

N J H O S A

FALL 2020 EDITION



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INNOVATE

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MEET THE TEAM



ANGELINA YU

PRESIDENT

Hello! My name is Angelina Yu, and I am so grateful to be your NJ HOSA President this term. As a senior at the Morris County School of Technology, this marks my last year in the secondary division of HOSA. As a freshman, I competed in Medical Assisting, but since sophomore year, I have participated in Parliamentary Procedure. I'm grateful to have experienced so many facets of HOSA, ranging from competing at the state and international levels to being a state officer... I have truly found a second home within this organization. Being surrounded by such passionate students from across the country has inspired me to pursue science and leadership with a renewed fervor. Each conversation with other HOSA members provides me an opportunity to learn about a perspective outside of my own. Although this year may be different from the rest, I am more than excited for what's to come. Our members can expect plenty of social media interactions, chapter expansions, and new events! Of course, we are always open to the suggestions and desires of our members, so please do not hesitate to email any of us. This year will be remarkable in more than one way, and I cannot wait to embark on this journey with all of you.



SIDDHARTH SATISH

PRESIDENT-ELECT

Hello NJ HOSA! My name is Siddharth Satish, and I have the honor of serving you as your President-Elect this year. The three years I have spent in HOSA so far have taken me places that I never thought were possible. From states in freshman year to VILC the year before, my HOSA journey has truly been exhilarating. During my three years here I have competed in original medical innovation, prepared speaking and allied health and statistics. In the coming year, I look forward not only to competing but also to interacting with all of you through Instagram and our virtual conferences. I am also going to work tirelessly to launch a new NJ HOSA app so that when we return back to in person conferences, we all can stay more organized and connected. I know this is not the year we imagined for NJ HOSA, but if there is one thing that we can do is adapt and overcome. We will be there every step of the way in this journey so don't ever hesitate to reach out to us!



MEGHNA SUBBAIAH

SECRETARY

Hi NJ HOSA! My name is Meghna Subbaiah and I am honored to serve as your state Secretary! I am a senior in the Academy of Healthcare Sciences at Morris County School of Technology in Denville. I have been a part of HOSA since my freshman year of high school and I have served as my local chapter's secretary. I have competed at state and regional events and it's one of my favorite parts of being a HOSA member. But above all my favorite part of being in HOSA is meeting new people and creating unforgettable memories. Although we aren't able to do that in person this year, your executive council is working hard to come up with fun and interactive ways to keep HOSA alive. Working alongside my amazing executive council, I hope to create a space where members can trade and purchase competition study materials at a more affordable price. Although 2020 has been crazy and will certainly be a year to remember, I hope that we can all connect with each other soon!

MEET THE TEAM



SIYA KULKARNI

NORTHERN REGIONAL VP

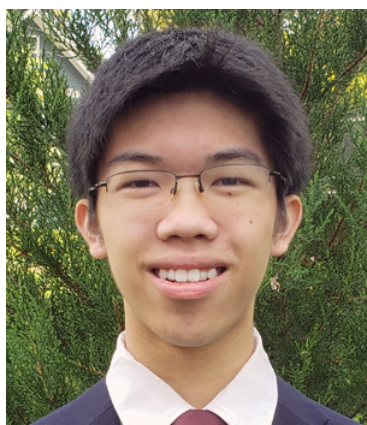
Hey NJ HOSA! My name is Siya Kulkarni, and I have the honor of serving as your Northern Regional Vice President for the 2020-2021 term! I also served as the State Secretary for the 2019-2020 term, and couldn't be more grateful for the experience. I am currently a junior at the Morris County School of Technology, and am in the Academy for Healthcare Sciences. HOSA has been a part of my life since my freshman year of highschool. I can't even begin to express the amount of ways that this organization has changed my life- from meeting incredible people to having the chance to attend international conferences- HOSA has the ability to touch your life just once, yet have a lifelong impact. During my years in HOSA, I have competed in Prepared Speaking and have earned the Barbara James Service Award. Knowing how impactful HOSA can be, I only wish that I had been exposed to it earlier. Therefore, one of my biggest goals for this year is to start middle school chapters and encourage their creation. HOSA enables an outlet to explore the intricate and diverse world of healthcare, and I strongly feel that it is a door that needs to be opened for as many people as possible. It's safe to say that 2020 has been a year of many changes. But one thing that hasn't changed, and never will, is the strength of our NJ HOSA members. Together, we will overcome and rise even stronger, if that's even possible! I can't wait to get to know all of you, even if it's through a computer screen. Here's to great achievements and making connections, as we unlock our potential, together!



KIROLOS AZER

SOUTHERN REGIONAL VP

Hey NJ HOSA! I'm Kirolos Azer, and I'm so excited to be serving as your State Southern Regional Vice President for the school year. I am currently a senior at the Mercer County Technical Schools - Health Science Academy, and I have been a member of my school's HOSA chapter since my freshman year. HOSA has taught me so much and given me so many amazing experiences throughout my three and a half years of high school. From competing in the medical math competition to running for state office, I have gained a plethora of knowledge that I believe will help me in my future. HOSA has helped show me my leadership abilities and has proven to me that you can accomplish something if you put your mind to it. As a state officer for this year, my goal is to give all the general members an amazing HOSA experience that they will carry with them for a long time. I also want to work to bring that experience to our middle schools with the creation of a middle school division, which would enhance the HOSA experience and allow passionate middle schoolers to develop their love of medicine. Although we will most likely be unable to meet for the year, I am still expecting a productive HOSA year. I can't wait to meet you all at our future virtual conferences!



DORIAN HO

PARLIAMENTARIAN

Hello, NJ HOSA! My name is Dorian Ho, and I'm a senior at the Union County Academy for Allied Health Sciences. Thank you all so much for the privilege to serve again as your State Parliamentarian. In my four years involved in HOSA, this organization has provided me a second home and an outlet to grow as an individual. I competed at the 2019 International Leadership Conference and not only won first place in Medical Spelling, but also received the greater reward of representing New Jersey on the world stage; I had the honor of winning first place again in Medical Terminology at the 2020 International Leadership Conference. These experiences, among others, have allowed me to attend HOSA conferences across the country, from Orlando to Washington, where I met members who exuded the same altruistic drive and passion for the health sciences. These experiences made me recognize the distinctive character that unites us as HOSA members and fuels our development as leaders and future health professionals. In my term, I strive to expand this transformative power of HOSA by increasing chapter development and creating new competitive events for members to manifest their passions. With your support, I look forward to another successful year of inspiring HOSA members to unlock their potential!

MEET THE TEAM



MATTHEW HUNCZAK

HISTORIAN

Hey NJ HOSA! My name is Matthew Hunczak and I am honored to be your Historian for this year. I am currently a senior at the Morris County School of Technology in the academy for healthcare sciences. With no doubt in my mind, HOSA has been the best part of my high school experience. I have been involved in HOSA since my freshman year and it has been an amazing journey. I began as class representative in my local chapter and was hooked right from the start. In my sophomore year, I began competing in parliamentary procedure and that quickly became my favorite competition. Joining a competitive team with people I had barely known showed me how HOSA can build communities. Those 6 individuals on my team quickly became my best friends and proved that networking in HOSA creates lasting, meaningful relationships. While this year presents a difficult situation, I am confident that all of us here at NJ HOSA will work our hardest to ensure all members and advisors can receive the same experience as in previous years. I am so excited for what the rest of the year holds, and even more excited to make this HOSA year the best it can possibly be!



PRATHAM BHATT

MEMBER-AT-LARGE

Hello NJ HOSA! My name is Pratham Bhatt and I have been given the privilege to serve as your state Member at Large. I am currently a junior at the Middlesex County Academy for Allied Health and Biomedical Sciences in Woodbridge, NJ. Being an active member of HOSA since my freshman year, I have competed at states, attended ILC, and not only learned a lot from my experience but had a wonderful time! Not only did I gain a sense of appreciation for the competitive side of HOSA by participating in health career photography during my freshman and sophomore year and taking the Biology and Chemistry ATC tests, I also was able to create new friendships and find a second family as part of the state office. My goal for this year is to create a database of shadowing and volunteer opportunities for all HOSA members so that you can gain exposure to the field of medicine in a quick and easy way. I also hope to expand our middle school chapter initiative and make NJ HOSA larger than ever. While 2020 has been a rollercoaster full of ups and downs, we will make it to the end, united as an organization, a state, and most importantly, a family.



AKASH KOTIAN

POSTSECONDARY/COLLEGIATE VP

What's up New Jersey HOSA! My name is Akash Kotian and I am currently a freshman on the pre-med track at Princeton University. After serving as the 2019-2020 Southern Regional Vice President, I am honored and so excited to have been granted the opportunity to serve you all once again as your 2020-2021 Postsecondary/Collegiate Vice President! I am super delighted to say that I have started a HOSA chapter at Princeton University and will continue my efforts to start more chapters at other institutions in New Jersey this year. I would love to get to know every single one of you so feel free to reach out to me if you ever have any questions, ideas, or if you just want to talk! I cannot wait to virtually meet you guys and have a blast this year!

GOING VIRTUAL

by Kirolos Azer

As I'm sure most of us have already seen, the COVID-19 pandemic has affected our lives in very unthinkable ways and has forced us to adapt to new circumstances. Schools and places of employment have all gone virtual, and HOSA is no exception to this. Due to the pandemic, we will be unable to hold in-person conferences for what looks like most of the year, but this should not worry any of our members. The NJ HOSA state team has been working tirelessly to maintain an amazing experience for all NJ HOSA members, and we have been adapting since very early on to ensure continued progress for the year.

To start off, all of NJ HOSA's transacted business has gone virtual this year. Like many other organizations, we have been unable to meet in person to conduct business, leaving us with no other choice but to move our meetings online. While video meetings do not offer the exact same experience as in person meetings, our team has made it work. We consistently hold virtual business meetings in order to keep in touch and stay organized with our ideas on how to further the organization. We have remained just as efficient as we would have been if we were meeting in person, creating various new plans and ideas that will help the organization grow.

In addition to virtual meetings, we have also worked to increase our social media activity. In this virtual world, it is important that we keep in touch with our members, at what better way than through the powerful tool of social media. Our team has used social media to ask the members what they want to see more of in this virtual school year to make sure that our members are getting the resources from NJ HOSA that they need to succeed. Along with that, our team has delved into the world of Instagram Reels. With the popularity of Instagram Reels and similar forms of social media growing exponentially, our team saw no reason not to take advantage of this new feature for the growth of NJ HOSA. We have had so much fun making these Reels, and we hope that you enjoy watching them as well.

Lastly, our team made one of the biggest moves of the year, which was moving to a virtual Fall Leadership Conference. Our team put in hours of work to create what we hoped would be a beneficial experience for all our HOSA members, with numerous workshops and events with each having something for our members to take away.

This year has certainly been a learning experience for all of us. Many of us have been faced with new obstacles that have brought about struggle, but we hope that NJ HOSA's smooth transition to a virtual world has made our members more confident in NJ HOSA and our team.

"We have been adapting since very early on to ensure continued progress for the year."

-- Kirolos Azer



MEMBER-AT-LARGE MAIL

by Pratham Bhatt

Hello NJ HOSA members! It is my pleasure to be serving as your 2020 Member-at-Large and I am beyond excited to reveal what we have in store for all of you! As Member-at-Large, it is my responsibility to be the facilitator between the state council and you - the members. Our role as state officers is to serve you and the best way to do that is by listening to your ideas and feedback. This allows us to learn from our shortcomings and create the best experience possible for all of our members. The board and I are more than open to hearing anything you may have to say, be it questions, comments, or concerns and you may reach me through my email, Instagram or Edmodo.

This year, NJ HOSA is shifting towards the use of Edmodo to communicate with all of our members. We recommend that all NJ HOSA members - including chapters advisors, chapter boards, and general members - join Edmodo. This platform is an excellent way for us to provide you with important information and for you to reach out to us so make sure you join when you get an opportunity.

Although 2020 was not the year we expected, 2021 marks a new beginning and brings upon new initiatives that NJ HOSA is planning on implementing. NJ HOSA is proud to continue the Anti-Vaping Campaign as an exclusive statewide competitive event. This event, which debuted at last year's States, asks members to create and present innovative anti-vaping campaigns that feature visual, oral, and written elements. In fact, we have even partnered with CATCH My Breath, a national nonprofit organization aiming to combat vaping, who will be partnering with us on it and reaching out to other states to spread our message. NJ HOSA is also promoting a recognition event on OSHA (Occupational Health and Safety Administration). Not only do HOSA members have the opportunity to get OSHA Awareness certified, you can also gain recognition through a video based competition. Speaking of competitive events, the Northern and Southern Regional Conferences are two of the most exciting conferences of the year and although they will be taking place in a virtual format, we hope to provide you with a similar experience to last year. Furthermore, the team has been reaching out to a vast number of middle schools in order to introduce the field of healthcare to students at an earlier age. This opportunity will allow middle schoolers to participate in competitive events, attend conferences, and network! If you are a middle schooler and interested in creating a chapter, feel free to reach out to us!

I speak for the whole team when I say that we are so excited to get to know all of you, and we can't wait to see all of your hard work and accomplishments! Make sure to join our Edmodo classroom to stay in the know and reach out to us for any assistance you may need! The state officers are here to bring about a positive change and that won't be possible without the support and guidance we receive from our members. Let's push through the obstacles and unite to make NJ HOSA the best it can be this year.

**"Let's push through the obstacles and unite to make NJ HOSA the best it can be this year."
-- Pratham Bhatt**



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BECOME A STATE OFFICER

by Angelina Yu

November has just begun, and March seems like ages away, but the time to run for State Office is rapidly approaching. There is really no experience like being an NJ HOSA State Officer; I have met the most passionate young leaders and made some of the greatest memories at conferences across the country.

Although it may seem like a daunting task, each of the current state officers is dedicated to assisting all those who want to lead NJ HOSA. This article is simply the beginning, so feel free to email us about any questions you may have!

Starting late in November or early in December, all those who are interested in running should contact their school's advisor. Local advisors can acquire the State Officer packet for students to fill out. Within these packets, there is a general application and some further directions for activities on Tallo. Depending on the number of students interested per school, schools may need to decide within themselves who runs in order to follow NJ HOSA bylaws. After submitting this general application, all students are invited to come to the February NJ HOSA meeting. During that, interviews and other activities will be conducted to decide who is "slated," turning certain applicants into official candidates for the various positions!

From there, candidates tackle the State Leadership Conference. All those who have participated in the past few years are familiar with the speeches and fishbowl questions that the candidates participate in. Then, everyone excitedly awaits the results!

This was an extra-simplified of the NJ HOSA State Officer process. However, hopefully, it provided a general roadmap for all those interested. It may seem overwhelming, but each of the State Officers have come to respect this process that created each year's outstanding team by challenging them to step up. Again, feel free to email me at ayu.njhosa@gmail.com. There is no "perfect" candidate, so please assist us in building a diverse NJ HOSA through the State Office.

"There is really no experience like being an NJ HOSA State Officer." -- Angelina Yu



Applications are due: January 4, 2021.

Please contact your chapter advisor or Jessica Seth (sethjmcvts.net) with questions

HEALTH HELPERS

by Siya Kulkarni

Mahatma Gandhi once said, "The best way to lose yourself is to find yourself in the service of others." Healthcare isn't just defined as the field that heals; it is truly all about connecting society.

We saw the fervor and passion of our healthcare providers with our very own eyes during the COVID-19 outbreak that started in March of 2020. Day and night, these brave souls marched into hospitals and urgent care centers: to take care of their brothers, sisters, aunts, uncles, daughters, and sons that they had never even met before. In the uncertain times that we are living in now, it is a comfort to know that we can look up to the health helpers all around us, who make it easier to live in difficult circumstances like these. In fact, we have all played a role as healthcare helpers during this pandemic- by wearing masks, washing our hands, and sanitizing our nearby objects.

" Working together and building our foundations stronger than ever, NJ HOSA is a part of that puzzle of growth- and every piece is just as pivotal." -- Siya Kulkarni

Whichever facet of healthcare is being looked at, the one similarity that they all share is that they function for the good of our communities. The strength of our society comes from every nurse, doctor, and frontline worker that works hard everyday to ensure the wellbeing of others. They are the ones who keep our society going, pandemic or not.

As HOSA members, we have the honor and privilege of participating in competitive events that help us feel like we are in the shoes of healthcare professionals. It is these moments spent learning now, that will benefit generations to come. Working together and building our foundations stronger than ever, NJ HOSA is a part of that puzzle of growth- and every piece is just as pivotal. Just as Gandhi has said, it is best to find yourself through the service of others. Together, we can do ensure that that's possible- not just today, but for those who are to come.



HEALTHCARE HAPPENINGS

by Siddharth Satish

A Study on the Measles Virus

Have you ever watched a movie in which the character wakes up from a coma and asks, “where am I?” Until today, this statement only existed in cinemas and in cases of brain trauma. However, recently certain discoveries have shown that the measles virus can cause the human immune system to say the same thing - “where am I?” Recent discoveries show that after someone is cured of the measles virus their immune system forgets close to 40 of the previous antibodies that it had developed.

Antibody Creation in the Human Body

The immune system is the body’s defense mechanism against infection. Like security guards, the immune system recognizes invaders and gets rid of them. The immune system consists of different cell and protein types that work together to remove antigens (foreign substances), like viruses or bacteria, from the body. White blood cells called lymphocytes recognize these antigens and produce a protein called an antibody that has a unique shape that specifically binds to that antigen. Once the body has antibodies for a foreign substance, memory cells are created, so that if the same pathogen enters the body again, the immune system can recognize and destroy it before it is able to make someone sick again. This system of memory cells is why once someone has a disease, they typically do not get it again.

The Concerning thing about Measles

After patients are cured of the measles, doctors have begun to notice that they tend to get other illnesses like the flu and cough. Researchers have found that measles causes something called immune system amnesia. The way in which you forget the math that you learnt last year after summer break, measles causes the immune system to forget the antibodies that it has developed for other diseases.

This immune system amnesia is dangerous as it leaves people susceptible to diseases that they had previously built an immunity against, meaning many patients die after getting measles rather than measles itself, due to a weakened immune system.

Doctors over the past few years have been dedicating their time to ensuring that every single person across the world is vaccinated for measles. Most children receive two doses of the vaccine MMR during the first two years of their life. This vaccine protects them against Measles, Mumps, and Rubella. While measles vaccinations have shown to decrease deaths, we have not been able to completely eradicate (get rid of) the disease. A vaccine works by training the human immune system to recognize and develop antibodies the pathogens of a specific disease, without actually infecting the body with the disease. To do this, certain molecules from the pathogen must be introduced into the body to trigger the production of antibodies. Sometimes these molecules are a weakened or dead version of the virus. The introduction of these bodies of pathogens is what vaccines do.

These vaccines were nonexistent in the 1950’s when about 4 million Americans contracted measles deadly disease and close to 500 people died from it. This epidemic sparked vaccine development with widespread administration going out in 1963.

In order to help yourself and the people around you it is suggested by the CDC that all parents vaccinate their children for the measles virus.

HOSA & BE THE MATCH

by Jeena Kataria

Be the Match is the organization that was chosen by the voting delegates at the 2020 HOSA International Leadership Conference to be our 2020-2022 HOSA Service Project. Be the Match's mission focuses on working toward saving the lives of the millions of patients diagnosed with leukemia and lymphoma each year. By providing resources, supporting patients and bone marrow donors, and conducting research, Be the Match is a driving force in working toward a cure for leukemia and lymphoma. With HOSA's drive for service and medical improvement, it is clear that our goals align closely with Be The Match's.

**"As future health professionals, it is our duty to be active in the health community."
-- Jeena Kataria**

In our collaboration with Be The Match, HOSA chapters all over the world are hosting "FUNdraisers" as one way to support this organization, while remaining virtual and COVID safe! Chapters can host game night Zoom calls to raise funds to donate to Be the Match. As future health professionals, it is our duty to be active in the health community and support organizations centered around benefiting patients in need. Be The Match and HOSA Future Health Professionals need you to help us work toward a healthier future for all.

For more information about how you can contribute to this organization, visit this website:
<https://www.bethematchhosa.org/>



GLOBAL LEADERSHIP ACADEMIES

by Dorian Ho

As representatives of the nearly four thousand members of NJ HOSA, we, state officers, could not be more willing to represent New Jersey at HOSA's first Global Leadership Academy (GLA), held virtually in four sessions between September and November. At these sessions, hundreds of state officers representing their chartered associations around the world convened in workshops to learn and share ideas to take back to their members. These workshops, led by International HOSA Executive Council, featured presentations on elevator speeches, virtual meetings, and video content, along with broader lessons on organizational leadership. State officers were also challenged to create videos for chapter recruitment and upcoming plans, which were submitted and reviewed prior to the start of each GLA session. To check out the videos we made to showcase NJ HOSA at GLA, check out the [NJ HOSA YouTube page](#).

Using the insights gained from GLA, we were inspired to create workshops for our virtual Fall Leadership Conference (FLC) that integrated both informational and interactive content. At FLC, we hoped to share what we've learned at GLA and pass it on to chapter officers and members alike to grow as motivated leaders and future health professionals.

From a personal standpoint, I enjoyed the opportunity to attend this year's GLA as much as last year's Washington Leadership Academy (WLA), the in-person counterpart to GLA. In every session, I networked with newly elected state officers from around the nation and discovered new ideas on how other states found success. It reminded me of the inherent value of a diverse community, where every voice brings a new and appreciated perspective to the table. Though all of us hailed from different towns, states, and sometimes even nations, our passion for serving and advocating for our members united us as state officers. I, along with my team, look forward to bringing that passion back to New Jersey and hosting conferences that can embody the same memorable experience as this year's Global Leadership Academy.

**"Our passion for serving and advocating for our members united us as state officers."
-- Dorian Ho**



Welcome to NJ HOSA - Recruitment Video 2020-21



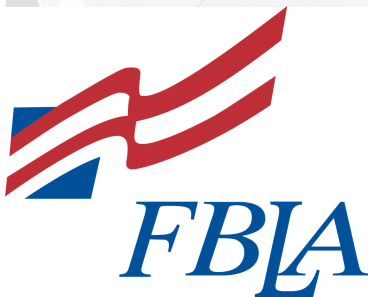
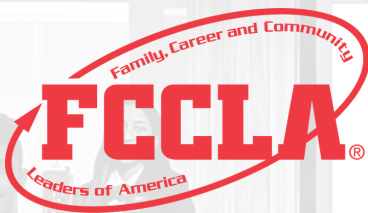
2020 Global Leadership Academy Elevator Speech

FALL LEADERSHIP CONFERENCE

by Meghna Subbaiah



NEW JERSEY
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As part of HOSA-FHP, members are always growing and learning. For instance, NJ HOSA state officers attended Global Leadership Academy (GLA), and usually the NJ HOSA executive council brings what they have learned at GLA back to New Jersey through the Fall Leadership Conference (FLC) to spread what we have learned to local HOSA chapters. Almost like a relay system!

This year's FLC was a little different and a little more expansive, to adjust for the new virtual setting we had to adopt due to the pandemic. To optimize the experience for all, the other Career Technical Student Organizations (CTSOs) in New Jersey had collaborated to make one collective FLC from which members of each CTSO could benefit and experience. The CTSOs that be partnered for the joint FLC included DECA, FCCLA (Family, Career and Community Leaders of America), FFA (Future Farmers of America), FBLA (Future Business Leaders of America), and SkillsUSA.

"We hope that everyone who attended had as much fun as we did"

-- Meghna Subbaiah

Members were exposed to a wide variety of experiences as a result of being exposed to different types of organizations that are similar to HOSA-FHP as well. This unified FLC served as a way for students to be able to work with people of different interests and collectively build on their leadership skills to help each other grow. Each CTSO had their own page where members could explore and watch videos that served as "workshops" and ask their questions to the corresponding CTSO's state officers. Members were able to earn points on a scoreboard by interacting with the platform and at the end of the conference a few winners were determined. Personally, I really loved chatting with everyone and sharing the knowledge I gained from GLA with local NJ HOSA chapters.

Even though this year's FLC was different, one thing was the same, it was memorable! All the hard work of the CTSO officers paid off, and we hope that everyone who attended had as much fun as we did! Barring any future pandemics, we hope to see you all in person at next year's FLC!

VIRTUAL INTERNATIONAL LEADERSHIP CONFERENCE

by **Matthew Hunczak**

The 43rd Annual International Leadership Conference (ILC) was held virtually on June 24–27, 2020. With a tough situation presented to them, the HOSA–FHP executive council worked hard to maintain the ILC experience while it was being hosted online. Members from all over were still able to compete and participate in many workshops and activities. At the ceremonies, several speakers gave wonderful speeches for all HOSA members and advisors to learn from and enjoy. Surgeon General Jerome Adams, CEO of Global Health Corps Barbara Pierce Bush, and Former HOSA National Officer Landon Stoker were a few of the illustrious presenters.

**"I am confident that the HOSA-FHP Executive Council will create extraordinary experiences for all of us at the next ILC."
-- Matthew Hunczak**

From a competitors standpoint, I can say that the ILC experience was just as amazing as it had been in the previous years. My event, parliamentary procedure, involves a presentation aspect, and we were still able to perform this, despite competing virtually. Being my last year competing, I am grateful that I still had this opportunity.

Lastly, during ILC, we had two NJ HOSA State Officers (Akash Kotian and LJ Pasion) run for an HOSA Executive Council position, and one former (Dev Patel) already on the board as the Eastern Region Vice President. Akash and LJ both ran exceptional campaigns and LJ Pasion was elected the new Eastern Region Vice President. We couldn't be more proud of them both. To add to our NJ pride, Dev represented us remarkably by helping to put on a successful HOSA year. While no one can know what the future holds, I am confident that the HOSA-FHP Executive Council will create extraordinary experiences for all of us at the next ILC.



FAREWELL JEENA

by Jeena Kataria

Hello everyone! I hope you all had a great time at our 2020 Fall Leadership Conference! I think everyone hates saying goodbye. I hate saying bye to my brother when he flies to his home in Chicago. I hate saying goodbye to my friends when I go home from college for winter break. And, though I've done it before, I hate saying goodbye to my HOSA council. From the outside perspective, it's hard to see the amount of teamwork, love, dedication, and growth that the council develops in their time together, but with every council that I have seen or been on there is such a strong bond between each of the members.

Though I haven't been on this council for a full term, I can see the sheer capabilities of the people that are on it. Each person on this council is talented, a hard worker, and, more than anything, a team player. I know that I'm right in saying that you, the members of NJ HOSA, are in the best hands.

To the council, I hope that this year is full of successes, both in HOSA and out. I hope that those of you applying to colleges are happy with the decisions, that those of you competing make it to nationals, and that the conferences are full of new connections and great memories.

To the administrators, namely Dr. Gene, Shawnee, Jess Seth, Ms. Jones, and Ms. Berkemeyer, I want to say thank you for all of the years of memories, life advice, and experiences. And thank you for making NJ HOSA who we are. I hope that I can come back and serve later on in my time at college.

To the members, I know that this year has been a tough one for all of us. And I know that HOSA isn't exactly how it used to be, but I know that this council will do everything that they can to make this as normal as possible for everyone.

Thank you all for being adaptive and thank you all for your diligence. I wish nothing but safety and success for all of you. Thank you to everyone that made my HOSA experience, my HOSA experience, a special thank you to all of the wonderful members of the council. The last few years are the years I'll tell my children about in the future. A time I made unbreakable bonds and unforgettable memories. A time I served with all of you on the NJ HOSA State Council.

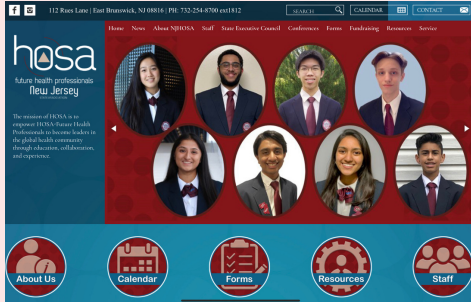
"With every council that I have seen or been on there is such a strong bond between each of the members."

-- Jeena Kataria



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hosaofnj.org



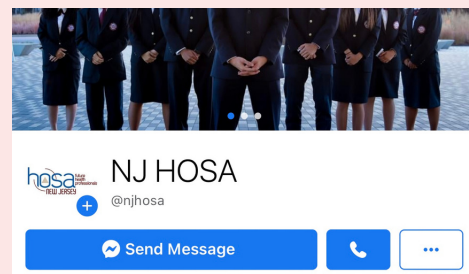
INSTAGRAM
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New Jersey HOSA



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LOOKING FORWARD

DEC 7: STATE/NATIONAL MEMBERSHIP DUES

DEC 11: REGIONALS REGISTRATION DEADLINE

DEC 18: ONLINE AFFILIATION DEADLINE

JAN 4: STATE OFFICE APPLICATION DUE

JAN 16: NORTHERN REGIONAL CONFERENCE

JAN 30: SOUTHERN REGIONAL CONFERENCE