

THE DC HOSA NEWSLETTER



DC HOSA: SHAPING THE FUTURE OF HEALTHCARE

The President's Reception Recap



Your presidents, proxies, and advisors had an amazing time at the 2026 Annual President's Reception! It was a night of connection, education and setting the standard. Guests shared their own personal standards and their excitement for this HOSA season! We thank everyone who helped sponsor this event, bring the amazing energy and set the standard for DC HOSA.

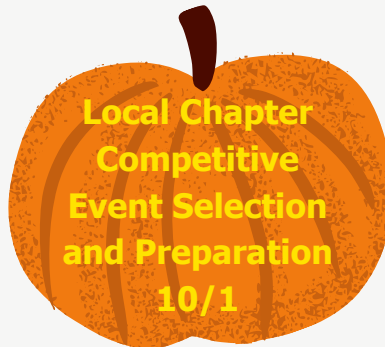
Barbara James Award Updates

We just wanted to continue to encourage this amazing opportunity, award, and competition, the **Barbara James Service Award**! The Barbara James Service Award is an amazing way for YOU to get recognized on stage at the state or even international level. It is an award that recognizes community engagement and service! If you volunteer on a regular basis, you can fulfill 2 things at once: prepare for a competition and volunteer! Please check out our Barbara James Service Award Instagram post for more information.

**NEW
★
POST**



Upcoming Dates!



 **MEDICAL ASCENSION**

9TH-12TH DC YOUTH
WWW.MEDICALASCENSION.ORG

FALL 2026 MEDICAL ASCENSION
BEGINS WITH ORIENTATION IN
OCTOBER 2026

through demonstrations, instructional enrichment, & simulations, youth will:

- Develop real world healthcare clinical skills using professional instruments
- Practice taking blood pressure, auscultating heart & lungs, performing visual acuity exams, and more
- Learn medicine, nutrition, how the body and organs work, and the importance of healthy behaviors
- Solve medical cases alongside nurses, physicians, occupational therapists, EMTs, paramedics, chiropractors, & other healthcare professionals
- Conduct health screenings at Medical Ascension Community Health Stations
- Lead informed health discussions and demonstrate newly acquired clinical skills at Medical Ascension Awards Ceremony

FOR MORE INFO, CONTACT US:

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SCAN QR CODE TO APPLY TODAY

SCAN QR CODE FOR CONSENT FORM



New Clinical Skills Opportunity!

Medical Ascension is an inspiring youth program here in D.C., operated by the CompuRecycling Center. This program trains local youth in advanced clinical skills like stroke assessment, taking manual blood pressure, and more skills to enable them to act as vital health stewards and screeners within their communities. A great community engagement opportunity to earn service hours and knowledge of new clinical skills! Check their Instagram for more information at [@medicalascension](https://www.instagram.com/medicalascension).

Competitive Events Preparation!

The time to prepare is now! Look no further: the HOSA 2026-2027 Guidelines have now been updated; you can start selecting your event and studying now! Our Inspiring State Advisor has created an amazing studying tool to get you started and the momentum flowing! Scan the code to access the tool, which contains practice tests, study guides, and links to the official references for each event! Happy preparing, and we hope to see you at SLC and ILC on the stage soon!



Reminders

- Make sure you are on the band. Scan the code here if you aren't!
- Be very familiar with our at-a-glance calendar, which contains all the dates and deadlines for this year.
- Be sure to be an affiliated member and get registered in your chapter.
- Encourage a friend to try HOSA this year, bring them to one meeting, and share an Instagram post!



Thank you so much for your attention; see you all soon! Your state officers will have an amazing time at WLA representing you all and imagining the standard for DC HOSA. We will be sure to recap WLA in the next newsletter issue.



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INSTAGRAM: @DCHOSAFHP TIKTOK: @DC HOSA-FHP