



MN HOSA

Newsletter

www.minnesotahosa.org

Affiliation & Registration

Affiliation with national HOSA is **necessary** for every individual seeking to **attend conferences** and **compete** in HOSA events. The process is **entirely online** and primarily **completed by your local advisor**. Simply follow these steps:

1. Have your local chapter advisor **contact your HOSA State Advisor** (Summer Hagy) to **request the charter number** and **password** for access to the **affiliation system**. If your chapter was affiliated last year, the charter number and password should be the same.
2. With your chapter's password and national charter number, your local advisor can begin the affiliation process by going to the national **HOSA membership services website** and **entering your charter number and password** at the login area.
3. **Call** HOSA Headquarters at **800-321-4672** if you have any questions.



HOSA Questions

Do you have a question about HOSA? Our **website** has the answers! Visit the **FAQ** tab, located under the **"Start a Chapter!"** heading. If you can't find your answer here, locate the **Chapter Resources** tab under **"About HOSA"**. If these resources don't help, reach out to a member of our State Leadership team, or fill out our contact form. We would love to help you out!



Officer Request Form

Do you have an **activities fair coming up**? A **first meeting** with your local chapter? Do you need some **guidance** from a current state officer? Look no further than our officer request form, which is entirely self-explanatory. If you **submit a request**, one of our **state officers** will coordinate a time to **come to your school** and assist with activities or help you relay information about HOSA. To fill out the form, **scan the QR code!**



ELAINE'S MENTAL HEALTH CORNER

Q: As school is starting up again, how do we make sure our mental health is still intact while also balancing academic careers and our social lives?



Our generation is the first generation entirely born with the internet. Tech-savvy, independent-minded, and creative, we are also the generation that faces the largest mental health crisis.

According to the US Department of Human Health Services, nearly half of teens today have experienced some kind of mental health disorder at some point in their lives. We have witnessed and lived through some of the world's most traumatic experiences and events, and there is no doubt that we are affected by them.

Now, as many of us are entering the next pivotal period of our lives, the pressures we face do not go unnoticed. Whether we are entering middle, secondary, or post-secondary education, as youth we are balancing not only academics, but also extracurriculars, family/friends, and other responsibilities. Sometimes, we don't realize that our mental health is just as important as our physical health. In fact, our mental, emotional, and physical health work together hand in hand.

On the next page, we have compiled some tips for you to simultaneously achieve success and physical/mental balance as the school year begins.

Keep in mind that everyone has their own journey when it comes to mental health, and it is important to stay mindful and honor both our journey and others'. Health looks different on everyone. Stress hits differently for everyone. But when it comes to mental health and illness, know you are never alone.

SUICIDE CRISIS HOTLINE: 1-800-273-8255
FREE AND CONFIDENTIAL 24/7 CRISIS TEXT LINE - TEXT MN TO 741741

STAY ORGANIZED

We tend to easily get stressed when things seem all over the place. By making sure we stay organized, we know that there is always a path to take out of difficult situations.

- Create a calendar
- Writing out your weekly schedule
- Designating an area to store important items or homework

BUILD GOOD HABITS

As we prepare to get back into the routine of going to school everyday, it's crucial that we use it as an opportunity to build good habits such as:

- Setting up an alarm
- Establishing morning + night routines
- Planning your outfit + packing your backpack the night before
- Fueling your body in a way that is best for you, whether that is eating breakfast or packing snacks for school

GET. ENOUGH. SLEEP.

The Nationwide children's hospital **recommends** we get about **9 hours of sleep each night**. On average, we tend to get about 7 hours a night. Sleep deprivation **impacts overall cognitive function**, altering our ability to pay attention, make decisions, react, and be creative—all of which simultaneously **affect our academic performance**. So, our point? **Sleep is essential.**

DO PHYSICAL ACTIVITIES YOU ENJOY

- Exercise helps our brain release stimulate dopamine and promote better oxygen and blood flow throughout our brains
- No one wants to dread working out, so find a way to get moving that best fits you

FIND A HEALTHY OUTLET FOR STRESS

Everyone deals and handles stress differently, and finding your personal outlet takes a bit of experimenting. Here are some of our ideas:

- Meditation
- Journaling
- Talking to a trusted, emotionally-available person
- Listening to music
- Exercising
- A hobby you enjoy
- Taking a nap

BE THE MATCH HOSA'S PREMIER SERVICE PROJECT PARTNER

Founded in **1986** and based in Minneapolis, Be The Match is a **global leader** working every day to cure blood cancers through **cellular therapy**. The **national nonprofit** operates by finding **donors** and connecting patients with their **match** for a life-saving **marrow or blood stem cell transplantation**. For someone with a blood disorder, this procedure **replenishes the blood stem cells** in the bone marrow, allowing their body to produce healthy new blood cells.

In addition to matching patients with donors, Be The Match provides patients and families with **one-on-one support, education, and guidance** throughout the transplantation process. They also work through the CIBMTR (Center for International Blood and Marrow Transplant Research) to **manage research studies** that **improve patient outcomes** and **advance the future of care**.

HOSA-FHP has partnered with Be The Match since the beginning of the 2020-2021 school year, and is **continuing their partnership this year**. If your chapter is looking to start a service project, **consider fundraising and spreading awareness** (via research showcases, seminars, panels, etc.) about Be The Match. It is an incredible organization that **aligns perfectly with HOSA's values** of education, service, collaboration, and leadership.

TAKE ACTION IN YOUR COMMUNITY

FUNDRAISE FOR PATIENTS

- \$20** Covers the cost to send a "Box of Hope" care package to a patient
- \$120** Covers the cost to add one potential marrow donor to the Be The Match Registry®
- \$500** Secures one week of temporary housing during transplant recovery
- \$2,000** Helps families make ends meet while the caregiver provides full-time care

HELP GROW THE REGISTRY



Fundraising Tips

Fundraising is a great way to help **lower the cost** for conferences, **provide scholarships**, and **purchase** shared chapter **resources** to use for study purposes. Though it may seem daunting, fundraising is a **very approachable task** that does NOT have to be boring or painstaking. For any fundraiser you organize, **communication is key**. Always discuss your plans with your chapter advisors, as they can assist you with logistical matters. Additionally, **if you are partnering** with a particular organization, **maintain contact with them throughout the process**. The first step is usually just to **reach out**. This can be as simple as sending emails and cold calling, arranging face-to-face meetings, or even visiting the physical store, particularly if it's a local business. When discussing a potential fundraiser with a professional organization, be sure to **include your purpose in raising money**—growing your chapter, providing opportunities for students, compiling resources, etc. **Businesses are drawn to impact and personability**. After making initial contact and **receiving approval** from any involved parties, you get to **plan and execute** your fundraiser! If you need any support during this process, reach out to your advisor, region State Officer, or another member of MN HOSA. **You can find more information about the fundraising process on our website!**



Officer Story of the Month Emily Hensel

“As a kid, my favorite thing to do with my best friend was make “potions” from shampoo, glitter, paint and an assortment of random knick knacks we found. These elixirs made us feel super cool, and we genuinely thought they had some sort of magic. There’s even a picture of us on my front porch mixing up the concoctions. Part of me thinks that my deep-seated love for chemistry began from imagining what reactions could be happening within the potions. Nowadays, I thoroughly enjoy exploring the complexities of the natural world through the lens of chemistry.”