

HOSA NEWSLETTER OCTOBER 2020

Unlock Your Potential



CONTACT US!

Vivienne Hutchins- President
president@tennesseehosa.org

Youstina Saber- President Elect
presidentelect@tennesseehosa.org

Madeline McCampbell- East TN VP
easttnvp@tennesseehosa.org

Kyle Herd- Middle TN VP
middletnvp@tennesseehosa.org

Shanteise Bonds- West TN VP
westtnvp@tennesseehosa.org

Sam Smith- Secretary/Treasurer
secretarytreasurer@tennesseehosa.org

Avery Keeler- Reporter/Historian
reporterhistorian@tennesseehosa.org

Kori Cupp- State Officer Coach
kori.cupp@tennesseehosa.org

Christina Isong- State Advisor
christina.isong@tn.gov

Instagram- @tennesseehosa
HOSA United- @hosauited
Twitter and Facebook- @tnhosa

A MESSAGE FROM YOUR EXECUTIVE COUNCIL

What makes you happy?

This month, your state executive council has been participating in the Global Leadership Academy, a unique virtual experience with the international council.. With this, we have worked on sharpening our leadership and teamwork skills in order to provide a more interactive experience and better serve the members of Tennessee HOSA. In addition, National HOSA challenged our state association to make a recruitment video highlighting what all Tennessee HOSA has to offer. Of course, we accepted the task and produced a video for everyone new or returning to HOSA to watch. Our video can be found under our new YouTube channel @Tennessee HOSA. Over the course of the month, your state officer team learned the value of taking time out of each day to do something for yourself, no matter how small that activity may be. Whether it is taking a walk, reading a book, or something as simple as petting your dog, taking the time to do something you enjoy is imperative as we go through 2020 together. So we challenge you: give yourself that much needed break and do something that makes you happy! Feel free to tag us when you post what you're doing during your breaks on Instagram @tennesseehosa and remember that your Executive Council is always here for you!



HOSA FIGHTS WITH YOU.

FOR MORE INFORMATION, VISIT
WWW.NATIONALBREASTCANCER.ORG.

HOSA UNITED

HOSA United is so excited to begin fundraising for the Children's Hospital at Vanderbilt! We look forward to seeing your individual progress as well as your chapter's grow. There are incentives for each level you may achieve that can be found at give.vanderbilthealth.org/hosaunited/.



Spread the word: The first week of November, we will be having our HOSA week! Get ready to find your #KEYSTOUNLOCKPOTENTIAL. To stay updated on the days, please check out the Tennessee HOSA social media platforms.

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, and now more than ever we see how important it is to remember we are all in this together. About 1 in 8 women will be diagnosed with breast cancer in her lifetime. Our mothers, daughters, friends, and neighbors need our support, and you have HOSA's. Tennessee HOSA is dedicated to spreading awareness this October, and promoting the fight for a cure. How will you support this cause?



How do I sign up?

An in depth tutorial on signing yourself and your chapter up to fundraise for HOSA United can be found on Instagram (@hosa.united) or YouTube, (@United-For the Kids.) Please feel free to reach out to our President Elect, Youstina Saber, if you have any questions!

Recruitment

HOSA membership for the 20-21 year is now officially open! Our organization aids in developing skills necessary for today's social and work environment by providing invaluable networking opportunities, leadership skills, and communication skills! If you would like to take your HOSA experience to the next level, then consider running for a State Officer position. Applications to become a 21-22 State Officer are now officially open! We are looking for motivated, compassionate, and determined individuals who are going into their junior or senior year of school to join our team.



Spotlight on...Alumni: Ilija Zezevic

This month's spotlight is on Tennessee HOSA alumni Ilija Zezevic. He is a second year medical student at Meharry Medical College pursuing a career in Critical Care. Ilija graduated from Hillwood High School in 2015, where he was president of his chapter. He was additionally a clinical intern and competed in Medical Innovations. Ilija has also earned a certification to be a Clinical Medical Assistant as well as an EKG technician. Thank you to Ms. Lora Hickman for the nomination. Tennessee HOSA is incredibly proud of Ilija and his achievements and look forward to his future endeavors. If you would like to nominate a current member, alumni, or advisor, feel free to email any Executive Council member.

In honor of Halloween,
we bring you a....

Dreadful Diagnosis

Alien
Hand
Syndrome

Alien hand syndrome (AHS) is a very uncommon neurological disorder! Someone with this disorder experiences a loss of control over a limb, typically the left hand. Although rare, this disorder has been triggered by surgeries on the corpus callosum, brain tumors, aneurysms, degenerative brain diseases, and even strokes. Now, what exactly might this look like? A 77 year old woman was watching TV when she noticed her left hand raise on its own to stroke her face and hair. Although she tried to stop, she was incapable of controlling the limb for about 30 minutes as the hand went about doing purposeful tasks, such as picking up and putting down the remote, touching her hair, and patting the couch. This is the case for many people who have experienced this disorder; their limb seems to be controlled by an external force anywhere from several minutes to several years. Because this disorder is so rare, it's still difficult for doctors to understand all of its complexity at this time; will you be the one to one day figure it out?