

2026-2027

First Club Meeting (October)

- Introductions
 - Name
 - Grade
 - Field of Interest?
- What HOSA stands for:
 - Dedicated to preparing and empowering students interested in pursuing careers in healthcare
- Goals:
 - Career Development
 - Leadership Development
 - Community Service
 - Networking
 - Personal Growth
- Fundraising:
 - White Tulip Free Clinic: [Whitetulip Free Clinic-Maryland - Whitetulip Health Foundation](#)
 - Alzheimer's Association
 - Parkinson's Foundation
 - Other Ideas?
- Some plans for this year:
 - Guest Speaker Events
 - Fundraising
 - Competitive Events
 - Field Trips
 - Workshops
 - Labs
- Chapter Officer Elections:
 - Elections: DATE
 - Treasurer(s)
 - Spearhead activity planning for fundraisers
 - Social Media Manager
 - Design infographics and posts for the HOSA Instagram
 - Director of Communications
 - Send out weekly emails/updates
 - Serve as liaison for HOSA updates in forum
 - Pres-Elect: Voting for top candidates + Application/Interview
 - Train to be the next president of the club

- Expectations and Guidelines Presentation: [HOSA expectations 2025-2026.pptx](#)
- Important Links:
 - GroupMe: https://groupme.com/join_group/108763681/7VvNPwe9



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- Instagram (@gcs_hosa):
https://www.instagram.com/gcs_hosa?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDc0MzIxNw==
- LinkTree: [GCS HOSA | Instagram | Linktree](#)
- Sign up for HOSA competitive events: [HOSA 2026-2027 Competitive Events - Google Sheets](#)
- Tour of HOSA Website:
 - marylandhosa.org | Education, Leadership & Healthcare
 - [What Is HOSA? – HOSA](#)
- HOSA Resources:  HOSA Resources
- Be on the lookout for weekly updates
- Any questions?
- Plan for next meeting:

2025-2026

First Club Meeting (October 14)

- Introductions
 - Name
 - Grade
 - Field of Interest?
- What HOSA stands for:
 - Dedicated to preparing and empowering students interested in pursuing careers in healthcare
- Goals:
 - Career Development
 - Leadership Development
 - Community Service
 - Networking
 - Personal Growth
- Parkinson's Foundation Fundraising Details
- Some plans for this year:
 - Guest Speaker Events
 - Fundraising
 - Competitive Events
 - Field Trips
 - Workshops
 - Activities
- Chapter Officer Elections:
 - Send out interest form
 - Elections: 10/21
 - Newsletter Manager - Aila M.
 - Social Media Manager
 - HOSA Instagram
 - Communication Liaison
 - Emails
 - Forum
 - Secretary
 - Take notes for meeting to send out as a PDF with the weekly emails
 - Treasurer
 - Help with fundraisers
- Expectations and Guidelines Presentation: [HOSA expectations 2025-2026.pptx](#)
- Important Links:
 - GroupMe: https://groupme.com/join_group/108763681/7VvNPwe9



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- Instagram (@gcs_hosa):
https://www.instagram.com/gcs_hosa?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzIxNw==
- LinkTree: [GCS HOSA | Instagram | Linktree](#)
- Sign up for HOSA competitive events: [📅 HOSA 2025-2026 Competitive Events](#)
- Tour of HOSA Website:
 - marylandhosa.org | Education, Leadership & Healthcare
 - [What Is HOSA? – HOSA](#)
- HOSA Resources: [📖 HOSA Resources](#)
- Be on the lookout for weekly updates
- Any questions?
- Plan for next meeting:
 - 5 Voices Assessment Group Activity

Second Club Meeting (October 21)

- Start with elections for club officers
 - Secretary
 - Treasurer - Kaitlyn
 - Social Media Manager
 - Communication Liaison - Katie
- Friendly Reminders:
 - Fill out competition spreadsheet
- Talk about the newsletter and sign up for duties
- What is Parkinson's disease?
- Make cards for Jack
 - <https://www.nhbr.com/jack-sanders-retires-from-practice-after-56-years/>
 - <https://podcasts.apple.com/us/podcast/jack-sanders-a-brilliant-legal-mind-and/id1448601053?i=1000694107993&l=zh-Hans-CN>
 - Reminders for us:
 - Bring card making supplies
 - Markers
 - Paper
 - Scissors
- 5 Voices Assessment Tour
- Field trip options
 - [Field Trips to Shock Trauma for Teens | Baltimore | University of Maryland Medical Center](#)
 - [Home](#)
 - [Maryland Department of Health Museum](#)
 - [Kennedy Krieger Institute](#)
 - [About LifeBridge Health | LifeBridge Health](#)
- Activities for next meeting:
 - 5 voices assessment
 - HOSA Club: Meeting with Mrs. Shovlin
 - Prepare any questions beforehand
 - Tuesday, October 28 · 10:20 – 10:40am
 - Video call link: <https://meet.google.com/iud-utvi-ots>
- Additional notes:
 - Ask Ryan - Potential Contacts

Third Club Meeting (October 28)

- Friendly Reminders:
 - Fill out competition spreadsheet
 - We need a social media manager
 - GroupMe
 - LinkTree
- Discuss newsletter positions
 - [HOSA November Newsletter Directions.docx](#)
 - Pathology of the Month:
 - Faculty Spotlight:
 - Health News:
 - Personal Health Experience:
- Split into groups based on 5 voices assessment
 - Nameplates will be placed on each table
- Medical ethics debate
 - Hand out cases
 - Debate in small groups - Mr. Shearer will give input and debrief
- Meet with Ms. Shovlin (last 15-20 minutes)
 - Video call link: <https://meet.google.com/iud-utvi-ots>
- Additional notes:
 - Ask Ryan for potential contacts
 - Ask Karina and Hamza for gmail contacts
 - Ask Mrs. Wees about registration updates
 - Ask Aila about newsletter

Fourth Club Meeting (November 4)

- Friendly Reminders:
 - Fill out competition spreadsheet
 - GroupMe
 - LinkTree
 - Newsletter (Directions)
 - Maryland HOSA Instagram
 - Chapter Officers (Meeting sometime next week - Fill out When2Meet)
- Looking Ahead:
 - Guest Speaker Session with Dr. Horning
 - Shock Trauma Center
 - AMSUS Conference
 - Learning Undefeated Lab
- Activity:
 - Jeopardy
- Last few minutes:
 - Research what competitive events they are interested in
- Additional notes:
 - Ask Ryan for potential contacts
 - Ask Karina and Hamza for gmail contacts
 - Ask Mrs. Wees about registration updates
 - Ask Aila about newsletter - Aim to have final draft done by 11/14

Fifth Club Meeting (November 11)

- Mini Activity:
 - Guess the profession through yes-or-no questions
- Friendly Reminders:
 - Fill out competition spreadsheet
 - GroupMe
 - LinkTree
 - Newsletter (Directions)
 - Maryland HOSA Instagram
 - Chapter Officers (Meeting sometime next week - Fill out When2Meet)
- Looking Ahead:
 - Guest Speaker Session with Dr. Horning
 - Guest Speaker Session with Dr. Llorente
- Advocacy Campaigns: (PSA)
 - Alzheimer's Awareness Month
 - Pancreatic Cancer Awareness Month
 - Diabetes Awareness Month
 - Epilepsy Awareness Month
- Medical Terminology Spelling Bee
- Opportunities of the Day:
 - UCLA Neuroscience Grand Rounds
 - Simons Summer Research Program
 - DNA Day Contest
- Additional notes:
 - Ask Ryan for potential contacts
 - Ask Karina and Hamza for gmail contacts
 - Ask Mrs. Wees about registration updates
 - Ask Aila about newsletter - Aim to have final draft done by 11/14

Club Meeting (November 18)

- Friendly Reminders:
 - Fill out competition spreadsheet
 - GroupMe
 - Newsletter (Directions) - Final Draft Deadline (Nov. 21)
 - Chapter Officers - Meeting on Nov. 21 (8-9 PM)
 - Consent Forms for Shock Trauma Field Trip
- Opportunity:
 - Anatomage Tournament
- Guest Speaker Session with Dr. Melanie Horning:
 - What inspired you to pursue nursing and later become an assistant professor?
 - What has been the most rewarding part of your nursing career so far?
 - How do you see nursing education evolving in the next few years?
 - What changes would you like to see in nursing curricula?
 - How did your clinical background influence your approach to teaching?
 - How is technology changing nursing, and how should students prepare?
 - What do you think the biggest challenges in healthcare will be for upcoming nurses?
 - What strategies do you recommend for managing stress or avoiding burnout?
 - What is one clinical situation you'll never forget, and what did it teach you?
 - What is a misconception students often have about nursing?
 - If you could change one thing about the healthcare system, what would it be?
- Additional notes:
 - Talk to Claire about opening up opportunity to any students at GCS
 - Ms. Bagby - Field Trip
 - Ask Ryan for potential contacts
 - Ask Karina and Hamza for gmail contacts
 - Ask Mrs. Wees about registration updates

Club Meeting November 25

- Friendly Reminders:
 - Fill out competition spreadsheet
 - Consent Forms for Shock Trauma Field Trip
- Spelling bee - intro activity - 10 minutes
 - Table groups - one person rep
- Leadership activity - trusting your partner
 - Bring candy (M&Ms)
 - Use masks as blindfolds
 - Groups of 4
 - Make it a race
 - Hula hoops in random spots, bring to middle, do 5 rounds
 - Cup stacking
 - Go under table
 - Sort M&Ms
- Reflection form at end - 5 minutes
 - Notecard - one thing you like, one thing you don't like, one thing you would change, anything else?
- Other Ideas for Future Meetings:
 - Kahoot
 - Reach out to primary building
 - Structure for speech
 - Aila's Mom - Guest Speaker, Ryan - Potential contacts
 - Narcan Training
 - Reach out to SAFE Project - Drug deactivation

Club Meeting December 9

- Dr. Horning's Letter
- Ask about pudges
- Field trip reminders
- Friendly Reminders:
 - Fill out competition spreadsheet
 - Newsletter updates
 - Consent Forms for Shock Trauma Field Trip
 - Chapter officer meeting
 - Bakesale plans?
- Upcoming:
 - Guest speakers - Dec. 16 and Jan. 13
 - Holiday Huddle - Dec. 13
 - Field Trip - Jan. 9
 - QLT - Jan. 5-23
- Anatomy Tournament!
- Other Ideas for Future Meetings:
 - Forensic Science Stations
 - Kahoot
 - Reach out to primary building
 - Ryan - Potential contacts
 - Aila's Mom - Narcan Training
 - Reach out to SAFE Project - Drug deactivation



Game Title: “Hospital Shift”

A cooperative deduction game inspired by Mafia/Werewolf, set inside a hospital.



GAME OVERVIEW

A hospital is in crisis. Among the staff, several “**Saboteurs**” (the equivalent of Mafia) are secretly interfering with patient care. The rest of the players are dedicated healthcare professionals trying to identify and remove the saboteurs before the hospital falls into chaos.



ROLES

Saboteurs (Mafia)

- **Corrupted Clinicians (2–3 players)**
Secretly causing chart errors, medication mix-ups, and system outages.
At night they choose one player to “remove from shift.”

Hospital Staff (Innocents)

- **Attending Physician (Detective)**
Can investigate one player each night. Narrator reveals whether they are a Saboteur or not.
 - **Charge Nurse (Healer)**
Can protect one player each night from being removed.
 - **Residents/Nurses/Techs (Villagers)**
No special powers, but crucial in daytime discussions and votes.
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WIN CONDITIONS

- **Staff win** when all Saboteurs are eliminated.
 - **Saboteurs win** when they equal or outnumber Staff.
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INTRO

“Welcome to **St. Nightingale Hospital**, where the night shift has taken a turn. Among you are **Saboteurs**—corrupted clinicians secretly undermining patient care. The rest of you must identify and remove them before the hospital collapses.”

“Everyone, close your eyes. The night shift begins.”

NIGHT PHASE (Narrator Instructions)

1. Saboteurs Wake Up

“Saboteurs, open your eyes.”

“Choose one player to *remove from shift* tonight.”

(Saboteurs silently point.)

“Saboteurs, close your eyes.”

2. Attending Physician Wakes Up

“Attending Physician, open your eyes.”

“Select one player to evaluate.”

(Narrator gives thumbs up if guilty, thumbs down if innocent.)

“Attending, close your eyes.”

3. Charge Nurse Wakes Up

“Charge Nurse, open your eyes.”

“Choose one player to protect tonight.”

“Charge Nurse, close your eyes.”

DAY PHASE

“Everyone, open your eyes. Shift change begins.”

(Narrator announces results.)

- If the protected player was targeted:
“A near-miss! A charting error was caught just in time. No one was removed.”
- If not protected:
“Sadly, **[player name]** has been removed from shift. They are out of the game.”

Discussion

“Hospital staff, deliberate. Who is sabotaging the hospital?”

Players discuss, debate, accuse, defend.

Voting

“Time for the Morbidity & Mortality Review. Point to the clinician you believe is a Saboteur.”

(Narrator counts votes.)

If someone is selected:

“**[Player]**, you have been off-boarded pending investigation. Reveal your role.”

If tied:

“No consensus reached. The hospital descends into confusion.”

REPEAT NIGHT/DAY CYCLES

Continue until one side wins.

ENDING SCRIPT

If Staff win:

“With teamwork, vigilance, and proper documentation, the hospital staff have caught all the Saboteurs. St. Nightingale Hospital returns to order!”

If Saboteurs win:

“With the Saboteurs gaining control of key departments, the hospital spirals into chaos. Policies break down, systems fail, and the night shift belongs to the corrupt.”



OPTIONAL ROLE CARDS (FOR PRINTING)

Corrupted Clinician – “You cause subtle disruptions. Each night, choose one staff member to remove.”

Attending Physician – “You investigate one player each night for signs of sabotage.”

Charge Nurse – “You may protect one player each night.”

Resident/Nurse/Tech – “You are essential staff. Use discussion and intuition to survive.”



SABOTAGE SCENARIOS FOR EACH ROUND

Use any of these in any order. They stay dramatic but non-graphic and non-harmful.

ROUND 1 SCENARIOS

1. The Mysterious Missing Vitals

“During the night, the unit’s vitals machine mysteriously lost all its saved readings. When the morning team investigated, they discovered that **[player]**’s entire shift documentation had vanished. Unable to verify their work, they were removed from the schedule.”

2. The Phantom Pager Alert

“A rogue pager alert sent **[player]** sprinting across the hospital to a nonexistent emergency. This left their entire unit unattended, causing chaos. Administration decided to pull them off the schedule until the investigation concludes.”

3. The Case of the Swapped Whiteboards

“Someone rearranged the patient assignment whiteboard, causing assignments to overlap. **[player]** was blamed for the mix-up and required to leave the shift pending review.”

ROUND 2 SCENARIOS

4. The Great Supply Closet Lockdown

“The supply closet digital lock mysteriously reset overnight, and **[player]** was found holding the only functional badge — a badge that *shouldn’t* exist. Security removed them from shift to ‘clarify details.’”

5. The Lost Lab Samples

“Several patient samples went missing from the lab courier bin. The last person logged near the area? **[player]**. Their badge scan history looked suspicious, so they were sent home while Risk Management investigates.”

6. The Phantom Chart Edit

“Someone altered a chart entry with strange, impossible timestamps. IT traced the access back to **[player]**’s workstation, even though they insist they never opened that chart. They’ve been removed from the shift.”

ROUND 3 SCENARIOS

7. The Coffee Spill Catastrophe

“A mysterious ‘coffee tsunami’ hit the nurse’s station computer — right as critical orders were being processed. Cameras caught a figure in scrubs walking away, and the nearest workstation belonged to **[player]**. They’ve been relieved of duty for the day.”

8. The Broken Badge Reader

“The badge reader outside the medication room malfunctioned. Logs show it short-circuited right after **[player]** used it. Facilities believes it was tampered with. They’ve been taken off the shift pending interviews.”

9. The Paging Prank

“A mass page went out hospital-wide instructing everyone to meet in the cafeteria for a ‘mandatory pancake emergency.’ Leadership didn’t find it funny. The paging system shows access from **[player]**’s login. They’ve been removed while IS reviews it.”

ROUND 4 SCENARIOS

10. The Vanishing Crash Cart

“The crash cart mysteriously ended up in the hospital gift shop overnight. Security footage was too grainy to ID the mover, but the paper log listed **[player]** as the person who last checked it. They’ve been taken off shift.”

11. The Duplicate Wristbands

“Several patients ended up with duplicate ID wristbands. The barcodes traced back to printing done under **[player]**’s credentials. They’ve been asked to leave the unit for investigation.”

12. The Phantom Order Set

“A bizarre, nonsensical order set appeared in the system — with things like ‘moonlight therapy’ and ‘stat dancing exam.’ IT traced authorship back to **[player]**. They’re out.”

ROUND 5 SCENARIOS

(Final rounds, more dramatic but still safe.)

13. The Great Elevator Override

“The main elevator was put into maintenance mode, trapping the morning team on the first floor. Logs show override access at 2:17 AM — from **[player]**’s access card. They were escorted off the floor.”

14. The Mass Printer Meltdown

“All units printed 300 pages of blank paper overnight. The print queue was triggered from **[player]**’s workstation. Leadership removed them for questioning.”

15. The Mystery Medication Mix-up

“A medication bin was shuffled alphabetically — except one row intentionally swapped. While no patients were harmed, the investigation pointed at **[player]**’s shift area. They’ve been relieved.”

Club Meeting January 6

- Field trip reminders
- Friendly Reminders:
 - Newsletter updates
 - Ask Aila to create a new signup genius/form
 - Consent Forms for Shock Trauma Field Trip
 - Needed by end of day
 - Bakesale plans
 - Ask Ameen to take notes
- Upcoming:
 - Field Trip - Jan. 9
 - Guest Speaker - Jan. 13
 - QLT - Jan. 5-23
- Other Ideas for Future Meetings:
 - Kahoot
 - Reach out to primary building
 - Ryan - Potential contacts
 - Aila's Mom - Narcan Training
 - Reach out to SAFE Project - Drug deactivation

Club Meeting January 20

- Friendly Reminders:
 - Sign card for Dr. Llorente
 - Let us know if you want her email address
 - Newsletter Updates
 - Ask Aila to send out a new form
 - Fundraising Plans:
 - Guest speaker for Parkinson's Foundation
 - Potential Dates: February 13/20
 - Blue theme - Ask Mrs. Bell to do a themed day
 - What items to bring:
 - Tasks:
 - Social Media Posts - ???
 - Posters - ???
 - Forum Announcement/Email - Katie
 - Helping out day of:
 - Claire
 - Dani
 - AMSUS Conference - Field Trip Spreadsheet
 -  AMSUS Conference Spreadsheet
 - Ask Ameen to fill out spreadsheet
 - Lesson with Ms. Fleming's kindergarten class ideas:
 - Healthy Habits Obstacle Course
 - Brushing teeth
 - Sleeping
 - Healthy foods
 - Neuroscience: Brain and Nerves HQ
 - Wearing a paper brain hat
 - Follow a nerve path
 - Dentistry: Smile Station
 - Sort foods as healthy vs. not healthy for teeth
 - Brush a giant paper mouth
 - Cardiology: Heart in Action
 - Do activities - Find pulse
 - Sort foods as healthy vs. not healthy for heart
 - Pulmonology: Lung Power Lab

- Blow bubbles or pinwheels
 - Inflate a balloon lung
- Medical Pictionary
- Medical Mafia

Club Meeting February 10

- Friendly Reminders:
 - Ara - Social Media Post about Field Trip
 - SLC Updates
 - Congratulations to everyone who advanced to SLC!
 - Newsletter Updates
 - Ask Aila to send out a new form
 - Fundraising Plans (Led by Kaitlyn):
 - Bakesale - February 24
 - Blue theme
 - What items to bring:
 - Cookies
 - Cupcakes
 - Brownies
 - Anything else?
 - Tasks:
 - Social Media Posts - ???
 - Have a copy from Parkinson's Foundation
 - Posters - ???
 - Forum Announcement/Email - Katie
 - Helping out day of:
 - Claire
 - Dani
 - Anyone else?
 - AMSUS Conference - Field Trip Spreadsheet
 -  AMSUS Conference Spreadsheet
 - Confirm who is going
 - Explain what AMSUS is
 - Lesson with Ms. Fleming's kindergarten class (March 10)
 - Topic: Neuroscience: Brain and Nerves HQ
 - Activities:
 - Paper brain hat
 - Follow a nerve path/Nerve line-up activity
 - Build a clay neuron
 - Task Delegation:
 - Slides Presentation
 - Instructions for Clay Neuron

- Activity Leaders:
 - Slides:
 - Brain Hat:
 - Nerve Path (Action Potential):
 - Clay Neuron:
- Medical Pictionary/Charades

Club Meeting February 17

- Friendly Reminders:
 - Ara - Social Media Post Reminder for Bakesale
 - Get ready for SLC competition
 - Aila - Send out new form for newsletter
 - Fundraising Plans (Led by Kaitlyn):
 - Bakesale - February 24
 - Blue theme
 - What items to bring:
 - Cookies
 - Cupcakes
 - Brownies
 - Anything else?
 - Tasks:
 - Social Media Posts - Ara
 - Posters - Eva
 - Forum Announcement/Email - Katie
 - Helping out day of:
 - Claire
 - Dani
 - Anyone else?
 - AMSUS Conference - Field Trip Spreadsheet
 - Mr. Shearer - Second Pudge Driver
 -  AMSUS Conference Spreadsheet
 - Lesson with Ms. Fleming's kindergarten class (March 10)
 - Topic: Neuroscience: Brain and Nerves HQ
 - Task Delegation:
 - Slides Presentation:
 - Activity Leaders:
 - Aila, Paloma, Katie, Zainab - Slideshow Presentation
 - Katie, Ara, Meryem - Brain Hat Activity
 - Zainab, Emily, Kavi - Nerve Pathway Activity
 - Ayah, Paloma, Joanna - Clay Neuron Activity
 - Blood Drive - April 10 (Promotion at Conferences)

- SAFE Project Disposal Initiative
- Aila - Bag Initiative with JHU
- Medical Mafia

Club Meeting March 5 (Lunch Meeting)

- Friendly Reminders:
 - Ara - Social Media Calendar and Posts
 - Aila - Newsletter Draft (By March 15)
 - Katie - Update Email
 - Kaitlyn - Bakesale in April?
 - Ameen - Write-up for lesson with ms. Fleming (mini blurb to be used on gcs socials)
- Pass out color changing pencils from Learning Undeafed from the lab (one for ms. Cleary)
 - Danielle will bring next Tuesday
- Lesson with Ms. Fleming:
 - Notes:
 - Leave class 5 minutes early (Period 2)
 - Might come to period 5 minutes late (Period 3)
 - Walking down together to primary building
 - Outline:
 - Slideshow Presentation (10 Minutes)
 - Aila, Paloma, Katie, Zainab
 - **Need a link by end of today!!!!!!**
 - **HOSA Brain Slideshow.pptx**
 - Stations (Switch every 5-7 minutes)
 - Katie, Ara, Meryem - Brain Hat
 - Danielle and Claire - Print out copies
 - Make a document listing out different functions of diff areas
 - **Other members interested in helping out day of:**
 - **Bennet, Leah, Karina, Aurora**
 - Zainab, Emily, Kavi - Nerve Pathway
 - **Need a link by end of today!!!!!!**
 - **Other members interested in helping out day of:**
 - **[Write down names]**
 - **Neurons_in_Motion_Kindergarten_Lesson.docx.pdf**
 - Ayah, Paloma, Joanna - Clay Neuron
 -  **Make Your Own Neuron Buddy.docx**
 - Dani and Claire - Print out copies
 - **Other members interested in helping out day of:**
 - **Arshiya, Olivia, Claire**
 - Other tasks: Anyone interested???

- Timer for station switch-ups
 - Taking photos - Eva Smith
- Other:
 - Competitive events submission
 - Window: March 9 - 20
 - Awards Session: April 7
 - [Microsoft Word - 2026 Instructions for MDHOSA SLC EventsWORD V1](#)
 - Scholarship opportunity
 - Open to seniors
 - Due: April 15
 - [HOSA Scholarships – HOSA](#)
 - SAFE Disposal Initiative
 - Dissemination of deterra packets to teachers (faculty meeting)
 - School presentation + tabling event
 - Send out form to school (assess change in knowledge)
 - Blood Drive - April 10
 - Promotion ideas?
- Ask Mrs. Wees:
 - Send email to Ms. Kozak - Might be late for period 3

Club Meeting March 31

- Friendly Reminders:
 - Ara - Make a blood drive promotion post on Canva
 - Aila - Newsletter Draft
 - Katie - Update Email
 - Kaitlyn - Bakesale in April?
- Pass out color changing pencils from Learning Undeclared from the lab (one for ms. cleary)
- Guest speaker: Jill Jones
 - For me, home is: Raleigh, NC
 - Undergraduate degree(s): Duke 2020 (Neuroscience, Linguistics, German)
 - Research experience before PiN: undergrad research/thesis in the Duke Pediatric Brain Tumor Lab; 3 summers + 1 gap year in a brain tumor lab at WashU
 - Current research interests: pediatric brain tumors, neurodevelopment, choroid plexus biology
 - Interests outside lab: playing music, spending time w/ loved ones, reading, accompanying my dog Josie to her playdates; other than that I'm MD/PhD and really interested in asylum medicine + peds trauma/critical/palliative care!
- Other:
 - Scholarship opportunity
 - Open to seniors
 - Due: April 15
 - [HOSA Scholarships – HOSA](#)
 - SAFE Disposal Initiative
 - Dissemination of Detera packets to teachers (faculty meeting)
 - School presentation + tabling event
 - Send out form to school (assess change in knowledge)
 - Blood Drive - April 10

Club Meeting April 7

- Friendly Reminders:
 - Ara - Make a blood drive promotion post on Canva
 - Aila - Newsletter Draft
 - Katie - Update Email
 - Kaitlyn - Bakesale in April?
- Other:
 - Scholarship opportunity
 - Open to seniors
 - Due: April 15
 - [HOSA Scholarships – HOSA](#)
 - SAFE Disposal Initiative
 - May 1 - School Presentation + Tabling Event
 - Interested:
 - May 20 - Dissemination of Deterra Packets
 - Interested:
 - Blood Drive - April 10
 - Awards Ceremony is today - Check your emails!
 - Let us know if you would like to leave class early...

Club Meeting April 13

- Friendly Reminders:
 - Ara - SLC Congratulatory Post
 - Aila - Newsletter Draft
 - Katie - Update Email/Guest Speaker Introduction/Elections
 - Kaitlyn - Bakesale in April
- Other:
 - Scholarship opportunity
 - Open to seniors
 - Due: April 15
 - HOSA Scholarships – HOSA
 - SAFE Disposal Initiative
 - May 1 - School Presentation + Tabling Event
 - Interested:
 - May 20 - Dissemination of Deterra Packets
 - Interested:
 - Blood Drive: Exceeded collection goal with 27 units collected (81 lives were saved!)
 - SLC Winners:
 - Intent to Compete Form
 - Hotel Reservation
 - Forms
 - Any guest speakers welcomed!

Club Meeting April 21

- Reminders:
 - SAFE Disposal Initiative
 - May 1 - School Presentation + Tabling Event
 - Interested:
 - May 20 - Dissemination of Deterra Packets
 - Interested:
 - SLC Winners:
 - Hotel Reservation
 - Forms
 - Any guest speakers welcomed!
- Imposter:
 - Cold vs. Concussion
 - Thermometer vs. Stethoscope
 - Emergency Room vs. Vomiting
 - ICU vs. Pharmacy
 - Alzheimer's Disease vs. Pneumonia
- Race Against Time:
 - Tuning - Music Therapist:
 - Sing scale on tuner
 - Measuring Heart Rate - Cardiologist:
 - Do jumping jacks and hula hoop
 - Sorting Meds - Pharmacologist:
 - Sorting different objects into different groups
 - Diagnosis Dash - GP:
 - Pair each card of symptoms to the write diagnosis
 - Glove Challenge - Surgeon:
 - Put on a pair of gloves the correct way
 - Patient Transport - EMT:
 - Carefully carry stuffed animal across the library with the blanket stretcher

2024-2025

First Club Meeting - Oct. 8

- Introductions
 - Name
 - Grade
 - Field of Interest?
- What HOSA stands for:
 - Dedicated to preparing and empowering students interested in pursuing careers in healthcare
- Goals:
 - Career Development
 - Leadership Development
 - Community Service
 - Networking
 - Personal Growth
- Three Rules:
 - Want it
 - Be willing to sacrifice
 - Do it for right reasons
- GroupMe & Instagram
- Show Linktree ([GCS HOSA | Instagram | Linktree](#))
- Positions
 - Secretary - Notes for meeting
 - Treasurer - Fundraising
 - Social Media Managers - Instagram, GroupMe Announcements
 - Chairman - Agenda (Things to discuss/accomplish)
- HOSA Website Tour
 - Call with Ms. Shovlin
 - Competitions, Scholarships, Guidelines
- Any ideas?
- Send email summarizing first meeting

Second Club Meeting - Oct.15

*Posters

- Finish PPT Presentation
 - Websites
 - Competition Overview
 - Reminders
- GroupMe
 - Phone numbers + Download app
- Instagram (gcs_hosa)
- Show Linktree ([GCS HOSA | Instagram | Linktree](#))
 - Access...
 - Agenda
 - Future Ideas
 - Calendar
 - Resources
 - Health-Related Field Trips
- Show calendar (teamup)
- Positions (Fill out a google form if you are interested in running by Wednesday)
 - Secretary - Notes for meeting
 - Treasurer - Fundraising
 - Social Media Managers - Instagram, GroupMe Announcements
 - Newsletter Managers
- SignUpGenius - Snack Forms
 - 2 people per week
- Brainstorming possible fundraising organizations
- Lessons in primary building?
 - Goal: Create a detailed-plan
 - When, Where, What, Why, How
 - Send email to Mrs. Mendoza
- Competition search!
 - **If interested, please let Mrs. Wees know.**
 - Look at guidelines
 - Start creating a plan

Third Club Meeting - Oct.15

- Elections
 - Secretary - Notes for meeting
 - Treasurer - Fundraising
 - Social Media Managers - Instagram, GroupMe Announcements
 - Newsletter Managers
 - If interested in open positions, please email Danielle or Elizabeth.
- PPT Presentation
 - Reminders
 - LinkTree
 - GroupMe
 - Competition Selection
 - Update on Lessons in Primary Building
 - Fundraising - Which organization? What? How? When?
 - Blood Drive!
 - HOSA Newsletter
 - Monthly
 - Format
 - Name?
 - Show inspiration - Middle School Newsletters
 - Who would like to do which sections?
 - Faculty Spotlight
 - Current Health-Related News
 - Pathology of the Month
 - Independent Research? Projects? Internships?
 - Case Study

Fourth Club Meeting - Oct. 29

- Results of Elections
 - Secretary - Aarushi Sansare
 - Take notes during meetings (Written or Typed)
 - Fundraising, Club Events, Ideas
 - Send a copy to Elizabeth and Dani
 - Treasurer - Mason Menter
 - Lead fundraising events and ideas
 - Regular updates on profit, debt, and finance
 - Ensure that the donations go directly to the organization
- PPT Presentation
 - Reminders:
 - Email Mrs. Wees if you are doing a competition
 - Social Media Manager and Newsletter Manager Positions
 - Keep In Mind:
 - Fundraising - LLS (Olivia + Mason)
 - HOSA Newsletter
 - Lessons in Primary Building
 - Blood Drive
 - Guest Speaker - HOSA Club
 - Respiratory Therapist
 - Medical Director
 - Internist
 - Field Trip Ideas
 - Mental Health Board!
 - Board next to Nurse's Office
 - Interactive art piece where students can check in with their mental health
 - Supplies will be paid by the school
 - Goal: Finish board, Promote it, Make it impactful!
 - Next Lesson Idea:
 - Vaccines
 - Mental Health
 - Global Health
 - Health Disparities to Health Equity
 - Body Systems
 - ???

Fifth Club Meeting - Nov. 5

- Guest Speaker - LLS Organization
- Reminders:
 - Please start exploring which competitions you are interested in. **Regional competitions will take place in December.**
 - Once you have decided on which competitions you want to do, **please add them to this spreadsheet:**
 - If you are submitting something for the newsletter, **please have it done and added to this Canva document ([HOSA Newsletter](#)) 11 /5!**
 - **Please fill out this quick form, even if you don't have specific ideas!** (Thank you, Mason!): [HOSA Fundraising Feedback and Ideas](#)
- Fundraisers:
 - Type:
 - Bake Sales
 - Candygrams
 - Organizations:
 - LLS - February
 - Kenyaluk Medical Foundation
 - Form Responses
 - When: December
- Updates:
 - Blood Drive
 - Holiday Bazaar
 - Date
 - Forum Meeting
 - Middle School Feminine Product Awareness Posters
 - If interested, please let Elizabeth or Dani know.
 - Mental Health Board
 - Spring
 - Newsletter - Presentations?
 - Lessons in Primary Building
 - TBD
- Global Health + Biotech Lesson
- Guest Speaker on Nov. 12?
 - Ask K'Lynn L.

Sixth Club Meeting - Nov. 12

- Reminders:
 - Please start exploring which competitions you are interested in. Regional competitions will take place in December.
 - Once you have decided on which competitions you want to do, please add them to this spreadsheet.
 - Please fill out the fundraising ideas form.
- Fundraisers:
 - Type
 - Organizations
 - When: December
 - Form results
- Guest Speaker: Dr. Shivonne L. Laird, PHD, MPH
 - What is your current occupation, and what does an average workday look like?
 - What were some reasons that made you pursue a healthcare career?
 - Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
 - How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
 - How has being an EMT affected your duties as a police officer?
 - Were there any role models or significant people that heavily impacted you throughout your journey?
 - How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
 - Is there any advice you would give to those who hope to pursue a career in healthcare?
- Upcoming Events:
 - Guest Speaker Event on December 10 with Major Janes
 - LLS Guest Speaker on November 19?
 - HOSA Newsletter Release
 - Mental Health Board
 - Feminine Product Awareness Posters
 - Blood Drive
 - Lessons in Primary Building
 - Field Trip - National Museum of History and Medicine

Seventh Club Meeting - Nov. 19

***Aarushi (secretary) will not be there as well so I would greatly appreciate it if you could note down some of the important stuff or take a pic.**

- Reminders:
 - Please start exploring which competitions you are interested in. Regional competitions will take place in December.
 - Once you have decided on which competitions you want to do, please add them to the spreadsheet.
 - Please fill out the fundraising ideas form.
 - Please email Elizabeth and Danielle your gmail email address to be added to the calendar!
 - If you are interested in representing HOSA at the holiday bazaar, let us know!
- Fundraisers:
 - Type
 - Organization
 - When: December
- Second Issue - Newsletter Ideas!
 - Would anyone be interested in creating something for the second newsletter?
- Upcoming Events:
 - Guest Speaker Event on December 10 with Major Janes (Police Officer and EMT - Virtual Meeting)
 - Mental Health Board Project
 - Feminine Product Awareness Posters in Middle School
 - Blood Drive
 - Lessons in Primary Building
 - Field Trip - National Museum of History and Medicine (February)
- Health Lesson: Medical Law & Ethics
 - Heinz Dilemma
 - Ethical Decision-Making: Importance of ethical reasoning in medical practice. Healthcare professionals frequently encounter situations where they must weigh the consequences and rewards between saving lives and following the law.
 - Patient Rights vs. Legal Boundaries: Similar to Heinz's situation, medical professionals might face scenarios where adhering strictly to the law could conflict with their duty to provide the best possible care for their patients. 1.
 - Moral Development: The Heinz dilemma is used to explore different stages of moral development, which can be applied to understanding how medical professionals make ethical decisions.
 - Resource Allocation: The dilemma also touches on issues of fairness and justice in healthcare, such as the allocation of scarce resources. Medical professionals must often make difficult choices about who receives certain treatments, similar to the ethical considerations Heinz faces.
- The remaining time can be used for club members to explore competitions and complete the reminders.

Eighth Club Meeting - Nov. 26

- Reminders:
 - Please start exploring which competitions you are interested in. Regional competitions will take place in December.
 - Once you have decided on which competitions you want to do, please add them to the spreadsheet.
 - Please email Elizabeth and Danielle your gmail email address to be added to the calendar!
 - If you are interested in representing HOSA at the holiday bazaar, let us know!
- Fundraisers:
 - Type: Bakesale + Posters
 - Organization: HER Drive
 - When: December (Before Winter Break)
- Bakesale Details
 - What baked goods?
 - Prices?
- Poster Design
 - Canva?
 - Who is interested?
 - Posted in middle school girls' bathrooms (Asked by Mrs. Jordan)
- Second Issue - Newsletter Ideas!
 - Thank you so much to those who contributed to the newsletter!
 - Would anyone be interested in creating something for the second newsletter?
- Upcoming Events:
 - Guest Speaker Event on December 10 with Major Janes (Police Officer and EMT - Virtual Meeting)
 - Guest Speaker Event on December 17 with Dr. Lee (Family Physician - In-person)
 - Field Trip - National Museum of History and Medicine (February)
- Mini Health Lesson: Interviewing Patient Stimulation
- Remaining Time: Explore competitions and complete reminders!

Ninth Club Meeting - December 2

- Reminders:
 - Please start exploring which competitions you are interested in. Regional competitions will take place from January 6 - January 17.
 - Must be registered by January 3
 - Once you have decided on which competitions you want to do, please add them to the spreadsheet.
 - Can do multiple qualifiers for different competitions
 - If you advance in multiple, you can only select one to compete in for the state leadership conference.
 - Please email Elizabeth and Danielle your gmail email address to be added to the calendar!
 - Flex Series Conference Interest?
- Fundraiser:
 - Promoting Event:
 - Posters (Eventually send email)
 - Kaitlyn and Xuan
 - Forum Announcement
 - Social Media Post - Bemnet (Eventually send email)
 - Newsletter - Aila
 - Two \$5 giftcards as prizes?
 - Organization: Period Pantry
 - When: December 18
 - [Council of Clubs Event Proposal](#)
- Bakesale Details
 - Fill out spreadsheet
- Poster Design
 - Canva?
 - Who is interested?
 - Aila (Eventually send email)
 - Posted in middle school girls' bathrooms (Asked by Mrs. Jordan)
 - [Period.org | Home](#)
- Second Issue - Newsletter Ideas!
 - Fill out interest form
 - Part of school newsletter?
 - Any ideas? (Crossword Activities)
- Upcoming Events:
 - Guest Speaker Event on December 10 with Major Janes (Police Officer and EMT - Virtual Meeting)
 - Guest Speaker Event on December 17 with Dr. Lee (Family Physician - In-person)
 - Field Trip - National Museum of History and Medicine (February)
- Health Lesson: Jeopardy!
 - [Careers in Healthcare Jeopardy Template](#)

Tenth Club Meeting - December 10

- Reminders:
 - Please start exploring which competitions you are interested in. Regional competitions will take place from January 6 - January 17.
 - Must be registered by January 3
 - Add to spreadsheet
 - Bake Sale Excel Spreadsheet
 - Individual Email - Posters, Social Media
 - Newsletter Form
 - Flex Series Conference Interest
 - January 15 - Noon Dismissal
 - 12:00 P.M. - 5:00 P.M.
- Fundraiser:
 - Promoting Event:
 - Poster - Kaitlyn
 - Forum Announcement - Elizabeth and Dani
 - Social Media Post - Bemnet
 - Organization: Period Pantry
 - When: December 18
- Poster Design
 - Aila (Eventually send email)
 - Posted in middle school girls' bathrooms (Asked by Mrs. Jordan)
 - [Period.org | Home](#)
- Guest Speaker: Major Janes
 - What is your current occupation, and what does an average workday look like?
 - What were some reasons that made you pursue a healthcare career?
 - Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
 - How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
 - How has being a paramedic affected your duties as a police officer?
 - Were there any role models or significant people that heavily impacted you throughout your journey?
 - How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
 - Is there any advice you would give to those who hope to pursue a career in healthcare?
- Upcoming Events:
 - Spring Project: Mental Health Board
 - Field Trip - National Museum of History and Medicine (February)

Eleventh Club Meeting - December 17

- Reminders:
 - Please start exploring which competitions you are interested in. Regional competitions will take place from January 6 - January 17.
 - Must be registered by January 3
 - Add to spreadsheet
 - Bake Sale Excel Spreadsheet
 - Individual Email - Posters, Social Media
 - Newsletter Form
 - Flex Series Conference Interest
 - January 15 - Noon Dismissal
 - 12:00 P.M. - 5:00 P.M.
- Fundraiser:
 - Promoting Event:
 - Poster - Kaitlyn
 - Forum Announcement - Elizabeth and Dani
 - Social Media Post - Bemnet
 - Organization: Period Pantry
 - When: December 18
- Poster Design
 - Aila (Eventually send email)
 - Posted in middle school girls' bathrooms (Asked by Mrs. Jordan)
 - [Period.org | Home](#)
- Guest Speaker: Dr. Lee
 - What is your current occupation, and what does an average workday look like?
 - What were some reasons that made you pursue a healthcare career?
 - Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
 - How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
 - How has being a paramedic affected your duties as a police officer?
 - Were there any role models or significant people that heavily impacted you throughout your journey?
 - How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
 - Is there any advice you would give to those who hope to pursue a career in healthcare?
- Upcoming Events:
 - Spring Project: Mental Health Board
 - Field Trip - National Museum of History and Medicine (February)

Twelfth Club Meeting - January 14

- Reminders:
 - Regional competitions will take place from January 6 - January 17.
 - Let us know if you need another copy of the guidelines!
 - Talk to Mrs. Wees about when to proctor the exams
 - Newsletter Form
 - Flex Series - Available if you want to attend
- Bake Sale Results
 - Mason - Money from Venmo
 - Next Bakesale: LLS (February)
- Poster Design
 - Aila (Eventually send email)
 - Posted in middle school girls' bathrooms (Asked by Mrs. Jordan)
 - [Period.org | Home](#)
- Health-Related Activity:
 - Medical Terminology Pictionary
 - List of Words:
 - - Anesthesiologist (Administers anesthesia and monitors patients during surgery)
 - - Cardiologist (Specializes in diagnosing and treating heart conditions)
 - - Intensivist (Provides care for critically ill patients in intensive care units)
 - - Dentist (Diagnoses and treats issues related to teeth and gums)
 - - Dermatologist (Treats skin, hair, and nail conditions)
 - - Dietitian (Provides dietary and nutritional advice to promote health)
 - - Emergency Medical Technician (Provides emergency medical care and transportation)
 - - Endocrinologist (Treats hormone-related disorders)
 - - Gastroenterologist (Specializes in digestive system disorders)
 - - Neurosurgeon (Performs surgery on the brain and spinal cord)
 - - Ophthalmologist (Treats eye diseases and performs eye surgery)
 - - Pathologist (Diagnoses diseases by examining tissues and body fluids)
 - - Forensic Scientist (Analyzes physical evidence from crime scenes)
 - - Pharmacist (Dispenses medications and advises on their use)
 - - Pediatrician (Provides medical care for children)
 - - Podiatrist (Treats foot and ankle disorders)
 - - Psychiatrist (Treats mental health disorders)
 - - Epidemiologist (Studies the patterns and causes of diseases)
 - - Physical Therapist (Helps patients recover from injuries and improve mobility)
 - - Radiologist (Uses imaging techniques to diagnose and treat diseases)
- Upcoming Events:
 - Spring Project: Mental Health Board
 - Hosting health lessons in primary building
 - Field Trip - National Museum of History and Medicine (February)
 - Check with Mrs. Wees about the paper and details
 - Ms. Cleary - Pudge?

Thirteenth Club Meeting - February 4

- Newsletter:
 - Ask Mason, Aarushi, Kaitlyn and Xuan, K'Lynn
- Keep in Mind:
 - Ask Mrs. Wees about activity tracking system in red cross - recognition event (american red cross volunteer recognition)
 - Diversifying the Blood Supply Video - Anyone interested?
- Upcoming Events:
 - Blood Drive
 - Registration Tables - Anyone interested? (Feb. 6 and 11)
 - Field Trip - National Museum of History and Medicine (February 7)
 - Hand out papers
 - AMSUS Conference - March 8
- Qualifier Results:
 - State Conference: March 10-21
 - Guidelines:
 - Exam - Textbook
 - Project - Submit before deadline
- Blood Drive Promotion:
 - Social Media Content
 - Posters
 - Emails + Newsletter
 - Other ways?
- Mental Health Board
 - Ideas?
 - Materials?
 - Theme?
- Lessons in Primary Building
 - Ideas?
 - Materials?
 - Outline?

Fourteenth Club Meeting - February 16

- Newsletter:
 - Ask Mason, Aarushi, Kaitlyn and Xuan, K'Lynn
- Keep in Mind:
 - Ask Mrs. Wees about activity tracking system in red cross - recognition event (american red cross volunteer recognition)
 - Diversifying the Blood Supply Video - Anyone interested?
- Upcoming Events:
 - Blood Drive
 - Registration Tables - Anyone interested? (Feb. 18)
 - LLS Fundraiser - When?
 - AMSUS Conference - March 8
 - Hand out papers
- State Conference:
 - Ask Aila - Which comp she wants to do
 - Ask Mrs. Wees - Registration
 - March 10-21
 - Guidelines:
 - Exam - Textbook
 - Project - Submit before deadline
 - Is everyone clear on their guidelines?
- Mental Health Board
 - Amazon wishlist
- Lessons in Primary Building
 - Go over outline
 - Who is in charge of what?
 - Amazon wishlist
- Activity: Blood Types
 - Mini Lesson
 - Blooket

Fifteenth Club Meeting - February 25

- Newsletter:
 - Ask Mason, Aarushi, Kaitlyn and Xuan, K'Lynn
- Keep in Mind:
 - Ask Mrs. Wees about activity tracking system in red cross - recognition event (american red cross volunteer recognition) and SLC registration
 - Diversifying the Blood Supply Video + Health Literacy Ambassador
- Upcoming Events:
 - Blood Drive - February 26
 - LLS Fundraiser - March
 - AMSUS Conference - March 3
 - Guest Speaker - March 4 (HCDrugFree)
- State Leadership Conference - March 10-21
 - Spreadsheet
 - Guidelines
 - Materials? Questions?
- Upcoming Projects:
 - Mental Health Board
 - Lessons in Primary Building
 - Finalize plan
- Guest Speaker: Ms. Linda Smith
 - What is your current occupation, and what does an average workday look like?
 - What were some reasons that made you pursue a healthcare career?
 - Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
 - How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
 - Were there any role models or significant people that heavily impacted you throughout your journey?
 - How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
 - Is there any advice you would give to those who hope to pursue a career in healthcare?

Sixteenth Club Meeting - March 4

- Newsletter:
 - Ask Mason, Aarushi, Kaitlyn and Xuan, K'Lynn
- Keep in Mind:
 - Ask Mrs. Wees about activity tracking system in red cross - recognition event (american red cross volunteer recognition) and SLC registration
 - Diversifying the Blood Supply Video + Health Literacy Ambassador
- Upcoming Events:
 - LLS Fundraiser - March
 - Guest Speaker - March 4 (HCDrugFree)
- State Leadership Conference - March 10-21
 - Remind about email
 - Spreadsheet
 - Guidelines
 - Materials? Questions?
- Upcoming Projects:
 - Mental Health Board
 - Lessons in Primary Building
 - Finalize plan
- Guest Speaker: HCDrugFree
 - What is the mission of HCDrugFree? What are some reasons you started the organization?
 - Are there any memorable moments you have from the organization?
 - What is your current occupation, and what does an average workday look like?
 - What were some reasons that made you pursue a healthcare career?
 - Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
 - How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
 - Were there any role models or significant people that heavily impacted you throughout your journey?
 - How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
 - Is there any advice you would give to those who hope to pursue a career in healthcare?

Eighteenth Club Meeting - March 25

- Keep in Mind:
 - State Leadership Conference
 - Awards Session: April 6
 - Top 3 advance to ILC (June 18-21 in TN)
 - HOSA Scholarship - Seniors
- Upcoming Events:
 - Guest Speakers:
 - Dr. Kara Dyckman (April 15)
 - Dr. Renee Petit-Scott (April 29)
 - Parkinson's Foundation (April 23)
 - Crochet Club + HOSA Collab (May 6)
- Upcoming Projects:
 - Mental Health Board
- Lesson:
 - Pathway to MD or PhD or both!
 - 4 Rules
 - MCAT Examples
- Activity:
 - Medical Terminology

Club Meeting - April 8

- Keep in Mind:
 - State Leadership Conference
 - Awards Session: April 6
 - Top 3 advance to ILC (June 18-21 in TN)
 - Fill out Intent to Compete Form
 - Social Media Reminders
 - Select an idea and date for post
 - Have them done at least 3 days prior to the actual post date and send to Dani and Liz
 - Use materials provided in the google drive
- Upcoming Events:
 - Guest Speakers:
 - Dr. Kara Dyckman (April 15)
 - Dr. Renee Petit-Scott (April 29)
 - Parkinson's Foundation (April 23)
 - Crochet Club + HOSA Collab (May 6)
- Upcoming Projects:
 - Mental Health Board
- Lessons:
 - Administration of Narcan/Naloxone
 - Take the fentanyl quiz
 - Mental Health Disorders
 - Watch educational video: Break the Stigma
- Lungs vs. Smoking Demonstration

Club Meeting - April 15

*Cards

- Keep in Mind:
 - State Leadership Conference
 - Top 3 advance to ILC (June 18-21 in TN)
 - Fill out Intent to Compete Form
 - Social Media Reminders
 - Select an idea and date for post
 - Have them done at least 3 days prior to the actual post date and send to Dani and Liz
 - Use materials provided in the google drive
- Upcoming Events:
 - Guest Speakers:
 - Dr. Kara Dyckman (April 15)
 - Dr. Renee Petit-Scott (April 29)
 - Parkinson's Foundation (April 23)
 - Crochet Club + HOSA Collab (May 6)
- Upcoming Projects:
 - Mental Health Board
- Guest Speaker: Dr. Kara Dyckman
 - What is your current occupation, and what does an average workday look like?
 - What were some reasons that made you pursue a healthcare career?
 - Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
 - How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
 - Were there any role models or significant people that heavily impacted you throughout your journey?
 - How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
 - Is there any advice you would give to those who hope to pursue a career in healthcare?

Club Meeting - April 22

- Ask Elizabeth and Mrs. Wees about the cards/gifts for guest speakers
- Save the medical school information slides for May meeting
- Check with Aarushi and Nicky about the collab with the crochet club
- Keep in Mind:
 - State Leadership Conference
 - Talk to Claire and Arshiya about fundraising
 - Hotel registration
 - HOSA Uploads
- Elections:
 - Arshiya
 - Claire
 - Bemnet
- Upcoming Events:
 - Guest Speakers:
 - Dr. Renee Petit-Scott (April 29)
 - Parkinson's Foundation (April 23)
 - Crochet Club + HOSA Collab (May 6)
- Upcoming Projects:
 - Mental Health Board

Club Meeting - April 29

- Ask Elizabeth and Mrs. Wees about the cards/gifts for guest speakers
- Save the medical school information slides for May meeting
- Check with Aarushi and Nicky about the collab with the crochet club
- Keep in Mind:
 - State Leadership Conference
 - Talk to Claire and Arshiya about fundraising
 - Hotel registration
 - HOSA Uploads
 - Forum Announcement for Mental Health Board
- Elections:
 - Arshiya
 - Claire
 - Bemnet
- Guest Speakers:
 - Dr. Renee Petit-Scott (April 29)
- What is your current occupation, and what does an average workday look like?
- What were some reasons that made you pursue a healthcare career?
- Are there any hobbies of yours that helped you as you navigate your journey as a health professional?
- How do you balance your personal life and your professional work? Were there any sacrifices that you had to make?
- Were there any role models or significant people that heavily impacted you throughout your journey?
- How has working in healthcare impacted your personal outlook on life? Has it changed the way you view certain things?
- Is there any advice you would give to those who hope to pursue a career in healthcare?

Club Meeting - May 6

- Ask Elizabeth and Mrs. Wees about the cards/gifts for guest speakers
- Save the medical school information slides for May meeting
- Keep in Mind:
 - State Leadership Conference
 - Talk to Claire and Arshiya about fundraising
 - Hotel registration
 - HOSA Uploads
 - Forum Announcement for Mental Health Board
 - Arshiya
 - Claire
 - Mia
- Vice President Election Results
- Presentation from Yash Gunisetty
- Crochet Club Collaboration