



HOSA Heartbeat

Taking the pulse of Oklahoma HOSA

Upcoming events :

- National Leadership Conference: June 25-28
- Fall Leadership Conference: October 30

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Letter from the President

Hello Oklahoma HOSA!

I want to first start by telling you how proud I am of each and every one of you for making this year's SLC unforgettable. You prepared long and hard for your various competitive events, and I know that Oklahoma HOSA is going to represent VERY well at National Leadership Conference in Orlando just around the corner in June! Keep studying, practicing, and doing whatever you can to even better prepare yourself for NLC, because I want to see everyone from Oklahoma up on that stage. Remember, people throughout the country look up to us as members of Oklahoma HOSA, so always maintain a positive attitude, be on your best behavior, and make memories that will last a lifetime like I know you all will.

SLC was truly an experience I know that I will never forget, and I know you all will not forget it anytime soon either. Getting to meet, interact, and hangout with all of the members at SLC was a lot of fun and I cannot wait to meet even more of you at NLC. Seriously, do not be shy; the other officers and I love to talk to you about anything from HOSA to your favorite things, and we are always happy to take pictures with you. For those of you who do not get to attend NLC, it is okay! Your HOSA career is not over. For the secondary students who will be secondary students for another year, stay active and recruit others to join your HOSA Chapter. For those secondary students who are graduating, I encourage you to see if there is a HOSA chapter at the college or university you may attend or wherever else you may end up, or start a chapter if not. For post secondary students, stay active and recruit others to join your HOSA chapter too. For those who will not be able to be a part of a HOSA chapter, please register to become HOSA alumni on www.hosa.org to stay involved in HOSA.

I am so proud to be the President of such an outstanding group of people, and I know that each and every one of you has such a bright future ahead. Keep pursuing your goals, chasing your dreams, and getting hooked on HOSA, because the future starts now.

Have a great summer! (But make sure to put on sunscreen!)

Sincerely yours,

SAMUEL MOFFATT
Oklahoma HOSA President



WHAT DOES HOSA MEAN TO YOU?

MEMBERS SAID:

- "A WAY TO MAKE A DIFFERENCE."**
- "CREATING A GOOD FOUNDATION FOR OUR FUTURE."**
- "BRING TOGETHER FUTURE HEALTHCARE PROFESSIONALS."**
- "ONE STEP CLOSER TO HELPING MANKIND."**
- "BEFORE HOSA WE BELIEVE, AFTER HOSA WE ACHIEVE"**
- "EQUIPPING OUR FUTURE HEALTH PROFESSIONS."**
- "ACHIEVING GOALS, BEING RESPONSIBLE AND BECOMING A LEADER."**
- "LEARNING TO WORK TOGETHER."**

JAWNNA BROOKS: TO ME, HOSA IS ABOUT COMPASSION; LEARNING TO BE A CARING SERVICE TO OTHERS.

JAMES MACNAUGHTON: HOSA IS MAKING A DIFFERENCE, AND BEING A PRODUCTIVE MEMBER OF THIS GENERATION

STEPHANIE ENCISO: AN OPPORTUNITY TO TAKE THE FIRST STEP TO BECOME A HEALTH PROFESSIONAL.

ASHLEY LONG: HOSA IS A CHANCE TO BROADEN MY HEALTHCARE KNOWLEDGE AND COME IN CONTACT WITH MANY DIVERSE GROUPS OF HEALTHCARE ALL WORKING TOWARDS A COMMON GOAL.

ONE WORD TO DESCRIBE HOSA:

MEMBERS SAID:

- "EMPOWERING"**
- "FUTURE"**
- "REMARKABLE"**
- "INSPIRING"**

SAMUEL MOFFATT: "ENGAGING"

MEGAN MUEGGENBORG: "NETWORKING"

COLBY HOLMAN: "LEADERSHIP"

SAMBRINA KINGERY: "LIFE CHANGING"

STATE LEADERSHIP CONFERENCE AND THE CYSTIC FIBROSIS FOUNDATION WALK

This year, HOSA started something new. We held a walk in support of cystic fibrosis (CF). CF is a life-threatening genetic disease that primarily affects the lungs and digestive system. An estimated 30,000 children and adults in the United States (70,000 worldwide) have CF. This disease affects the lung secretions and leads to life threatening lung infections. I am proud to say we had over 250 people participate in this walk raising a total of about \$2,000. Combining this walk and the local chapter fundraiser throughout the year, Oklahoma HOSA raised over \$7,500 to the cystic Fibrosis Foundation. We are that much closer to helping people, finding better treatments, and helping find a cure! Great job Oklahoma HOSA!

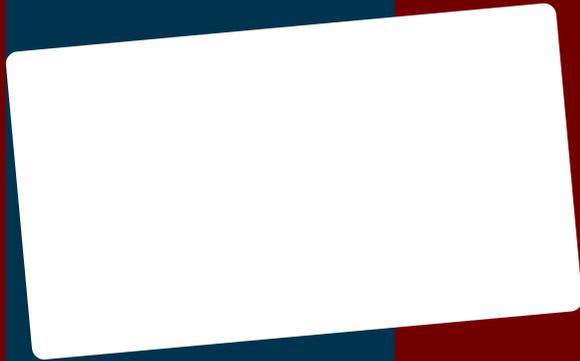
**Sambrina Kingery
State Vice President**



LARGEST SLC EVER WITH 2,577 ATTENDEES!



**MY FAVORITE PART OF SLC WAS THE ADRENALINE OF COMPETING AND KNOWING I DID MY BEST!
-KASSIDY FORD FROM FRANCIS TUTTLE TECHNOLOGY CENTER**



**MY FAVORITE PART ABOUT SLC WAS BEING ABLE TO MEET NEW PEOPLE FROM ACROSS THE STATE!
-SAM ALLEN FROM RED RIVER TECHNOLOGY CENTER**



NATIONAL LEADERSHIP CONFERENCE!

HOSA's National leadership conference is right around the corner! Are you ready? Here is some information that may be useful in planning your trip to Orlando!

Itinerary of Major Events:

Wednesday, June 25

8:00-1:00 pm Registration

2:00-3:30 pm Healthcare Issues Exam

7:30-9:30 pm Opening Session

Thursday, June 26

8:30-11:30 am HOSA Leadership University (chapter officers)

1:00-4:00 pm HOSA Leadership University (members)

Friday, June 27

8:30-11:30 pm HOSA Leadership University (members)

7:30-10:00 pm national Recognition Session

Saturday, June 28

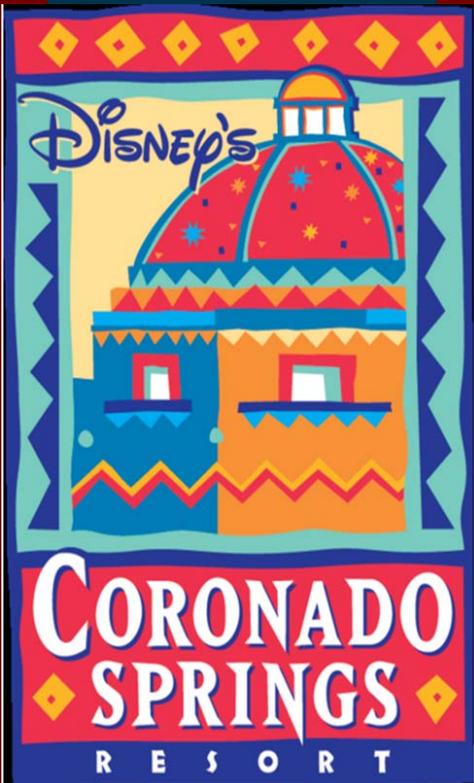
4:00-6:00 pm Postsecondary/Collegiate Grand Awards Session

8:00-10:00 pm Secondary Grand Awards Session

10:00-12:00 pm Grand Awards Dance

NATIONAL LEADERSHIP CONFERENCE!

Here is a map of Disney's Coronado Springs, the hotel hosting HOSA National Leadership Conference.



Disney World is offering discounted tickets to HOSA members. You can purchase these tickets at www.mydisneymeetings.com/hosa/.

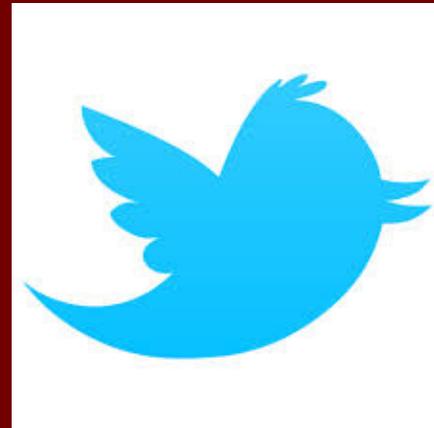
Luke MacNaughton
State Parliamentarian

DID YOU KNOW?

OKLAHOMA HOSA HAS A TWITTER PAGE!

MAKE SURE TO FOLLOW US AT

@OKLAHOMAHOSA



OKLAHOMA HOSEA'S

SUMMER RECIPE

AVOCADO CHICKEN SALAD

2 COOKED CHICKEN BREASTS (CUBED)

1 TSP SEASON SALT

1 RIPE AVOCADO (1/2 CUBED, 1/2 MASHED)

1 TSP ONION POWDER

2 LEAVES ROMAINE (CHOPPED)

2 TSP LIME JUICE

1/4 C. MOZZARELLA SHREDDED

1 TSP SEA SALT

1 TSP BLACK PEPPERCORN

MIX INGREDIENTS EVENLY AND SERVE AS A SANDWICH OR DIP!



CHAPLAIN'S INSPIRATION

MOTHER TERESA ONCE SAID, "YESTERDAY IS GONE. TOMORROW HAS NOT YET COME. WE HAVE ONLY TODAY. LET US BEGIN."

WHEN IS THE FUTURE? THE FUTURE IS NOW! HOSA PROVIDES STUDENTS WITH MANY RESOURCES AND ALLOWS US TO LEARN, GROW, AND BECOME BETTER PROFESSIONALS. I ENCOURAGE EACH AND EVERY ONE OF OUR MEMBERS TO REACH OUT AND JOIN WITH HOSA TO SET AND ACCOMPLISH GOALS, AS WELL AS USE HOSA TO TAKE THEIR CAREER TO THE NEXT LEVEL. ALL ACROSS OKLAHOMA, WE HAVE MANY VALUABLE RESOURCES WE CAN USE TO EXPAND OUR KNOWLEDGE AND EXPAND OUR DREAMS. NO MATTER WHAT GOAL YOU HAVE IN MIND, IF YOU WORK HARD AND NEVER GIVE UP, YOU CAN ACCOMPLISH IT.

**COLBY HOLMAN
STATE CHAPLAIN**

Have a good summer!



Make sure to like Oklahoma HOSA on Facebook!

at: www.facebook.com/oklahomahosa



www.okhosa.org

