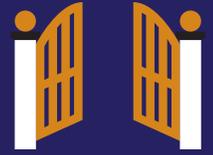




# TEXAS HOSA FALL NEWSLETTER



YOUR GATEWAY TO GREATNESS



## Texas HOSA Social Media

Follow us to stay  
up to date on  
everything  
Texas HOSA



Insta: @officialtexashosa  
Facebook: @TexasHOSA  
Twitter: @TexaHOSA

Make sure to submit  
photos of all the  
exciting activities and  
meetings happening in  
your chapter! Scan or  
click on the QR code to  
share your amazing  
photos to have a chance  
to be featured at the  
State Leadership  
Conference in March!



## Texas HOSA State Leadership Conference

Your state officers are hard at work planning for a  
engaging, educational, and challenging state  
conference full of exciting competitions,  
educational opportunities, and ways to connect.  
Whether the conference is in person or virtual it is  
sure to have an impact on your HOSA experience.  
Also, be sure to tune into our social media as we  
will be announcing the state conference theme in  
December! We can't wait to see you at the state  
conference and throughout the rest of the year  
unlocking your full potential and reaching  
greatness!

## Area Spring Leadership Conferences

Due to COVID-19 the Texas HOSA Board of  
Directors voted to move all area SLCs to a virtual  
format this year. Although virtual, your area  
conference is sure to include the same  
excitement and opportunities like any other  
Texas HOSA conference! The deadline to register  
for the 2021 Virtual Spring Leadership Conference  
is January 6, 2021. For more information and the  
full schedule for the 2021 Texas HOSA Virtual Area  
Leadership Conference check out the Texas HOSA  
website at <https://texashosa.org/conferences/>

# Identify that Medical Myth!

Below are seven possible medical myths. Decide if they are true or false and check your answers at the bottom of the page!



1. Children don't get kneecap bones until they are three years old.
2. Your blood turns blue when it's out of oxygen.
3. Humans have 100 billion brain cells.
4. Fish oil does not reduce the risk of heart disease.
5. Every gene in your DNA codes for exactly one protein.
6. Step counters and calorie trackers do not help you lose weight.
7. The chemical tryptophan in turkey makes you sleepy.

Be an active Match Ambassador by regularly checking <https://www.bethematchhosa.org/> and following Be The Match on social media at @Bethematch

Help Be The Match save lives by joining the registry! If you're not 18 you can still help by spreading the word through social media, donating, and fundraising.



Make sure your HOSA chapter is registered with Be The Match through the collaborative HOSA Match Page to keep track of members in the registry, connect your social media, and have a centralized fundraising page along with additional fundraising ideas. You can register your chapter by clicking the Be The Match logo or going to <https://bethematch.donordrive.com/index.cfm?fuseaction=register.start&eventID=507>

# Promoting Membership

Encourage members to compete in HOSA by highlighting the awesome learning, networking and team building opportunities HOSA has to offer through its magnitude of competitions. Recently, Brazoswood HOSA hosted a competition fair for its members. Local officers shared brief summaries of each competition. This allowed members to find a competition that interests them and boosted competition sign ups!



Invite an area and state officer to attend a local chapter meetings. The form to request an officer to virtually attend your meeting is located on the Texas HOSA website. These visits allow members to ask questions and learn more about the wonderful opportunities Texas HOSA has to offer!



Invite health professionals to be guest speakers at your local chapter meetings. Guest speakers help members gain knowledge and insight in the medical field and motivate them to continue their journey to becoming future health professionals. With most meetings virtual you are no longer limited to local medical professionals and can invite healthcare workers from around the world who are willing to come speak at your virtual meeting.

Keep meetings fun and fresh! HOSA meetings can get long, serious, and stressful. By introducing ice breakers, mini breathing breaks, and team building activities you can make meetings more engaging and fun!

**1.T 2.F 3.F 4. T 5.F 6.T 7.F**

