Dear Oklahoma HOSA Members and Advisors,

What a year this has been so far! It is hard to believe how fast the 2011-2012 Oklahoma HOSA Executive Council’s term has progressed! We have been hard at work to continue bringing newsletters such as this one to you, continuing to develop the Oklahoma HOSA Facebook page, and putting finishing touches on the Oklahoma HOSA promotional video. Your state officer team is grateful to have been part of implementing a plan to better connect Oklahoma HOSA by celebrating members just like you. I hope this letter serves as a good update as to what has transpired since the last edition of the HOSA Heartbeat.

In April, we celebrated this year’s Oklahoma HOSA theme: Got Health? at the State Leadership Conference with guest speaker Richard Hight and his chalk masterpiece, Beth Watt with exciting Zumba, and Crayons with our daily dose of laughter. The state officers enjoyed meeting you, our incredibly talented members and inspiring advisors. It was great seeing smiles all around whenever any of us walked down the halls. You may have been stressed out about your event or challenged to keep track of your students, but you were loving the experience! We thank you for attending and participating!

In May, your state officers had the opportunity to represent Oklahoma HOSA at CareerTech University (CTU) at Camp Tulakogee in Wagoner, Oklahoma. It was an excellent way to meet the state officers from other student organizations currently active in Oklahoma. We were able to share information about HOSA, develop our leadership skills, and learn about our sister organizations. From water wars and balloon fights, to discussions and presentations, we certainly had a unique and amazing experience at CTU.

Orlando, Florida was certainly the perfect setting for this year’s National Leadership Conference! With beautiful hotels, an amazing conference center, and of course, Disney World, members were able to have some fun while reflecting on how they could apply the 2012 NLC theme: Impact Your Future! Your state officer team enjoyed meeting many of you during the exciting general sessions, the Oklahoma HOSA Social, and other fun events. In addition to announcing the new National HOSA Executive Council and the Cystic Fibrosis Foundation as its 2012-2014 National Service Project, National HOSA made history this year by announcing its new brand. Oklahoma HOSA made its own milestones through its two hundred and seventy-five attendees.

Words cannot express how proud I am of Oklahoma HOSA, from the members to the advisors to my fellow state officers. Each of you is a vital part of this organization, just as this organization can be a vital part of your future. I would like to encourage all members to consider running for chapter or state office in the upcoming school year. It is an experience that you will grow from and gain memories that will last a lifetime.

I hope to see you at Fall Leadership Conference!

Regards,

Abigail Jebaraj
State HOSA President
CTU Experience

“It only takes one person to make a difference; and that one person is you.” As my fellow state officers and I learned valuable leadership skills at CareerTech University, one thing became clear. And that one thing is that no matter what your title, position or socioeconomic status, we all have the ability to change the world in some way. And as HOSA, future health professionals, we will change the world every day in hospitals, clinics, dentistry offices, and so on. We all have the ability to not only inspire our patients or clients but also to change their lives. My life was impacted when I chose to volunteer at a newborn nursery in southwest Oklahoma, where a group of nurses inspired me not only to pursue my dreams but also to achieve my dreams. Because of their influence, I have chosen to pursue medicine so I can impact the lives of every one of my patients. The most valuable lesson I learned at CareerTech University is that we can all brighten up a dark world by making a difference. My fellow HOSA members, it only takes one person to change the world- are you one of them?

-Raquel Domann, State Reporter
CTU Experience

As the school year cruised to its end, your state officer team drove to Tulakogee Conference Center in Wagoner, Oklahoma to meet up with the state officer teams for DECA, BPA, SkillsUSA, FCCLA, FFA, and TSA in order to take part in this year’s CareerTech University, a leadership training and team building camp for Oklahoma’s student organizations’ state officers. Upon arrival, we began participating in leadership-skill building activities that ranged from interactive seminars to competitive balloon and water wars. Through the creative activities and events held at CTU, we learned what it truly means to “impact your future”. As “students” of CareerTech University, we also made our impact at the camp in Tulakogee by helping the camp’s staff maintain the camp’s facilities and recreational areas. By attending CareerTech University, your state officers gained leadership tools, teambuilding techniques, time management skills, and valuable networking tips that will help us better serve Oklahoma HOSA’s members.

Aamr Hasanjee– State Social Chairperson
Hello fellow HOSA members and advisors!

From the strange Florida weather to the thousands of new people that I met, I will never forget my experiences at NLC. Looking back at my week spent in Florida, I laugh at all my silly mistakes I made and the strange situations I got myself into. For example, I got lost in Riverside Resort when I got off at French Quarters, instead of West Depot. This mistake resulted in me walking 2 miles back to my hotel room! Fortunately, I found out that HOSA had its own bus that went straight to Coronado Resort. But my silly mistakes only make me smile as I also realize that with each freedom I discovered, I also discovered new challenges. I know that my experiences teach me to be more independent. My favorite part was the Opening Session. I felt the energy from the crowd intermingled with the comfort of knowing that my best friends from my hometown were there. Their support gave me the courage to do my best. Also the support from our advisors was extraordinary. I am very proud of Rikki Weidner, our parliamentarian, for taking the challenge and running for national office. She has done an incredible job. As a newbie in this organization, I was completely wowed by my experience at Florida. My memories of this trip now engulf me with priceless nostalgia.

Jennifer Chang– State Vice-President

“Be the difference you want to see in the world”
-Mahatma Gandhi
National Leadership Conference 2012

Hello OK HOSA members and advisors!

What a great NLC this year! I hope you all enjoyed it as much as I did with the many theme parks, types of food, competitive events, and entertainment. Congrats to all the participants who worked hard to participate in NLC. I enjoyed seeing the support and excitement in many of you. This year, NLC was hosted in Florida, and what does Florida have to offer? Beautiful beaches, Disney World, Sea World, and amazing swimming pools at the resorts! I just wanted to tell you a little about my NLC experience this year. It was a memorable one for sure. This is my last year as state officer and NLC gave me the opportunity to meet new people from around the country and from the state of Oklahoma, participate in the Opening Session, and tour Downtown Disney and Sea World. NLC was a once in a life time experience for me. I hope you all had a wonderful time as well and will continue to be a part of HOSA as alumni.

Amanda Plunkett– State Historian
The Story of an Oklahoman Hero

We have all heard her story shared at Oklahoma HOSA’s State Leadership Conference. Her selfless courage and golden heart that put others’ lives before her own is truly inspiring. For every Oklahoman, we understand that our compassion for others is what sets us apart from any other state. Rebecca Anderson’s story of bravery, passion, and the love that reflects the humility of human existence. But who is the woman that became known as a heroine of the Alfred P. Murrah Building bombing on April 19, 1995?

Rebecca was a graduate from Mid-Del Technology Center in Oklahoma. She balanced being a mother of four beautiful children and representing Oklahoma HOSA as State Vice President from 1992-1993. The moment Rebecca heard the explosion from her home 30 miles away, she knew she had to act. Without hesitation, Rebecca and her husband got in the car and drove to ground zero. Rebecca, a licensed nurse practitioner, proceeded over to the demolished building when tragedy struck. The 37-year old was hit on the back of the head with a piece of falling debris. She selflessly denied medical attention, insisting that she had to save the victims of the bombing. But unfortunately, Rebecca also became the victim when she collapsed. She was taken to the hospital, and the doctors were optimistic that she would have a full recovery. However, after she had surgery to remove a blood clot from her brain, Rebecca took a turn for the worse. Rebecca’s final sacrifice was becoming an organ donor. Therefore, even in death, she saved lives.

As future health professionals, we know that Rebecca’s story is one that is always close to our hearts. We know that when it is our time to act and to save the life of another, not only will we do our job, but we will do it to the best of our abilities. Rebecca is considered one of the heroes of the Oklahoma City bombing, and every day in hospitals, clinics, schools, and business offices, we, the future health professionals, should be the heroes of our communities.
National HOSA New Brand

Our goals in developing a new logo for HOSA were to modernize the image, retain familiarity, and establish HOSA's identity.

Its modern type and stylish color palette give the brand a fresh face that will maintain its appeal among current and future generations of eager health science students, advisors and our partners.

Of major note is the main work mark presented in lowercase. This change creates a welcoming, organic look for the logo that conveys HOSA's connections to science and technology. This step is crucial in establishing HOSA as its own word, and no longer an acronym. As we introduce HOSA's new identity, Future Health Professionals, it is important to move away from 'Health Occupations Students of America'. In lowercase, it is much less likely that the H, O, S, and A will stand out as individual letters. When written, we will use HOSA or HOSA-Future Health Professionals.

Our identity, 'Future Health Professionals', is positioned directly after HOSA so that it completes the natural eyeline, making it hard to miss. We've colorized 'Future Health Professionals' in maroon to empower students and remind employers that HOSA members leave the program ready to join the workforce and/or pursue further education.

Anchoring the logo is a simplified version of the HOSA emblem. The encircled triangle has long been the emblem of HOSA and is key in retaining familiarity and celebrating the organization's long history. The points on the triangle represent today what they did in 1976: the three aspects of humankind's well-being; social, physical, and mental.

--HOSA, Inc Board of Directors
Running for a HOSA Office

Have you considered running for a state office? Becoming a state officer gives you the opportunity to learn leadership skills, network with students from across our state and nation, and grow as a future health professional. Each year, Oklahoma HOSA elects ten state officers at Fall Leadership Conference. Offices available are president, vice president, secretary, treasurer, reporter, historian, parliamentarian, chaplain, social chairperson, and service chairperson. After being inducted at FLC, the new state officer team represents Oklahoma HOSA at meetings, conferences, and in your communities for one year. Since becoming your State Reporter last October, HOSA has allowed me to grow in ways I never thought possible; it has improved my professionalism, humanitarianism, and speaking abilities. If you are considering running for a state office, talk with your chapter advisor or contact any of your current state officers. Do not be afraid to take a risk. It’s worth it!

Raquel Domann- State Reporter

Alumni Corner

When Tonya Kymes applied to a health careers program, little did she know that her decision would change her life forever. Through her program, she became a member of Oklahoma HOSA. Tonya’s advisor pushed her to pursue running for a state office. She took a risk, and that risk worked. She was elected in as President of Oklahoma HOSA. But her story does not end there. Tonya continued taking risks and chose to run for a National HOSA office. Once again the risk paid off, when she was elected in as National HOSA President and served from 1992-1993. Tonya is now an English professor at Oklahoma City Community College.

“HOSA gave me a model for success, and I am grateful for the organization”

-Tonya Kymes
National Leadership Conference 2012!
- Most Enthusiastic State Association Award
- Recognition for Membership Increase
- Postsecondary and Secondary Winners:
  1st Place Winners: Nine
  2nd Place Winners: Nine
  3rd Place Winners: Fourteen
  4th-10th Place Winners: Twenty-Six
- Postsecondary Healthcare Issues Exam Winner
- Outstanding HOSA Advisor Winner
- Four National HOSA Scholarship Winners
- Three Barbara James Service Award Winners
- Six Chapter Newsletter Winners
- Four HOSA Week Winners
- Two National Recognition Program Winners
- One National Service Project Recognition Level Winner
- Three National Service Project Merit Winners
- One National Officer Candidate