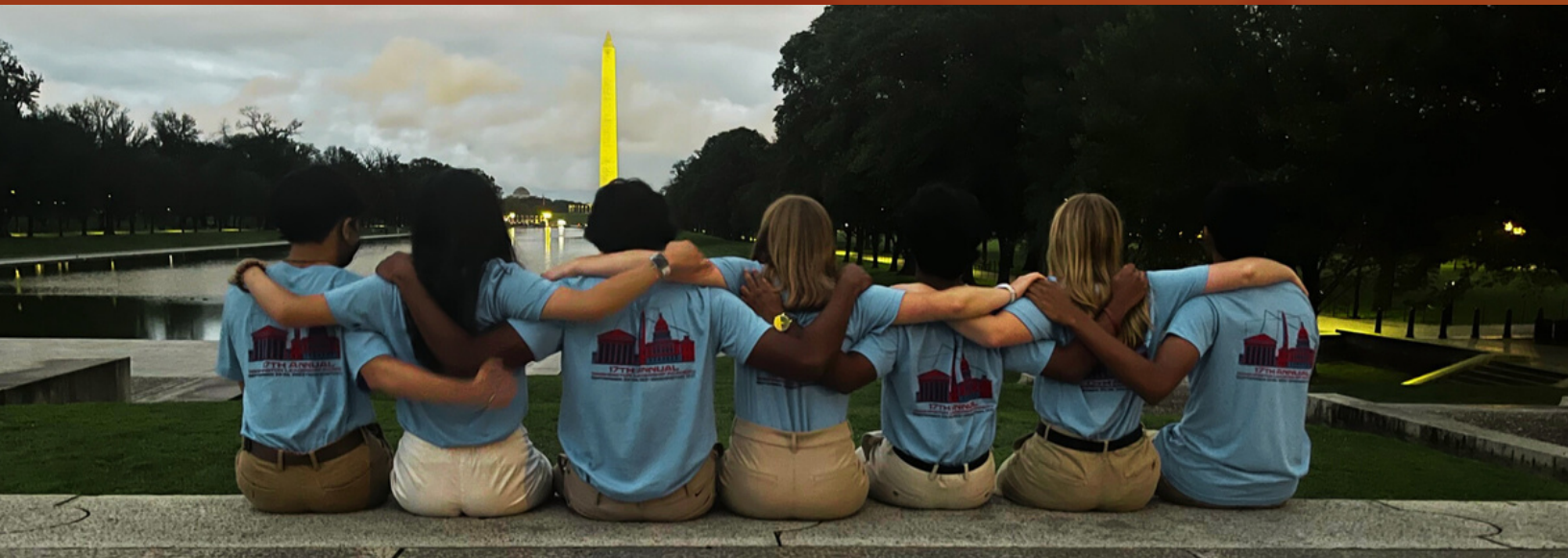




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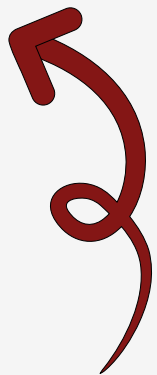


State Leadership Conference

It's time to get excited, as we are just two short months away from our annual State Leadership Conference! SLC is MN HOSA's biggest event of the year, serving as an essential platform for HOSA members to enhance their leadership skills, network, and learn more about the dynamic field of health care. Throughout the conference, participants can engage in a variety of interactive workshops, seminars, and guest lectures led by experienced healthcare professionals and educators. In addition, students will have the opportunity to showcase their medical knowledge and skills through competitive events. Winners from these state-level competitions will earn the opportunity to represent Minnesota at the HOSA International Leadership Conference. Here are the details you need to know:

State Leadership Conference
April 7-9 @ St. Cloud Convention Center in St. Cloud, MN

*Registration opens on Monday, February 5th and closes on March 1st. Please remain aware of this deadline and be on the forefront of registration to avoid potential snags in the process. We will release more logistical information as we get closer to the conference date. We can't wait to see you at SLC 2024!



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!

AMERICAN HEART MONTH



This year marks the 61st annual American Heart Month. Created by Congress through Joint Resolution in 1963, American Heart Month serves to inform citizens about the impacts of cardiovascular health and encourage Americans to adopt healthy lifestyles that reduce their risk of contracting heart disease.

Our hearts are essential to our survival. Controlled by the autonomic nervous system, the heart rhythmically pumps blood to the rest of the body through a network of arteries and veins, providing cells with the nutrients they need to function. The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary heart disease (CHD), which can lead to heart attack. According to the CDC, an estimated 16.3 million Americans aged 20 and older have CHD, a prevalence of 7 percent. In Minnesota, there are about 268,000 currently living with CHD. Though medicine can be used to treat heart conditions, the best way to protect your heart is to take care of your body! Small actions like adding more movement to our day or choosing healthy foods, can have a big impact on our heart health.

TIPS TO MAINTAIN A HEALTHY HEART

Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.



**Get enough
sleep**



**Be more
active**



**Balance your
diet**



**Manage
Stress**



**Find social
support**

February 16th Officer Q&A

Have questions about being a state officer? Well you're in luck, because on February 16th, we are hosting a Q&A over Zoom for just that purpose! We want to answer all of your questions about the application process, responsibilities and experiences as an officer, and more! To submit your questions, scan the QR code below. We will post more information + the Zoom meeting link on our Instagram story and in our Linktree on February 16th.



Winter Moving Palooza

February is the last month of our Winter Moving Palooza! Get your chapter together to complete any activity of your choice and challenge a new school to make time for movement this month! As always, make sure to tag @minnesotahosa in all of your posts.

We wanted to extend a special shoutout to Prior Lake for participating and challenging Wayzata!

In case you missed it: Seasonal Affective Disorder (SAD) is a type of depression related to the change in seasons. For most people, SAD begins in the early winter and subsides in the springtime. SAD affects thousands of individuals in Minnesota, so we wanted to take initiative. In December, we started 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 and combat its effects. To participate, HOSA chapters throughout the state track themselves completing any physical activity and then make an Instagram post showcasing their movement! Each post should include pictures of the activity as well as a caption highlighting the importance of staying active during the winter months. Once your chapter makes a post, you can challenge other chapters around Minnesota to start moving! ALL ACTIVE Minnesota Chapters are HIGHLY recommended to do an activity upon being challenged.



State Officer Applications

Are you interested in becoming a Minnesota HOSA State Officer? Then it is your lucky month because our State Officer application form **opens on February 5th!** The application will remain open throughout the month and officially **closes on March 1st.** However, before you apply, you might have some questions.



WHAT EXACTLY IS A STATE OFFICER?

State Officers are the elected student leaders of Minnesota HOSA. As a student-led organization, they hold executive roles that are imperative to MN HOSA's progress at the state level. State Officer responsibilities include planning state events, coordinating with new and existing chapters, speaking in front of groups at the local and state levels, attending workshops, and giving updates to the MN HOSA Board. As a State Officer, you also have the opportunity to advocate for healthcare education in the U.S. Capitol, engage in strategic planning with your team, and create your own initiatives, ultimately striving to provide the best opportunities for members to learn, grow, and develop leadership skills in the healthcare field.

WHAT ARE THE DIFFERENT POSITIONS?

We offer seven different State Officer Positions: President, President-Elect, VP of Growth, VP of Engagement, VP of Rural Outreach, Public Relations, and Activities Coordinator. Each individual Officer will complete tasks aligned with their specific position throughout the year; however, much of what they do is collaborative. State Officers work on different committees to complete delegated tasks and meet with their team each week to discuss progress on various projects and create new initiatives. Moreover, they work closely with State Director Summer Hagy and Officer Advisor Lauren Trygstad to communicate about intrastate affairs and administrative tasks. Communication and collaboration are not only vital to our team's success, but also allow State Officers from across the state form closer relationships and build a "family" with their team.



HOW DO I APPLY?

1. Access the application through our website, our Instagram Linktree, or a link in your email.
2. Review the State Officer Application PDF. This provides an overview of each individual position and general information about State Officers' roles in HOSA.
3. Complete the application form. These items have been sent to all MN HOSA member's emails.

Serving as a State Officer is a big, yet tremendously fulfilling undertaking. Through it, you will gain invaluable leadership opportunities, learn lifelong professional skills, build your resume with practical experience, and create an unforgettable bond with your team. Please consider applying!

FOR MORE VISIT: www.minnesotahosa.org

Officer Story of the Month

Elaine Phan

I recall my first ever high-school speech performance like this: I got up to the middle of the room. In those moments, all I could hear was my heartbeat. My vision sharpened, and I was suddenly aware of every sound in the classroom: the *click-clack* of the judge's laptop, the *tap tap* of the student's shoes, and the ever-booming *thump-thump* of my heartbeat pounding inside my eardrums.

Thump Thump

The young judge stared at my shaking hands, and I watched as his eyebrows raised in sympathy.

Thump Thump

My mind became a mirror, and I saw a little girl who taught herself to braid at 7, wearing her favorite blue jumper and knee-high socks staring back at me.

Thump Thump

I became aware that the world wasn't spinning anymore, and I closed my eyes.

I remembered to do a "focal pause" around the room, and before I knew it, a voice emerged from within, and I was proud to call it mine.



Officer request form

Do you need some guidance from a current state officer or assistance in facilitating a meeting? If the answer is yes, we're here to help! When you submit a request through this form, 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 help you relay information about HOSA. We would love to engage with you and your chapter! To fill out the form, scan the QR code above.

