Follow us on Social Media
• Facebook:
• Instagram:
• Twitter:
Go on any of these social medias and search OKLAHOMA HOSA.
Click or Tap Follow and keep up with us all year!

Upcoming events:
• Run Lucky (March 6th)
• SLC (April 4th—6th)

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Pictured are the State Officer Team prior to touring the Tinker Air Force Base.

Left to Right- Front: Baylee Schmitt, Jada Holliday, Margaret Ortiz, Aksah Cherian.
Back: Dakota Poolaw, Chad Jordan, Ashley Pomerantz, Madilyne Devereaux, Little Robinson, Kevin Fiorina.

“We are proud and grateful to be serving you in any way we can this year!” - Your State Officer Team
Letter from the President

Dear Oklahoma HOSA Family,

What an incredible honor it is, to be called your state president for this outstanding year we’re about to tackle! FLC is a day I will never forget, so thank you for helping me imbed that day into my memories forever! I hope since then, you all have been getting ready to knock all of your competitions out of the park this April! I’m so ready to see you all at SLC that I am already counting down the days! We have major goals we want to accomplish this year:

1. Raise $16,000 for Lymphoma & Leukemia Society (LLS)
2. Increase membership by at least 4%
3. Increase our social media presence and keep everyone updated on what your fellow HOSA members are up to

These three goals are the most important things to our organization and with all of your support and involvement, I know we will go above and beyond to accomplish them! I have so much faith in all of you, that you all will go on to do impeccable things in the medical field, changing lives everywhere you turn! I have to wait two months to witness you all in action and I’m screaming on the inside with excitement! Until then, work hard, have fun, and we’ll see you at State Leadership Conference!

In Kind Regards,

Jada Holliday
State HOSA President
Treasurer’s Report

LLS Goal for 2016: $16,000

Ideas for raising money for LLS:
- Ice Cream Socials: $1.00 ice cream
- Teachers pay $5 to wear jeans on Friday for an entire month
- Host a Color Run
- Organize a Bake Sale
- Host a Car Wash
- Do the Lemon Challenge!
AND SO MUCH MORE!!

How to document the money you raised:
Read through these guidelines!

http://www.hosa.org/sites/default/files/NS15_0.pdf
The State Officer Team is planning many cool and engaging things for you to do this year at SLC and here are a few of our plans that you should keep in the back of your mind!

Bring a little extra money if you are interested in a-

- Bingo Game
- Silent Auction
- Special Wristband Sale

If you are feeling a bit more adventurous, then try-

- LLS Walk
- LLS Lemon Challenge
- Break-Out Sessions with Guest Speakers
- Zumba
Chapter Participation

Hi HOSA members! I am sure you and your classmates have done some sort of community service activity, whether it was a fundraiser to donate money to the Leukemia and Lymphoma Society or just being a volunteer in your area. But, I am also sure you would love to hear the many things other members just like you are doing all over the state, so here are some great ideas for your next fundraiser!

Pennies for Patients
Pennies for patients is a big fundraiser that many of the HOSA chapters participate in. This event is easy, fun, and effective in raising money for a great cause! All you have to do is just have a few members bring a jar and you’re ready to begin collecting pennies for your chapter to donate to a good cause. Some local Chapters make as much as $200 doing this simple activity!

Color Run!
Another good idea for fundraising is an activity my own local chapter put together, it was a color run. Along with being a super fun way of earning money it is also very rewarding. We earned over $2,000 to help out with things our chapter wanted to do and also, to donate to LLS.
Fundraising

One of the alternate ways to getting your chapter involved is by doing events that help benefit the National Service Project (LLS) such as the OKC Run Lucky 5K. Getting involved in this event is another avenue your chapter can help donate without fundraising. Along with the Run Lucky there are multiple events during State Leadership Conference that you can assist with too. So, come on HOSA members, get involved!

Run Lucky is March 6th in OKC this year and we would all love to see you there! If you haven’t already registered for it, here are the simplest directions to do it:

http://runlucky.com/
click on “Registration”
click on “click here”
click on “continue”
click on “Join a Team”
complete information as requested
team name is “Oklahoma HOSA”
…..complete registration as prompted.

If you would rather volunteer than run/walk, contact Lorrie Byrum at LByrum@odmhsas.org

Registration Fee—
$30.00 thru March 3, 2016
$40.00 thru March 6, 2016

Help us reach our goal of over 100 Oklahoma HOSA team members!

All proceeds from Run Lucky benefit The Leukemia and Lymphoma Society.
A Little Advice About SLC

1. **Know yourself**: whether you work better with a team or you work better by yourself, be aware of your strong and weak points prior to entering a competition. Do not do an event where you know you are going to fail. If you’re good at knowledge testing, medical math, or medical spelling, focus primarily on enhancing those skills, while you improve the weak ones. Here is a link that can give you some ideas- (http://www.hosa.org/sites/default/files/15-16WhatsrightforyouinCE.pdf#overlay-context=node/116)

2. **Know your event**: Know the events that you are competing in, and make the necessary preparations towards the field of interest that you are participating in. You can refer to this link as a reference- (http://www.hosa.org)

3. **Believe in yourself**: believe in what you’re doing. There’s no point in practicing and preparing for an event if you don’t believe in yourself. You have to have self-confidence. You have to go in with the demeanor that you’re going to do your very best, no matter what the outcome follows to be. Have some passion, when you have passion in what you do, you’re more prone to try harder and succeed with happiness.

4. **Encourage each other**, whether it’s a person from a different event or some team you are contending with, always encourage them and cheer them on. By doing this it establishes a more positive environment for everyone, which is beneficial to all!

5. **Overall, just have fun!** Competitions are supposed to be fun. It defeats the purpose if you’re too serious about it. Just go out there, give it your all, and make yourself and everyone proud. Enjoy the time and the place that you are at in that exact moment. It may be one of the greatest memories you achieve this year or in your life.
Letter From the Editor

Here are some things I challenge you to do in the coming months till SLC and until the next edition:

⇒ Challenge any and all to partake in the LLS Lemon Challenge and record it if possible!

⇒ Send us more pictures and information, so that we can post it to our social medias to let everyone see how awesome our state affiliation is! Do this via email sending it to debbie.bennett@careertech.ok.gov

⇒ If you are posting a picture related to HOSA use the hashtag #OklahomaHOSA

⇒ Like and Share Oklahoma HOSA posts on Facebook, Instagram, and Twitter

⇒ Follow us on Twitter @OklahomaHOSA, Instagram @oklahomahosa, and Like us on Facebook!
See you at
State Leadership Conference!

April 4-6, 2016

www.okhosa.org
https://www.facebook.com/oklahomahosa/
https://www.instagram.com/oklahomahosa/