Hi fellow HOSA members!

For myself and your 2012-2013 Oklahoma State HOSA Officer Team, I’d like to say “hello” and “thank you” for being a part of this organization. For those of you who are new HOSA members, welcome to the family! For those who are returning, welcome back to another great year! The school year is heading to one of its most intense points – end of the semester! But, the year for HOSA has just begun!

The state officer team had a blast at our training in November, and we have lots of plans for the upcoming year. We are really excited about the Facebook page implemented last year by the former officer team; make sure to “like it” and look at it. We also have some ideas that could be implemented at SLC and possibly NLC, so keep your eyes open! We’ll keep working on ideas to make SLC and NLC the best they can be for our members, in terms of involvement and healthcare awareness.

Speaking of SLC, I recommend that everyone learn about which events you want to take to the state competition. HOSA has a plethora of events to choose from, so there’s sure to be something that will interest everyone! The National HOSA website (www.hosa.org) has a list of events and event guidelines, so start looking as soon as possible.

These events help you grow not only in your knowledge of the medical field, but also in your leadership ability. The knowledge and skills you obtain from this organization will help you through your life, schooling, and career as a future health professional. Please take advantage of every opportunity you have in HOSA, whether that is competing in events, working on recognition, or running for HOSA office. This organization has a lot to offer!

We appreciate you for allowing us to serve you this school year, and we can’t wait to see everyone at SLC!

For the officer team, best wishes,

Tyler Watson
Oklahoma HOSA President
Hello, my name is Tyler Watson, and I am your current Oklahoma HOSA State President. I am a senior at Putnam City North High School, and am in my second year at the Biosciences and Medicine Academy at Francis Tuttle. After I graduate, I plan on attending OU and majoring in biochemistry and pre-medicine. I look forward to serving you through Oklahoma HOSA!

My name is Mandi Crosslin and I am your Oklahoma HOSA State Vice-President. I am studying at Indian Capitol Technology Center in Tahlequah. I will graduate in June of 2013 as a licensed practical nurse. I have two children, Quinton and Kennedi, with my husband, Jon. I plan on getting my BSN from OU and working as a labor and delivery nurse.

My name is Monica Ramirez. I am a senior at both Union High School and Tulsa Tech. I aspire to be an anesthesiologist in the future, and I'm currently in the medical assisting program. I love laughing, swimming, and helping people. I’m so excited to be part of the State Officer Team this year!
My name is Adam Chutek and I'm a 17 year old senior at Edmond North High School. I love playing and watching sports, as well as playing guitar. I go to the Biosciences and Medicine Academy at Francis Tuttle. One day I hope to become a radiologist. I plan on attending OSU for my undergrad and then going to the OU medical school.

My name is Jordan Rhodes. I am a junior at Meeker High School. I am a cheerleader, a member of National Honor Society, and the junior class treasurer.

My name is Jordan Rhodes. I am a junior at Meeker High School. I am a cheerleader, a member of National Honor Society, and the junior class treasurer.

Happy Holidays Oklahoma HOSA members! My name is Aamr Hasanjee and I am serving as your 2012-2013 Oklahoma HOSA State Treasurer. Currently I’m a senior at Edmond Santa Fe High School. Outside of academics I spend my time hanging with friends, playing soccer, free running and exploring nature and the outdoors. Let’s work and make this year one to remember! Enjoy your holiday and stay safe!
My name is Jill Otto. I am currently in the LPN program at Gordon Cooper Technology Center in Shawnee, Oklahoma. I have a beautiful 3-year old daughter, Hadley. She is my motivation for everything! I plan on obtaining my LPN and then continuing my education to become a RN. I have a passion for the medical field and I am so happy to be a part of HOSA, which is a complete asset to the field I love!

My name is Rikki Weidner, I was Oklahoma's parliamentarian last year and I am currently serving Oklahoma as Secretary. I go to Autry Technology Center in Enid, this is my third year at my tech center. I am enrolled in dental assisting this year and my goal is to be accepted into the LPN program. I have already obtained my CNA and I am a medical assistant. I'm a post secondary student continuing my education and showing my son he can do anything if he sets his mind on it!
Hi, Oklahoma HOSA! My name is Megan Mueggenborg! I am currently serving as Oklahoma HOSA State Historian, as well as the Vice President for my local chapter! I am a junior at Edmond Memorial High School and a 2nd year student at Francis Tuttle's Bioscience and Medicine Academy. Following high school I plan to earn my undergraduate degree in chemistry, and eventually go into sports medicine!

Hello, Oklahoma HOSA! My name is Rebecca Plunk and am currently the Oklahoma HOSA State Reporter. I am a senior at Broken Arrow High School, as well as a student at Tulsa Technology Center’s Lemley campus. This is my second year at Tulsa Tech and I am currently enrolled in the medical assisting and phlebotomy program! I am so grateful to be a part of this amazing organization! I hope we can make this year a great one for you. Happy holidays!

Oklahoma HOSA!

Did you know we now have a fully functioning Facebook page? Yes we do, to stay updated and “in the know” on what is happening with our organization and State Officers. Please come and like us! It’s easy to do! You can either go to Facebook and search for Oklahoma HOSA or just click on this link www.facebook.com/oklahomahosa. Please tell your friends and family to like us, as well, to help reach our state goal of 1,500 likes by October 2013!

Rikki Weidner
Oklahoma HOSA Secretary
HOSA members, this past November, your state officers spent 3 days in Stillwater, Oklahoma learning how to better serve you. The training was led by Kelly Barnes. Kelly Barnes is a professional leadership coach who travels around the country teaching people how to develop their leadership skills. Kelly taught each state officer how to discover and highlight their own strengths, weaknesses and interests through various activities.

The state officers participated in team building activities which showed the state officers how to work as a team. For example, they were in charge of cooking dinner on the first night of training. The team worked together perfectly to put together a fantastic taco night. This activity, along with many others, allowed them to learn more about each other and learn cohesion as a team.

Your state officers also conducted a meeting on the third and final day of training. At the meeting, they set goals that they hope to achieve by the end of their term. The team created goals that would further Oklahoma HOSA’s interests and its efforts to, “reIMAGINE HEALTHcare.” At training, your state officers were also taught leadership philosophies, techniques and strategies that will help them provide the best service to you. The November state officer training helped mold your state officer team into a proactive machine that is working to give you the best HOSA experience so that you may, “Build A Better You.”

Aamr Hasanjee
Oklahoma HOSA Treasurer
Hello Oklahoma HOSA!

I am going to inform you all about one of the greatest experiences of being a HOSA member (short of Fall and Spring Leadership Conferences): HOSA Week. This is a week, usually celebrated in the first full week of November, that celebrates all the aspects of being a future health professional. Now I know I just stated that HOSA Week was the first full week of November, however, for those of you just now hearing about HOSA Week, it's not too late! HOSA Week can be adjusted to anytime the chapter chooses, as long as it still meets the criteria.

First off, HOSA Week is actually a competition that one receives recognition for both at the State and National level. Secondly, HOSA Week is a RECOGNITION event. This means that instead of fighting tooth and nail with other competitors, you simply have to do the best you can and complete the criteria. Pretty neat huh? The criteria for HOSA Week focus on three very important categories: school/community service, opportunities in healthcare, and appreciation to the healthcare community. At least one goal in each category must be met during HOSA Week to qualify for recognition. Do not worry HOSA members, these guidelines aren't nearly as strict as they first appear.

Also, there are literally thousands of volunteer opportunities out there, just waiting to be fulfilled. There are also a myriad of ways to explore opportunities in healthcare such as guest speakers, creating posters, and career fairs. Lastly, we need to appreciate our healthcare community. My local chapter sends thank you cards to healthcare workers in the area, but make it your own!

With additional dress up days (i.e. Scrubs Day or Trauma Day to name a couple), HOSA Week can not only be educational and helpful to the community, it can be fun as well! The guidelines for HOSA Week can be found at: http://www.hosa.org/sites/default/files/HW12.pdf and some excellent HOSA Week ideas can be found at the HOSA website at http://www.hosa.org/node/122. So get out there, help the community, educate on healthcare, and spread the word of HOSA!

Adam Chutek
Oklahoma HOSA Parliamentarian
“Clinicals are an awesome experience! This is the time you find out what you are made of, whether you can do it or not. The time you get to use the skills you've learned, but most importantly the time you can show you care. Clinicals are when you can make a huge difference in people’s lives. After all, isn't that the goal?”

Shala Merrill SPN, Gordon Cooper Technology Center

When asked “What would you tell a prospective member about the benefits of HOSA?” Andrea Pogue responded:

“To jump in with both feet…begin to run for office within your class, chapter, state, and nationally….you will meet people who will lead you to other people to create your future! Go for it!”

Andrea Pogue was a student at Pontotoc Technology Center and was enrolled in Allied Health Careers I and II. She was a HOSA member for two years from 1989-1991.
In an effort to start out the year “running”, the Biosciences and Medicine Academy (BSMA) at Francis Tuttle organized a fundraiser for CFF. Students at the BSMA were given envelopes to collect money in, needing a minimum of $20 in order to enter the “Fun Run,” but being encouraged to raise more money from people and businesses. The run was a mile-long trail marked out in chalk around part of the Francis Tuttle campus. As an incentive to raise more money, the person who raised the most money was awarded a cash prize. Jessica, a local officer, raised the greatest total, $101.02, saying “I was able to get so much because I have so many relatives.” As an extra incentive for all the participants, each runner got to skip their first class period and were given a “champions’ breakfast” after they were done. “I really liked the bagels” said Michael, a student at BSMA, commenting on the food donated by local Panera Bread, “They were great with the different cream cheeses.”

During the breakfast, the officers showed the participants the Cystic Fibrosis nomination video which was submitted to National HOSA at the last NLC. (This video can be found on the OK HOSA website, www.okhosa.org, under the “Community Service” page.) “The video was touching” said Brianna, a local officer, “it really put Cystic Fibrosis into perspective for me.” After the video, the officer team announced that the students had raised nearly $1400, far surpassing the goal of $500. “I think it was a big success.” said Drew, the local president, “We did a good job.”

Tyler Watson
Oklahoma HOSA President
In Salyersville, Kentucky there is a brave little 9-year-old boy named Dalton who has been living with Cystic Fibrosis and has recently become increasingly sick. He recently was allowed to come home, medical supplies in tote to be closer to his loved ones. Dalton’s last wish is to break the world record for receiving the most Christmas cards. Anyone who would like to participate in sending Dalton a Christmas card be sure to include your city and state, as well as your HOSA chapter, so he can see how far the support has come from. The earlier the cards the better! THANK YOU all in advance! Dalton will love receiving these cards.

Sends cards to:
Dalton Dingus
HC 62 Box 1249 Salyersville, KY 41465

Hope these holidays bring us happiness, peace and health. May God bless all our families. Stay safe and warm during Winter Break. As part of HOSA, we should all try to help someone during this time. There are many families that are struggling, kids that might not receive a visit from Santa Clause or have their Christmas wish come true.