



MN HOSA

# Newsletter

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



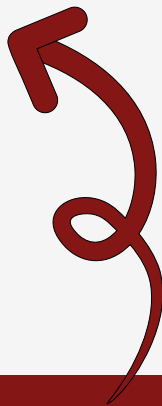
## Mid-Winter Information

Our Rochester and Metro Mid-Winter conferences are **next month!** At Mid-Winter, HOSA members get the opportunity to **try different events** (in preparation for SLC) and explore various **healthcare-related opportunities** in the community. Here are the details you need to know:

The Mid-Winter Conference you attend is based on your location.

- Rochester MW will take place at the **Heinz Center** on **January 5th**.
- Metro MW will take place at **Anoka Technical College** on **January 12**. Please note that this location has **CHANGED** from St. Paul College, where Metro MW has been hosted in previous years.

Mid-Winter virtual **testing opens on December 4th** and **closes on December 17th**. To study, reference our comprehensive list of **competitive event (CE) resources** on our **website**: [minnesotahosa.org](http://minnesotahosa.org). There, you'll find a comprehensive list of all **60+ CEs** in HOSA, their associated **guidelines**, and **supplemental videos** that can aid in your studying. Guidelines are the set of rules and rubrics established for each separate CE by Minnesota HOSA. They contain information about how the event is structured, what material to study, and how you will be graded. All of these materials are **invaluable resources** to utilize!



## Join our Slack!

If you have not already, please join our Slack channel! This app-based server is our primary method of communication with HOSA members throughout the year. It includes sub-channels for your region, the mentor-mentee program, and special announcements. Scan the QR code to join!





## Request an Officer Visit

The school year is in full swing, and times get busy. But don't fret, our **officer request form is open all year!** This is perfect if you need some **guidance** from a current state officer (e.g. talking to representatives + networking, fundraising, planning events, navigating conferences) or **assistance in facilitating** a meeting. When you submit a request, one of our **State Officers** will coordinate a time to **attend (in-person or virtually)** one of your chapter's meetings and assist you with activities or relay information about HOSA. We're **always here to help** and would love to engage with you and your chapter! To fill out the form, **scan the QR code below.**



## Mentor-Mentee Program

The Mentor-Mentee program was first implemented by the 2022-2023 State Officer team, and will be back for its **second annual session** this year! This is an opportunity for HOSA members to **learn what it's like to be a State Officer** by completing individual and collaborative **projects**, have **one-on-one conversations** with the Officer team, and **network** with other members of Minnesota HOSA. Participating is particularly helpful for members who **plan to apply for a State Officer position**. It gives our team a chance to get to know you, and you a chance to see the type of work you will be doing if you join the team. However, **even if you are not planning to apply**, the mentor-mentee program is a great opportunity to develop your leadership, teamwork, and communication skills! It is **free, entirely virtual, and open to anyone in high school**, so don't hesitate to join!

We are hosting an **informational meeting on December 8th**. At this meeting, we will talk more in depth about the Mentor-Mentee program and what it means to be a State Officer (roles and responsibilities). Additionally, we'll host a Q&A and send out an availability survey that will help us set concrete dates for program meetings throughout January and February.

Our **first official meeting** will be held on **December 20th!**

During this meeting, we will provide additional information about State Officer roles and responsibilities and discuss the **first assignment** of the program! We will continue to meet throughout **January and February** to discuss assignments, present projects, talk as a group, and provide time to **check in with State Officers** and ask questions. This is a can't-miss opportunity that fosters a broader understanding of HOSA, leadership and work management skills, and new relationships. We would LOVE to see you there!



## HEALTHY HOLIDAY RECIPES



'Tis the season of tasty treats! Preparing and sharing meals with family and friends brings a unique sort of joy to everyday life. From comfort dishes to classic cookies to bold new flavors, there are so many things to enjoy. Here we have compiled some healthy and delicious recipes to try this holiday season! To access recipes, simply search the title under the image of your choice.



**POTATO, PEPPER, AND  
OLIVE PHYLLO CUPS**



**POMEGRANATE-HAZELNUT  
ROASTED BRUSSELS SPROUTS**



**MAPLE-ROASTED  
SWEET POTATOES**



**ALMOND FLOUR  
OATMEAL BLONDIES**



**GRAPEFRUIT-MINT SALAD**



**PLUM CRUMBLE PIE  
WITH OATS**

# Winter Moving Palooza



As the weather turns colder and the sunlight draws short, day-to-day life can get bleaker. Sometimes, individuals may develop **Seasonal Affective Disorder (SAD)**, a type of depression related to the change in seasons. For most people, SAD **begins in the early winter** and **subsides in the springtime**. Some common symptoms of Fall & Winter SAD include oversleeping, appetite changes—especially a craving for foods high in carbohydrates, weight gain, and tiredness or low energy.

We know that **SAD affects hundreds of thousands of individuals** in Minnesota, and we wanted to take initiative. So, we are starting a **challenge** called the **Winter Moving Palooza!** The W.M.P. aims to **promote physical activity** and foster **community engagement** in order to raise awareness about Seasonal Affective Disorder (SAD) and combat its effects. This challenge will run through **December and January**, and is open to all HOSA chapters in Minnesota. Participants (individually or with other HOSA members from your chapter) will track themselves completing **any physical activity** and then make an **Instagram post** showcasing their movement! Each post should also include a caption highlighting the importance of staying active during the winter months. Once you make a post, you can **challenge other chapters around Minnesota to start moving!** To be recognized for your efforts, you must **tag @minnesotahosa** in your posts. ALL ACTIVE Minnesota Chapters are **HIGHLY recommended** to do an activity upon being challenged.

To learn more about the Winter Moving Palooza, **scan the QR code** or visit our Instagram page! As we enter this new season, remember to **stay active and be a community!** Let's let our golden hour shine through winter!



## Officer Story of the Month Dhiren Akkina

"As a kid, I was obsessed with dissections, whether it be grapes or simple insects. I felt smart conducting "experiments" in my kitchen; however, my mom always questioned my actions. Honestly, I think she thought I was crazy, but I kept in pursuit. From dissecting cats and brains in anatomy class, my love for surgery bloomed. They were truly exhilarating experiences. Now, as I look to the future, I can't wait to see where my odd interest in dissection will take me."