

*Class of 2023*

# HOSEA



SPRING / SUMMER NEWSLETTER

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## *Back In-Person: Reflecting on the State Leadership Conference*

When I wrote my first NJ HOSA newsletter article back in the Fall of 2021, I could never fathom that, one day, I would be writing my last. Serving on the NJ HOSA State Executive Council for a two-year term has allowed me to experience the best of both worlds: a virtual HOSA year as well as in-person. Amidst all of the uncertainty, when reflecting on this year's first in-person State Leadership Conference (SLC) since 2019, one thing was for sure: NJ HOSA always brings the hype regardless of how long we spend apart. With that being said, this year's SLC was one for the books. From the cheers during the Opening Session to the enthusiasm throughout the HOSA Musical to the anticipation of the Awards Ceremony, our membership never ceased to display their everlasting support for NJ HOSA. On top of the competitive events, workshops, and keynote addresses, we are honored to announce a new line of State Officers succeeding in our positions on the State Executive Council in the coming 2023-2024 term of NJ HOSA. Not only do we congratulate these incoming State Officers, but we also thank the voting delegates representing our beloved membership who elected these officers. A similar line of voting delegates put their faith in me three years ago when I was first elected to serve NJ HOSA on the State Executive Council. Flash forward two years and I can confidently say that I am beyond privileged to have worked alongside two amazing State Officer teams, supportive staff, and a loving membership. Now without further a due, let's get into the last newsletter of the year!

Signing off,  
Ahdaf Zaman





## EMERGENCY PREPAREDNESS

### CPR/First Aid *Secondary*

1. Shrihith Golugula & Disha Garg
  - Middlesex County Magnet School
2. Alicia Bradley & Amanda Chen
  - Gloucester County Institute of Tech
3. Avery Crafton & Sophia Van Den Broek
  - Vernon Township High School
4. Iraa Boudib & Raj Shah
  - HCST County Prep
5. Sirin Baniya & Krisha Patel
  - Atlantic County Institute of Tech

### EMT *Secondary*

1. Melissa Corso & Emma Lee
  - Morris County School of Tech
2. Marissa Ajamian & Daniel Lovett
  - Vernon Township High School
3. Addison Mancill & Ava Martine
  - Cumberland County Technical Educational Center
4. Saniya Harlalka & Anuva Yonzon
  - Union County Academy for Allied Health Sciences
5. Dayannara Medina & Rohan Mohanakrishnan
  - Sayreville War Memorial High School

### EMT *Post-Secondary*

1. Sriya Chinthalapudi & Tanisha Shah
  - New Jersey Institute of Technology

## HEALTH SCIENCE

### Behavioral Health *Secondary*

1. Arushi Bhattacharya
  - Middlesex County Magnet School
2. Mia Zhong
  - JP Stevens High School
3. Vishruth Batchu
  - Monmouth County Academy
4. Anthony Narag
  - Morris County School of Tech
5. Saketh Karri
  - Morris County School of Tech

### Behavioral Health *Post-Secondary*

1. Lina Kim
  - Princeton University

### Cultural Disparities & Diversities *Secondary*

1. Sudal Dhoka
  - Middlesex County Magnet School
2. Aadi Gadekar
  - Morris County School of Tech
3. Mahisvi Vemulapalli
  - Hopewell Valley Central High School
4. Marielle Rodney
  - Bergen County Academies
5. Tara McHale
  - Monmouth County Academy

### Cultural Disparities & Diversities *Post-Secondary*

1. Julia Felice
  - Princeton University



# HEALTH SCIENCE

## Dental Terminology *Secondary*

1. Rishi Mittal
  - Middlesex County Magnet Schools
2. Veronica Belzak
  - Union County Vocational Schools
3. Rebecca Handsman
  - Union County Vocational Schools
4. Nadeem Mazahreh
  - BCIT - Westhampton
5. Salbia Zainab
  - Middlesex County Magnet Schools - Piscataway

## Foundations of Medical Terminology *Middle School*

1. Melody Hartman-Kelly
  - Explore Middle School

## Human Growth & Development *Secondary*

1. Katie Fu
  - Middlesex County Magnet School
2. Kelly Li
  - Union County Vocational Schools
3. Sanjana Anand
  - Middlesex County Magnet Schools
4. Nicole Bootnik
  - Marlboro High School
5. Udgita Pamidigantam
  - Thomas Edison EnergySmart Chater School

## Medical Law and Ethics *Secondary*

1. Aderinola Adegoke
  - Union County Vocational Schools
2. Joanna Perez
  - Morris County School of Technology
3. Trisha Gupta
  - West Windsor Plainsboro HS South
4. Vyshnav Rajiv
  - Middlesex County Magnet Schools
5. Charlie Benthin
  - Hunterdon County Biomed Sciences Academy

## Math for Medical Careers *Middle School*

1. Dmitry Sobolev
  - Explore Middle School
2. Lilla Bonavota
  - Explore Middle School

## Medical Math *Secondary*

1. Julia Chen
  - Union County Academy for Allied Health Sciences
2. Andrew Ko
  - Bergen County Academies
3. Hana Ighneim
  - Passaic County VoTech Schools
4. Jenna Manolacos
  - West Windsor Plainsboro HS North
5. Kira Zimmer
  - Monmouth County Academy

## Medical Math *Post-Secondary*

1. Vyas Pujari
  - Princeton University
2. Yejin Bann
  - Princeton University
3. Shailee Shah
  - NJIT

## Medical Reading *Secondary*

1. Aarnika Gharse
  - Middlesex County Magnet Schools
2. Nabeeha Nora
  - Morris County School of Technology
3. Erica Igere
  - Union County Vocational Schools
4. Shravani Gote
  - West Windsor Plainsboro HS South
5. Pranavi Pothuganti
  - Middlesex County Magnet Schools

## Medical Reading *Post-Secondary*

1. Mina Patel
  - Princeton University
2. Jan'nae Gordon
  - Princeton University
3. Danielle D'Allassandro
  - Ocean County College

# HEALTH SCIENCE

## Medical Spelling *Secondary*

1. Timothy Terrado
  - Union County Vocational Schools
2. Remiel Briglin Stanley
  - Monroe Township High School
3. Mahi Mahitcha
  - JP Stevens High School
4. Ronit Ganguli
  - West Windsor Plainsboro HS North
5. Tanvin Aren
  - Union County Vocational Schools

## Medical Spelling *Post-Secondary*

1. Alina Ho
  - Princeton University

## Medical Terminology *Secondary*

1. Aditya Kapadia
  - Morris County School of Technology
2. Divja Gullapali
  - Middlesex County Magnet Schools
3. Nitin Balajkannan
  - Middlesex County Magnet Schools
4. Ryan Do
  - Gloucester County Institute of Tech
5. Joseph Koyfman
  - Hunterdon County Biomed Sciences Academy

## Medical Terminology *Post- Secondary*

1. Caitlyn Scardigno
  - Ocean County College

## Nutrition *Secondary*

1. Nidhi Rajput
  - Middlesex County Magnet Schools
2. Praanjal Gajera
  - Passaic County VoTech School
3. Aditya Vij
  - Bergen County Academies
4. Nicolas Klisiewicz
  - Morris County School of Tech
5. Helen Zhou
  - Bridgewater Raritan High School

## Nutrition *Post-Secondary*

1. Hinano Tsuchiya
  - Princeton University
2. Rutgers University
  - Simran Patel
3. Jack Cuccurullo
  - Ocean County College

## Pathophysiology *Secondary*

1. Sanjay Kesavan
  - Morris County School of Technology
2. Sucheta Pansare
  - Morris County School of Technology
3. Bhavesh Manne
  - Middlesex County Magnet Schools
4. Nina Vadnere
  - Union County Vocational Schools
5. Zory Wen
  - Bergen County Academies

## Pathophysiology *Post- Secondary*

1. Daphne Hao
  - Princeton University
2. Siddharth Roy
  - Rutgers University
3. Elaine Ingoldsby
  - Seton Hall University
4. Aavi Gupta
  - Princeton University
5. Maria Rebecca Mendoze
  - Ocean County College

## Pharmacology *Secondary*

1. Sachin Aravind
  - Middlesex County Magnet Schools
2. Jack Parmegiani
  - Union County Vocational Schools
3. Sara Manjalay
  - Middlesex County Magnet Schools
4. Rithwik Aggarwal
  - Middlesex County Magnet Schools
5. Jai Desai
  - Sayreville War Memorial High School

## Pharmacology *Post-Secondary*

1. Sean Ajufo
  - Princeton University

# HEALTH PROFESSIONSS

## Clinical Nursing *Secondary*

1. Emily Gamarello
  - Pequannock High School
2. Maily Indacochea
  - Pequannock High School

## Dental Science *Secondary*

1. Valerie Hernandez
  - Passaic County VoTech Schools
2. Arleth DeJesus
  - Passaic County VoTech Schools
3. Aysenur Turkmenoglu
  - BCIT - Westampton
4. Kimberly Lam
  - Parsippany High School
5. Atlantic County Institute of Tech
  - Joleth Chavez Ortiz

## Home Health Aide *Secondary*

1. Carleigh Salazar
  - Morris County School of Tech
2. Jazmine Quintero
  - Morris County School of Tech
3. Scott Fellman
  - Morris County School of Tech
4. Simone Blanding
  - Cumberland County Technical Education Center
5. John Rachko
  - Bergen County Academies

## Home Health Aide *Post-Secondary*

1. Jamil Fayad
  - Princeton University
2. Heather Lopez
  - Ocean County College

## Personal Care *Secondary*

1. Gianna Victorino
  - Bergen County Technical School

## Medical Assisting *Secondary*

1. Giselle Martinez
  - Lakewood High School
2. Arisdelsi Acevedo
  - Cumberland County Technical Education Center
3. Julia St Clair
  - Sussex County Technical School
4. Gian Plata
  - Bergen County Academies
5. Brayan Roblero Romero
  - Cumberland County Technical Education Center

## Medical Assisting *Post-Secondary*

1. Charlotte Cox
  - Princeton University
2. Abishek Selvakumar
  - Princeton University

## Nursing Assisting *Secondary*

1. Tina Gordon
  - BCIT Westampton
2. Vanessa Lopez
  - Monmouth County Academy
3. Jessica Boccuzzo
  - Sussex County Technical School
4. Kiarah Powell
  - BCIT Westampton
5. Isabella Cardillo
  - Freehold High School

## Sports Medicine *Secondary*

1. Carolina Sharp
  - Cumberland Co. Technical Education Center
2. Thalia Stewart
  - Cumberland Co. Technical Education Center
3. Sophia Seier
  - Pequannock High School
4. Farreh Johnson
  - BCIT-Medford
5. Brandon Batres
  - Sussex County Technical School



# LEADERSHIP

## Extemporaneous Writing *Secondary*

1. Nabeeha Johra Anis
  - West Windsor Plainsboro HS North
2. Anushmita Dey
  - JP Stevens High School
3. Maya Patel
  - West Windsor Plainsboro HS North
4. Naiara Saafiguera
  - Technology High School
5. Iba Khan
  - Sussex County Technical School

## Extemporaneous Writing *Post-Secondary*

1. Arjun Prasad
  - Princeton University

## Health Career Photography *Secondary*

1. Catherine Royzman
  - Union County Vocational Schools
2. Irene Ren
  - Morris County School of Tech
3. Sia Muzumdar
  - Bridgewater Raritan High School
4. Mariah Fay
  - Passaic County VoTech Schools
5. Lauren You
  - Bergen County Academies

## Health Career Photography *Post-Secondary*

1. Sabreen Alam
  - Princeton University

## Healthy Lifestyle *Secondary*

1. Rishi Somani
  - Middlesex County Magnet Schools
2. Isabella Zelaya Alves
  - Bergen County Academies
3. Hasshir Hashmi
  - West Windsor Plainsboro HS North
4. Nandika Dhingra
  - Middlesex County Magnet Schools
5. Sayuri Shree
  - Freehold High School

## Job Seeking Skills *Secondary*

1. Lesley Barreto
  - Union City High School
2. Chloe Lin
  - Cherry Hill East High School
3. Diya Nair
  - Middlesex County Magnet Schools
4. Dev Doshi
  - JP Stevens High School
5. Chrismely Castro
  - Camden County Technical School

## Prepared Speaking *Secondary*

1. Arshia Ganesh
  - Middlesex County Magnet Schools
2. Eesha Oza
  - Bergen County Academies
3. Shivali Pandya
  - South Brunswick High School
4. Ananya Naveen
  - Monroe Township High School
5. Jesse-Rose Dadzie
  - Central High School

## Prepared Speaking *Post-Secondary*

1. Isaac Lunar
  - Princeton University
2. Nayeli Marlmol
  - Rutgers University

## Researched Persuasive Writing & Speaking *Secondary*

1. Nishka Maheshwari
  - Morris County School of Tech
2. Manasvini Jairam
  - Union County Vocational Schools
3. Alexander Campo
  - Bergen County Academies
4. Kish Parekh
  - Middlesex County Magnet Schools
5. Isabella Polyn
  - Passaic County Technical Vocational Schools

# TEAMWORK

## Medical Innovation

1. Song, Pugliese, and Kim
  - Bergen County Academies
2. Akhtar, Bari, Kondeti
  - Middlesex County Magnet Schools
3. Chebolu, Deoras, Polilen, Thallam
  - South Brunswick High School
4. Azhagumuthu, Jangam, Oppilamani, Thambireddy
  - West Windsor Plainsboro High School North
5. Gadhoke, Ngai, Ngai, Reikhy
  - Livingston High School

## Parliamentary Procedure

1. Cu, Ghani, Guardado, Ng, Makinde
  - Union County Vocational Schools
2. Abedullah, Bieniowski, Elkayal, Elkayal, Tero
  - HCST County Prep
3. Gandhi, Patel, Krishnan, Naralasetti, Sahin, Vadaliya
  - Morris County School of Technology
4. Furia, Godoy-Pieitez, Harish, Lieras, Ramirez Alemann
  - UCVTS
5. Bennet, Doshi, Kumar, Potluri, Singh
  - West Windsor Plainsboro HS North

## Public Service Announcement

1. Chembeti, Duggi, Kandra, Khandelwal, Nori, Thacker
  - Middlesex County Magnet Schools
2. Ravinutala, Shah, Trambadia, Vaithiyalingam
  - Morris County School of Technology
3. Gupta, Lee, Lim, Oliveria, Park, Zhou
  - Bergen County Academies
4. Abeydeera, Badgujar, Govil, Kulkarni, Patil, Sharma
  - South Brunswick High School
5. Autunnale, Bernardi, Estefont, Lee
  - Sayreville War Memorial High School

## Biomedical Debate

1. Nozic, Li, Kwon, and Chun
  - Bergen County Academies
2. Vetter, Brahmabhatt, and Bhattacharya
  - Morris County School of Technology
3. Batra, Sai Goribidanur, Kaur, and Anushka
  - Mercer County Technical Schools
4. Israni, Kotte, Laddha, Kambhampati
  - South Brunswick High School
5. Mantilla, Schwartz, and Shetty
  - Union County Vocational Schools

## Creative Problem Solving

1. Kurmi, Woods, Sawhney, and Daino
  - Monmouth County Academy
2. Banerjee, Bhatnagar, Isloor, and Sudhakar
  - Middlesex County Magnet Schools
3. Gnanarajah, Marugan, and Rajakumaresan
  - South Brunswick High School
4. Cuminsky, Lyndsey, and Mendoza
  - Union County Vocational Schools
5. Muppa, Thambi, Tiwari, and Vij
  - Monroe Township High School

## Health Career Display

1. Kumar & Dalal
  - West Windsor Plainsboro HS South
2. Vijayshankar & Anem
  - South Brunswick High School
3. Shahid & Adorno
  - Middlesex County Magnet Schools - Piscataway
4. Lakshmanan & Rajamuthiah
  - Middlesex County Magnet Schools
5. Cubberly & Thompson
  - Sussex County Technical Schools

## HOSA Bowl

1. Bharanidharan, Golvepalli, Murali, and Sangani
  - Middlesex County Magnet Schools
2. Cammon, Dranow, Kapadia, and Mahalingam
  - Morris County School of Technology
3. Dhar, Kawle, Santhosh, and Subbiah
  - Union County Vocational Schools
4. Day, Gupta, Dong, Pan
  - Bridgewater Raritan High School
5. DeThomas, Dreschler, Glantzberg, and Soumine
  - Monmouth County Academy



# SLC RECOGNITION

## Barbara James - Bronze

- HCST County Prep
  - Rita Elsamir
  - Anthony Maldonado
- Livingston High School
  - Kristen Ngai
- Middlesex County Magnet Schools
  - Dhanashri Balamurugan
- Morris County School of Technology
  - Sucheta Pansare
  - Aastha Trambadia
- Union County Vocational Schools
  - Vyas Dhar
  - Ali Iloglu
  - Timothy Terrado

## Barbara James - Silver

- Bergen County Tech HS Northern Valley
  - Hala Ajabbouli
- Morris County School of Technology
  - Aadi Gadekar
  - Shilvi Shah
  - Nitya Ravinutula
- Union City High School
  - Steffani Rajapaksha
- Union County Academy for Allied Health Sciences
  - Huda Memon
  - Clara Yu
- Union County Vocational Schools
  - Monica Manescu
  - Sophia Rahman

## Barbara James - Gold

- Bergen County Academies
  - Serena Liang
- Cherry Hill East High School
  - Anjali Soni
- Morris County School of Technology
  - Saketh Karri
- PCVTS
  - Esteban Ocana

## HOSA Happenings

- Union County Vocational Schools
  - Krish Kwate



# *Applying HOSA In Real Life*

**Prisha Oza & Brian Shi**

As the current NJ HOSA year comes to a close, summer is right around the corner! While NJ HOSA takes the time to prepare for the next year, we provided this article to give some inspiration on how you can advance your interests in the health professions.

Whether you're a high school freshman or a recently graduated college senior, perhaps the most vastly available way to spend your time is by volunteering. Spending time at a healthcare facility or volunteering as an EMT are by far the best ways to gain exposure to a potential future career pathway.

If you prefer something more academic, research or an independent project may be a good approach for your summer. There are various research-focused programs that all students can apply to and attend over the summer.

While the 2022-2023 year at NJ HOSA comes to an end, chapters can and should still engage in planning out potential events for next year! Be sure to use this time wisely, since it usually takes a good amount of time to gain approval from your school's Board of Education in order to host events, so getting the approval ahead of time can allow you to host the event earlier!

For some inspiration, here are some examples of events hosted by chapters this year!

- South Plainfield High School HOSA hosted a volleyball tournament with 4 other HOSA chapters (Woodbridge Academy, South Brunswick High School, Piscataway High School, Sayreville High School) on April 28th, which was aimed to gain donations for Be the Match
- Some NJ HOSA Chapters hosted therapy dog session's to relieve stress for members before conferences
- Morris County School of Technology (MCST) HOSA hosted a How-To Take Vital Signs Workshop to help their members learn a specific topic in healthcare

As summer is right around the corner, we can't wait to see what our New Jersey HOSA chapters accomplish this coming year!

# *Everything's Bigger in Texas: International Leadership Conference Reflection*

**Deepa Subramanya**

Even through the intense heat and humidity, the total of 12000 members that came together at the HOSA-FHP International Leadership Conference (ILC) in Dallas, Texas from June 21st to June 24th still had a grand old time! From competitive events to electing the new Executive Council for the coming year, members were constantly bustling across the Omni Hotel and the Kay Bailey Hutchinson Convention Center, networking with one another, making lifelong friendships, and running up to welcome each other with warm hugs.

The conference started off with the exciting Opening Session, where members were introduced to what this year's ILC had to offer. From a heartwarming story that shared the power of Be the Match to Keynote Speaker Brett Giroir to ending off with a spectacular fireworks show, members were shown the magic of healthcare and the coming days ahead.

The following days consisted of ATC testing & competitive events competitions, and members were running around fueled solely by adrenaline and passion. As we went through the Recognition Session and the Grand Awards Sessions, we were able to hear "NJ HOSA" echo through the walls as members rejoiced in their accomplishments.

As we all sit back now and enjoy the mild New Jersey heat, we soak in the post-ILC blues and reminisce on all the smiles, laughter, and memories we made at ILC 2023. Thank you to everyone that came and represented NJ HOSA, and we congratulate you all on another successful HOSA year! Until next time, here's a quick blast through the past :)



# WINNERS

## National Geographic Learning Academic Testing Center (ATC) Awards

- ATC - Career Development
  - 7th Place - Nora Cumiskey
- ATC - Occupational Health & Safety
  - 1st Place - Sofia Rahman
  - 9th Place - Ali Iloglu
- ATC - Allied Health Statistics
  - 2nd Place - Prisha Oza
  - 10th Place - Juhi Parikh
- ATC - Anatomy & Physiology
  - 1st Place - Aadithiya Bharanidharan
  - 6th Place - Brian Shi
  - 8th Place - Navneeth Murali
- ATC - Biochemistry
  - 3rd Place - Vyas Dhar
- ATC - Microbiology
  - 10th Place - Monica Manescu
- ATC - Physics College
  - 4th Place - Aadithiya Bharanidharan
  - 8th Place - Shrihith Golugula

## Event Winners

- Behavioral Health
  - 5th Place - Arushi Bhattacharya
- Biomedical Debate
  - 1st Place - Bergen County Academies
    - Kwon; Nozic; Santoshi; Chun
- CPR/First Aid
  - 2nd Place - Middlesex County Magnet Schools
    - Garg; Golugula
- Creative Problem Solving
  - 10th Place - Middlesex County Magnet Schools
    - Banerjee; Sudhakar; Isloor; Bhatnagar

- Cultural Diversities & Disparities in Healthcare
  - 1st Place - Aadi Gadekar
- Dental Science
  - 3rd Place - Valerie Hernandez
  - 5th Place - Arleth De Jesus
- Dental Terminology
  - 6th Place - Veronica Belzak
  - 8th Place - Rishi Mittal
- Health Career Display
  - 10th Place - West Windsor Plainsboro HS South
    - Kumar; Dalal
- Home Health Aide
  - 1st Place - Scott Fellman
  - 9th Place - Carleigh Salazar
- HOSA Bowl
  - 1st Place - Middlesex County Magnet Schools
    - Sangani, Murali, Bharanidharan, Golvepalli
  - 8th Place - Union County Vocational Schools
    - Kawle, Santhosh, Dhar, Subbiah
- Human Growth & Development
  - 5th Place - Katie Fu
- Medical Law and Ethics
  - 3rd Place - Aderinola Adegoke
- Medical Math
  - 7th Place - Andrew Ko
- Medical Spelling
  - 4th Place - Remiel Brigilin Stanley
- Parliamentary Procedure
  - 7th Place - Union County Vocational Schools
    - Ng, Guardado, Ghanj, Makinde, Cu
- Pathophysiology
  - 5th Place - Sanjay Kesavan
  - 10th Place - Bhavesh Manne
- Personal Care
  - 1st Place - Gianna Victorino



## Event Winners

- **Pharmacology**
  - 1st Place - Sachin Aravind
  - 6th Place - Jack Parmegiani
- **Prepared Speaking**
  - 9th Place - Eesha Oza
- **Researched Persuasive Writing and Speaking**
  - 7th Place - Nishka Maheshwari
- **Emergency Medical Technician**
  - 1st Place - NJIT
    - Shah, Chinthalapudi
- **Health Career Photography**
  - 1st Place - Sabreen Alam
- **Human Growth & Development**
  - 7th Place - Moon Patel
- **Medical Reading**
  - 1st Place - Minal Patel
  - 3rd Place - Danielle D'Allassandro
- **Medical Terminology**
  - 9th Place - Caitlyn Scardigno
- **Nutrition**
  - 5th Place - Simran Patel
- **Pathophysiology**
  - 3rd Place - Siddharth Roy
- **Prepared Speaking**
  - 5th Place - Nayeli Marmol
- **Researched Persuasive Writing and Speaking**
  - 1st Place - Noorulann Zaman

## Barbara James Service Award

- **Bergen County Academies**
  - Serena Liang
- **Bergen County Tech High School Northern Valley**
  - Hala Aljabbouli
- **Cherry Hill East High School**
  - Anjali Soni
- **HCST - County Prep**
  - Rita Elsamin
  - Anthony Maldonado
- **Livingston High School**
  - Kristen Ngai
  - Renee Ngai
- **Middlesex County Magnet Schools**
  - Dhanashri Balamurugan

- **Morris County School of Technology**
  - Aadi Gadekar
  - Saketh Karri
  - Sucheta Pansare
  - Nitya Ravintula
  - Shilvi Shah
  - Aastha Trambadia
- **PCVTS HOSA**
  - Esteban Ocana
- **Union City High School**
  - Steffani Rajapaksha
- **Union County Academy for Allied Health Sciences**
  - Huda Memon
  - Clara Yu
- **Union County Vocational Schools**
  - Nora Cumiskey
  - Vyas Dhar
  - Ali Iloglu
  - Krish Kawale
  - Monica Manescu
  - Bailee Ng
  - Sofia Rahman
  - Catherine Royzman
  - Brian Shi
  - Timothy Terrado
  -

## ABC Blood Drive Recognition

- **Gold Level Recognition**
  - Union City High School
  - South Brunswick High School

## Emotional Well-Being Challenge

- **Sayreville War Memorial High School**
  - Desai Patel

## HOSA Happenings

- **Union County Vocational Schools**

## HOSA Service Project

- **Union City High School**
  - \$1000 / 176.5 hours

# CONGRATULATIONS NJ HOSA!

*This year at the International Leadership Conference, NJ HOSA was recognized for being an IEC Engagement Award Finalist and for Membership Increase. Additionally, two of the NJ HOSA 2022-23 State Officers were elected as International Executive Council officers.*



## MEMBERSHIP INCREASE



*Historian*

*deepa*  
**SUBRAMANYA**

**Secondary Board Representative**



*President*

*ahdaf*  
**ZAMAN**

**Eastern Region Vice President**

# *A New Chapter In Our Books*

**Monica Manescu**

Inspiration. Opportunity. Flourishment. Excitement. As we prepare to flip to the next page of our NJ HOSA story, these are just several words reflecting upon the term behind us and that only illustrate a glimpse of the brightness in the year ahead. Marked by our successful transition back in-person, the past term has equipped our team with a plethora of insights for continued innovation and improvement both within and outside of our conferences. From boosting statewide interactivity to enhancing the conference experience to expanding our divisions and promoting increased professional development opportunities, we have so much in plan for next year. But, the story is incomplete without you, the members, so we look forward to seeing each of you get even more involved with our organization as we collectively embark on a new adventure in 2023-2024.

Keep bringing the enthusiasm, NJ HOSA, and get excited for another amazing year!





2022-23

# OFFICER SUPERLATIVES



Most Likely To  
Need A Haircut

Most Likely To  
Be a Shoulder  
to Cry On



Most Likely To Be  
An Influencer

Most Likely to  
Brighten  
Someone's Day



Most Likely To Be  
Accident-Prone

Most Likely to  
Sleep Through An  
Earthquake



Most Likely To  
Win the Nobel  
Peace Prize

Most Likely To  
Change the  
World



# Farewells

NJ HOSA!! THESE PAST 4 YEARS, YOU GUYS HAVE BEEN MY HOME AND MY FAMILY AND I AM SO GRATEFUL TO HAVE BEEN ABLE TO CONNECT WITH YOU ALL, WORK WITH YOU ALL, AND ABOVE ALL, CREATE MEMORIES I'LL CARRY FOR A LIFETIME. THANK YOU FOR THE SMILES, FOR BEING THE BEST DANCING & SINGING PARTNERS, AND FOR SHAPING ME INTO THE PERSON I AM TODAY. AS WE VENTURE INTO THE FUTURE, I HOPE TO MAKE YOU ALL PROUD & CAN'T WAIT TO SEE WHERE OUR PATHS WILL CROSS AGAIN. UNTIL THEN, THIS ISN'T A GOODBYE, FRIENDS, IT'S SIMPLY A "SEE YOU LATER" ;)



NEW JERSEY HOSA! IT HAS BEEN SUCH AN HONOR TO SERVE YOU ALL THE PAST TWO YEARS! EVERY MEMORY I'VE MADE WITH NJ HOSA HAS BEEN SO MEANINGFUL TO ME, AND I KNOW THOSE MEMORIES WILL LAST ME A LIFETIME (ESPECIALLY ALL OF THE DANCING, CHEERING, AND LAUGHING). IT HAS BEEN AN HONOR TO WALK BESIDE YOU ON YOUR NJ HOSA JOURNEYS, AND I HAVE CHERISHED EVERY MOMENT OF IT. I AM CONFIDENT THAT THE SPIRIT OF NJ HOSA, FUELED BY YOUR PASSION, WILL CONTINUE TO THRIVE AND MAKE A POSITIVE IMPACT ON THE LIVES OF OTHERS!



When I first heard the words "HOSA" echo through my high school walls 4 years ago, little did I know how much I would change through the course of my HOSA journey. Through this organization, I have had the opportunity to challenge myself to go beyond my comfort zone, make mistakes, and grow through the process. But best of all, I have had the opportunity to serve all of you, the members, and work alongside you all to better NJ HOSA over these past 2 years. Thank you for everything, friends, and I know I'll see you soon.



NJ HOSA, it pains me so much to say goodbye after 4 years of membership and 2 years on your executive council. Thank you for believing in me in April 2021, and providing me the opportunity and honor to serve you all. I appreciate all the lifelong lessons and memories I've learned from this amazing journey. Continue to impress us all NJ HOSA and have a great summer:)



# Farewells

My dear NJ HOSA friends, serving you for the past year has been a true pleasure and i am deeply grateful for each and every experience getting to know you all. From the lively dances, bright smiles, and loud cheers at our state conferences (finally back in person!) to seeing the growth of our organization across the year on our various platforms, the enthusiasm and pure passion each of you continues to bring to NJ HOSA has never ceased to inspire me. NJ HOSA, i am fully confident that the path that lies ahead holds so much beautiful potential and i cannot wait to uncover it together with you in the coming term!

Monica Manescu

With one year in the books, I cannot express how indebted I am to all of the wonderful people within NJ HOSA. It feels like yesterday when I walked into FLC—greeted by the unwavering eagerness in the breakfast hall—when I felt a rush of optimism knowing that a fun and fulfilling day was ahead. It's moments like these that give rise to many unforgettable memories, and I am confident to say that NJ HOSA has never failed to shatter my expectations at every moment of my time on this council. It has been my honor and privilege to serve all of you, and I look forward to a promising year ahead!

Prithvi

NJ HOSA, I have loved every second of serving on this council. Thank you for giving me a space to talk about mental health and raise awareness, and thank you for shaping me into the person I am today. I look back and cherish our conversations together, our laughs, conferences, and our Don't Forget the Lyric concerts on stage :). Heading into a new year on the council, I can't wait to continue connecting with you all, growing and learning together, and making a difference. The future is bright, NJ HOSA!

Kayla Chan

Hi NJ HOSA! I'm so grateful to have been able to serve as your NRVP this past year. You all make NJ HOSA amazing with your energy and compassion. I'm so thankful to have been able to make so many fun memories with you all at conferences throughout the year. Thank you for everything!

Wesley



# SEE YOU SOON, NJ HOSA

*Deepa Subramanya*

Looking back now, NJ HOSA's 2022-23 year was one unlike any other. Not only did we come back to in-person conferences, but we innovated the ways in which we captured memories, adapted to circumstances, and pursued our passions in healthcare. Thank you for giving me the great honor of being able to record these moments in history --- I will forever remember every vlog, newsletter, and initiative, and I hope it leaves a mark with you all as well. As we move into this next year, I cannot wait to see you all dare to create and continue fostering a community with each other. Until then, be sure to enjoy your summer and keep up with NJ HOSA through the socials displayed below!



*njhosa.org*



*New Jersey HOSA*



*@njhosa*



*NJ HOSA*