



# HOSA Heartbeat

## October Newsletter

### Inside this issue...

Letter from the Executive Council.....	p. 2
Virginia HOSA Executive Council 2023-24.....	p. 3-5
HOSA Day, State Fair 2023.....	p. 6-7
November, December Events Calendar.....	p. 8
HOSA Cares 2023-24.....	p. 9
September HOSA Cares Chapter Shoutouts..	p. 10
State Officer Application.....	p. 11
Health Professions Week.....	p. 11
Connect with us!.....	p. 12

We would like to WELCOME our New VA HOSA State Advisor, Audrey Crenshaw-Valentine! We are excited to begin a new journey with her this year!





## Letter from the Executive Council



Dear Virginia HOSA Students, Advisors, and Alumni:

Welcome back to another year of Virginia HOSA! Whether this is your first year as a HOSA member or your sixth, we hope you are ready to push past your limits and seek out new experiences. Your state executive council has a lot of fun initiatives planned for the year, and we're so excited to share them with you all!

This year's HOSA theme is Dare to Create: this year, we challenge you to go past what you think is possible and create a new change in the community around you, whether that's through a new service project in your chapters, a new competitive event, or a new friend at a conference. As you prepare to enter the field of healthcare, know that your creativity and critical thinking go hand-in-hand; give yourself opportunities to do something you've never done before.

Your Virginia HOSA state officers are so excited to meet you all and see what new challenges you will surpass this year. Continue learning, innovating, and *daring to create*!

Your 2023-24 Virginia HOSA Executive Council:

*Neha, Laura, Arnav, Ashley, Rohan, Grace*



## Virginia HOSA Executive Council 2023-24



Thomas Jefferson High School for Science and Technology, 12

### **Neha Asuri** **President**

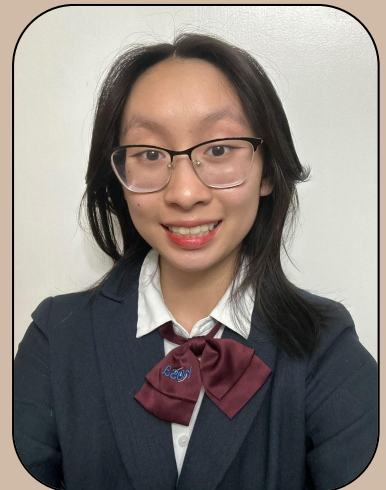
*What are you looking forward to the most in HOSA this year?*

I am most looking forward to State Leadership Conference and being able to meet more VA HOSA members than ever before! SLC is always been a time to make new memories and grow close with friends from across the state, and I'm excited to be a part of that in a new capacity as state president this year!

### **Laura Truong** **Vice President**

*What are you looking forward to the most in HOSA this year?*

I'm looking forward to seeing and meeting more people at SLC as well as meeting future state officer candidates! I love being able to talk to people from all across the state and finding out why they're interested in healthcare.



Falls Church Academy, 12



## Virginia HOSA Executive Council 2023-24



Thomas Jefferson High School for  
Science and Technology, 11

### Arnabhalla Secretary

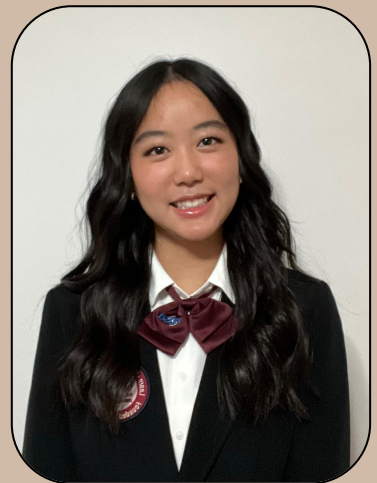
*What are you looking forward to the most in HOSA this year?*

This year, I am most looking forward to interacting with other students who have a similar passion and interest in the medical field as myself. I'm also looking forward to organizing the State Leadership Conference (SLC) in March and welcoming new and existing members of Virginia HOSA to SLC!

### Ashley Hwang VP of Communications

*What are you looking forward to the most in HOSA this year?*

I am looking forward to all the opportunities to connect with more people who are just as excited and passionate about a future in healthcare! A big one I'm looking forward to are the SLC workshops, which have always been an engaging way to learn valuable skills and knowledge!



Thomas Jefferson High School for  
Science and Technology, 12



## Virginia HOSA Executive Council 2023-24



Thomas Jefferson High School for Science and Technology, 11

### **Rohan Kotla**

#### **VP of Membership & Service**

*What are you looking forward to the most in HOSA this year?*

This year, I am looking forward to helping organize a fun and engaging State Leadership Conference based on input from Virginia HOSA members. Through HOSA, I am excited that I have the opportunity to surround myself with like-minded people, and I hope that I can instill that same passion for HOSA in many students across the state!

### **Grace Bellamy**

#### **VP of Post-Secondary & Alumni Relations**

*What are you looking forward to the most in HOSA this year?*

I am beyond excited to provide opportunities beyond the Secondary level! HOSA has been such a crucial part of my high school and college career, and I want to continue providing resources and increasing membership. I'm also excited to help you develop as a future health professional!



College of William & Mary,  
Sophomore





## HOSA Day, State Fair 2023



### Competition Results

#### ***Promoting Health Equity Flyer***

1. Chesterfield Technical Center - Hull
2. ACE Center Hermitage - EMT
3. Mecklenburg High School

Honorable Mention: Richmond Technical Center

#### ***Intellectual Health and Wellness Promotion PSA***

1. Grace Christian Center
2. Chesterfield Technical Center - Courthouse
3. Bethel High School

Honorable Mention: Northern Neck Technical Center





## HOSA Day, State Fair 2023

### Competition Results

#### ***Artificial Intelligence (AI): The Impact on Healthcare*** **Poster**

1. Brooke Point High School
2. Northern Neck Technical Center
3. ACE Center Hermitage - Nursing

Honorable Mention: Chesterfield Technical Center -  
Courthouse

#### ***How Vulnerable is Healthcare to Climate Change?*** **Pamphlet**

1. Chesterfield Technical Center - Hull
2. Chesterfield Technical Center - Courthouse
3. Buckingham County High School

Honorable mention: King George High School





## HOSA Events Calendar

November	Event
<b><i>HOSA Cares Focus</i></b>	<b><i>Pancreatic Cancer Awareness (purple)</i></b>
November 1	Virginia HOSA Scholarship Applications Open
November 1	SLC VA HOSA Special Recognition Awards Application Opens
November 6-10	HOSA-Future Health Professionals Week
November 17	New Advisor Mentoring Session @ 300pm-3:45pm virtually. RSVP <a href="#">here!</a>

December	Event
<b><i>HOSA Cares Focus</i></b>	<b><i>AIDS/HIV Awareness (Red)</i></b>
December 15	State Officer Candidate Informational Meeting - 7:00 PM (Virtual)
December 15	New Advisor Mentoring Session @ 3:00PM-3:45PM - Virtual. RSVP <a href="#">here!</a>





## HOSA Cares 2023-24

### What is HOSA Cares?

HOSA Cares aims to encourage Virginia HOSA chapters to participate in service projects that address needs of the local community and beyond. This program allows chapters to determine which organizations to support and awareness activities they have a desire to participate in throughout the year. The only requirement is that the service and organization are health-related.

The HOSA Cares program now encompasses the **Color Awareness Program**.

**October** - Breast Cancer Awareness (**light pink**)

**November** - Pancreatic Cancer Awareness (**purple**)

**December** - HIV/AIDS Awareness (**red**)

**January** - Glaucoma Awareness (**green**)

**February** - Heart Health Awareness (**red**)

**March** - Nutrition Awareness (**orange**)

**April** - Parkinson's Awareness (**silver**)

**May** - Mental Health Awareness (**green**)

**June** - Alzheimer's Awareness (**purple**)



### Submission Process

If your chapter participates in a service project that meets the criteria for the HOSA Cares program, complete the Virginia HOSA Cares Service Recognition Form by 11:59 PM (ET) of the last day of the month in which the service activity was performed.

Be sure to submit photos!! Virginia HOSA will continue to showcase chapters throughout the year via social media and the HOSA Heartbeat newsletter.

**Submission Form:**  
<https://tinyurl.com/vahosacares>



## September HOSA Cares

### Chapter Shoutouts

September was Pediatric Cancer Awareness month, with an awareness color of **yellow**. Here are some ways Virginia HOSA chapters participated in HOSA Cares!

#### ***Thomas Dale High School***

Thomas Dale High School HOSA members handed out yellow ribbons to staff and students throughout the school day and wore yellow to raise awareness!

#### ***Carroll County High School***

Carroll County High School HOSA members wore yellow to raise awareness for pediatric cancer!

#### ***Thomas Jefferson High School for Science and Technology***

TJHSST HOSA members wrote letters for pediatric cancer patients to be distributed at a local hospital and wore yellow to raise awareness! (Pictured right)



**Remember.** HOSA Cares activity hours can count towards the Barbara James Service Award and the HOSA Service Project! Review the event guidelines to see if your chapter's activity qualifies.



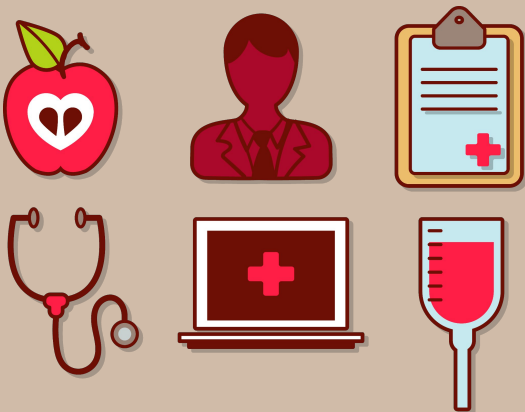
## State Officer Application



Interested in becoming a State Officer?

Click here for the [State Officer Application!](#)

## Health Professions Week



Virginia HOSA will be celebrating health professions week from **November 6-10, 2023**. Keep an eye out for communications from your executive council regarding activities and ways to get your chapter involved with health professions week!



## Connect with us!



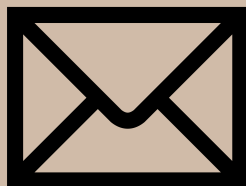
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