

June 27th, 2018

HOSA ILC



THE DALLAS ISSUE



JUNE 2018 • ISSUE 5 • VOLUME 10



THE GIST: WHAT YOU NEED TO KNOW



Weather

Just a reminder, check the weather before you leave your room in the morning. Here's a hint: it's going to be hot. So be prepared to keep yourself safe. Water, sunscreen, and shade are all important in making sure you can perform at your best!



Trivia

What is the the most common health-related problem reported in Texas?

- A.) Lack of health insurance
- B.) Low child immunization
- C.) Mental health
- D.) Drug related deaths

Find out the answer tomorrow!

Freetime Opportunities

Arizona HOSA members, we hope that you are having a great time so far in the beautiful state of Texas. There are many exciting freetime events that will be happening throughout the conference! Certainly the majority of your time will be spent focused on your competitive events and general sessions, but please take some time to experience the other amazing opportunities that HOSA nationals has to offer. Did you know that during your time at this conference you can serve as a workshop ambassador by helping a guest speaker with their workshop? You can even volunteer your time as a part of the Courtesy Corps or play a victim for one of the competitive events. Throughout your time here in Dallas there will be multiple expos and workshops happening, so try to fully experience all that Dallas and ILC has to offer.

CODE OF CONDUCT

Members of Arizona HOSA, please keep in mind that HOSA members have an excellent reputation. Your conduct at every HOSA function reflects on yourself, your chapter, your school, Arizona HOSA, and National HOSA. Curfew and dress code will be strictly enforced for all general sessions. Please refer to pages 57 and 58 in the HOSA ILC guide for any additional information or questions about the official uniform and curfew.





Subscribe For ILC Newsletter

bit.ly/ILCnewsletter

Your 2018-2019 State Officer Team will be working hard on the ILC Newsletter. The newsletter will help you stay informed about all the happenings at ILC. Sign up using the link above.

Follow us on all platforms!



@ArizonaHOSA



@arizonahosa



@azhosa

SOCIAL MEDIA

HOSA 301: STATE OFFICER WORKSHOP

On Tuesday, your state officers attended a leadership training session on how to become better HOSA Ambassadors, be successful in networking, be effective in a team, and connect the leadership within our organization. The state officers learned a lot about how to lead Arizona HOSA through attending this unique workshop! We are so excited to be learning and preparing for this upcoming year. Don't worry if you didn't attend as there will be other exciting HOSA Universities coming up this week! The next HOSA University will be on Thursday June 28th, at 9:00AM and it is titled "HOSA University 101: Members." We hope that you take advantage of these wonderful workshops!



RELAXATION STATION



Fun Facts

The name 'Texas' comes from the Caddo Indian word 'tayshas' meaning "friends" or "allies". The Spanish pronounced it as 'tejas' and the English settlers pronounced it as Texas. Welcome to Texas, the perfect place to create new friendships with fellow HOSA members.

PLAN WITH US!

Below is a list of highlights at ILC for you to attend!

Wednesday

- 8:00am-1:00pm - Conference Registration* (Ballroom C)
- 1:00pm-5:00pm HOSA Expo (Exhibit Hall E)
- 1:00pm - NCHSE Health Science Certificate Lab (Deep Ellum A)
- 3:00pm - Courtesy Corp Meeting (Trinity Ballroom 1)
- 3:30pm - Workshop Ambassador Orientation (Omni Trinity 5)
- 7:30pm - Opening Session* (Exhibit Hall F)
- 10:00pm - Arizona State Meeting* (CC-Ballroom C1 & C2)

Thursday

- 8:00am - Workshop Ambassador Check-In (Omni Trinity Registration)
- 8:30am - Zumba (Lobby F)
- 9:00am - Health Careers of the Future (Trinity 5)
- 9:00am - HOSA University 101: Members (Katy Trail)
- 10:00am - Interactive EKG Interpretation (Fair Park 1)
- 11:00am - What Skills Do New Graduates Need? (Trinity 2)
- 1:00pm - Combining Medicine and Adventure (Fair Park 2)
- 2:00pm - Diagnostic Detectives (Trinity 5)
- 3:00pm - Pre-Med G.R.I.N.D. (Trinity 2)
- 10:00pm - HOSA Senior Jamboree (Omni Trinity Ballroom)

Friday

- 7:00am - Healthy Start to the Day (Lobby F)
- 8:30am - Zumba (Lobby F)
- 9:00am - Surviving and Thriving as a Health Sciences Major (Trinity 3)
- 9:30am - Solve a Crime Interactive Workshop (Exhibition Hall E)
- 10:00am - What You Need to Know About Getting Into Med School (Trinity 2)
- 11:00am - Controlling Chaos (South Side 2)
- 1:00pm - Physical Therapy for Safe Pain Management (Trinity B)
- 5:00pm - Alumni Reception* (Cedars)
- 10:00pm - HOSA Hypnotist (Dallas Ballroom D & H)

Saturday

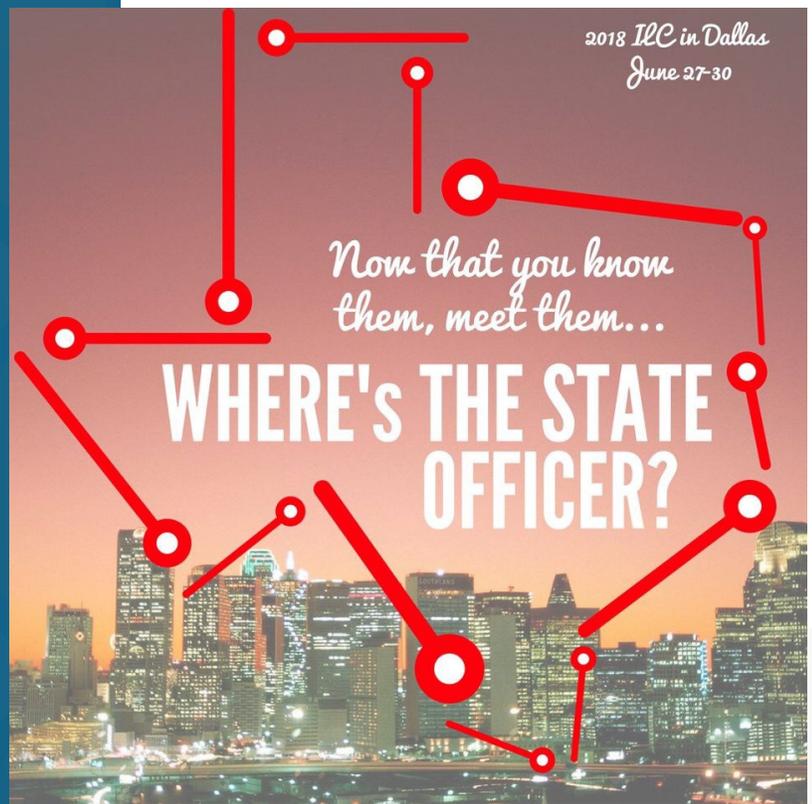
- 4:00pm - Postsecondary/Collegiate Awards* (Exhibit Hall F)
- 8:00pm - Middle School and Secondary Awards* (Exhibit Hall F)
- 10:00pm - HOSA Dance (Dallas Ballroom)

As a little kid, do you remember trying to find that little man in the red and white stripes? Sometimes it seemed impossible to find Waldo! Unfortunately, sometimes it can be nearly as difficult for you, the members, to find and interact with the state officers! However, we state officers, want to meet each of you and hear about your exciting ILC adventures! So, we have devised a little game for you all to try and find us throughout the conference, and maybe you'll even earn a prize!

Every day in the ILC Newsletter three short hints will be posted. These are your clues for how to find the three state officers for the day. Using these clues, you can figure out who has the daily prize and where they are located. Once you find the designated officer, take a minute to get to know them! Ask them questions about what HOSA means to them. And of course, don't forget to snap a pic and post it to social media with our hashtag that will be revealed tonight!

If you ever need help with the hints, look in your program or in our state social media accounts! Remember, we want you to have fun and enjoy this scavenger hunt, however, it is important that you are respectful and follow all rules and curfews while doing so!

As a reward for finding the state officers, they will give you some exciting HOSA merch to keep!



Today's Clues:

3:00-3:30 pm

This officer is very artistically talented and has been creating digital art for nine years! Today you'll find them enjoying their time near a place named for their passion! Look for a location that has an artistic title, it will sound like region full of crafts. However, this officer won't be drawing on paper at this place, but maybe they'll draw something on a slate for you if you ask!

6:30-7:00 pm

How many languages can you speak? This state officer can speak multiple languages! If you find them, maybe they'll greet you in all three languages, even if we'll only have one nation's flag! However, first, you have to figure out where they'll be! Just know it's a perfect place to greet you since it is where it all starts! Make sure to come early though, because everyone at the conference won't want to miss this part.

WHERE'S THE STATE OFFICER?

To stay connected, engaged, and active throughout your time at the conference, be sure to download the HOSA app if you have not done so already. This app is compatible with both Android and IOS devices and can be found on the app/play store by searching 'HOSA' in the search bar. Once downloaded, you will be able to access the program for the 2018 ILC. By using the app, you will be able to personalize your own schedule, learn who will be presenting in general sessions and events, and discover which participants will move to the second round of their competitions. You will also find an 'Event Feed' where you will be able to share this wonderful experience with thousands of other HOSA members across the globe! Be sure to post appropriate content that is CPP (Clean, Powerful, and Positive). Remember, you are representing Arizona throughout the conference!

HOSA APP



ILC can become very hectic, so it is important that you remain properly fed and hydrated while in Dallas! Here are some places where you can grab a bite to eat:

Centerplate Dining

650 S Griffin St, Dallas, TX 75202

Since the location of this restaurant is within the convention center, it will make for a quick and easy place to grab food when rushing to your competitions! The center of this conference is focused on healthcare, but this eatery will serve as a convenient hub for food!

Black Ship Little Katana

650 S Griffin St, Dallas, TX 75202

Located right next to the convention center, this Asian based restaurant can make for great food at a reasonable price! Your state officers enjoyed visiting this restaurant and trying a sampling of their exotic cuisine! As you embark on your voyage to further your careers in health, cruise on by this exciting restaurant!

DINING INTEREST SPOTS

Cafe Herrera

555 S Lamar St, Dallas, TX 75202

Located just across the street from the Omni Dallas Hotel, this Mexican restaurant provides an assortment of different Mexican dishes. Your state officer team attended this restaurant as well and we would definitely recommend it! This cafe may not serve coffee but it will cook up delicious Mexican food.

Texas Spice

555 S Lamar St, Dallas, TX 75202

Within the Omni Dallas Hotel and conveniently located next to the Dallas Convention Center, this restaurant provides a wide variety of foods suitable for everyone! If you are looking to pair your zesty new health care skills with some great food, this place is a great way to spice things up!

There will also be food trucks in the Omni Dallas Hotel and the Dallas Convention Center that can make for a great small snack!

Arizona HOSA hopes you are as excited as we are about participating in the Competitive Events !

Competitors, you should be proud of yourself for making it all the way to ILC, although “nervous” is more along the lines of the [terminology](#) you were thinking of. The [growth and development](#) you have made in your HOSA journey has prepared you for this. Even though you may feel you are performing or testing in an [extemporaneous](#) manner, be confident in your [preparedness](#) (even if it was [emergency](#) cramming). There’s no [debate](#)- you are going to do great!

Here are some competition reminders:

- Make sure you check in advance to see when and where your competition is held., This is especially important if your event will be offsite.
- Be sure to have your guidelines printed/downloaded beforehand and that you bring all of the required materials to your competition.
- Wear professional dress or attire that is appropriate for your competition.
- Get some sleep, make sure to eat, and take a deep breath before you compete.

Remember - You’ve got this!

GOOD LUCK!

