

FALL EDITION

TEXAS HOSA

STATE TEAM UPDATES



Your Texas HOSA state team has been tirelessly at work planning social media initiatives and the state conference. They have also been busy attending leadership development courses such as HOLA, LDI, and WLA. They are so excited to kickstart this year! At the Washington Leadership Academy, your officers had a great time networking with officers from different states and learning to explore their strengths as a team. They also got to explore national monuments and advocate for CTE funding on Capitol Hill!

BACK TO HOSA

With the start of a new school year, Texas HOSA is excited for our local chapters to start getting active. We are so proud of the members who have held recruitment events, and started meetings! Great things are to come with the start of the competition season!

HOSA MADNESS

This summer, Texas HOSA embarked on a social media challenge, encouraging members to get healthy and active, by submitting photos for the varying weekly subjects. We would like to give a shout out to Area 1 for being our champions!

WHY SHOULD YOU BE A MEMBER?

HOSA is not only a club for future health professionals, but it is also a family of members! There are countless volunteer, leadership and personal development opportunities. Your Texas HOSA officers want to see YOU getting involved!

HEALTHY HOSA

We care about your health and wellness! Here are some health and wellness tips from your state officers:

- Choose water over sugary drinks.
- Prioritize your mental health.
- Get at least 30 minutes of activity every day.

MEMBER MAKING HISTORY



LAHARI SIDDABATHULA

Lahari Siddabathula is an active member of HOSA who is making history! She currently serves as the secretary of her HOSA chapter at Leander High School. She has left her mark by being the first sophomore in her school's history to place at the state level. Speaking of making history, she helped plan her school's first-ever blood drive where they successfully collected over 30 units of blood. Aside from making life-saving changes, Lahari is described by her peers as, "A wonderful friend and amazing leader!" She has increased Leander's HOSA membership by 20%, while also inspiring many underclassmen to join the fun of competitions! We are so proud of Lahari and all of our members for making history in their HOSA programs!

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BE THE MATCH

Texas HOSA is continuing to be active in supporting our national service project: Be the Match. We encourage you to start up a website for your chapter, get members to sign up for the registry, and raise money! Here is a list of some fundraising ideas:

- Sell candy grams at your school.
- Hold a bake sale.
- Host a community event such as trivia night.
- Host a walk-a-thon.
- Set up a spirit night.



KEEPING THE HOSA SPARK ALIVE

Lianna Villarreal is a sophomore at the University of Texas at Austin, who is keeping the spark of HOSA alive at the collegiate level! She is currently pursuing a biology undergraduate degree with a minor in Sociology and a certificate in Pre-Health Professions for Science Majors. She previously served as the Texas HOSA Area 1 Historian and is continuing her leadership by currently serving as the Competitions Director for UT HOSA. She helps her peers navigate the competitive event process and promotes active membership! We love seeing our members work to spread the love of HOSA.



LIANNA VILLARREAL

COMPETITIVE EVENT SPOTLIGHT

Online Testing is approaching fast. Not sure what to compete in? Check out our new competitive event *Mental Health Promotion*. This is a group event focusing on bringing awareness to mental health. Team member's will learn about mental health and create a social media campaign for mental health awareness! Check out this event and more at: <https://hosa.org/guidelines/>

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INTERNATIONAL LEADERSHIP CONFERENCE

This past June Texas HOSA members across all 7 areas showcased their skills at the International Leadership Conference in Nashville, Tennessee. We are proud to say that our members representing our lone star state held the saying "Don't mess with Texas" true! Texas HOSA was recognized for being the largest state association. Our President, Jocelyn, was in attendance and when asked about 2022 ILC, she said "It was amazing being able to meet such incredible members not only in our state, but across borders as well. I am so proud to be a part of such an amazing community." It's safe to say the the 2022 International Leadership Conference was a success for Texas. The state team can't wait to see our members thrive this at year's conference which will be held in no other than Dallas, Texas!



KARINA PARRA

STICKING WITH HOSA

Karina Parra is an active HOSA member who has stuck with HOSA all four years of High School. Starting in her freshman year, she made it to the area competition after advancing in online testing. Following that, in 2022 she advanced to the State competition. Outside of competitive events, she is known to be a helping hand in her chapter. She is always available to volunteer and help out with fundraising. It is so inspiring to see our members stick with the HOSA program, and be a helping hand to support their chapters. Our members are what keep the program afloat!

FALL LEADERSHIP CONFERENCES

We are so proud of all of the seven areas for hosting successful Fall Leadership Conferences! We hope you all had a great time learning, networking, and growing with your fellow HOSA members!

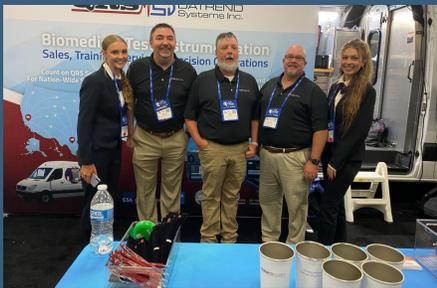


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TEXAS HOSA OFFICERS GETTING INVOLVED

Your Texas HOSA officers are staying involved and active in healthcare conferences and events. In June, Kristina attended a national biomedical technology conference where she got to learn about biomedical technology and spread information about HOSA to national and international companies!



In August, Jocelyn got to speak at the annual Philippines Nurses Association! She got to network with current health professionals well as share the message of HOSA and a connected healthcare community!



LOOKING FORWARD

As we look forward to a great year, we are excited to see where this community will take you. We wish you the best of luck in all your endeavors, and we hope to see YOU at our State Leadership Conference in Round Rock, Texas. We encourage you all to stay involved, stay active, and stay healthy! Continue growing in your communities and networking with your fellow members. If we can be of any help to you do not hesitate to reach out on our social media platforms!

STAY CONNECTED

Follow us on social media!

INSTAGRAM :
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FACEBOOK:
@TEXASHOSA