



MN HOSA

Newsletter

www.minnesotahosa.org



Upcoming Mid-Winter Conference

Our mid-winter conference is fast approaching! Mid-winter gives competitors a chance to familiarize themselves with competitive events before SLC—think of it like a practice run. In addition to in-person competitions, there are online tests and virtual events available. Like any HOSA conference, mid-winter has many sponsors and networking opportunities. Look out for stands from Ebenezer, Be The Match, or any other of HOSA's premier sponsors! There are two Mid-Winter conferences in MN – Rochester and St. Paul. Mid-Winter is held during a school day, so students should expect to miss a day of school. Registration is due before Winter Break and is completed by the local advisor on www.hosa.org, registration fees are sent to MN HOSA – PO Box 210 – Sartell, MN – 56377.

Rochester Mid-Winter – January 5, 2024 – Heintz Center – RCTC

Metro Mid-Winter – January 12, 2024 – St. Paul College

Competitive Events

Competitive events are an opportunity for every HOSA member to employ their knowledge through a test, skill, or team competition that is scored by a judge. In Minnesota, we offer over 70 competitive events for HOSA members to choose from. They fall into three categories—tests, skills, and presentations—some are individual, some require a partner and some a group.



Scan the QR code or visit the Minnesota HOSA website for a comprehensive list of all competitive events, guidelines, and example videos (thanks to Lauren Trygstad)! Utilize this fantastic resource and share it with your fellow chapter members, as it provides the information necessary to ace your events!

FLC Recap

It's official: FLC was a complete success! With 545 attendees, 30 exhibitors, and over 25 workshops, our 2023 Fall Leadership Conference was the largest event Minnesota HOSA has ever hosted! We want to extend a special thank you to our premier sponsor, Mayo Clinic! FLC would not be possible without their support. All day long, we saw members excitedly engaging in education sessions, talking to exhibitors, and meeting new people from other HOSA chapters around the state! It's inspiring to look at all the learning and collaboration that goes on at FLC. A truly golden year is ahead! We are so thankful for your attendance, and hope you had an amazing experience.



Mentor-Mentee Program

The Mentor-Mentee program is an opportunity for HOSA members to learn what it's like to be a State Officer, have one-on-one conversations with the Officer team, and develop their leadership, teamwork, and communication skills. Through a series of meetings from December to February, we'll provide a realistic look at what being a state officer is like and ensure that you leave with new friends and perspectives on HOSA. Look out for information on our Instagram for details about joining. We will be hosting a **virtual informational session on the Mentor-Mentee Program on December 8th!** This is a great event to attend if you have any interest in the Program and/or becoming a State Officer in the future! Our program will officially start on December 20th.



FLC Resource Summary

We had a host of amazing speakers and exhibitors at FLC this year! However, it's hard to keep track of all the presented opportunities. So, our VP of Engagement, Emily Hensel, created a resource page just for you! On it, you can find a list of every speaker and exhibitor and a link to their website. If you attended an education session or connected with an exhibitor, make sure to check it out! Scan the QR Code above to access this amazing resource!




ALZHEIMER'S DISEASE AWARENESS MONTH



Alzheimer's is a progressive, deadly brain disease for which there is no cure, and is not a normal part of healthy aging. There are over 6 million Americans living with Alzheimer's Disease, with 3 million new cases diagnosed each year. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage. This damage begins a decade or more before symptoms start to show. However, fewer than 1 in 5 Americans are familiar with mild cognitive impairment (MCI), which can be an early stage of Alzheimer's. Thus, it is crucial to bring awareness to Alzheimer's and some of its early symptoms, as it impacts millions of families each year. To start, you can educate yourself about Alzheimer's and look to local organizations like the Alzheimer's Association to get involved in your community, whether through donations, volunteering, or advocacy. Every step makes a difference.

COMMON SYMPTOMS

Recognizing the symptoms of Alzheimer's is the first step to seeking treatment and helping your loved ones. Along with memory loss, here are a few other common symptoms.



Difficulty
with
language



Daily tasks
take longer




Repeating
questions



Loss of spont-
aneity and
initiative



Poor
judgment



Mood and
personality
changes



Officer Story of the Month

Viplav Patturi

Clerks and cashiers stood confused as my dad tried to order. My parents immigrated from India to the US in 1999, yet learning English was an ongoing battle. As a kid, I would have to explain to the man behind the counter that my dad insistently ordering “chai” meant he wanted a cappuccino. To a wide-eyed 5-year-old, getting to feel useful was like a Christmas present, and as I grew older, cultural competency and translating for my dad became increasingly important to me. In my life today, I seek to expand my horizons with experiences that allow me to enrich myself with other cultures.

Regions are Back!

Last year, the 2022–2023 State Officer team organized all MN HOSA chapters into seven regions across Minnesota. This year, they are back and better than ever! Regions serve as communities where you and other members of your local chapter can collaborate with and learn from other HOSA chapters around your district. Each region is overseen by a State Officer, and thus serves as a pathway for chapters to foster personal connections with the state officer team. You can go to your region officer with any questions you may have regarding HOSA, and they will be there to help connect you with the right resources!

Region communication will be directed through our Slack Channel: scan the QR code to join!



Health Circuit: Mentorship Matters Podcast Series

This healthcare-centered podcast was founded by University of Minnesota Medical School students Briana Clifton, past MN HOSA State Officer, and Saliha Chaudry. Dedicated to exploring the connection between storytelling and mentorship, they host guests with extraordinary medical career journeys to share their experiences and provide valuable lessons for their diverse audience. The Goal of Health Circuit: Mentorship Matters is to create a platform that offers accessible mentorship resources, bridging the gap between medical providers, health professional students, aspiring pre-health students, and the community. By offering a look into the lives of healthcare professionals, they aim to inspire students to forge their own paths in the evolving landscape. Hop over to Spotify and give it a listen!