Dear Oklahoma HOSA Members and Advisors,

Your state officer team has been hard at work to make this year great for Oklahoma HOSA. We’ve had a busy, productive year so far. Since the publication of our last newsletter, we have established an active Facebook page (be sure to “like” Oklahoma HOSA!), are in the process of producing a video to promote Oklahoma HOSA, and are continuing to prepare for SLC! In January, we had the opportunity to give back to the community by volunteering at the Regional Food Bank of Oklahoma. In February, we attended CTSO Day at the Capitol, watched sessions of the state Senate and House of Representatives, and met with our representatives to discuss healthcare and HOSA. It was an excellent opportunity for Oklahoma HOSA to reach out to the lawmakers in our state and learn about the legislative process and how it relates to health care. This month’s meeting will focus on State Leadership Conference preparation.

We are very excited about this year’s SLC experience. Get ready for lots of fun, networking, and competitions! Stop by the Oklahoma HOSA table at SLC to learn more about some health careers available for you to explore. Your state officers would love to meet you, so don’t hesitate to approach us with questions, comments, or conversation. Also, we have a special surprise planned for you, so be sure to participate!

Your state officer team wishes you the best as you prepare and compete! See you at SLC!

Regards,

Abigail Jebaraj
State HOSA President
Recognition Events

Have you worked hard to give back to your community or made great accomplishments in preparation for a career in healthcare? Do you want to recognize your chapter for its outstanding job? Recognition awards are just your ticket! They are designed to acknowledge our most outstanding HOSA chapters, members, and advisors. Recognition awards are in addition to your competitive event and may give you the opportunity to go to National Leadership Conference in Orlando this summer!

Recognition events are different than other competitive events. They are not judged against other competitors and they are a great preparation for a career in the healthcare field.

There are recognition events for every outstanding HOSA member. From recognizing individual members and advisors to recognizing outstanding chapters and HOSA week, every HOSA member has an opportunity to be awarded!

Recognition Events include:

- The National Recognition Program is an award given to a HOSA member that has made great strides in preparing for a career in healthcare.
- The Barbara James Service Award is awarded to HOSA members who have donated their time to their community whether by volunteering in hospitals, community centers, or any other public organization.
- The Outstanding HOSA Chapter award is a scrapbook that demonstrates the chapter’s activities that are consistent with the purpose of HOSA.

For a complete list of Recognition Events visit the National HOSA website at www.hosa.org or contact your advisor for more information.
State Officers Give Back

In January, your Oklahoma HOSA state officers gave back to the state of Oklahoma by volunteering at the Regional Food Bank in Oklahoma City. We learned the importance of charity and in helping others. It was a unique opportunity for us to realize that we could help a lot of people just by donating one day of service.

Our accomplishments after one day of volunteering:
- 138 cases of paper products- total weight of 1,656 pounds
- 8 cases of food storage- total weight 128 pounds
- 56 cases of Food For Kids- total weight of 1,176 pounds
- 271 cases of chips- total weight 1,626 pounds

Grand Total Weight: 4,586 pounds!!!
This is the equivalent of 3,528 meals for a good portion of our state!!!

Volunteering is not only donating your time but also being a part of something that is so much larger than yourself. It gives you the opportunity to meet new people, relieve stress, and stay physically healthy. Volunteering also helps you explore different professions and provides you with a gateway to your future.

It is our mission as healthcare providers to give back to our community whether at work or on weekends. Give back to your community and volunteer— you will be surprised at how beneficial it is!

For ideas about where to volunteer, contact your HOSA advisor or ask on our Facebook page!

A life is not important except in the impact it has on others

-Jackie Robinson
CTSO Day at the Capitol

From volunteering in January to going to the Capitol in February, your Oklahoma HOSA state officers have been very busy! On Valentine’s Day, your state officer team battled the foggy weather and headed to the Oklahoma Capitol in Oklahoma City for the CTSO Day at the Capitol.

The day was full of exciting opportunities from observing conferences in the Senate and the House of Representatives, to meeting our representatives for our district. We also had the opportunity to meet our state officers from other different CareerTech organizations like FCCLA and DECA.

Furthermore, we had the opportunity to hear from guest speakers including Lt. Governor Todd Lamb. Todd Lamb spoke about the abundant opportunities that Oklahoma has to offer. Mr. Lamb emphasized that healthcare careers were booming. We also had the opportunity to tour the Capitol. We learned about our state’s history and even learned that our state has one of the largest original constitutions of all fifty states!

Most of all, we learned just how much healthcare and politics coincide. It is very important as healthcare providers to understand how our government works and operates. To learn more about our state capitol and to go on a tour, visit www.ok.gov
List of Competitive Events

Leadership Events
- Prepared Speaking
- Healthy Lifestyle
- Medical Photography
- Extemporaneous Health Poster
- Extemporaneous Speaking
- Extemporaneous Writing
- Job Seeking Skills
- Researched Persuasive Speaking

Teamwork Events
- HOSA Bowl
- Medical Reading
- Biomedical Debate
- Forensic Medicine
- Public Service Announcement
- Career Health Display
- Community Awareness
- Creative Problem Solving
- Parliamentary Procedure
- Health Education

Recognitions Events
- National Recognition Program
- Barbara James Service Award
- Health Care Issues Exam
- Outstanding HOSA Chapter
- Chapter Newsletter
- HOSA Week

Health Science Events
- Dental Terminology
- Dental Spelling
- Medical Spelling
- Medical Terminology
- Medical Math
- Knowledge Tests

Health Professions Events
- Veterinary Science
- Sports Medicine
- Clinical Nursing
- Clinical Specialty
- Physical Therapy
- Home Health Aide
- Medical Assisting
- Nursing Assisting
- Biotechnology

Emergency Preparedness Events
- CPR/First Aid
- CERT Skills
- Emergency Medical Technician
- Epidemiology
- Public Health Emergency Preparedness
- MRC Partnership

For a complete list of competitive events and guidelines, please visit: http://hosa.org/natorg/sectb/index.html
Are you ready for SLC?

April 11-13, 2012

www.okcareertech.org/hosa