

2023 FALL  
NEWSLETTER

# NJ HOSA PULSE



**hosa** future  
health  
professionals  
NEW JERSEY

• • • September - November • • •



# TABLE OF CONTENTS

Page 3-5..... All About Us

Page 6..... New Year, New Team

Page 7..... WLA Wrap

Page 8..... Focus on FLC

Page 9..... Ideagen Global Goals Summit

Page 10.....The Importance of Short Term Memory

Page 11..... Medical Meal

Page 12..... Chapter Standards of Excellence

Page 13..... It's Running Season

Page 14..... Fall Farewells



# ALL ABOUT US

## 2023-2024 NJ HOSA State Executive Council

### President **Monica Manescu**

Hi NJ HOSA! My name is Monica Manescu, a senior at the Union County Academy for Allied Health Sciences, and it is an honor to be serving as your State President this year. My experience within NJ HOSA as both a past competitor and state officer last year has empowered me to Discover My Why as well as the beauty of servant leadership in seeing the direct impact of our work on our members. This year, my vision is to further connect with and advocate for our membership while expanding upon some of our past council's initiatives, from enhancing the conference experience to implementing the Chapter Standards of Excellence, our mental health initiative, and more. In my free time, I can be found writing (poetry or fiction), blasting music and singing (or attempting to) while going on drives, trying new foods, and learning new languages. I look forward to seeing what we all Dare to Create as a state this year and seeing you at our upcoming conferences!



### President-Elect **Aryan Garg**

Hey NJ HOSA! My name is Aryan Garg and I am a junior at the Woodbridge Academy Magnet School, serving as your President-Elect this year. I look forward to the unforgettable memories and bonds that all of us will make this upcoming year, as each and every one of you discovers your pathway in NJ HOSA. Along the way, I hope to continue fostering stronger partnerships and further service opportunities for members across our state. Outside of NJ HOSA, you'll typically find me eating a Chipotle bowl or listening to Christmas music on evening drives!

### Northern Regional Vice President **Kayla Han**

Hi NJ HOSA! It's Kayla, your Northern Regional Vice President, and I'm a senior at the UCTECH School of Design. This year, I'm excited to continue working with the team on NJ HOSA's initiatives, especially our mental health initiative which includes Wellness Wednesdays on Instagram. Outside of HOSA, you'll find me playing field hockey and going on dinner dates with friends and family. I look forward to talking with you all throughout this year's conferences!



# ALL ABOUT US

## 2023-2024 NJ HOSA State Executive Council



### Southern Regional Vice President **Asmaa Elhedoudy**

Hi NJ HOSA! My name is Asmaa 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 biggest goal throughout my term is to ensure that each NJ HOSA member has the guidance and support they need to have a successful HOSA experience. I hope to be a beneficial source for questions, concerns, or advice for all members! HOSA has truly brought so much out of me that I never even knew I had, and I would be honored to help foster that same growth and joy in other members as we jump into this new year!

### Postsecondary/Collegiate VP **Nimrat Kaur**

Hey NJ HOSA! My name is Nimrat Kaur, and I am honored to serve as your Postsecondary/Collegiate (PS/C) Vice President. Currently a sophomore at Rutgers University-New Brunswick, I am pursuing a major in Cell Biology & Neuroscience with a minor in Public Health. I am also on the pre-medical track, and aspire to embark on a career as a pediatric physician! From my high school journey to now, NJ HOSA has been instrumental in shaping my leadership skills and broadening my perspective within the healthcare field. Witnessing my personal growth in NJ HOSA during my secondary education, I made the deliberate choice to continue my involvement in this exceptional organization at the collegiate level. Throughout my tenure as your PS/C VP, my primary goal is to foster increased engagement among PS/C members, both existing and new. I am eager to understand the challenges faced by current PS/C chapters and collaborate on innovative solutions to elevate the overall experience at the postsecondary/collegiate level. I am enthusiastic about the opportunities ahead and look forward to working together to make our PS/C division the very best it can be!



### Parliamentarian **Brian Shi**

Hi Everyone! My name is Brian Shi, and I am a senior at the Union County Academy for Allied Health Sciences serving again as your state Parliamentarian for this year. Coming into my second term, I'm looking forward to expanding the professional opportunities available for the membership, whether that's through informational workshops or networking. Outside of HOSA, you can find me folding giant origami dragons (out of giant sheets of paper!) or waiting in line at my local Chipotle. Cheers!

# ALL ABOUT US

## 2023-2024 NJ HOSA State Executive Council

### Secretary

### Nimrat Kaur

Hi everyone! My name is Nimrat Kaur and I'm your 2023-2024 NJ HOSA State Secretary. A little background on me is that I was born in India and I can speak four languages fluently because of my upbringing and family origins. I love listening to Punjabi music, K-pop, and any trending song on TikTok/Instagram reels. When I'm not busy, you're likely to find me snuggled up in a fluffy blanket watching K-dramas, biking, doing Bhangra, or bantering with my three sisters. Now to get a bit professional, I'm currently a senior at the Health Science Academy of MCTS and aspire to become a medical researcher in the future. Also, if you haven't noticed already, I'm a very spontaneous person. :)

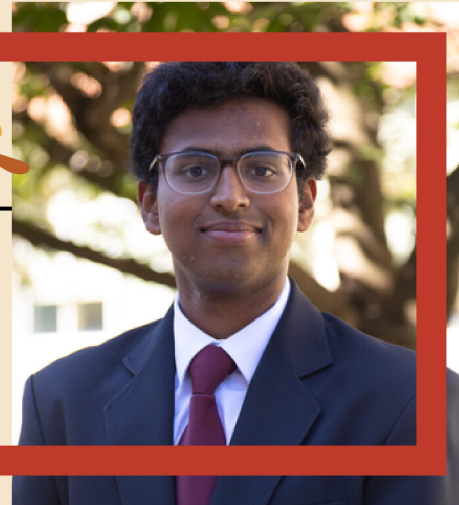


### Historian Ali Iloglu

Hey!!! It's Ali--your Historian for 2023-24! I'm super excited to make my term filled with color and creativity; you can find my work through the YouTube videos and newsletters! I joined HOSA to become a part of this healthcare driven family and am so honored to represent our amazing state of New Jersey! Aside from HOSA, I like to swim, hike with friends and family, and experiment in the kitchen. You can always find me singing along to Bad Gyal, The Weeknd, and Nicki Minaj. Heres to an amazing year!

### Member-at-Large Bhavesh Manne

Hello NJ HOSA! I'm Bhavesh Manne, a senior from the Woodbridge Academy Magnet School, serving as your State Member-at-Large this wonderful term. I am beyond excited to make a lifetime of memories singing, dancing, and learning as we discover our why together. I continue to work towards increasing member engagement, interchapter connectivity, and HOSA service opportunities for all of you this year. When I'm not in uniform you always find me dancing my heart out, bingeing movies, and biking around my town blasting Mariah Carey! Thank you all for what I know will be an amazing year!



# NEW YEAR, NEW TEAM

By: Monica Manescu

With our exciting transition back to an in person platform last year after the COVID-19 pandemic and our perseverance through the various obstacles we've faced, one quality has emerged as evidently strong among the members of the NJ HOSA community, and that quality is apricity. Like apricity, a symbolic term describing the warmth of the sun in the winter, the membership of NJ HOSA has never ceased to bring radiant enthusiasm and passion to every interaction, in spite of the stresses of the modern world. From smiles on the stage to energetic conversations in the halls, our NJ HOSA community has grown to be a family, and it is this same value that our new State Executive Council hopes to emulate in all that we do across our 2023-2024 term. Put simply, we're here for YOU - to support you, to address your needs (HOSA and beyond), to cheer you on as you pursue your journeys of becoming future health professionals in our global society.

Be it in person at our conferences, virtually across social media and Slack, or at our various Zoom events (coming soon - stay tuned!), strengthened engagement with and within our NJ membership remains a top priority for our State Executive Council (SEC) this year. As we approach this year's regional and state conferences, our new SEC team and NJ HOSA staff are working on further enhancing your experiences based on the past feedback our membership has provided as well as lessons carried on from the 2022-2023 term. Outside of our conferences, our team is also focusing on spreading awareness around the Be The Match 2023-2024 Premier Service Project, expanding our statewide mental health initiative started by our 2022-2023 SEC, and growing our secondary & postsecondary/collegiate divisions through advocacy for the creation of new chapters, among other initiatives. But this is just a sneak peak, so please check out the articles written by the rest of our SEC team in this edition of the newsletter to gain a more in depth understanding of our work and vision for this term.

With that being said, I'm confident this year holds much growth for our NJ HOSA community, and on behalf of the State Executive Council, we can't wait to see where 2024 takes us as we Dare to Create an opportunity and fun-filled year.



# WLA WRAPPED

By: Aryan Garg

This past September, our NJ HOSA state officer team attended the 2023 Washington Leadership Academy (WLA) and discovered the breadth of HOSA leadership across the world. Over four days, we had the opportunity to interact with the leaders of chartered associations and chapters from countless locations across the globe, and took part in outstanding workshops that allowed us to develop our leadership skills and grow our team dynamic. Organized by the International Executive Council and HOSA Inc. Board of Directors, WLA helped every officer discover their strengths and weaknesses, and teach teams to adapt in unfamiliar situations. Thinking back to the conference, I truly enjoyed the conversations I had with leaders from other States where I learned about their unique styles of advocating for HOSA. Prior to the conference, each officer had taken a Clifton Strengths assessment, which described our natural qualities and personal leadership styles. As we shared our qualities with HOSA officers around us and worked through activities designed to help us better understand our leadership styles, the Clifton Strengths results began to click! The International Executive Council did a beautiful job at designing workshops to help increase our self-awareness and creativity, allowing all of us to better understand the way we lead and the way we adapt.

We also discovered comical ideas for games to fundraise for Be the Match, created personalized “Mood Boards” that described our personalities with pictures & colors, gave practice presentations to “the Board of Education”, and much more! With all these experiences, there is no shortage of new opportunities, events, and workshops that we have brought back from D.C., and hope to provide you all within NJ HOSA. Our state officer team also published the 2023 WLA vlog, recapping all of the special moments during the conference! You can find the vlog located on our YouTube channel titled New Jersey HOSA. After all, the friendships formed, the memories made, and the lessons learned at WLA have undoubtedly helped us discover our whys, preparing us to lead NJ HOSA to an incredibly successful year alongside our members!



# FOCUS ON FLC

By: Nimrat Kaur (Secretary)

On November 3rd, 2023, we had our Fall Leadership Conference (FLC), and I can't stop thinking about it. One reason for that might be the incredible vlog created by our Historian, Ali Iloglu! If you haven't watched it yet, you need to go check it out and allow me to tell you all about the day!

FLC consisted of various workshops, networking, engaging activities, and most importantly getting to see the backbone of NJ HOSA. The chapters, unite under one roof to share their passion for HOSA. The workshop topics included Discover Your Why: Vision Boards, HOSA 101, Pitch Perfect, and Behind the Scenes: A Dive into Health Admin. My favorite one was Pitch Perfect and definitely not because it was the one I ran with Historian Ali. It's because I enjoyed seeing everyone rely on each other to come up with a HOSA-themed advocacy pitch that would be presented to a surprise judge (me/Ali mostly in a lab coat or with a fake mustache) within a short time limit. Many people entered the room nervous, especially once they found out they would be separated from their chapters; however, quickly the nervousness turned into excitement. Soon, everyone in the room was interacting with the bright new faces around them to develop a creative elevator pitch, truly demonstrating how versatile our NJ HOSA leaders are. So now that you know which one was my favorite, think back to your favorite workshop if you attended and make sure you are applying the lessons learned.

Workshops were not the only source of networking and fun at FLC. The members also danced alongside each other and competed in HOSA rap battles. Which did you enjoy more? I honestly can't choose between them. During Just Dance, I saw everyone get together and dance with friends they had just made and I loved the reactions we all had to some of the unexpected or more complicated dance moves that we still completely conquered. The HOSA Rap Battles led by our International Secondary Board Representative, Deepa Subramanya, lit the room with everyone's voices, contemplations over the best rhymes, and self-produced beats. It was amazing how fast everyone was working to try to get through all of the rap prompts with the subtle bantering and "rivalries" between the groups.

It was great to see how everyone came together and learned something new about NJ HOSA, healthcare, leadership, themselves, and other officers. We discovered that even though we all have unique backgrounds and experiences, we all share one thing: our passion for HOSA. Our individual stories integrated together with our love for HOSA bring us together and unite us as a stronger, powerful community at the end. Despite the road bumps, but it was a day I will always cherish and never forget. That being said, I hope you remember the day fondly as well and I'll see everyone later at regionals or states!





# IDEAGEN GLOBAL GOALS SUMMIT

By: Nimrat Kaur (PS/C VP)

On October 20, 2023, I had the opportunity to join Ideagen Global for their annual Global Partnerships and Global Goals Summit in Manhattan, New York. Convened at The Nasdaq Global Headquarters, several leaders came together to highlight their impact and foster efforts towards achieving the UN Global Goals by 2030. Among this diverse cadre of leaders were HOSA President-Elect Nick Ballard; Chair of HOSA, Inc. Board of Directors Marcus Henderson; and HOSA-Future Health Professionals Executive Director Sarah Walters. I had the privilege to witness them eloquently represent HOSA and its vast community of 265,000+ members.

They highlighted the work of HOSA-Future Health Professionals towards combatting the issues of healthcare workforce shortage and inequitable employment. Whether it is through partaking in competitive events or leading a chapter, HOSA allows us students to achieve a professional and learning environment FOR us, designed BY us. With this, I believe the biggest achievement of HOSA is the inclusivity it fosters through its diverse and international membership base. By opening opportunities to every student despite their background, the organization helps increase equity in education and healthcare.

As a first-generation student, I had little to no guidance in navigating the complexities of higher education and career development. It was only after joining New Jersey HOSA that I was able to build my interest in healthcare and develop the necessary skills I use to this day. From competing in Parliamentary Procedure, attending the Washington Leadership Academy, and serving as your Postsecondary/Collegiate Vice President, New Jersey HOSA has allowed me to actively work on my leadership development and gain new perspectives in the various aspects of healthcare. The freshman version of myself in high school would have never pictured me speaking in front of 100+ students, leading conferences, and networking with individuals across the globe! By fostering such opportunities for students like myself, HOSA-Future Health Professionals and its chartered associations— including New Jersey HOSA— help achieve and promote equity in quality education and healthcare. These achievements have created such an impact that Ideagen Global and The Permanent Mission of Greece to the United Nations even recognized HOSA-Future Health Professionals with The Global Impact Award. I am beyond proud to state that I am a member of such an organization that dedicates itself to supporting students and contributing to the advancement of healthcare and education on a global scale.



# THE IMPORTANCE OF SHORT TERM MEMORY

By: Kayla Han

Do you easily forget things? Can you remember what you ate for lunch 4 days ago? The color of your teacher's or coworker's shirt today? What about more important things like an assignment due date? Your family member's birthday?

We can forget things on a daily basis, yet we often don't forget what's already in the past and can't be changed: how we didn't prioritize and plan our time well enough, the mistakes we made on the field during the game last week, or that argument with a friend. In fact, it's more than not forgetting. We can often *dwell* in the past.

It's vital to learn from our mistakes and the past in order to change our behavior for different and better outcomes in the future. However, once we learn, that's where we need to let go of the past.

Don't get stuck in what's already done. We can't change the past, but can only change our actions looking ahead. All we can do is learn and move on.

This is having an intentionally "short term memory."

Having a short term memory allows us to set aside regret and mistakes, learn from them, and then continue at the task at hand, living life fully in the present, not consumed by something we can no longer control.

Living in the past only takes away from your fullest potential in the present.

Don't let yesterday take away from your peace today.



## 2 NEW EVENTS WILL BE OFFERED AT THE 2024 STATE LEADERSHIP CONFERENCE!

### **Mental Health Promotion (Emergency Preparedness event) \*1 team per chapter**

Eliminate stigma, educate, and learn about mental health with a team, working to create a social media campaign on mental health topics, risk/protective factors, and providing support!

Full details on official guidelines:

<https://hosa.org/wp-content/uploads/2023/08/23-24-MHP-Final.pdf>

### **Health Education (Teamwork event) \*1 team per chapter**

Gather a team to create a full, engaging lesson on a health-related topic (at your choice) that you will present to an audience! Compile a portfolio of your lesson and deliver a presentation that documents your project.

Full details on official guidelines:

<https://hosa.org/wp-content/uploads/2023/08/23-24-HE-Final.pdf>

\*\*\*Note that Creative Problem Solving (Teamwork event) will no longer be offered by NJ HOSA.

\*\*\*Mental Health Promotion and Health Education will **only** be offered at the State Leadership Conference, **NOT** Regionals



# MEDICAL MEAL: PUMPKIN PIE

By: Asmaa Elhedoudy

*Ingredients: You'll need...*

- 1 **passion** pie crust
- ½ cup of **strategizing** sugar
- 2 cups of **focus** flour
- 1 teaspoon of **collaboration** cinnamon
- ¼ teaspoon of **networking** nutmeg
- 2 cups of **purpose** pumpkin mash
- 1 tablespoon of **loyalty** lemon juice
- 2 **enthusiasm** eggs!



*Recipe:*

1. Preheat oven to 400 degrees in order to ignite the passion in the pie crust once fully baked
2. In a large bowl, mix together the strategizing sugar, focus flour, collaboration nutmeg, loyalty lemon juice, purpose pumpkin mash, and enthusiasm eggs
3. Once leadership mixture is created, spoon contents of the bowl into the pie crust and place it in the center of the oven
4. Let cool and enjoy!



# CHAPTER STANDARDS OF EXCELLENCE

By: Bhavesh Manne

Hear Ye! Hear Ye! It is our absolute pleasure to announce our newest State Leadership Conference recognition event - the Chapter Standards of Excellence! This is an event focused on highlighting every chapter's commitment to improving and connecting with HOSA throughout the year. There are four major task categories (Chapter Protocols, Fostering Chapter Interconnectivity, Service, and Leadership) with requirements in each category associated with point values for each. The goal is to accumulate as many points as possible to be recognized as a NJ HOSA Gold, Silver, or Bronze chapter at the State Leadership Conference!

In order to participate, be sure to reach out to your chapter advisor and/or president for more information. Also check the NJ HOSA instagram page (@njhosa), linktree, slack channel, or website for the checklist and tasks to be completed. Make a copy of this document and complete it as you and your chapter host events and enjoy the year. Be sure to take pictures to document your successes and upload them to receive credit. Finally, ensure you receive your chapter advisor's signature and submit the Chapter Standards of Excellence document by February 23, 2024 in order to be evaluated and recognized by New Jersey HOSA!

We are beyond thrilled to implement this event and encourage all of you to wholly partake in it! Simple chapter meetings to full-blown fundraising volleyball tournaments all count, and really emphasize the HOSA spirit of enjoyment, learning, and leadership concurrently. Thank you all for your efforts and we look forward to hopefully seeing a bunch of Gold-standard chapters at this State Leadership Conference! Make sure to reach out to any State Officer about this event with questions you may have.

Thank you and may the odds be ever in your favor!



# ITS RUNNING SEASON

By: Brian Shi

It's that time of the year again! NJ HOSA is accepting state officer applications up until January 4, 2024 for the 2024-2025 term. If you are interested in expanding your involvement within HOSA, we encourage you to apply!

With that being said, running for state office is a long process that requires both self-motivation and proactivity on the applicant's end. Because the exact, step-by-step details for running are found on our website and within the application document, I'll spare you some of the details and instead provide you with some advice for running:

1) First, reach out to your chapter advisor for information. Because NJ HOSA only allows a maximum of 5 members from each county to run, your chapter may or may not have a selection process to choose said 5 candidates. Some common means of nomination include, but are not limited to, a knowledge test, interview, or a combination of both.

2) Start brainstorming some reasons about why you would like to serve on the State Executive Council and what you could bring to the table as one of nine officers. This may seem trivial right now, especially if you're reading this early into the application process, but doing so will help you determine whether or not you can commit to an entire year—or in the case of president-elect, two years—of service. Furthermore, thinking about your role as a potential state officer will also help you determine what position will best suit you and potential campaign ideas when it comes to elections.

3) Network, network, network! You will have many chances to engage with members during both the Regional & State Leadership Conferences, as well as during our virtual events & workshops. Take these opportunities to get to know members and hear about their visions for the future of NJ HOSA. Furthermore, at the very end of the campaign process, your election will ultimately be in the hands of delegates all across the state, and being a familiar face can help you on your path to success!

As always, the current State Officers are always available to serve as a resource if you have any questions about the application process. Please remember that regardless of the outcome, running for state office will always be a meaningful experience that will provide you with many lessons and skills for your future endeavors. In fact, us current officers have our own share of campaign experiences, and we would love to share them with you if you are interested. Good luck, and we can't wait to see what you all have to offer!



# FALL FAREWELLS

By: Ali Iloglu

As we reflect on the journey we've embarked on together, it's truly heartening to witness the collective spirit and enthusiasm that define the essence of New Jersey HOSA. Each member contributes to our success, and we are immensely grateful for the dedication and commitment that have propelled us to this significant milestone of over 5000 members.

The friendships made within our HOSA community extend beyond professional development; they are bonds built on shared aspirations, mutual support, and a genuine passion for making a positive impact. Thank you for creating this environment where collaboration turns our organization into a tight-knit family.

As the historian, I am honored to capture the essence of our journey. The Fall Leadership Conference has provided me with a glimpse into the vibrance of our community, and I look forward to documenting the plethora of experiences we will share in the upcoming conferences. Your stories, achievements, and moments of victory will be preserved to inspire future generations of HOSA leaders.

So, when you spot me with a camera in hand during the conferences, don't hesitate to give a friendly wave – you might just find yourself featured on our state YouTube vlog! Let's continue to shine, celebrate each other's successes, and build a legacy that echoes the spirit of New Jersey HOSA for years to come. Thank you for being a crucial part of this incredible journey and hope to see you at the upcoming Northern and Southern Regional Conferences, taking place on January 20th and February 3rd, respectively. Start preparing for your events and continue to Discover Your Why!



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