HOSA ILC

Create Your Future
Future Health Professionals

THE DALLAS ISSUE

June 28th, 2018
THE GIST: WHAT YOU NEED TO KNOW

Weather
Make sure to check the weather, because guess what? It's going to be hot! Remember to take care of yourself and others by packing water, sunscreen, and sunglasses.

Trivia
Yesterday's Answer
What is the most common health-related problem reported in Texas?

A.) Lack of health insurance

Today's Question
Which former U.S. President was assassinated in Dallas, Texas while riding in a 1961 Lincoln Continental?

A.) Lyndon B. Johnson
B.) John Pinckney
C.) James A. Garfield
D.) John F. Kennedy

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 opportunities and 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.
OPENING SESSION

For the past 41 summers, enthused future health professionals from across the globe have traveled near and far to attend the HOSA International Leadership Conference. This year, we are excited to have you representing the state of Arizona as you work to demonstrate leadership and excellence in over 50 different competitions. Each exam, practical, and event will serve as a chance for you to not only explore healthcare outside of the classroom but also learn how to better serve those around you.

There are a variety of sessions that members, advisors, and guests can attend that range from learning how to make an impact in your own community to getting an active start to the morning through Zumba! Whichever activities you choose, we hope you find them amusing and valuable!

This year’s Opening Session gave you a glimpse into what to expect and how to make the most of your time in Dallas. We certainly heard your spirit and enthusiasm throughout the session, and we encourage you to continue spreading this cheer as you make your way to your competitions and other general sessions!

Opening Session was led by your 2017-2018 International Student Executive Council! Make sure to say hello to your International President, Priya Rathakrishnan, as well as your other international representatives. Go to www.hosa.org to learn more about your current executive council and watch a few videos from the international officer candidates. Additionally, Marissa Bower and Kyle Kline were distinguished as Public Health Leadership Scholars. We would like to congratulate them on this great accomplishment!

At Opening Session, a meaningful moment was shared to pay respects to HOSA members lost in unfortunate circumstances. We are proud of Arizona’s compassion.
During the Opening Session, Dr. Rigsby gave a moving and passionate keynote speech. He compelled HOSA members to make an impact in whichever healthcare field they choose, using wisdom and knowledge together. In order to do this, he implored us to hone fundamental skills, or to “execute the basics”. He listed many of these basics by passing on his father’s wisdom to us and sharing personal, heartfelt stories. Dr. Rigsby concluded his speech with a challenge to not give up and to pay mind to how you live!

Dr. Rick Rigsby inspires global audiences and is known for his book, Lessons From a Third Grade Dropout, which was greatly influenced by his father. For more information about Dr. Rick Rigsby, you can find his biography on page 15 of your ILC Program.

Arizona HOSA hopes you take his words to heart and that you enjoyed Dr. Rigsby’s speech!
At this year’s state delegate meeting, your state officers were thrilled to announce the 2018-2019 Arizona HOSA state theme: Mapping Our Moments.

Your Arizona HOSA student executive council has spent the last few months collaborating to develop a theme that speaks to all of you as future health professionals and your journey as leaders. Every Arizona HOSA member can think back to a few key moments that have defined their HOSA experience. Through moments of growing, learning, and dreaming, members can plan for their future by reflecting on their past. This year’s Arizona HOSA design references mapping the brain to illustrate the connections that members make in their journey toward success. Each small dot pinpoints a HOSA moment that spans competition, service, and leadership. By mapping your moments, you are preparing for your next steps as future health professionals! Make sure to use the hashtag #AzHOSAMoments!

Additionally, your state officers have come up with an activity that will allow you to interact, communicate, and ask questions with your state officer team! Throughout the conference, we will provide hints in our newsletter that will point you in the direction of where a state officer may be. If you find them, you may even receive a prize and be featured in the next newsletter! For more details and our first hint, make sure to read the “Where’s the State Officer” article found in this newsletter.

At the State Delegate Meeting, your state officers also had the pleasure of introducing the new Arizona advisor, Mr. Aden Ramirez. We are excited and extremely grateful for the leadership and experience he will bring to Arizona HOSA in the years to come.
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.

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SOCIAL MEDIA
Texas Medical Center (TMC) is the largest medical complex in the world! It is at the forefront of advancing life sciences. Some examples of their accomplishments include maintaining 9,200 patient beds, annually performing 180,000 surgeries, and delivering more than 25,000 million babies every year!
SCHEDULING REMINDERS

Don’t forget about the following events happening TODAY, Thursday the 28th:

- 9:00am - 2:00pm - HOSA Expo (Exhibit Hall E)
- 9:00am - Interactive EKG Rhythm Interpretation (Trinity 8)
- 9:00am - Surviving and Thriving as a Health Sciences Major (Trinity 3)
- 9:30am - Solve a Crime interactive Workshop (Exhibition Hall E)
- 10:00am - Foundations of Health Science (Trinity 4)
- 10:00am - How to Start a Postsecondary/Collegiate Chapter (Trinity 3)
- 10:00am - What You Need to Know About Getting Into Med School (Trinity 2)
- 11:00am - Controlling Chaos (South Side 2)
- 11:00am - Diagnostic Detectives (Trinity 7)
- 11:00am - 3D Interactive A&P (Fair Park 1)
- 1:00pm - Neurodiagnostic Technology (Oak Cliff 1)
- 1:00pm - Physical Therapy for Safe Pain Management (Trinity 8)
- 5:00pm - Alumni Reception (Cedars)
- 10:00pm - HOSA Hypnotist (Dallas Ballroom D & H)
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 #azhosamoments.

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:

8:00-8:30 AM: Do you like to dance? Well, this state officer sure loves to, and they have been dancing for six years! See if you can waltz your way out of bed early in the morning to find them! Tell them where you want to see Arizona HOSA go in the future because they’ve got some revolutionary ideas for creating a future that is fun and fit for success!

12:30-1:00 PM: This state officer wants to be a surgeon! Let’s see if you’re quick on your feet and can suture together the answer to this one! Maybe you’ll cross paths with this officer while he’s flexing his hands, preparing for his future and molding a path to his career! Hopefully, your feet don’t get too tired while searching for this officer!

2:30-3:00 PM: Be careful, this officer has trained in Karate for 8 years! But don’t worry, this officer is also incredibly sweet and kind. Maybe you could even get them to show off their skills for you! You can set up tent while you witness their fitness challenge army style, but you’ll need to be in a big hall for this exhibition.

WHERE’S THE STATE OFFICER?
Are you interested in practicing medicine in other countries?

International Service Learning (ISL) has numerous opportunities for you and your friends to travel to other countries to learn and practice hands-on medical skills. These medically-based trips are for anyone interested in general medicine, nursing, pharmacy, optometry, dentistry, public health, physical therapy, nutrition, education, etc. This is a great opportunity to get hands-on, patient interaction practice that isn't available anywhere else! Trips will include a customized itinerary and pre-travel planning, pick up/drop off, housing, ground transportation, two meals per day, 24/7 ISL staff accompaniment, learning seminars, project supplies, and more!

To learn more about this incredible opportunity, visit the ISL booth at the HOSA Expo in Exhibit Hall E from 9:00am-3:00pm or you can email Michael@ISLonline.org to find out more details!
Now that you’ve made it to ILC and some of you have even finished your competition already, you have competing down to a science. Your competition has helped to prepare you for future health professions! Remember to keep up proper nutrition and a healthy lifestyle while you are at this conference so that you can do your best! Also, keep in mind that confidence and attitude are contagious- create an epidemic of positivity, and empower yourself while you encourage fellow competitors. Good luck!

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!