



NJ HOSA PULSE

2022 FALL NEWSLETTER





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Meet the TEAM

NJ HOSA State Executive Council 2022-23



President Ahdaf Zaman

Hey NJ HOSA! My name is Ahdaf Zaman and I am a senior at the Woodbridge Academy Magnet School as well as your State President. Leading NJ HOSA for a second year, I plan to use this renewed opportunity to connect with our membership and foster an unforgettable in-person conference experience! I hope to use our resources this year to leverage NJ HOSA as an outlet to expand our outreach and go beyond all limits. Outside of NJ HOSA, you can find me at the gym or sewing in my room while binging Netflix specials.

President-Elect Monica Manescu

Hello everyone! My name is Monica Manescu and I am a junior at the Union County Academy for Allied Health Sciences, serving as your state President-Elect this year. Through my involvement in HOSA, I have learned to seize every opportunity that comes your way. With that being said, this year, I have made it my priorities to make conferences more engaging than ever, to expand upon research and service opportunities, as well as to support each of you as you embark on your own HOSA journeys. Some of my pastimes outside of HOSA include listening to music while going on evening drives, learning new languages with Duolingo, and writing poetry.





Meet the TEAM

NJ HOSA State Executive Council 2022-23



Northern Regional VP Kathleen Zhang

Hi NJ HOSA! My name's Kathleen Zhang, and I'm currently a senior at Livingston High School, serving as your Northern Regional Vice President for this year! Going into our first year back in-person for conferences, I'm so excited to get to interact and meet with all of you. I look forward to increasing connections between members of different chapters while also providing more opportunities for each of you to delve into healthcare. Joining HOSA as a freshmen, I'm so grateful for the growth and opportunities this organization has provided and can't wait to ensure you all continue to have even more of those amazing experiences!

Southern Regional VP Zayd Elhedoudy

Hello New Jersey HOSA! My name's Zayd Elhedoudy, and I'm currently a senior at the Mercer County Technical Schools - Health Science Academy, serving as your Southern Regional Vice President for this year. My goal this year is to foster networking amongst the New Jersey HOSA members, allowing members to more easily bond over their shared experiences and passions. Hosa has given so much to me these past 4 years, and I hope to provide that same experience and more as we jump into this year!





Meet the TEAM

NJ HOSA State Executive Council 2022-23



Secretary Prisha Oza

Hello New Jersey HOSA! My name is Prisha Oza and I am currently a junior at West Windsor-Plainsboro High School North, serving as your state secretary for this year! Noting that we've had two virtual years of conferences, I am so excited to finally jump into a year of in-person conferences and get to meet you all face-to-face! For this year, I look forward to providing all of our members with the resources they need to succeed and understand where their passions lie in the healthcare field. Outside of HOSA, you can find me struggling to understand chemistry or making healthy dishes.

Historian Deepa Subramanya

Hey NJ HOSA! My name is Deepa Subramanya and I am a senior at the Woodbridge Academy Magnet School, serving as your state Historian for this year. My goal throughout this term is to work to continue to provide the membership with a strong foundation for a future in healthcare by forming a bridge between passion and purpose. Specifically by spreading awareness of the holistic nature of healthcare and working to bring educational resources to underserved districts, I hope to see an evolution in the way NJ HOSA can connect with and engage its members. When I'm not in my HOSA suit, I enjoy going to watch the sunrise by the beach and practicing yoga.





Meet the TEAM

NJ HOSA State Executive Council 2022-23



Parliamentarian Brian Shi

Hi Everyone! My name is Brian Shi, and I am a junior at the Union County Academy for Allied Health Sciences, serving as your state Parliamentarian for this year. Throughout this term, I am looking forward to bringing out the best possible experience for HOSA members as we turn to in-person events for the first time since 2020. As a freshman, I remember how my biggest role models were those who were committed to fostering innovation by leading through example, and now, I hope that I can do the same for all of you through your time in HOSA. A fun fact about me is that I have a designated section of my basement for an entire city I built out of legos!

Member-At-Large Kayla Han

Hi everyone! My name is Kayla Han, and I am currently a junior at UCTECH in Scotch Plains, NJ, serving as NJ HOSA's Member-at-Large. My main goal this year is to raise mental health awareness and bring it to the forefront of our values in NJ HOSA. Outside of HOSA, I love playing field hockey, running, and going to the beach. I look forward to continuing to engage with my peers and fellow HOSA members as we continue to grow as leaders in healthcare!

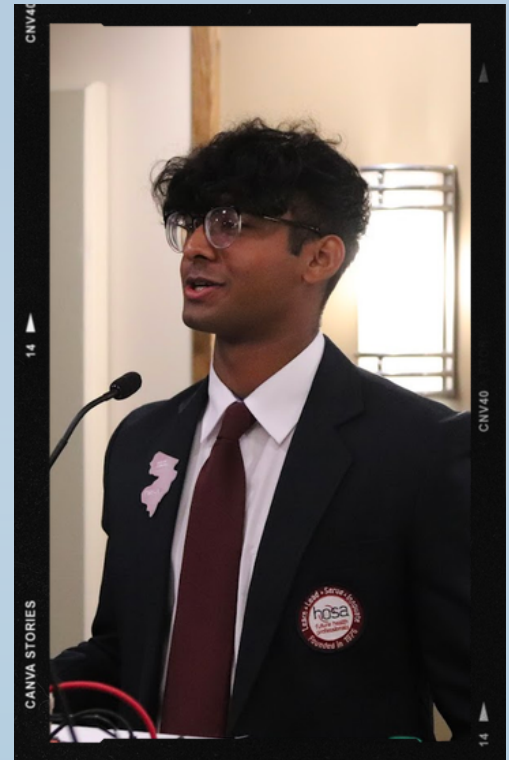




COMING BACK TO THE NORM

by Ahdaf Zaman

Whether we are face-to-face or tethered through the internet, New Jersey HOSA's biggest commitment is connecting with our membership. After two years of uncertainty confined to the bounds of Zoom boxes, we are excited to announce our complete transition back to in-person conferences! Thinking back to my first conference (2020 Southern Regionals), I can still recall all of the aspects of a genuine NJ HOSA conference. From the food and venue to the interactive workshops to the illuminating awards ceremony, it seems as if everything has been altered following our last in-person conference.



However, the one aspect of NJ HOSA that remained constant through our unexpected virtual transition was you: our membership. With your renewed support, NJ HOSA continues to fulfill our mission of supplementing basic technical education to foster the healthcare professionals of tomorrow. As we make our shift back to in-person, I look forward to experiencing the fruits of face-to-face conferences: the conversations, smiles, and most importantly the energetic vibe of NJ HOSA. If there is one thing that we take away from our virtual conferences during the pandemic, let it be that no matter the medium through which we connect, NJ HOSA continues to thrive through our interactions with our membership. With that, we look forward to seeing you, IN PERSON, at our next conference!



WASHINGTON LEADERSHIP ACADEMY: REFLECTION

by Monica Manescu

This past September, our state officer team joined HOSA leaders from around the globe in an experience to remember: the 2022 Washington Leadership Academy (WLA). Over the course of four fruitful days, we had the opportunity to engage in leadership development sessions, and network with a diverse range of chapters and chartered associations. These events have enriched not only our perspective on our strengths and weaknesses as individual officers and collectively as the NJ HOSA team, but also our vision for the conferences and initiatives to come this year. Especially as we are faced with an imminent transition to in-person happenings, it is of the utmost importance that we are equipped with the knowledge and training necessary to help this organization grow to heights never imagined before—and WLA allowed us to do just that.

Through the leadership workshops hosted by the HOSA Inc. Board of Directors and the International Executive Council (IEC), our officers were able to participate in activities reflecting on and refining their individual leadership styles as well as working on using them to further enhance team dynamics. After taking an assessment known as Clifton Strengths, we had discussions with officers from other states comparing our differing results, exchanging ideas and strategies on utilizing our unique strengths towards the best outcome of the team. We were also able to apply the new insight we gained through collaboration in teamwork based competitions ranging from tower building to Be The Match advocacy challenges. Besides fostering our growth as a team, these sessions have supplied us with a colorful assortment of ideas that inspired workshops part of your very own Fall Leadership Conference experience. We found the methods implemented by the IEC to be effective and engaging; therefore, we sought to take them back to NJ HOSA and build upon them to further ameliorate your experiences this year.





WASHINGTON LEADERSHIP ACADEMY: REFLECTION

by Monica Manescu

Networking and shaping interactions served as another critical asset of WLA. Each individual conversation with a new officer was rejuvenating for our council as we discovered the shared enthusiasm, across all boundaries, for revolutionizing HOSA and its members. From exchanging business cards to mingling at the evening socials and meals, WLA was a wonderful chance to branch out and learn from other officers' approaches on topics including leading in-state conferences, supporting local officers, and boosting member engagement. And it is this same quality of courage in approaching new people and forming new connections that we wish to see you, yes, you, the members, exhibit this year as we shift to in person conferences.

WLA was a chance for officers to come together, learn together, and grow together in a welcoming all the while intellectually challenging environment—an outcome attributable to the efforts of the IEC. The IEC truly served as the glue between the different elements of the conference, establishing a perfect balance between professionalism and personalism, as well as, of course, the members. Back in New Jersey, we hope to model this same approach to leadership and consequently brighten your HOSA experiences within and outside of conferences. The lessons learned, connections created, friendships gained, and memories made at WLA will continue to empower us to lead NJ HOSA's legacy towards success and beyond all limits in the coming year.





FALL LEADERSHIP CONFERENCE: RECAP & REFLECTION

by Zayd Elhedoudy

The NJ HOSA Fall Leadership Conference took place on October 21, 2022 at the Brookdale Community College. For the first time since 2019, chapter leaders from across the state had the opportunity to cultivate their leadership skills in-person through a series of workshops focused on talent development, communication training, and core values. The meeting was led by State President, Ahdaf Zaman who gave a warm, welcoming introduction speech. NJ HOSA also welcomed its new Executive Director, Dr Jeff Viktor and new State Advisor, Amy Berkemeyer. On behalf of all of NJ HOSA, we would like to thank them both for the experience and strong leadership they bring to the organization.

Following the opening speeches, students were divided into four colored groups where they would attend 4 workshops focusing on critical thinking skills, teamwork, and personal growth. In the “Under Pressure” workshop, students learned the importance of handling stress and the process that goes behind each choice that we make. In the “Navigating the Healthcare Jungle” workshop, students learned important insights into the different career paths within medicine from an accomplished panel of healthcare professionals. The “Finding the Match” activity taught students about the importance of blood marrow donation. Finally, the “Into The Hosa Cyberspace” workshop allowed students to cultivate their teamwork and communication skills in finding clues and solving the mysteries.

After lunch, each of the chapter’s Presidents gathered for a president’s workshop led by President Ahdaf Zaman and President-Elect Monica Manescu. The rest of the membership engaged in fun downtime activities as well as networking opportunities. As the conference drew to a close, NJ Hosa said its final goodbye to its 2021-2022 Postsecondary Collegiate Vice President, Valeria Zulaga-Sanchez.



All in all, the Fall Leadership conference was an amazing experience for all attendees. The atmosphere dazzled with inspiration, laughter, joy, and leadership development. Leaders from across the state were able to network with other leaders to better improve themselves as well as grasp new ideas that they can implement in their own chapters when they return home to lead their legacies beyond all limits in the coming year!



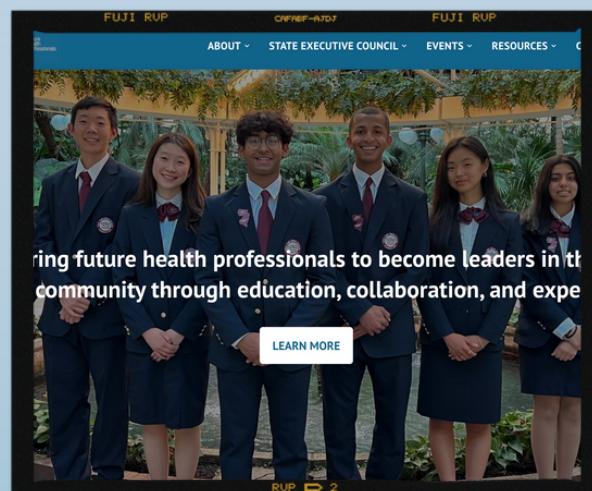
THANK YOU, KEAN *by Brian Shi*

Starting in January of 2023, NJ HOSA will fully transition its administrative responsibilities to Kean University in Union, NJ. With the role filled by Middlesex County Vocational-Technical Schools (MCVTS) for the past few years, Kean hopes to utilize its broad access to professional resources to build on and create new additions MCVTS has made for NJ HOSA.

A major change that will take effect right at the time of the transition is the establishment of a new meeting location for monthly executive council meetings. Currently, NJ HOSA holds monthly state executive council meetings at the Health Science Academy in Hamilton Township, NJ. From January onwards, Kean will be providing a designated location on its own campus for the monthly executive council meetings to take place. Furthermore, Kean will be serving as the official headquarters for NJ HOSA, and hence all aspects of communication, including our mailing address and contacts, will be modified accordingly.

With the transition to Kean, we add a new member to the team: our new state executive director, Dr. Jeffrey Victor. Dr. Victor holds a doctorate in management and has many years of experience with Career and Technical Student Organizations, currently serving as the state executive director for New Jersey DECA and FBLA. In addition, he is a faculty professor at Kean University, where he gives lectures on his expertise in management sciences.

Possibly the most visible contribution that Kean has made so far is the complete modification of the NJ HOSA website. In the past, the old website, accessible by the link hosaofnj.org, was difficult to navigate and contained information that was several years outdated. Now, the new website, **njhosa.org**, is finally up, containing the most recent information along with a much more user-friendly interface. While the site is still not 100% complete, it is a big step forward from the past, and developers from Kean have promised to stay proactive in updating the website as needed in the future.



It is without a doubt that the transition to Kean will bring on positive changes for NJ HOSA. As our organization continues to grow in numbers, so must the quality of experience that we provide to current and prospective members. We hope that you are as excited as we are about what is yet to come as we return to more in-person experiences as future health professionals.



HEALTHCARE IN YOUR HANDS

by Deepa Subramanya

Despite what our stories are, where we come from, or what we have experienced, an overarching umbrella that encompasses all of the members of NJ HOSA is our passion for a future in healthcare. From a young age, we have begun the lifelong journey of serving others through various health professions, and in ways never imagined before.

But healthcare isn't something that is only accomplished after embarking on a path that will eventually lead to a degree and a certification; it is something that is within our hands at this very moment. At its core, healthcare comes down to one simple idea: caring for other people.

As middle school and high school students, we have the ability to tap into our creativity and come up with innovative ways of serving those around us. Whether it be through setting up blood drives at community centers, fundraising money for Be the Match by selling lab coats, or collecting gloves and hats for homeless shelters, there are endless ways in which we can contribute to the greater good of society. The simple framework of it all is to (1) identify a cause that you are passionate about, (2) come up with a feasible plan including time-manageable goals and the steps to reach them, (3) work to incorporate unique elements together to create an original idea, (4) seek help from adults, supervisors, and fellow students, and (5) put the plan into action!

While service projects like the ones mentioned above are impeccable ways of serving others in our community, it isn't the only way to take steps towards a better tomorrow. Advocacy and spreading awareness through education are also paths that lead to the same destination of helping better the trajectory of our healthcare system. Bringing awareness to certain topics such as the importance of bone marrow transplants, healthcare in underdeveloped nations, or the need for mental health resources throughout the world are some ways you can start to create change through using your voice.

In conclusion, it's very easy to get caught up in the competition aspect of HOSA and the academic aspect of pursuing a career in healthcare. While these facets of the journey are important stepping stones, it is crucial to realize the holistic nature of healthcare and the various ways in which we can aid in filling in the gaps between where we are today, and where we would like to be in the future. Whether it's helping a friend who's struggling in Anatomy and Physiology or picking up trash on the sidewalk, healthcare is truly in the day to day decisions we make because it is defined by where our hearts lay.





MENTAL HEALTH MATTERS

by Kayla Han

Mental health is what drives our thoughts, decisions, and how we feel. Mental health is at the core of overall well being. However, each year “1 in 5 U.S. adults experience mental illness” and “1 in 6 U.S. youth aged 6-17 experience a mental health disorder.” With the prevalence of mental illness, it must be addressed: Why isn’t mental health at the forefront of the conversation on health?

Firstly, mental health and mental illness remain highly stigmatized today. Misconceptions, prejudice, and lack of education silence these conversations.

Did you know?

1. “Mental and physical health are equally important components of overall health” (CDC).
2. The risk for stroke, diabetes, and heart disease is increased with depression. Chronic disease also makes it more likely to develop a mental illness (CDC).
3. Mental illnesses have been found to be caused by multiple factors, including environmental factors, life experiences, brain chemistry, and genetics (Mayo Clinic and CDC).
4. In youth from 10-14 years old, suicide is the 2nd most common cause of death (NAMI).
5. Mental illness prejudice largely prevents individuals from seeking treatment (University of Michigan).

By spreading education on mental health and mental illness, a more open conversation can be created, eliminating stigma and fostering a supportive environment. Recognizing the interconnected roles both mental and physical wellbeing have in our overall health is one of the first steps towards greater awareness.

We can foster good mental and physical health through the following: taking time to do the activities that bring us joy, getting regular and adequate sleep, setting goals, eating a balanced diet, getting regular exercise, and practicing mindfulness (journaling, practicing gratitude, meditation, etc).

By educating ourselves and others and by raising awareness, we can work to eliminate the stigma and create a needed, open discussion on mental health and mental illness. Together, we can eradicate today’s still prejudiced views and change society’s views for the better because **mental health is health.**





FINDING THE EVENT FOR YOU

by Kathleen Zhang

The HOSA conference season is beginning, and we can't wait to see you all compete in our upcoming regional conferences! HOSA offers all kinds of events from test-only to hands-on. The HOSA competitive events can be broken down into Health Science Events, Health Professions Events, Emergency Preparedness Events, Leadership Events, Teamwork Events, and Recognition Events. To help you choose your event, HOSA provides an online resource ("How to Choose a HOSA Competitive Event That's Right For You?") with step by step instruction, which can be found on the HOSA website. For example, if you are more creative or enjoy thinking outside of the box, look into Health Career Photography or Medical Innovation. If you're interested in more community involvement, you can look into the HOSA Service Project or Public Health. Also, if you're interested in testing only events, you can look into Human Growth and Development or Medical Math. There are many options to choose from whether you want to compete as an individual or within a team. Each event has its own guidelines and materials that can be found online on the NJ HOSA website.

Furthermore, this year, NJ HOSA conferences will be in person for the first time since the pandemic started. We can't wait for you all to have the opportunity to interact with each other in person and delve into our shared love for healthcare. Let's go beyond our limits with these upcoming conferences! Good luck and have fun studying and preparing for your events!





IN MEMORY OF DR. GENE

by Shawnee Chaudhury, State Officer Coach

"A health career for everyone, the best thing in HOSA's free..." Many of us can still remember those words echoing through the auditorium as Dr. Gene Napoliello, our former State Advisor, serenaded us with his song for NJ HOSA. Before he passed on April 5, 2022, I had the great honor of sitting by his bedside and hearing him sing it one last time. As he recounted his HOSA memories, thanked every HOSA member that he came across and continued to ask what else he could do for NJ HOSA with his remaining time, his selflessness and love for HOSA were undeniable.

One of Dr. Gene's last wishes was to let our students know to not be fearful of someone who is in hospice. When judging an event years ago, he read an essay by a student working in a nursing home who said the end of life should be lived with dignity. Those words kept rattling around in his head and he contemplated what that truly meant. To him, it meant treating a patient as a human being even through their final moments and he was grateful to have that love and respect from his friends and family, especially his wife, Lucille Napoliello. We thank Dr. Gene and Lucille for everything they have done for our organization and Lucille will always have a home in HOSA.

Dr. Gene was our HOSA grandpa, our resident poet, the light at our conferences and the heart that reminded us all to spread kindness everywhere. We continue to move forward spreading the joy of HOSA in his honor. "So volunteer... you're sure to find...the job that is right for thee...the best thing in HOSA's free..."





STATE OFFICERSHIP

by Prisha Oza

New Jersey HOSA's State Executive Council is a reflection of its diverse membership both in and out of uniform. Every year, a new state officer team is elected and elections for the 2023-2024 school year are coming up! Although the application process may seem tedious, there are so many benefits to becoming a state officer, causing your overall view of HOSA to broaden.

Although you may have heard that HOSA is more than just a competition, being a state officer emphasizes this idea. Whether it's attending Washington Leadership Academy or even our monthly State Executive Council meetings, there is always an opportunity to learn and grow into a leader that can better serve the future healthcare field. Along with this, working on a team with officers that are equally committed to the same goals allows you to develop your teamwork skills and find your place on a team of leaders. By finding your strengths and bringing them to the team, you can benefit all of NJ HOSA.

Being a state officer is a lot more than serving NJ HOSA's members since it depends on how much you make of the experience. The state officers on the State Executive Council learn to collaborate and communicate, eventually creating a NJ HOSA family. During Washington Leadership Academy and the International Leadership Conference, the NJ HOSA family will expand to all of HOSA and we can make several connections that last for years.

Being a part of the State Executive Council for the past two years has allowed me to see how I've changed as a leader and how I can better serve New Jersey HOSA's members. I've truly learned how each of the HOSA core values (Learn, Lead, Serve, Innovate) is applied to my HOSA experience and how I can continue to participate in all of these aspects of HOSA. Overall, being a state officer has several benefits for both you and the NJ HOSA membership! Apply to be a state officer for the 2023-2024 school year to serve NJ HOSA and grow into a leader that can better serve the future generation of healthcare professionals!

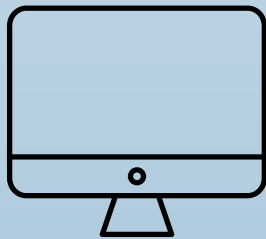




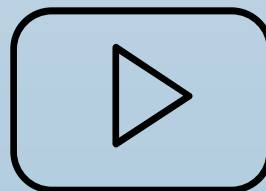
A YEAR IN ADVANCE by Deepa Subramanya

And with that comes a wrap to our 2022 season! Thank you, NJ HOSA, for taking your time to browse through our newsletter, and we hope you enjoyed reading through our highlights and specific articles in this edition!

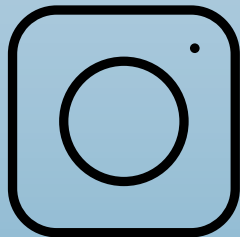
As we venture into the rest of the year, be sure to follow us along the journey through our socials! Until then, see you in our next edition!



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