16 gold medals, 13 silver medals, 6 bronze medals, and 45 other students recognized on stage for placing in the top 10. Countless Oklahoma HOSA members were recognized on stage for the Barbara James service award, scholarships, and numerous other honors. We also had two national officers elected to the 2015-2016 National Executive Council, Tammy Phillips and Santina Cherian! Congratulations to our two representatives at National HOSA!

With the beginning of a new school year and the end of your State Officer Team’s term approaching, I want to encourage you all to think about running for the 2015-2016 Oklahoma HOSA State Officer Team. You can make a difference in the education and lives of thousands of Oklahoma HOSA members through your service. Really think about taking your HOSA experience to the next level by running for a state officer position. Good luck with the beginning of school and a new year of HOSA!

Until Fall Leadership Conference,

LUKE MACNAUGHTON, State President
When I think of one word to describe the 2014-2015 HOSA year, the word “team” comes to mind. This year has shown me the meaning of teamwork — on a local, state, and national level.

Fall Leadership Conference brought local members together for the first time. Our keynote speaker Mr. Kelly Barnes reminded us about the importance of supporting each other to reach a common goal. One thought he shared with us was to always “pack an extra sandwich,” reminding us of the importance of adding riches to our own lives by being constantly prepared to act in service to others.

Setting and reaching the state goal of $15,000 for the HOSA National Service Project Leukemia and Lymphoma Society was truly a team effort. Over 20 local chapters raised money towards the goal. Local chapters raised money by sponsoring walks, 50/50, Chili’s Give Back Night, Pie in the Teacher’s Face, Pennies for Patients, and bake sales. This year the state officer team introduced the LLS Lemon Challenge along with HOSA Day with the OKC Barons, bingo at SLC, silent auction at SLC, and hosted the annual LLS Walk at SLC. Oklahoma HOSA also introduced the LLS Lemon Challenge to National HOSA! At NLC, the conference attendees teamed together to raise $1,736.59.

Now, what do I wish for Oklahoma HOSA in 2015-2016? I wish each member and advisor will find someone to invest in…someone to “pack an extra sandwich” for. I encourage you to Build a Brighter Tomorrow, one day at a time. Innovate-Inspire-Ignite.

As Oklahoma HOSA State Advisor, I am honored and humbled to work alongside our local HOSA advisors, future student members, and future health professionals!

Best Wishes,

DEBBIE BENNETT, State Advisor
The Healthcare Issues Exam is a 50-item multiple choice test that HOSA members are required to take at NLC. All questions on the test will be centered around the Health section of USA Today and CBS News. Below are excerpts of articles you might see on the exam.

1. Houston, TX, used to have an obesity problem, so the city partnered with CAN DO Houston, a community organization that seeks to improve access to healthy food.

2. Nearly 18 million Americans now have health insurance due to the Affordable Care Act, but 10.5 million more uninsured could sign up for plans on state and federal exchanges.

3. A new study out of the University of Washington found that high arsenic levels in red wine raises concerns about whether red wine’s cardiovascular benefits are worth the risk.

Q&A with State Secretary Santina Cherian

How did this year’s NLC compare to last year’s? Going into NLC this year, I had a better idea of everything NLC had to offer than my first year attending in Orlando, FL. This year, I had the pleasure of experiencing everything NLC had to offer: the leadership training, the competition, the new friendships, hosting the LLS Lemon Challenge, the experience of running for national office, the stresses and the end delights… All memories I will keep close to me and treasure forever. This year, I learned sweet joy comes from stepping past my fears and taking steps of faith, and I learned life is not as fun and rewarding any other way. I had the pleasure of experiencing firsthand what others meant when they said HOSA fosters wonderful networking opportunities and left inspired by the passion of other HOSA members. One word to describe my NLC 2015 experience in Anaheim, California: incredible.

What were your favorite/most memorable parts of NLC? Some of my favorite moments include emergency runs to the CVS and the fiery sensation in my calves after walking two miles to reach the Convention Center — proof that I was doing something right! Other favorite moments were more intimate ones — the warm, honest conversations and moments with fellow officers, members and teachers, bonding with candidates over similar fears and hearing the stories of other HOSA members. Two more moments I will always cherish: two hours spent in authentic conversation with my new officer team at a restaurant in Disney Land as well as facing my fear and riding a scary roller coaster twice! Winning 1st at CPR/First Aid and getting elected as an officer was pretty neat too.

Final Thoughts? OKHOSA, serving as your officer has been an immense honor for me. I am not the same person who stood on the stage at FLC, and all for the better. I am so proud and so inspired by all our members, and so thankful to call us a community.
In Brief: Local HOSA Chapter Activities

Indian Capital Technology Center

In remembrance of Rebecca Anderson, ICTC-Muskogee advisor Dana Chandler volunteered at the MRC medical tent during the 15th Annual OKC Memorial Marathon!

The PN class from ICTC-Talequah visited the Cherokee County Nursing Center with Easter decorations!

Mid America Technology Center

National HOSA Region I Vice President Santina Cherian installed the Mid America Technology Center 2015-2016 Leadership Team! Congratulations to all!

Favorite Health-Related Books

A list of recommended books by State Treasurer Jennifer Connett

**Intensive Care: The Story of a Nurse**
by Echo Heron.
This book is an iconic reflection of Echo’s experiences as a nurse and her reflection overall of the work she did.

**In Stitches**
by Anthony Young.
This is a memoir of Dr. Young’s life as a plastic surgeon and the struggles he endured to get where he is today.

**Living and Dying in Brick City**
by Sampson Davis.
This book will give any aspiring health professional invaluable advice on how to deal with disease.

**How We Die**
by Sherwin Nunland.
Dr. Nunland examines what death actually means to the doctor, nurse, patient, family, and administrator.
I could lie to you and tell you it is extremely easy and absolutely everyone is perfect for every position available on the state officer team. Although that is untrue, it is an amazing experience for those who desire to excel in this fantastic organization.

The 2014-15 Oklahoma HOSA State Officer Team is comprised of health students that are fun loving, service oriented leaders. This year’s team has accomplished many spectacular goals, including reaching this year’s fundraising goal of $15,000! The team reached that goal along with others through collaboration as a team and communication with all of the Oklahoma HOSA members.

For all those who desire to better their leadership abilities and represent Oklahoma HOSA, there is an application involved. You can find the state officer guidelines on Oklahoma HOSA’s website (okhosa.org). Also, if you have have any questions about what it is like being a state officer, please feel free to email me at shelby.giesler@gmail.com!

Introducing our FLC speaker, Mr. Kelly Barnes

With FLC right around the corner, it’s time to talk about our keynote speaker, Mr. Kelly Barnes! Aside from being a fantastic mentor to the Oklahoma HOSA State Officer Team, Kelly never ceases to amaze when put in front of a crowd as a keynote speaker. With a degree in leadership, Kelly has travelled all across the United States helping to inspire and grow many different student organizations and youth groups through his insightful presentations and engaging workshops. His real life stories, experience, and amazing sense of humor shine through as Kelly passes along valuable life lessons to his audience, no matter the age. Be ready for an exciting, possibly life changing experience with your next Oklahoma HOSA FLC speaker, Kelly Barnes!
Greetings, fellow Oklahoma HOSA members! It’s that time of year again; relaxing summertime is over, and the new school year is underway! This last year has been an incredible success, thanks to your phenomenal effort and hard work. I am proud to announce that we have not only met, but exceeded our National Service Project Goal of $15,000 to donate to the Leukemia and Lymphoma Society! The LLS Lemon Challenge, SLC Silent Auction, SLC Annual Walk-A-Thon, and every one of your local school fundraising projects worked to make this possible. We could not have reached this goal without all of YOU. The countless hours of work and planning you volunteered for local fundraising projects, along with your contributions during SLC and NLC, will forever impact the lives of patients and families in need. We are so honored to have members that are so dedicated to making a difference and restoring hope in those who are afflicted with these diseases. As you continue your journey through HOSA next year and in the years to follow, we encourage you to continue to use these ideas or make up your own fun and innovative ideas for service projects! Thank you again for being the best Oklahoma HOSA Team we could ever ask for!

A big THANK YOU goes out to OKHOSA for raising $15,418.56 for LLS!
Newly elected national officers meet with new Oklahoma STEM instructors

National HOSA Region I Vice President Santina Cherian and National HOSA Secondary Board Representative Tammy Phillips speak about the importance of CTSOs to a group of new Oklahoma STEM teachers!

State officers attend Summer Conference

Your state officers attended the 48th Annual Oklahoma Career and Technology Education Summer Conference, which took place on August 3-5, 2015! While there, they had the opportunity to meet with Nancy Allen, the Associate Director of National HOSA, and Dr. Marcie Mack, the Oklahoma CareerTech State Director!
OKHOSA holds LLS Walk at SLC

This past year, your state officers brought the LLS Walk to SLC, complete with lanterns to “Light the Night!” White lanterns were to be carried by survivors, red lanterns by supporters, and gold ones by those walking in memory of loved ones lost to cancer. Look forward to experiencing the walk in later years!

State officers travel to Washington, D.C.

Oklahoma HOSA was proudly represented by six state officers and two national officers at this year’s Washington Leadership Academy (WLA)! The opportunity to visit our nation’s Capitol, tour national memorials and monument, visit with Oklahoma Congressmen, and spend some time in the Smithsonianians were highlights of this experience.