

November 14, 2018

2018 Fall Leadership Conference



A big big thank you!

At the 2018 Area Three Fall Leadership Conference, our members had a blast learning from their peers and professionals in the medical field.

Attendees got messy while fingerprinting with Bella Gutierrez and while trying their hand at drawing blood with the Collin College School of Phlebotomy.

Students also practiced team building skills with Valaya Nokeo and Joanna George, the Area Three Secretary and Historian. Members also received

information on how to become a Texas HOSA officer with our very own Jana Gil and Titilayo Arowolo, your Area Three Reporter and Vice President.

During lunch, members had the opportunity to raise funds for the HOSA Service Project, the National Pediatric Cancer Foundation (NPCF) by taping Megan Murto, the Area Three President, onto the wall for \$1 per 12 inch strip. Students had fun banding together and figuring out how to best secure her on the wall, raising \$110 in the process!



NATIONAL
**PEDIATRIC
CANCER**
FOUNDATION
RISE UP FOR A FASTER CURE

Members, ready to get started?

For the 2018-2019 year, we can help the NPCF by providing life-changing opportunities by becoming an ambassador and starting fundraisers at your local chapter.

[About the National Pediatric Cancer Foundation](#)

NPCF is a nonprofit organization dedicated to funding research to eliminate childhood cancer. Their focus is to fund research to fast-track less toxic, more targeted treatments by partnering with 24 leading hospitals nationwide.

[website](#)

Read more on their Mission Statement:

Since 1991, the NPCF has been a shining light for children fighting cancer by donating millions of dollars to research. Their clinical trials are yielding amazing discoveries that are saving children's lives.

CHAPTERS Doing Great Things!

Berkner High School: Organized fundraiser during the Berkner Bazaar where they sold first aid kits to customers around.

Rockwall Heath High School: Students engaged in blood drive and had many members donate blood.

Frisco Heritage High School: Project Purple community awareness team engaged in mental health week to end stigma.

Richardson ISD: Organizing study sessions every Saturday in preparation for online testing.

MEDICAL INNOVATION

Being in the health sciences field not only give opportunities for interpersonal development, but it also allows those in it to be apart of major medical innovations. The Cleveland Clinic has revealed the new, greatest innovation: neuromodulation. People with obstructive sleep apnea know that it can truly be a lifelong condition. Patients with sleep apnea use the C.P.A.P. machine, a way for them breathe all night. The only problem: CPAP machines are nothing short of a nuisance. There is unwanted noise, pressure intolerance, mask irritation, nasal condition, and dry mouth. Surveys show that over 40% of people with sleep apnea refuse to wear their machines, and 55% of people just “forget to wear it.”

Now, there is a surgical implantation that allows the opening of airway muscles. During the patient’s sleep, these implants sense breathing patterns and deliver mild stimulation to the muscles surrounding the airway. This allows for breathing to continue as normal. The implantation of these devices are minimally invasive, and the recovery time is not very long. In 2014, these neuromodulation devices received FDA approval, and now they have just finished clinical testing. Soon, they could make their way into the common folk’s hands.

SPRING LEADERSHIP CONFERENCE

The most anticipated time of the year is almost upon us! The theme for the Area Three Spring Leadership Conference this year is “Find Your Inner Superhero”, a theme that emerged from our desire for each of our members to become the extraordinary person we know they



can be. In preparation for this exciting event, make sure to bring a photo ID and competition guidelines in order to compete. Also be sure to check your specific competition guidelines because some events require the competitor to bring their own materials. After competing, don't forget to join your Area Three officer team at the social to capture your memories at our photobooth and work together with your friends in our scavenger hunt.

We will also be giving out the Area Three spirit award this year to the school with the most spirit, so be sure to wear **orange**, bring posters, and show your love of HOSA!

Please send any pictures of your chapter from throughout the school year to hosatxarea3@gmail.com or post pictures on instagram with #area3iskey for the chance to be seen on the big screen!

