OHIO HOSA FALL 2020
NEWSLETTER

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A Message from Ohio HOSA's State President

Hello Ohio HOSA members! I hope that the second issue of Ohio HOSA’s e-magazine finds you healthy and well! I don’t think that anyone will disagree that this school year is rather unconventional. Whether you’re heading back to school in person or receiving your education online, the Ohio HOSA officer team wishes you good health and the absolute best of luck in your studies as we all try to navigate this upcoming year. Your Ohio HOSA team has been working all summer to ensure that all of our members will experience a year of learning, serving, innovating, and leading despite this pandemic. We can’t wait to see what this year brings us!

Shelby Alderman

About Ohio HOSA

Future health professionals, this is your call to become a part of an organization that helps guide you and your peers to success in your chosen medical field. HOSA Future Health-Professionals provides expansive leadership and career training for each member. HOSA organizes conferences such as the FLC (Fall Leadership Conference) and SLC (State Leadership Conference) where you can complete leadership training for success in your local community. HOSA is an international organization that provides training at the local, state, national, and global level. HOSA provides you with the tools necessary to be the best version of yourself. Membership in HOSA opens doors you never thought possible. HOSA encourages creativity and spontaneity through competitive events held at our regional, state, and global competitions. Membership in Ohio HOSA grew 9% in the last year and has been on a steady increase for the past seven years, currently with 7,473 members. We are excited to announce five new secondary chapters, one middle school, and one new post-secondary chapter. If you would like to become part of the growth of this dynamic, student-lead organization specifically representing the health career field, then HOSA Future Health-Professionals is for you! If you would like to join or have a membership related question, please contact Joseph Jakubczak, Ohio HOSA state Vice President, Joseph.Jakubczak@stu.cvccwork.edu or Mr. Jim Scott, Ohio HOSA state advisor, OhioHosa.14@gmail.com Thank you!

Joseph Jakubczak
State Executive Team

Competitive Events

Ohio HOSA encourages you to review the over 75 competitive event opportunities offered to members. Take time to develop your skills and projects and get ahead start planning and preparing for this year that promises to be exciting. Check out new events including Health Informatics and Research Poster Presentation. Ohio HOSA creates an environment for you to enjoy and learn during all the conferences whether they are virtual or live. Competitive events are an exciting and fun part of this process. Competitive events help HOSA members innovate, learn, lead, and serve!

About Ohio HOSA

Who do you think of when you hear the word leader? Gandhi? Neil Armstrong? Harriet Tubman? In Ohio, one of the staples that we think about is Ohio State’s star former football coach: Urban Meyer. This year, our State Officer team has been reading diligently, improving our leadership skills to better serve our members. In Meyer’s Above the Line, he discusses the principles and values of the Ohio State football team, and how hard work results in continued glory. One of the concepts in the book is the 10-80-10 principle. The 80% is the general population: the typical workers, the average, sometimes mediocre. They do, however, have potential to rise to the top 10%-- the elite performers. These elites strive for excellence and put forth unwavering effort every second of the hour. The bottom 10%, sadly often lack motivation and a solid work ethic, and don’t typically strive for the same goal as the rest of the team.

Meyer’s philosophy is to get as many of the 80%ers as possible to jump into the 10% bracket. He believes that the top 10%ers have acquired their skills innately and have built themselves through discipline and passion for football. Simple sayings like “practice like you play,” have meaning and enormous implications on the Ohio State football team. When 80%ers move up, the team dynamic shifts and it is much easier to play for each other rather than playing for yourself. The Buckeyes succeeded, without any doubt, for many years with Urban Meyer as their coach. The 10-80-10 principle (along with many others found in the book Above the Line) proves itself by the success of the Buckeyes. So, when building your team, inside or outside of HOSA, be the one that encourages a drive for excellence.

Sarah French

Nicholas DeGroff
A Look at the 2020 FLC

As you may already know, the annual Fall Leadership Conference has moved to a virtual format this year. The Ohio HOSA state officer team still has big plans. Even though we will not meet in person due to COVID-19 concerns, you can still expect to reap great benefits from attending this year’s conference. Members and advisors who participate will be given the opportunity to attend various valuable workshops organized by the state officers as in previous years. This year, however, advisors may allow all chapter members to participate, as the cost for FLC will be given as a tiered rate per chapter, rather than a per-person expense. Members can look forward to workshops covering the topics such as enhancing leadership capabilities, building teamwork skills, successful fundraising, and the characteristics of a well-rounded officer, as well as many more. There will also be voting opportunities as usual. More details will be forthcoming about purchasing t-shirts, which will be mailed to advisors so that members interested can wear the shirts on the days of FLC.

Though the format may be somewhat different, the state officer team urges you to participate, as we have been working to make this the best FLC yet!

Fundraising Ideas

Taking into consideration the need for social distancing, safety precautions, and the related challenges of HOSA chapter meetings, the idea of fundraising can be intimidating. So, we have come up with a list of ideas to get you thinking of ways that you can fundraise virtually for your local chapter and for HOSA’s National Service Project “Be The Match”.

- RightResponse First Aid Kits
- Virtual 5k
- Check out https://ohioffa.org/foundation/programs/virtual-5k/ and https://runsignup.com/Race/OH/AnyCity/AnyState/DashForDonation to get more ideas on how to set up a virtual 5k
- Talk to the companies you usually fundraise with to see if they have an online option
- Contact restaurants near you to schedule a fundraising night where people can order take-out
- Places like Chipotle, Five Guys, and Buffalo Wild Wings offer some fundraising options

We hope that this gives you some ideas and is getting you brainstorming even more ways to fundraise. Best of luck to your HOSA chapter this year, and be sure to tag @hosaohio on Instagram when documenting and advertising your virtual fundraising (that way we can see all of the awesome work that you and your chapter are doing)!
State Executive Team

Be the Match

“Be The Match. Save a Life.” At the 2020 Virtual International Leadership Conference, Be The Match was voted our new service project for the next two years. What is Be The Match? Be The Match is a nonprofit organization that manages the largest and most diverse bone marrow registry. Many people are diagnosed with blood cancers every single day, and a match to provide a bone marrow can aid them in a cure for their disease. Did you know that every three minutes, one person is diagnosed with a blood cancer? Every 10 minutes, someone dies from a blood cancer.

Many people, just like you and me are volunteer donors who must be over the age of 18. These people are willing to donate bone marrow or possibly even umbilical cord blood for transplants. Patients need these matches every single day, and you could Be The Match. It is very easy to sign up to be a donor. Go to the Be The Match website. There are also things you can do right now besides donating. There are fundraising, events, programs, and even sharing on social media to show support for the cause. Find more details on their website under the "Support the Cause" tab. Be somebody’s match and save a life.

About Alekhya

Hello! I am proud to serve as the Ohio HOSA Postsecondary/Collegiate Vice President. As a freshman at the University of Cincinnati, I am pursuing an undergraduate degree in Medical Sciences. After college, I plan on attending medical school, then doing residency in emergency medicine followed by a fellowship in sports medicine. My career goal is to become a Sports Medicine Physician. My HOSA activities include serving as the 2019-2020 Ohio HOSA Vice President and competed in Forensic Science, Health Career Display, and Health Career Photography. I also served as chapter treasurer. My school and community activities include serving as a tennis instructor, assist with hospital patient transport, peer tutoring in STEM subjects, music & memory, and student government.
Sanjana loves creating quizlets and in preparation for all the leadership conferences, prepared a deck of 7500 terms which she repeatedly studied (not to mention reading textbooks). She definitely enjoyed having the extra time to study at home and flexibility of when to take her exams. So, it’s safe to say Sanjana had an incredible virtual experience due to her hard work and passion, but she cannot wait for the possibility to compete in Orlando next year. To attend in person workshops. And, of course, to go to different theme parks with her friends.

Although, her HOSA journey does not end there. Sanjana will be serving as her school’s Chapter Secretary for the 2020-2021 school year. This officer team is the first to consist of all girls at WMHS, with many of them already knowing each other. Sanjana is most excited to work with her fellow officers and get to “see what happens behind the scenes”. She believes that the absence of an in person SLC and ILC have diminished important chances for our members to form bonds with one another, therefore, would love to host more team-bonding events next year. Sanjana has impressed us thus far and, we are sure, will continue to be an outstanding member of Mason and Ohio HOSA.
Talking with the Champions

ALANNA KRIDER PLACES FIRST IN SPEAKING SKILLS AT VILC 2020
by: Deanna Devore

Ohio HOSA, we are proud of you! During the Virtual International Leadership Conference Ohio HOSA had 70 individuals and teams place in the top ten within their competitive event. Out of those 70, eleven of those individuals and teams placed first! One of the individuals who took home a first place medal is Alanna Krider. Alanna Krider just graduated with the class of 2020 from RG Drage, and in her second year as a HOSA member Alanna took first place in Speaking Skills at the VILC. The topic this past year for the Speaking Skills competitive event was “Towards Tomorrow”. As we talked to Alanna about her experience, she shared some great insight into her thoughts on her speech and her HOSA journey as a whole.

First of all, this was Alanna’s first year competing in Speaking Skills. Originally, Alanna competed in Personal Care, however with the encouragement of her teacher Mrs. Karen Marks, Alanna decided to take a step outside of her comfort zone and try Speaking Skills during her senior year.

Speaking and communication are a very important tool in life, especially when you are working in healthcare. Sometimes the thought of speaking in front of others can be intimidating, but once you gain more experience, you become more confident and comfortable. That is how Alanna explains her journey in Speaking Skills throughout the past year. At first she was really nervous, but after having a smooth experience giving her speech, Alanna realized that speaking to others isn’t as intimidating as it seems. Now Alanna has more confidence with public speaking and in general conversation with others.

Along with gaining confidence when speaking, HOSA has also helped Alanna learn “leadership, professional skills, and learning how to work with others.” If you could learn one thing from Alanna, she would want it to be to remember to “look ‘Towards Tomorrow’ and don’t look back, you can’t change the past.” Also, when looking “Towards Tomorrow”, whatever you are going to do, put your mind to it and do not be afraid to ask for help. Alanna, congratulations on your VILC success and good luck as you continue “Towards Tomorrow” in your journey in healthcare!
CARLIE SNOGDROSS, FUTURE VETERINARIAN, GIVES ADVICE TO HOSA MEMBERS

by: Shelby Alderman

Carlie Snodgrass is a HOSA alumna from Tolles Career and Technical Center who recently graduated from the Ohio State University with a major in Animal Science. Snodgrass is pursuing a career in the world of veterinary science and will attend the Ohio State University’s College of Veterinary Medicine, ranked as the fourth best veterinary school in the country in 2019. The school ranked within the top five veterinary science colleges in the United States for the past ten years with only 162 students admitted into the program annually. Snodgrass joined HOSA during her junior year of high school at Tolles and went on to cofound the Ohio State University HOSA chapter during her junior year of college serving as the chapter’s Vice President.

Snodgrass competed in the Veterinary Science event for three years. She qualified to compete at the International Leadership Conference all three years, and she went on to place in the top 10 at ILC during her senior year of college. Snodgrass says that both her participation in HOSA and her education at Tolles helped her grow in leadership and learn technical skills that could not be learned within a typical classroom environment. Pam Snider, Snodgrass’ former advisor and the current Ohio HOSA Board President, describes Snodgrass as a disciplined and dedicated student. During her first four years in college, Snodgrass said that the competition among her peers for Veterinary School acceptance helped her remain motivated in her studies. Outside of HOSA, Snodgrass has interned at the OSU Equine Barn, worked in OSU’s hog barn, and is a competitive ballroom dancer. When Snodgrass was asked what advice she would give to HOSA members also pursuing careers in veterinary science, she said, “Get as many hands on experiences as you can; HOSA helps with that. [Take advantage of] all of the hands on opportunities and leadership roles they give you, and just work as hard as you can.”
The 2020 Virtual International Leadership Conference was the most successful conference at the international level for Ohio HOSA. With five first-places, seven second-places, seven-third places and one fourth-place along with numerous top-10 competitors, the postsecondary/collegiate division of Ohio HOSA is dazzling! Two of the postsecondary/collegiate first-place teams are from the University of Cincinnati; Health Career Display with competitors Ashvin Babu and Jamaluddin Pracha, as well as Health Education with competitors Caitlin Lachut, Olivia Hazel and Blair Hoeting. Caitlin Lachut, Olivia Hazel and Jamal Pracha were kind enough to answer some questions about how they achieved success within their competitive event as well as how they extended it beyond HOSA to connect to the global health community.

Q/A Session with UC Health Education and Health Career Display

Q: What did your lesson consist of?

A (Health Education): Our topic this year for Health Education was themed around “Taking Control Of Your Own Health,” a lesson designed for high school seniors who are just starting to be entrusted with their own health matters. It covered topics like insurance, knowing how to fill out health forms and what was on them, what kinds of doctors/specialists exist and when they should typically be seen, as well as how to start scheduling and managing your own appointments.

Q: What encouraged you to choose the topic you did?

A (Health Education): I have found that often the best way to start narrowing down a topic to teach starts with reflection. What problems have I encountered since becoming a relatively independent college student? What do I wish someone would have told me when I was a senior in high school to better prepare for this situation? From there it is just a matter of making that problem as accessible as possible to the target audience and being honest. I feel like honesty and clarity has gone a long way to make our topics really shine and connect to the students we teach them to, as well as the judges who see them at competition.
Q/A Session with UC Health Education and Health Career Display

Q: What is your concept’s importance and potential impact in the world and the global health community?

A (Health Education): The impact of this lesson is one that I think can be felt immediately by the students who learn it. Almost all of us had our parents managing our health for us every year up to college. While that’s an easy and comfortable way to live it can also be detrimental when one is suddenly told they have to “grow up and manage like adults” with little to no explanation of where to start. Our lesson was designed as a bit of a wakeup call to students—we gave them simulations of real forms and situations as a way to tell them they needed to be ready, but without the stress of it being real. We tried to lead them to ask about family history, have apps with health info and emergency contacts at their fingertips just in case, and to know where they were standing when reality hit the fan. A lot of growth can happen if you just provide the resources for it! Now more than ever having the ability to know and manage one’s own health can give people a sense of control they need in this chaotic COVID-19 world.

A (Health Career Display): After researching with my partner, I was able to better appreciate the connectedness of all the occupations within the healthcare industry. Many students, like myself, have the misconception that doctors and nurses are the only people who are responsible for keeping us healthy. In reality, there are so many more unknown and specialized careers that exist out there. I realized that if I wanted to become a part of this community in the future, I would have to understand how all of these careers connect to contribute to a patient’s well-being.

Q: How did complications arise due to COVID-19?

A (Health Education): Unfortunately, because of COVID we were not able to teach our lesson in person! We were able to remain flexible though, and quickly adapted our lesson plans to be given digitally instead.
A (Health Career Display): We planned to do most of the work for our event before spring break. This included picking a career, researching it, and then making the actual poster. Unfortunately, it was that weekend when we figured out that we would have to move out. Or plans to work on our project had been postponed indefinitely due to the coronavirus. We were not even sure if we could still compete because we lived so far apart that it would be difficult to work on the poster (Jamal lives in Ohio and Ashvin lives in Massachusetts). Together we divided the work. Ashvin did most of the research while I made the poster and its design. We recorded our presentation of the poster in my basement. I wore a suit and set my computer in front of the poster board while FaceTimeing Ashvin. It definitely was strange not being able to present next to Ashvin. It just goes to show how much the coronavirus has forced students to adapt. Even though COVID made it impossible to meet up, we were able to work together virtually and submit our presentation on time.

Each partnership had their own various challenges with the obstacles that COVID-19 has created, but with some perseverance and dedication, they achieved a tremendous accomplishment! Ohio HOSA students, this is your time to shine! Taking part in teamwork events such as Health Education and Health Career Display sharpens your classroom skills, presentation skills and collaboration skills. Take this as a challenge to further enhance these skills as a student, leader, educator and member of HOSA Future Health Professionals!
Postsecondary/Collegiate Success at the VILC 2020

Snapshots from Health Education and Health Career Display
HOSA Snapshots
During this time of uncertainty one thing is certain...

Patients need us now more than ever! Wondering what to do with so much time at home? How about helping to save lives from the comfort of your couch!

This is a time of uncertainty for all of us, especially for our patients with compromised immune systems, they’re more vulnerable to illness—including COVID-19. Their need for a transplant has not stopped, even though it seems like everything else has stopped. Be The Match MUST continue to add more committed donors to the registry so that we can continue to provide hope for these patients. We need YOUR help!

It’s not like the TV shows
Contrary to popular belief, most donations are not painful. Majority of donations are similar to a blood donation.

How you can be the change
The change needs to happen now. Your generation is the one that will make it happen! Whether you are in the age range to join The Be The Match Registry or not, you are in the age range to help save lives by joining our:

**Couch2Cure Challenge!**

- Take a picture or video of you on your couch
- Tell your followers why Be The Match is important to you and challenge them to join the registry (if they are 18-44 years old)
- Post to any social media platform and tag @BeTheMatch and use #bethematch and #couch2cure. Tag and challenge 2 of your friends to join the movement.

Make sure you share the code
Text HOSA to 61474 for anyone wanting to join.

Most importantly—HAVE FUN with this challenge.

It is up to us...

**BE THE CHANGE**

For questions, please contact: Benita Davis at bedavis@giveblood.org or 409-782-2825