

NJ HOSA

FALL 2019 EDITION



hosa future
health
professionals



MEET YOUR OFFICERS

Chi Kin (Nathan) Lam

PRESIDENT

Hello, New Jersey HOSA! First and foremost, thank you so much for entrusting this splendid organization into my hands. Last year, as I served as your President-Elect, I realized how flawless this organization was, from the event planning down to the smallest crumbs on the floor. And there is a saying: "If it isn't broken, don't fix it!" However, as future health professionals, we must have a mindset of constant improvement, even if it is unimaginable. So on stage at SLC, I pledged not only to make NJ HOSA "flawless," but to make NJ HOSA "perfect." The difference between these two synonyms lie in its connotation; "Flawless" is merely the absence of flaws while "Perfection" is the presence of all good. As we strive towards tomorrow, and Dallas, Texas, I aspire to be the risk-taking catalyst that dares to say we can improve, and that we will improve! Finally, even as we embark on an adventurous journey to manifest new chapters, new events, and new opportunities, I will not forget that our main goals are still centered around you, the members, who make NJ HOSA what it is today.

Angelina Yu

PRESIDENT-ELECT

Hello, NJ HOSA! I would like to thank all of you for electing me to be your President-Elect for the 2019-2020 Term. I simply can not wait for everything in store this year! As a current Junior at the Morris County School of Technology, I've had the honor of participating in HOSA for the last 2 years and competing in many conferences. I currently compete in Parliamentary Procedure and am very excited for another year of competition and leadership. In the upcoming year, I plan to further industry connections, create new partnerships, and incorporate each of your voices into our decisions. I firmly believe that NJ HOSA is a key stepping stone to a future of great opportunity and success. In the future, I hope to pursue Pediatric NeuroSurgery or Forensic Pathology. I am so proud to represent one of the mightiest states and want to provide the best experience possible. If you have any questions or suggestions, please reach out to me (ayu.njhosa@gmail.com)! Here's to another amazing year!

Siya Kulkarni

SECRETARY

Hey, New Jersey HOSA! I'm Siya Kulkarni and I would like to thank you all for giving me the opportunity to serve as your 2019-2020 NJ HOSA Secretary. I am currently a sophomore at the Morris County School of Technology in the Academy for Healthcare Sciences. The people that I have met, the experiences that I have had, and the lessons on leadership that I have been a part of over these past two years being involved in HOSA has given me a perspective that I am ever so grateful for. Medicine is where my passion lies, and I truly believe that helping others is my purpose in life. When you join HOSA, you don't just become part of an organization; you find a family! NJ HOSA means the world to me, and so do all of our incredible members. My goal is to serve with my head, heart, and hands, and provide all of you with the best HOSA experiences possible. I look forward to all of the amazing accomplishments of our members, laughs shared together, and a great HOSA journey for the upcoming year. So what are you waiting for, let's show everyone what New Jersey can do!

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MEET YOUR OFFICERS

Raj Bhatt

NORTHERN REGIONAL VICE PRESIDENT

Hey guys! My name is Raj Bhatt and I am your 2019-2020 New Jersey Northern Regional Vice President! This year has already been an amazing year, and I can't wait to keep pushing the boundaries of NJ HOSA! My work this year is going to be focused on chapter development in the Northern Region, plus the integration of middle school chapters as part of our membership. Furthermore, I hope to increase participation in HOSA chapters by working with chapters across the state to increase membership and conference attendance. I look forward to seeing you all at Regionals!

Akash Kotian

SOUTHERN REGIONAL VICE PRESIDENT

What is up New Jersey HOSA! My name is Akash Kotian and I am currently a senior at the Mercer County Technical Schools: Health Science Academy. I am thrilled to be serving as your Southern Regional Vice President this year! After participating in HOSA since freshman year through my local chapter, I am honored to have been granted the opportunity to serve NJ HOSA on the state level. This year, I am working on establishing a direct line of communication between the State Executive Council and local chapters. I am also working to establish middle school chapters around the state through NJ HOSA's latest middle school chapter initiative. 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 or ideas. I cannot wait to meet you guys at each of the conferences and make this year the best one in HOSA history!

LJ Pasion

HISTORIAN-REPORTER

Hey New Jersey HOSA! My name is LJ Pasion and I'm so honored to be your 2019-2020 Historian Reporter! I'm a senior at the Morris County School of Technology and I'm in the Academy of Healthcare Sciences. I've been a part of HOSA since my freshman year, participating in multiple local chapter fundraisers and competing in CPR/First Aid. My plans for this year is to give back to NJ HOSA and make connections with each and every member. I want to listen to your stories and grow closer to the people that I serve. HOSA has done so much for me and I strive to do the same for the rest of you. Feel free to reach out to me and I can't wait to work with all of you this coming year!





MEET YOUR OFFICERS

Dorian Ho

PARLIAMENTARIAN

Hello, NJ HOSA! Thank you all so much for the privilege to serve as your 2019 - 2020 State Parliamentarian. In my three years being involved with HOSA, this organization has provided me with a wealth of golden opportunities. I competed at the 2019 International Leadership Conference, where I received not only first place in Medical Spelling, but also the greater reward of representing New Jersey on the world stage. In addition, I traveled to HOSA conferences across the country, from Orlando to Washington, where I met with members who exuded the same passion for creating change in their communities. These experiences have allowed me to understand the distinctive character that unites us as HOSA members and furthers our development as leaders and future health professionals. In my term, I hope to inspire this transformative power of HOSA in our general membership through successful conferences and chapter development. With your support, I look forward to a year of advancing NJ HOSA towards tomorrow!

Amira Eldesouky

MEMBER-AT-LARGE

Hi, my name is Amira Eldesouky, and I am honored to be serving as your 2019-2020 NJ Member-at-Large. I am beyond excited to see what this year has in store for us. I could see the love, laughter, and endless passion that this organization brings to the members and to the officers. It is an absolute honor to be a part of a spectacular organization! My job as member-at-large includes connecting with you - the members, fostering new relationships with outside organizations, and allowing the voices of the members to be the same voices that create change. Change is beautiful so help me help you create beautiful change

Jeena Kataria

POST-SECONDARY/COLLEGIATE VICE PRESIDENT

Hello, New Jersey HOSA! I'm Jeena Kataria, your 2019-2020 Postsecondary/Collegiate Vice President. This is my second year on the New Jersey Executive Council. Currently, I'm a freshman working toward a degree in Biomedical Engineering at the Albert Dorman Honors College at the New Jersey Institute of Technology. I'm extremely excited to serve the members of HOSA for another year. If the past five years in HOSA has taught me anything, it's that this wonderful organization facilitates familial connections with people from all over the country. I look forward to sustaining old friendships and creating new ones with all of you!





Health Helpers

BY DR. GENE NAPOLIELO, DDS, NJ HOSA STATE ADVISOR

"What do I want to be when I grow up?" This is a question every person wonders. What career or job do you, the NJ HOSA member, want to pursue in healthcare when finished with your training? Your chances of being employed in healthcare are very high since the largest employer, after the government (#1), is the health industry. When I taught at Bloomfield High in 1992, I asked a student why he was interested in the health field. His answer was, "I'll always have a job". With healthcare becoming a major priority by Americans requesting services, our health field employment opportunities are accelerating.

Did you know the #1 CTE program in NJ is Health? It seems like staying in the health field enhances your employment opportunities! Look at me, turning 80 next May and still working. Where? In the health field. I've always had a job!



"I've always had a job!"

DR. GENE NAPOLIELO

Member-at-Large Mail

BY AMIRA ELDESOUKY

Hello NJ HOSA MEMBERS! I hope everyone had a spectacular Thanksgiving filled with smiles, laughter, and love! I am beyond excited to serve as your NJ State Member-At-Large! My job is to promote growth in NJ HOSA both at the state and membership levels. I want to connect you– the members–to the state council. I am your personal liaison. We, as a council, work for you. We want to ensure that HOSA fills YOUR needs! NJ HOSA State Executive Council thrives on the input that the members provide because it allows us to understand our mistakes, fix them, and build upon them, thus manifesting a beautiful HOSA. I am always open to anything the members need, whether it be questions, concerns, or comments through email or social media! This includes Snapchat, Instagram, and Twitter!

With communication, comes the Remind 101 app! We need everyone to follow this app as it is essential to communicating with me and me communicating with the council. Even chapter advisors, presidents, vice-presidents, and other officers are encouraged to join it and to add other HOSA members onto the Remind group. As 2019 wraps up for us like a beautiful Christmas present, 2020 comes upon us.

With 2020, comes new windows, new doors, and new opportunities! It is time to get excited about Regionals, States, and Internationals! With Regionals, this January, comes the opportunity to attend and compete in a conference that will enhance many skills. The skills vary greatly from prepared speaking all the way to an EMT team competition. Yes, there are both individual and team competitions that give way for endless opportunities to grow yourself as a HOSA member and as a future healthcare professional. NJ HOSA even has leadership development and skills training! Those that are not interested in the competition have other windows to look into. These windows include scholarship, leadership, and service -- also spectacular windows, might I add.

To conclude and reiterate, I strongly encourage all members to attend this upcoming Regional Conference in January because it will open up so many unexpected pathways for you, guaranteed. I also strongly advise that the members reach out to YOUR executive council and fill us in with any ideas that you may have because no idea is a bad idea! We thrive and live off change, whether or not it proves to be difficult at first so help bring about change for NJ HOSA! To close, I hope to push ALL MEMBERS to join the NJ HOSA remind group and bring other members along the way too! Thank you, HOSA members, for your time, your efforts, and your endless hard work. Let us work together to make this year better than any other!





Healthcare Happenings

BY NATHAN LAM

No one likes allergies; from making us sneeze when there is dust to not being able to eat peanut butter and jelly sandwiches, allergies limits the range of activities we can do. However, with the current improvements in technology and new healthcare innovations, researchers have started a battle against these allergies. Recently, Stanford University piloted a study which allowed people with extreme peanut butter allergies to eat a nut's worth of peanut protein just two weeks later!

How is this possible? Short answer, an antibody injection called etokimab. Long answer, etokimab inhibits the action of an immune-signaling molecule, specifically interleukin-33 (IL-33). Basically, IL-33 is the molecule that notifies and starts the allergic reaction when even a bit of peanut butter is eaten, including hives, anaphylactic shock, and all other symptoms associated with an allergic reaction. IL-33 essentially starts the cascade of the allergic reaction and the etokimab antibody injection is able to stop the actions of IL-33. Thus, allowing researchers the ability to stop an allergic reaction (to an extent).

In a double-blind study with twenty patients with extremely-severe peanut butter allergies, fifteen participants had etokimab injection, and five participants had a placebo to act as a control group. Fifteen days later, each participant ate 275mg of peanut butter (or about one nut's worth). Eleven of the fifteen in the experimental groups showed no allergic reaction. Meanwhile all the participants in the control group showed allergic reaction, signifying the effects of the antibody injection.

However, completely curing a peanut butter allergy is not that simple. The article, which can be further detailed at "Stanford Medicine News Center" or JCI Insight, describes this antibody treatment to "plunging the match into a bowl of water;" having little effect on the huge, overarching problem. But more importantly, it showed that an antibody injection could potentially be a safe and effective treatment, opening up endless possibilities for the ~32 million Americans who are currently suffering from food allergies. It might not be perfect, but it is definitely a major stride in the correct direction.

"It might not be perfect, but it is definitely a major stride in the correct direction"

NATHAN LAM



HOSA & NPCF

BY RAJ BHATT

Hey New Jersey HOSA! As we roll into a new year of promoting health, let's look at all of the wonderful things NJ HOSA has done in working with our national service project, the National Pediatric Cancer Foundation (NPCF)! We have been partnered with NPCF for a year, and in this time many great strides on the part of HOSA members across the world and especially in New Jersey have been made to help NPCF battle pediatric cancer.

New Jersey HOSA has finished its t-shirt fundraising sale, successfully raising over \$1,000.00! All of this will be donated to the NPCF to support research for childhood cancer. The t-shirts sold sported the New Jersey HOSA logo on the front, with the statement "Fight Pediatric Cancer" on the back. These messages will continually remind those wearing the shirts of the constant battle children must face battling cancer.

Shirts were also sold at our Fall Leadership Conference (FLC). NPCF fit into our state theme of stories, and the impact one's story can make on the world. These shirts reminded members about the stories of the children who must face pediatric cancer. These shirts also serve as a reminder to those who have lost their battle to pediatric cancer.

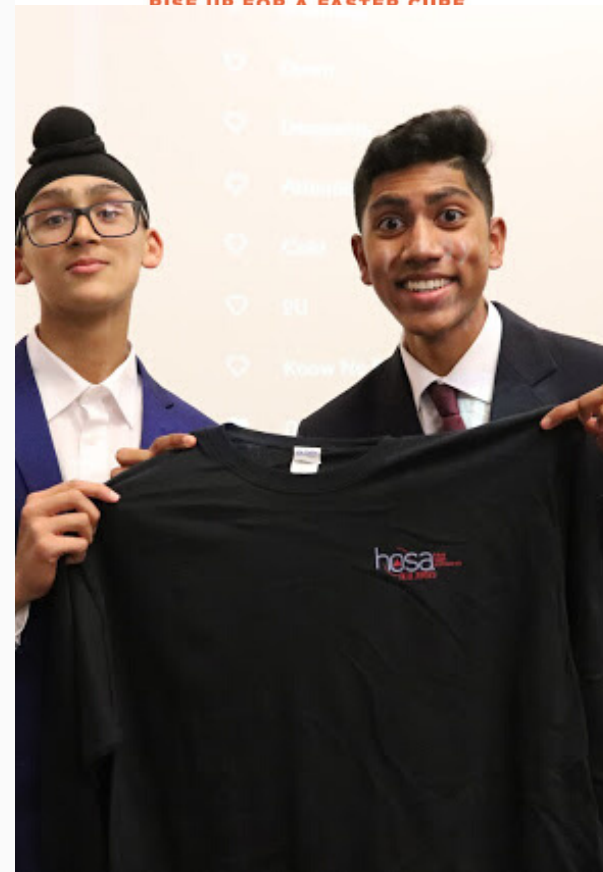
Shirts were also raffled at FLC. Members who could complete competitions against other members in timed activities such as balancing and catching pencils, would win t-shirts. These obstacles represented the challenges patients with pediatric cancer must face daily. Members who could also answer trivia about HOSA and NPCF would win t-shirts.

FLC was a huge success for both NJ HOSA and NPCF. Many t-shirts were sold, and much awareness was spread about the work of NPCF and its importance in helping kids battle pediatric cancer.



SHAZEL MEHMAD
**NATIONAL
PEDIATRIC CANCER
FOUNDATION**

RISE UP FOR A FASTER CURE





NJ HOSA Industry Connections

BY ANGELINA YU

For the past few months, NJ HOSA has been hard at work creating connections throughout the state to provide the best opportunities for our members. There are a multitude of partners and programs that NJ HOSA is so grateful to partner with. We hope you'll take advantage of these opportunities and further spread NJ HOSA's initiative.

Over the summer, the Rutgers School of Public Health in Newark provided an amazing program focused on public health and the environment. Many NJ HOSA members attended the program in both Session I and Session II, with many giving incredibly positive feedback regarding the experience. Highlights of the program included a comprehensive course regarding public health in the modern world and a phenomenal panel of guest speakers, with each being a leader in their respective fields of study and research. The program successfully broadened exactly what a healthcare professional could encompass for many, helping HOSA and the entire medical field increase efficacy and care.

Following the summer months, NJ HOSA then travelled to Washington D.C. to attend the Washington Leadership Academy hosted by HOSA-FHP. The conference was an incredible experience that allowed for networking between all the fellow State Officers from other incredible HOSA chapters. Important skills and techniques that helped foster leadership and empathy were taught and now have been actively brought and incorporated into NJ HOSA. We are incredibly lucky to receive generous funding that permits the multitude of opportunities and events that make HOSA-FHP a standout organization. In the capital, the Executive Council was able to meet with representatives of the Senate to advocate for the importance of this funding and the future of NJ HOSA.

In addition, Shazel Muhammad from Eunoia Coaching has again inspired many NJ HOSA members. During the Fall Leadership Conference, Mrs. Muhammad gave a moving presentation regarding her personal HOSA story and the power of words. Eunoia Coaching helps to further this message that she aims to convey by providing people with a completely fresh perspective on perhaps old and mundane problems. This skill set allows for innovative and cutting edge solutions that can augment and benefit the healthcare industry and each individual's professional career. We want to extend our gratitude to Shazel for continuously helping NJ HOSA members on their journeys towards leadership, innovation, and success.

Without a doubt, this year is already off to an amazing start. We look forward to partnering with a plethora of organizations and companies to provide a bountiful amount of resources for our members. Throughout our endeavors, we always aim to foster leadership, cultivate creativity, and nurture excellence. If you have any particular organization in mind, please email me at ayu.njhosa@gmail.com. Here's to an exciting year with endless possibilities!

**"LEADERSHIP
IS A CHOICE
NOT A TITLE"**

SHAZEL MUHAMMAD





International Leadership Conference

BY DORIAN HO

The 42nd Annual International Leadership Conference convened in Orlando, Florida from June 19 - 22, 2019. Thousands of HOSA members from around the world gathered in a four-day convention that featured a multitude of opportunities for each attendee. Competitive events served as outlets for motivated individuals to exhibit their leadership skills and health and biomedical science knowledge on the national stage. Educational symposiums offered insightful perspectives from leading health experts on topics ranging from space medicine to the e-cigarette epidemic. The HOSA Expo, featuring over one hundred exhibitors, allowed members to interact with partnered organizations and learn about the most recent advances in the medical field. Keynote speakers included Dr. Steve L. Robbins, who captured the spirit of facing adversity with his experiences as a refugee of the Vietnam War, and U.S. Surgeon General Jerome Adams, who spoke of uniting communities through the key commodity of health.

For me, each day presented an opportunity to meet with other HOSA members who shared the same passion for health science and creating change. Although we shared different backgrounds and aspirations, we were all united in our pursuit of a better tomorrow for ourselves and our communities. In seeing this same drive in fellow members, I broadened my perspective of HOSA as an international organization that brought together empowered individuals.

Although this was my first International Leadership Conference, I was thoroughly convinced that it would not be my last. This conference served as an invaluable opportunity for my growth as a HOSA member and as an aspiring health professional. That said, I hope you can join us at next year's International Leadership Conference in Houston, Texas!



Washington Leadership Academy

BY AKASH KOTIAN

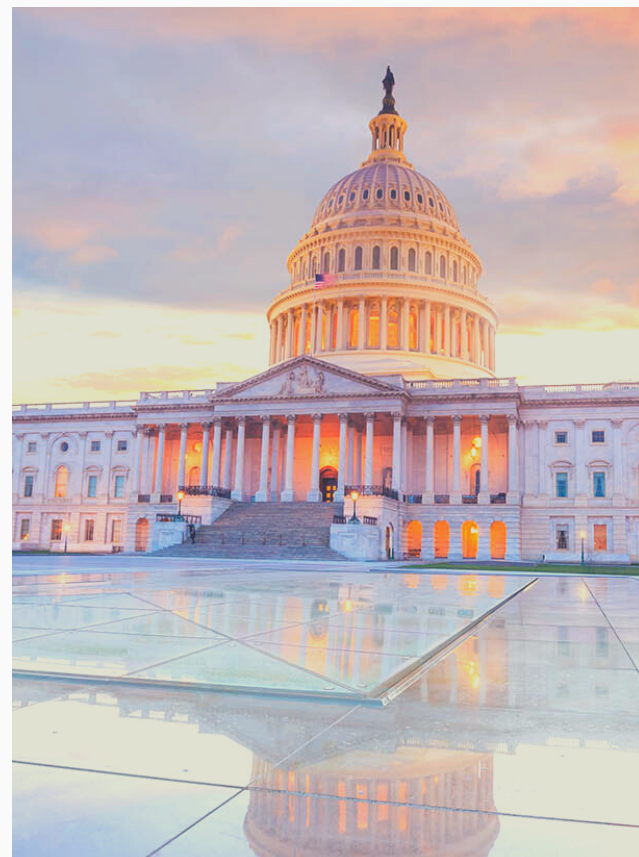
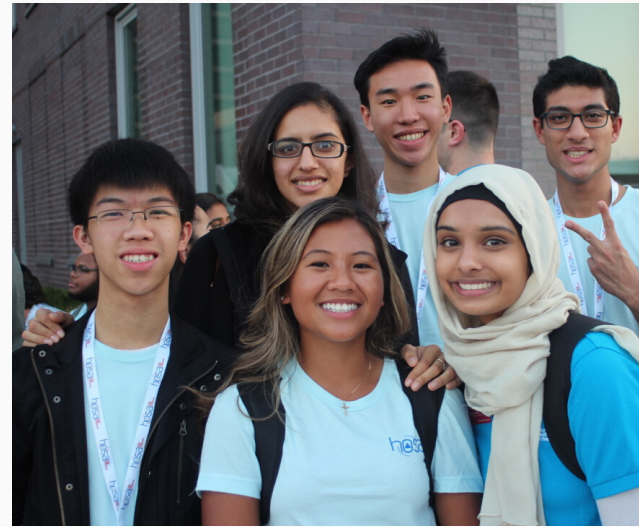
This year, the 13th annual Washington Leadership Academy was held from September 21-24, 2019 in Washington D.C. New Jersey sent 9 state officers as well as 3 local officers to participate in this year's WLA. HOSA officers from all over the United States, as well as other countries such as China, came to participate in leadership sessions, Congressional visits, and networking.

The theme for this year's conference was based on the significance of becoming positive, influential leaders. The main focus throughout the workshops was understanding the importance of leading by example. Delegates learned the characteristics and behaviors of an influential leader, how to improve these qualities within themselves, and how to inspire and connect their respective HOSA chapters.

Our NJ State Officers had the chance to speak with the Congressional representatives for Senator Cory Booker and Senator Bob Menendez in order to discuss the continuation of the Perkins Act funding for New Jersey. The Perkins Act is a federal grant awarded to improve career and technical education, making this money a significant source of funding for vocational high schools and CTSOs like HOSA. In order to promote the continuation of Perkins funding for New Jersey, our state officers discussed how HOSA impacted each of us individually and the vocational education we have each personally received.

The most exciting part of WLA, by far, was having the opportunity to meet and share ideas with officers from across the nation. After interacting with these officers, we gained a wealth of knowledge about other states and the unique aspects of their state HOSA chapters. Such information would prove to be extremely useful for NJ HOSA's latest initiatives including the middle school chapter initiative.

As a whole, WLA enabled us the chance to improve our leadership skills, advocate for state legislation, and build a plethora of connections. A gathering of the most involved and excited officers in the nation elicited a vibrant atmosphere throughout the conference. After spending four days in this environment, your state officers are now more motivated than ever and ready for an exhilarating year.





Fall Leadership Conference

BY SIYA KULKARNI

On October 25th, 2019, the NJ HOSA Executive Council hosted the 2019-2020 Fall Leadership Conference at Brookdale Community College. The entire day was filled with exciting events. Thank you to all the amazing people who made it possible. Determined state advisors, state officers, and local officers and advisors all contributed in their own way and created a remarkable positive energy that could be felt all day long. The conference was started off by an inspirational and powerful message from NJ HOSA State President, Chi Kin (Nathan) Lam. The theme for the conference was the Power of a Story, explaining how everyone can bring something to the table in their own unique way, through applying their own experiences.

After opening session, we split into four workshops: Murder Mystery, Word for Word, Connect, and What's What. Each of these workshops played their own role in helping the officers understand the theme of storytelling. In Murder Mystery, everyone collaborated in order to solve the case at hand, further proving that communication allows you to solve problems and learn along the way. Word for Word allowed members to express the moral of stories using both words and actions. The catch, however, was that they had to use six-word stories. This showed officers that often times the most meaningful messages are the ones that are said with the least amount of words. In Connect, members were told to build a model of an object shown on the screen with materials that were given to them, the only rule being that there were no rules! Along the way, officers learned that not all of the pieces were provided in each group, and they had to talk to other groups in order to assemble the end product. Everyone had a valuable aspect of the bigger picture that they learned to put together to achieve it. Finally, in What's What, an activity similar to two truths and a lie, officers learned that the way a leader is able to frame a story is vital to leadership. It also showed them that being able to determine where someone's true intentions lie is critical in understanding the type of people that you are leading. As leaders in HOSA, we have the ability to influence those who look to us for advice. Knowing how to be a compass, in that you can understand your past and use it to navigate that future, is a tool that telling a story gives each and every one of us. In other words, that compass lies within, but it's a matter of finding it.

Once the workshops came to an end, the Afternoon Session commenced. During this time, members ate lunch and Jeena Kataria was announced as the newly elected 2019-2020 NJ HOSA Postsecondary/Collegiate Vice President. The pin design that would represent NJ HOSA at the 2020 International Leadership Conference was also voted on by the members.

As the conference came to an end, members were reminded that they all had stories to tell, and that they could help others in the process by doing so. We hope that all of the skills and leadership techniques that were learned at FLC will help officers implement new ideas at their local chapters and encourage them to be the compass that points to a new direction, to a new horizon. We can't wait for next year's FLC; a new journey! NJ HOSA, as we turn the page, let's write our story!

"That
compass lies
within, but
it's a matter
of finding it."

SIYA KULKARNI





Local Chapter Spotlight

BY LJ PASION

Although we've only had one conference so far, I can just tell how successful this year is going to be for NJ HOSA. It was great to meet all of the local chapter Executive Councils at FLC and I look forward to working with all of you throughout this year! Local chapters are where the true superstars lie and we want to show off all of your hardwork!

We strongly encourage you to share your chapter's latest memories, photos, articles, or accomplishments with us. You can send them to my email: Lpasion.njhosa@gmail.com. We can't wait to see all the things you have all been up to this year.

Submissions could be featured in the spotlight through upcoming newsletters, our social media, or the official NJ HOSA vlog! Keep an eye out for it!



MARK YOUR

calendars

NORTHERN REGIONAL CONFERENCE:

JANUARY 11, 2020 @ PASSAIC COUNTY VOCATIONAL TECHNICAL SCHOOL

SOUTHERN REGIONAL CONFERENCE:

FEBRUARY 01, 2020 @ CUMBERBERLAND COUNTY TEC

**DO YOU HAVE A MISSION TO FURTHER
THE DEVELOPMENT OF NJ HOSA?
ARE YOU PASSIONATE ABOUT THE
ORGANIZATION?**

APPLY TO BE A STATE OFFICER!

Applications are due: January 3, 2020.

Please contact Jessica Seth (sethj@mcvts.net) with any questions.

**SERVING ON THIS COUNCIL IS AN HONOR AND
EXTREMELY WORTHWHILE. YOU'LL DEVELOP
CONNECTIONS WITH MEMBERS FROM ALL ACROSS
THE COUNTRY AND MAKE LONG-LASTING MEMORIES.
APPLY TODAY AND WORK TOWARDS TOMORROW!**