



MN HOSA

# Newsletter

[www.minnesotahosa.org](http://www.minnesotahosa.org)



## Fall Leadership Conference

Minnesota HOSA's Fall Leadership Conference (FLC) is all about building connections and discovering potential interests in the medical field. At FLC, students will have the opportunity to hear from and interact with various healthcare professionals through interactive seminars. From cybersecurity to blood typing with a hematologist to oxygen administration with a respiratory therapist (and SO MUCH more), the content of these educational sessions spans across the spectrum of healthcare; there is truly something for everyone. In addition to guest speakers, there are a multitude of representatives from healthcare companies, hospitals, and colleges there to talk to students about their available opportunities, including jobs, volunteer positions, scholarships, etc. Most importantly, FLC is a great opportunity to experience what HOSA is all about and make connections with members from other chapters. All in all, with a schedule packed full of learning and fun, FLC is the place to set the stage for your HOSA journey.

### FLC Logistics

*Who:* all affiliated MN HOSA members

*Where:* Friday, November 3 @ Brown Heritage Center, Brooklyn Center, MN

*Check-In:* 8:00 - 8:45 am

*Opening Sessions:* 9:00 am

*Closing Sessions:* 2:30 pm

### Dress Code

DRESS CODE- khaki or black pants with white shirt (polo or long-sleeve button down) and close toed shoes

- Students who order a sweatshirt may wear it over their white shirt.



## HONORING BREAST CANCER AWARENESS MONTH

# DIRECTOR HAGY'S STORY

“I was diagnosed with breast cancer in June 2014. It came as a complete surprise to me as I had no family history. I was fortunate my cancer was caught in stage one with no lymph nodes affected. I completed 16 rounds of chemotherapy, over 30 radiation appointments, a year of Herceptin infusions and four surgeries and am happy to report I’m cancer free! I was incredibly lucky: minimal side-effects, a fantastic care team (shout out Dr. Ufearo!) and a wonderful support system. I blogged my entire treatment experience in hopes of helping others who will face a similar situation because as we know, one in eight women will be diagnosed with breast cancer. Today, I’m grateful to help the next generation of healthcare professionals find their path to one day save lives.”



## INSPIRING HOPE EVERY DAY

To help those facing breast cancer, awareness alone isn't enough. This October, get involved. Get screened. Take action, for every action counts.



**Make a donation**



**Start a fundraiser**



**Volunteer for a Breast Cancer organization**



**Educate & advocate**

## WLA Recap

From September 23-26, your MN State Officer team flew down to DC to take part in the Washington Leadership Academy! Organized and hosted by the IEC, this weekend was full of connection, collaboration, and educational opportunities. During our time in D.C., we explored our CliftonStrengths and learned how to build a cohesive team, met many lovely HOSA state officers from around the country, explored the city, and advocated to our MN Representatives for health education and funding at the Capitol. We were so grateful for this formative experience, as it allowed our team to grow closer and see HOSA's impact on the national level.



## Norman Harris Event

On October 12th, MN HOSA hosted a virtual webinar featuring junior pediatrician and public figure Norman Harris, who spoke about his unconventional journey to and through medical school, as well as his personal health advocacy and clinical experiences. Open to all HOSA members, this event garnered participants from all around the country, which made for a lively Q&A with Norman after his presentation. We would love to extend a big THANK YOU to Norman, and encourage you to check him out on social media!

**Instagram/Tiktok:** @\_noir.man\_

**Youtube:** @TheChocDoc

Notable Norman Quotes:

- "Medicine has a space for everyone"
- "Discover your passions, use your background and talents to find a job that you would do for free"
- "Only when you bring work ethic and consistency together, can you achieve the goals you strive to achieve"



## TeenLife "Your Future in Healthcare" Guide

This comprehensive **educational guide** was created to support teenage **students interested in healthcare fields**. It provides **insights** into healthcare professions, **scholarship links**, and **interviews** with medical students.

**Completely free**, and **available to everyone**, it is so valuable to **every HOSA member** as they pursue their healthcare career aspirations. **Scan the QR Code above to check it out!**

## MN STEM Goes Red

The American Heart Association is working to **engage more women in STEM** through STEM Goes Red. The program draws from the association's **strong legacy of science, education and discovery** to help propel young women into rewarding STEM careers. Through the STEM Goes Red program, students will be exposed to **real-world women's health challenges** and be **part of the solution**. Prior to the program, girls will read about **women's health inequities** that are taking place in our communities.

During the program, girls will:

- **Develop a STEM solution** for a real-world, health inequities
- Participate in **hands-on breakout** sessions teaching them a **new skill in STEM** from professionals in the industry
- Have **mentors serve as consultants** and role models throughout the program and **form meaningful relationships**
- **Pitch** their potential **STEM solution** for the health challenge **in front of an audience**

After the program, girls will be able to **stay connected to their mentors** to help **navigate the next steps** to their STEM future as well as apply for a **STEM Goes Red scholarship**.



## Officer Story of the Month Ella Weinstein

When I was in fourth grade, I started a rap group with two of my friends. We called ourselves the Bouncin' Easter Eggs. Working out of a play shed as April's warmth thawed the outside world, we melded our melodic talents and utilized an assortment of auxiliary percussion (zippers, frisbees, and egg shakers) to create award-worthy slam poetry. After hours of writing, we produced an 8-piece performance fit for the stage, with subject matter ranging from Shakespeare to pets to world peace. And, of course, each poem ended with our signature "WORD", providing a sense of resolution and finality in even the most absurd of storylines. I attribute my current love of poetry, in part, to the work that I did with the Bouncin' Easter Eggs I will leave you with the words of my favorite Bouncin' Easter Eggs original: Pie Tins.

*Pie tins are cool  
Pie tins are rad  
If you've got a pie tin, you'll never be sad  
Make yourself a pie, any kind you like  
Apple, blueberry  
Raspberry, or lime  
If you don't like pie tins,  
You've committed a crime  
WORD*