Upcoming Events

- **HOSA Day with Tulsa Hurricanes:**
  February 7, 2015
- **HOSA Day with the OKC Barons:**
  February 21, 2015

HIGHLIGHTS

1. Letter from President Luke MacNaughton
2. OK HOSA: Looking Back, Moving Forward
3. What I Wish I Knew My First Year in HOSA
4. In Brief: Local HOSA Chapter Activities
5. Quick Study Guide for Healthcare Issues Exam
6. Fundraising for National Service Project
7. Review of Activities Thus Far (cont. on page 9)

HOSA alumnae and former HOSA state officers Brooke Shaw and Abigail Jebaraj sporting the new alumni T-shirts!
Hey Oklahoma HOSA Members!

I would like to officially say hello to all of you for your 2014-2015 Oklahoma HOSA State Officer Team. Welcome to all of you HOSA members, new and old. I can’t wait to begin this new year of HOSA with all of you! We’ve got a great year ahead of us, and it’s time to get started!

I am really looking forward to spending some time with you guys this year at FLC, SLC, and hopefully NLC! The state officer team has been coming up with lots of ideas to make these conferences the best that they have ever been! We need your help though. With SLC just around the corner, we need you to start preparing for your competitive events right now! You can find a full list of all of the competitive events on the national HOSA website (www.hosa.org) under Competitive Event Resources. Start raising money for this year’s National Service Project, the Leukemia and Lymphoma Society (LLS), now too!

As a state, I want us to focus this year on serving the community and charities that help those less fortunate than ourselves. We have multiple fundraisers planned this year to do just that for LLS! One way we will raise money is through a silent auction at SLC. Each chapter who wishes to participate will prepare a gift basket and bring it to SLC, where members can buy tickets and place them in a raffle for the basket they want. The chapter whose gift basket raises the most money will get priority seating at closing session! We will also start our “We Bite Back” campaign, where members wishing to raise money and awareness for LLS will bite into a lemon and challenge others to do the same. The second annual HOSA Run will be this year as well, with all proceeds benefiting LLS. Watch out for announcements/details for these events and more in the coming months leading to SLC!

This year we have a lot of great events planned to get you more involved in HOSA than ever before! Some things to look forward to are “HOSA Days” with the OKC Barons hockey team and the TU Basketball team, and alumni events at universities across the state. These, along with our two state leadership conferences, are making this year look like it is going to shape up to be the best yet! Don’t stop here though; plan events of your own at your local chapter to raise money, develop professional skills, and just have fun! You can send in pictures from all you do as a chapter to us here at State HOSA and we will post them to all of our social media!

Participating in HOSA is a great way to increase your leadership skills and knowledge of medicine. Thank you for choosing to get involved with the best student organization in the country!

We appreciate you allowing us to serve you this year,

LUKE MACNAUGHTON, State President
Hey Oklahoma HOSA Members!

State Advisor Debbie Bennett reflects on fourteen years

When I was hired in 2001 as the HOSA State Advisor, I most likely had similar feelings that many of you had when you first entered your health careers class. I had no idea what “HOSA” was – the mission, the purpose, and why a student should become involved in such an organization. Is HOSA one more activity to add to a student’s already full plate, especially for post-secondary students? As State Advisor, how could I make a difference in a student’s life?

Through the years, I have learned how HOSA can help students pursue their aspirations. To me, HOSA has grown from a job to a passion. I have seen how HOSA opportunities have changed students’ lives and the lives of their families. From learning how to speak in front of their classmates to presenting a National Officer Candidate speech at National Leadership Conference, HOSA provides opportunities not typically offered in a regular classroom.

In addition, HOSA offers students opportunities to network with others who have identical interests. A student once told me, “I have found a place where I ‘fit.’ I am not an athlete, and I am not popular at school because I like school (science). HOSA introduced me to others like me – it’s okay to have goals. It’s okay to chase your dreams.”

Since 2001, Oklahoma HOSA has consistently increased its membership. In 2013-2014, Oklahoma HOSA had 6,309 members with approximately 1,000 alumni members. Oklahoma HOSA is privileged to have had numerous members elected to the National Executive Council. Oklahoma local advisors are well respected by National HOSA and other state advisors as professional and excellent health care role models for our members.

With emerging technology and innovative health care initiatives, HOSA is changing. Through social media, new competitive events, leadership opportunities, and with every new State Officer Team, Oklahoma HOSA stays exciting and looking towards the future. What a better way to “Catch Your Dreams!”

Sincerely,

DEBBIE BENNETT, State Advisor
One: What A Great Resource The National HOSA Website Is

Cannot stress this enough! The National HOSA website serves as a stellar resource for answering all your questions about your competitive event, recent happenings in the HOSA world, scholarship opportunities, and information from your National Executive Council. The options and opportunities are endless! Seek them out by spending some time browsing around this golden gem, and be sure to approach your local advisor, or any one of your state officers if you have any questions. You will certainly be delighted with what you may find.

Two: This Is An Organization That Is Worth Investing Your Time And Effort In

Being a first year member, you may feel a bit of anxiety in the beginning. Each of you are coming from a variety of backgrounds and experiences, so it is perfectly normal to be unsure of what to expect. However, one thing is certain: HOSA is an organization worth investing in. I firmly believe that each one of you will experience that for yourself this year, just as I did. So, prepare well, work hard, and come to SLC feeling confident in your skills and abilities. It’s going to be a blast!

Three: When You Think You’ve Reached Your Limit, You Can Reach A Little Higher

Hidden in this paradox is a sweet truth about the endurance of the human spirit. There may be times when you feel like you’ve done everything you could have, but always be in search of that extra step you can take, whether it be in practicing for your competitive event, preparing to run for an office, or just being involved in this wonderful organization to the greatest extent possible.
In Brief: Local HOSA Chapter Activities

**Gordon Cooper Tech Center**
Practical Nursing program caroled and delivered Christmas items to the Shawnee Rescue Mission!

**Francis Tuttle Tech Center**
Orthotics and Prosthetics program hosted BBQ lunch for “Christmas Assistance” fundraiser!

**Durant High School**
HOSA chapter inspired people to register as bone marrow donors with Delete Blood Cancer!

**Tulsa Tech Center**
Owasso Pharmacy class taught HST and Medical Assisting students how to make tablets during HOSA Week!

Sneak Peek: HOSA Day with Tulsa Hurricane

HOSA students and advisors are invited to participate in a special tour of the Reynolds Center Athletic Training Facility and a pregame presentation by the TU Athletic Training Department, which will begin at 4:00 PM.

**WHEN:** Saturday, February 7, 7:00 PM Tip Off
**HOW MUCH:** Tickets are $20 and include a special HOSA Day shirt
**DEADLINE TO BE GUARANTEED A SEAT:** January 23

Look out for more information about the event on OK HOSA social media!
The Healthcare Issues Exam is a 50-item multiple choice test that all HOSA members are required to take at SLC and 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. One of the worst measles outbreaks occurred in 2014. Health experts say measles is making a comeback because too many parents are opting out of the measles mumps and rubella (MMR) vaccines.

2. Many rural hospitals have closed since 2010 due partly to the Affordable Care Act. Members of a small Georgia town shared how the closure of their local hospital negatively affected their community.

3. Dr. Mehmet Oz, America’s most popular TV doctor, was the subject of scorn and embarrassment after a weight-loss supplement he touted on his show was found to be scientifically worthless.

Words of Wisdom:
“You can’t leave footprints in the sands of time if you’re sitting on your butt. And who wants to leave butt prints in the sands of time?”
- Anonymous

As you delve further into the New Year, think about ways you can press forward for progress. What are some ways that you can get yourself and others involved in your community? Let those cogs and gears turn and stir up your gray matter. Don’t be afraid to take a chance on an idea if you believe it’s something you should go for. Stand up, dust the sand off, and strut your stuff. Somebody’s looking for a set of footprints to follow, and yours just might be that set.

You are invited to follow us @oklahomahosa! Check regularly to be the first to receive updates and any announcements!
Hello fellow Oklahoma HOSA members! I hope you are all as excited as I am about helping to raise funds and awareness in this year’s National Service Project for the Leukemia and Lymphoma Society (LLS). This voluntary health agency is working every day to find a cure for blood cancers and providing support to improve the quality of the lives affected by these diseases. Our goal this year for OK HOSA is to raise at least $15,000 as a state to help support this incredible organization. I encourage you, your classmates, and advisors to get involved by joining us in fundraising activities with your schools and communities. We will be holding an LLS Run to raise funding at this year’s SLC, along with many other exciting activities you won’t want to miss! We can’t wait to see pictures of your school’s fundraising projects on our OK HOSA social media! We appreciate all your hard work and willingness to serve others through HOSA. Together we can make a difference to help save a person’s life, and even help LLS in finding a cure for cancer.

Sneak Peek: HOSA Day with the OKC Barons

Gather with friends and family at a Health and Wellness Night hosted at an OKC Barons hockey game! A portion of the ticket sales will be donated to LLS, and we will have a table set up to promote both HOSA and LLS!

WHEN: Saturday, Feb. 21, 7:00 PM
WHERE: Cox Convention Center
HOW MUCH: Tickets are $17
DEADLINE TO RSVP: February 9

Look out for more information about the event on OK HOSA social media!

FAST FACTS: Leukemia and Lymphoma Society

--- History ---
Parents Rudolph and Antoinette de Villiers started a fundraising and education organization in their son’s name after he succumbed to leukemia at age 16.

--- Slogan ---
“Someday is Today.”

--- What’s Unique About LLS ---
LLS is the world’s largest voluntary health agency dedicated to blood cancer and funds lifesaving blood cancer research around the world.

For more information, visit LLS.ORG.
New state officer team elected at FLC

Front row (L-R): Tammy Phillips (Reporter), Santina Cherian (Secretary), Jennifer Connett (Treasurer), Shelby Giesler (Vice President), Jaymie Watkins (Chaplain), Luke MacNaughton (President). Back row (L-R): Aaron Lewis (Parliamentarian), Jesus Esparza (Historian), Bailey Savage (Social Chairperson), Sheri Blankenship (Service Chairperson).

Officers attend a leadership workshop

The state officers worked with Kelly Barnes, Professional Speaker and Leadership Coach, to strengthen their team-building, communication, and leadership skills and had a blast while doing so. Kelly Barnes has worked with students all over the country for the past ten years, and the officers greatly benefited from the insightful experience.
OK HOSA held its first HOSA alumni ice cream social this past November, but it certainly will not be the last! Look out for other HOSA social events coming to your area, specifically at OSU and UCO. These events are a great way to network with fellow HOSA alumni, and you can even purchase HOSA alumni shirts for $10 each!

Described as a “very service-oriented group” by the State Adviser, the state officers strive to incorporate a volunteer aspect at each meeting. This December, the team sang Christmas carols for elderly residents in Muskogee, bringing “such big smiles to the residents,” according to Carolyn Moses, Program Director at Dogwood Creek.