

# ILLINOIS HOSA FALL NEWSLETTER

NOVEMBER 2021

## 2021 - 2022 State Officers

President - Jordan Abenes  
Vice President - Rohita Kotyada  
Secretary - Annalisa Hoskins  
Treasurer - Chloe Cardoza  
Reporter - Kelly Stoffle  
Parliamentarian - Anahi Guzman  
Sentinel - Dia Patel  
Historian - Hera VanHooser  
Northern VP - Satvika Alur  
Southern VP - Anna Kosierkiewicz  
SMAL - Madison Hood



## FLC 2021



This year's Fall Leadership Conference was phenomenal, it was great to be back in person! At the conference, the attending officers performed various icebreakers to get to know the other officers from around Illinois. One of the icebreakers attendees performed is called Mingle, Mingle, Mingle. In this icebreaker, participants walk around the room until the time is called. Once time is called, you converse with the person closest to you and answer the given prompt. This icebreaker gave attendees the chance to speak with new people and get to know one another! Furthermore, there were also various team-building exercises. One of which being Diagnose the Patient. In this exercise, participants were divided into groups and each group was given a patient scenario. The officers had to work together with their group to diagnose the patient. This exercise showed the importance of teamwork as every person has different strengths which played diverse roles in diagnosing their given patient.

In addition, our speaker Luis Lopez taught us great amounts in regards to leadership and teamwork. One key take-away from Luis' speech is the 8 Steps to Building an Effective Team:

1. Everyone In - Everyone's ideas are valuable.
2. Read Between the Lines - Be cautious of team member's unspoken feelings.
3. Act As A Harmonizing Influence - Take the opportunity to mediate disputes.
4. Share Responsibility - Every team member has a part.
5. Time To Share - Emphasize the importance of everyone's contribution.
6. Have Clear Intent - Establish clear goals of what needs to be accomplished.
7. Be Goal Oriented - Establish team values and goals.
8. Be There - Make sure to not only show up, but be there for your team members.

# BE THE MATCH

## WHAT IS IT?

Be The Match is a nonprofit organization operated by the National Marrow Donor Program (NMDP) that HOSA has partnered with. Be The Match is dedicated to providing life-saving transplants to those diagnosed with blood cancers, such as leukemia and lymphoma. Patients diagnosed with these illnesses turn to Be The Match to find donors that match them. They can then receive the bone marrow or blood cord transplant they need.

## WHY IS THIS CAUSE IMPORTANT?

Every 3 minutes, someone is diagnosed with a form of blood cancer. That means 20 people each hour, and 480 people each day. Even worse, 70% of those who need a transplant do not have a fully matched donor within their family. These patients depend on the Be The Match donor registry to find someone who can help them, which is why it's such an important cause.

## HOW CAN YOU HELP?

THERE ARE SO MANY WAYS TO SUPPORT BE THE MATCH!

### Join the Registry!

A great way to support Be The Match and the patients counting on it is to join the registry. Once you're a part of the registry, you can be matched to a patient in need. There are two types of donations that can be made: bone marrow and blood cord. In order to join the registry and donate, you must be 18 years old and meet the medical requirements found on [bethematch.org](http://bethematch.org).

### Donate Financially!

Be The Match is a nonprofit organization, thus donations are always welcome. The donated money helps cover uninsured costs for those receiving transplants, support the organization, and fund research.

### Volunteer!

Be The Match is always looking for volunteers to support their cause. There are various ways you can volunteer: host fundraising events, host donor registration events, attend Be The Match events, swab labeling, and more! make sure to check the Volunteer section on [bethematch.org](http://bethematch.org) for current opportunities.

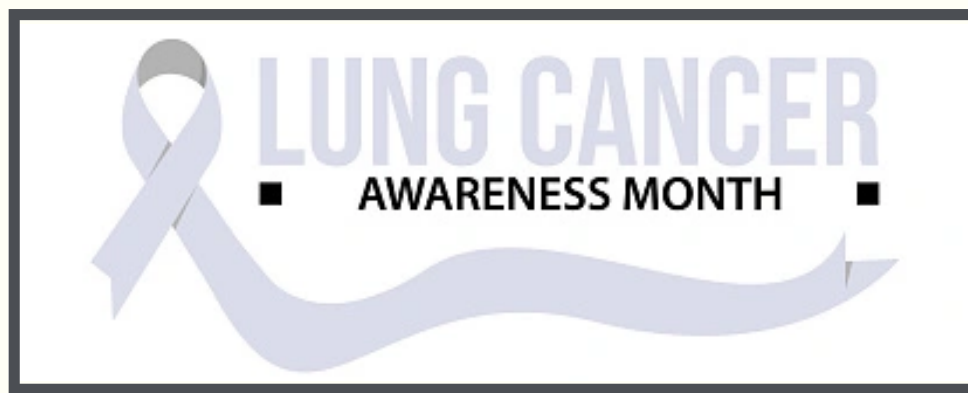
*Be sure to check out [bethematch.org](http://bethematch.org) or [@bethematch](https://www.instagram.com/bethematch) on Instagram for more information!*



**BE**  **THE MATCH**<sup>®</sup>

# NOVEMBER - LUNG CANCER AWARENESS MONTH

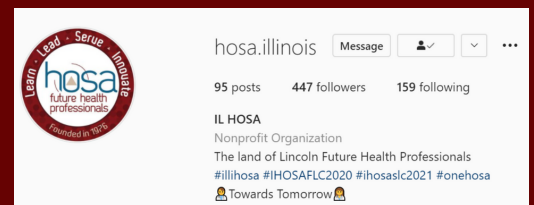
November is the dedicated month for lung cancer awareness. It is predicted by the LUNGeivity foundation that more than 235,000 people will be diagnosed with lung cancer this year, which is equivalent to 1 diagnosis every 2.2 minutes. Furthermore, they estimate that 65% of all new lung cancer diagnoses will be of people who are former smokers or have never smoked. Thus meaning that lung cancer is posing an even greater risk to all members of society. Additionally, according to the American Lung Association, only 16% of lung cancer cases are diagnosed in an early state. Spreading awareness about lung cancer is crucial so that people are aware of the symptoms and can be diagnosed at an earlier state where survival chances are higher.



## IMPORTANT DATES

- November 24 - SLC Competition Registration Deadline
- November 29 to December 23 - Preliminary Rounds for SLC
- February 1 - Due date for State Officer Position Application
- February 16 to 18 - SLC (BOS Center in Springfield)
- June 22 to 25 - ILC (Nashville, Tennessee)

Make sure to follow  
[@hosa.illinois](#) on Instagram  
for updates on upcoming  
events!



# SCHOOL SHOUT-OUT

## WHAT ARE HOSA CHAPTERS AROUND ILLINOIS DOING?

### WARREN TOWNSHIP HIGH SCHOOL HOSA PARTICIPATES IN THE ALSF FUNDRAISER TO RAISE MONEY FOR CHILDREN WITH CANCER

Alex's Lemonade Stand Foundation was created by a 4-year old girl named Alex who was diagnosed with neuroblastoma, a type of childhood cancer. She was determined to help kids just like her so she made a lemonade stand to raise money.

We conducted this fundraiser the entire month of September, and asked our members to join our team, spread the word, and donate. We encouraged members to share this on their social media to help promote this great cause.

Warren Township High School HOSA raised \$1,823 towards Childhood Cancer! We are so incredibly grateful for all of the donations to this wonderful cause.



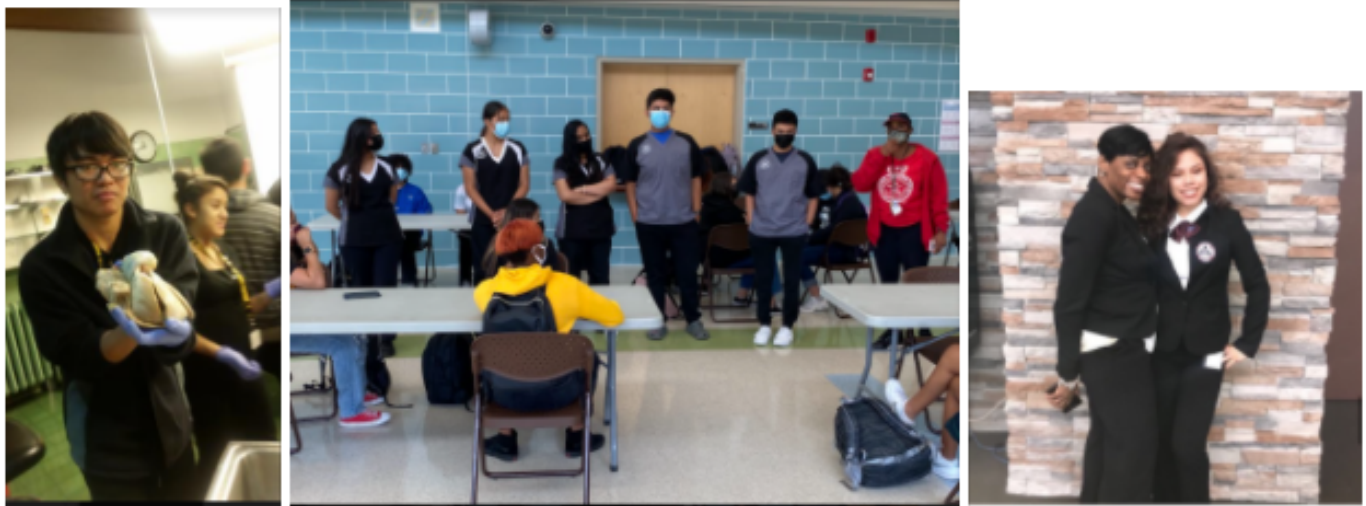
# Benito Juarez Hosa Chapter: HOSA Shout Out!!!

We are Benito Juarez Community Highschool, representing the 2021-2022 HOSA Chapter. Not only representing our school but representing the small communities we come from and our family who will support us throughout this journey. HOSA has helped our students throughout time. Benito Jurez has been part of HOSA since the first start in the year of 2018. Hosa has helped us to know our path and what we want and should expect in life. Our fundraisers have helped our students get to HOSA such as some of the fundraisers like Nacho Tuesday ,Quarterly Blood Drives ,Holistic Health Fair, Pennies for Leukemia. These funraisers have helped us get to HOSA and compete with other schools, show our skills and demonstrate them. Through time it has been worth it for every student.



Some of our graduates alumni as members of HOSA were Shandiamond Trevino, President and graduate of 2019-2020. Nancey Hernandez HOSA Vice President graduate of 2019-2020. Evelyn Montiel HOSA Secretary graduate of 2019-2020.

Guadalupe Rodriguez HOSA Treasure graduate of 2019-2020. This alumnus has pursued their goal after highschool. They have been part of HOSA since their sophomore year and impacted their discipline throughout highschool and the responsibility HOSA provides to our students after high school. Not only do we see HOSA as a place of discipline and what it provides us but share with other students from other schools who are also learning and want to dedicate themselves to the medical field.



HOSA has not only impacted our students' learning but has helped our communities grow. Our students have the skills to help out our community in a healthway. Our fundraiser, our health fairs have helped our community grow stronger and our younger generation look up to us and considered being part of our school and learned more of the medical field. We try to do our best to better our communities with our hard work, for example many of us come from different communities such as Pilsen, Little Village, Bridgeport etc which are communities who are not really known for positive things.



We are excited to attend HOSA 2021-2022 in person with new members of HOSA this year. With a new team of officers. We are happy to compete and learn from other students. We are thankful to have such a good impact on our students like HOSA did. We are fortunate to experience this journey with our new members of HOSA.