Aloha Hawaii HOSA,

I am so excited to share the 2020-2021 HOSA year with everyone. Our new state team has worked hard over the summer to create an optimal year while also creating a safe and healthy environment for our HOSA members. I know everyone must be scared of the unknown circumstances that await us, but I believe that as HOSA members, we can forge our own purpose during this pandemic. We can use this pandemic to create new opportunities that would have been previously unforeseeable. The state team is partnering with local organizations to connect HOSA with the local community. We are also using social media to connect HOSA with members from across the state using a virtual platform. The state team has modified our events to be entirely virtual and have new exciting events planned for our members to enjoy. These are things that have never been done before and have been made possible due to our current situation. Thus, we are defined by our choices and not by our situation.

Notably, this pandemic has highlighted the resilience, bravery, and necessity of healthcare workers. Workers on the frontlines who are repeatedly exposed to dangerous conditions and sacrifice so much should be seen as a beacon of inspiration. Personally, I find the story from Dr. Ed Kuffner, an Emergency Medicine Physician, to be a model of this idea. He volunteered to help at Coney Island Hospital in Brooklyn at the peak of the outbreak in New York City in April. Johnson & Johnson’s COVID-19 Medical Personnel Leave Policy enables medically trained employees to take a paid leave of up to 14 weeks to help with COVID-19 relief efforts. Dr. Kuffner experienced a great deal from his time in New York. The hospital he worked at reached its maximum capacity and tents had to be set up in the hospital’s parking lot as an extension of the emergency room. Patients with COVID-19 were unpredictable and the healthcare staff lacked the comfortable knowledge of the disease course. However, the direness of the situation was combated through resilience and humbleness. In addition to medical improvements, Dr. Kuffner also learned that the virus can be combated through the gratitude that people express towards one another. Whether this is sweeping the floor for the housekeeping staff, sending videos of gratitude or even playing “You Raise Me Up” in a truck outside of the hospital. Maintaining uplifted spirits is essential in combating the dreariness that a stifled atmosphere can create. The situation in the Coney Island Hospital seemed bleak and things could have fallen apart, but Dr. Kuffner and the staff at the hospital rose above their circumstances. I hope that this story serves as a source of inspiration, showing that your choices define you and not your situation.

As Hawaii HOSA members, we must remain vigilant to the news around us and stay safe by abiding by state and federal recommendations. You can take small actions at home by staying home, social distancing, wearing a mask properly, and washing your hands. The COVID-19 situation is constantly evolving, and no one can possibly prepare for everything that will happen. However, do not be discouraged by change. Instead, choose to embrace it and decide to focus on what you do have control over. The state team truly wishes the best for all of our members and aims to create a progressive, unforgettable year with all of you.

Sincerely, Kristyn Miyamoto
In one word, how would you describe HOSA?

**State President - Kristyn Miyamoto**

I would describe HOSA as purposeful. HOSA is all about delayed gratification. You study hard for half the year in preparation for one moment and this teaches you that to find purpose, you must understand the great journey that it takes to find it.

**State Vice President of Technology - Jeremy Ruan**

HOSA is growth. When I joined HOSA four years ago, I was what you could call an introvert. I was a very shy and soft-spoken individual. I did not ever think I would have the courage and confidence to become a State Officer, needless to say speaking in front of nearly a thousand people. But it was HOSA that allowed me to break out of my shell, doing things that I would have never ever thought. I would be capable of doing and allowed me to discover my passion — medicine and service. I was able to grow a new understanding of myself and how much I am capable of doing. If there is one thing that this organization has taught me, it would be to step out of your comfort zone and persevere through all the hardships and unknown.

**State Vice President of Programs - Reina Fukuoka**

If I had to describe HOSA in one word, I'd say family. Truly, as one organization, we are a family. I've never felt such a sense of unity in a group and I still remember when I first joined HOSA three years ago. Everyone was so kind and friendly, and it was so easy to be comfortable in the organization as every single member was so welcoming. As a family, we push each other to be the greatest we can be, and it's so exciting to be able to grow and learn with each other in HOSA. This sense of harmony and the bond that we have together is one that is hard to replicate, which is one of the many reasons why I love and continue to be in HOSA.

**State Secretary - Malia Butay**

In my eyes, HOSA symbolizes the word ambition. Like many others, HOSA has formed my desire and determination to achieve success towards a career in the medical field. Joining HOSA introduced me to a group of individuals, all willing to contribute hard work in competition, unity, and spirit. I continue to fully love and serve HOSA because of its ability to unify and impact everyone to find the skills to unlock their potential. HOSA strives us towards ambitions higher than Mt. Everest and teaches us the perseverance to conquer the climb towards successful futures in healthcare.

**State Treasurer - Tyler Lee**

POSSIBILITY. In HOSA, the sky is the limit to what you can learn, experience, and accomplish. In the past year, I've been fortunate enough to meet lots of wonderful people in the healthcare industry and learn more about what being a medical professional is all about. I look forward to the future of Hawaii HOSA and giving members an unforgettable year.

**State Historian - Obrein Antonio**

If I were to describe HOSA with one word, I would use compassionate. My first year of HOSA I was welcomed with warm hugs and kind members. They helped me learn more about HOSA and taught me what made it such a great organization. I still remember attending my first HOSA chapter meeting, everyone was so nice and understanding of the newcomers. Even though I am only a second-year member, I consider Hawaii HOSA to be my family. We look out for each other and we learn together.

**State Secondary Representative - Alexis Joy Viloria**

To me, HOSA is limitless. Through HOSA, I have been able to explore my interests and realize my true capability. In my past 3 years of HOSA, I've only continued to grow not just as a member, but as an individual striving to reach my goals. Seeing how much HOSA has helped me become self-aware of my growth really helps me to know that this is just the beginning of my journey towards being a Future Health Professional, and I hope HOSA has taught the same lesson to many others.

**State Postsecondary Vice President - Travis Makana Taylor**

I would describe HOSA as meaningful. Throughout my 6 years I've been with HOSA so far, I always found this incredible organization to be meaningful in my life. Throughout your HOSA experience, you'll see first-hand how many of HOSA's opportunities like competitive events will be meaningful in your life and future as a healthcare professional.
As Future Health Professionals within this raging pandemic, it is our duty to fulfill the standards of promoting health and wellbeing while adapting to the unexpected. This year, the coronavirus has taken a big toll on chapters across the world. Starting with the Virtual International Leadership conference, Hawaii HOSA has already gotten a taste of what the upcoming school year has in store. With many annual events turned virtual, what do Hawaii’s HOSA chapters think the following months of the pandemic will look like for them?

How has coronavirus personally affected your chapter’s activities?

**Victoria Lee**
Senior at Moanalua High School

“The virus has impacted my HOSA activities by taking away the highlight of HOSA which is CTSO. It worries me that new members won’t be able to get the same experience as older members. I’m very grateful that CTSO will still be held online, but it’s gonna be drastically different than before, especially those who are competing in hands on categories.”

What kind of changes do you expect to happen as the pandemic goes on?

**Angeline Cayetano**
Senior at Maui High School

“The impact of this pandemic is drastically changing everyone’s lives. As we kick off the new school year, I see virtual activities with our upcoming members and interacting with them through social media. Maui High HOSA strongly encourages our members to turn their passion into action, whether it will be physical or virtual events this year. When we were hit with the unexpected, we were inspired and motivated by our members to persevere and strive to make this year memorable for our chapter. I look forward to unlocking my potential through future activities and events with HOSA. We can’t wait to share with our future and returning HOSA members what we planned for this upcoming school year! We will unlock their potential with HOSA.”

What do you as a chapter hope to get out of experiencing this unusual time in history? (Better communication, live in the moment, adapting to unexpected situations, etc.)

**Keizanne Guieb**
Sophomore at Farrington High School

“While we are all experiencing this unfortunate time in history, there is one thing I hope to get out of it. As someone who does not interact much with other people, this pandemic has taught me how important communication and interaction is. Phone calls and even text messages made me quite happy while spending my time in isolation. So in other words, as a chapter, I hope to develop better socializing skills because being isolated from others made me realize how valuable relationships are.”
What Is VILC? What Do Members Do?

This year due to the pandemic, HOSA was put in a tough position regarding the holding of their annual International Leadership Conference. Thus, VILC, the Virtual International Leadership Conference, was born. HOSA’s mission to empower HOSA members to become global health leaders through collaboration, experience, and education was well incorporated into the VILC with competitive events, 2020-2021 Executive Officer elections, exhibits and more. Although members weren’t able to physically interact with one another, they were able to connect through a virtual experience. The HOSA executive team successfully gave HOSA members across the globe a memorable experience despite tough and unusual times. Most would say the VILC was well executed and unforgettable!

2020 Hawai’i Health Virtual Workforce Summit

This year, the Hawaii HOSA Executive Council attended the 2020 Hawai‘i Virtual Workforce Summit sponsored by Hawaii Pacific Basin AHEC (Area Health Education Center). The officers hosted an exhibitor’s booth and held 4 Q&A sessions with medical professionals, educators and community members to advocate for its program. It was a thrilling day as the officers met potential speakers for our State Conference.

I Choose To Persevere!

Placing at a HOSA competitive event is no easy task as it requires endless amounts of time to be able to compete against the best of the best. Hawaii HOSA congratulates all their members who participated at the VILC—simply challenging yourself to get through this new experience was more than enough and we encourage everyone to persevere just as our VILC attendees have.

As we meet new challenges like this ongoing pandemic, we must be strong as a community to get to the life we all want so badly. By adhering to CDC guidelines and keeping hope for the future, we will get out of this situation stronger than before. It’s not easy, but remember everything will be okay in the end. We will look past this time and be proud of everything we accomplished and went through in this turning point in history.

VILC, 2020 WORKFORCE SUMMIT, JUST DANCE! Issue 2

JOIN US FOR JUST DANCE!

Join the State Officers for a night of virtual fun and dancing! Let loose and get down!

Friday, September 18th at 5PM

VIRTUAL MEETING LINK TO BE ANNOUNCED

Just Dance Event

As a way to engage with our members, Hawaii HOSA held a virtual Just Dance event to remind everyone that they are not alone amidst this pandemic and that we are all facing this together as a group of students dedicated to meaningfully addressing this pandemic and doing all we can to flatten the curve. Through this event, we were all able to safely connect with each other and let go of all the burdens this pandemic has caused, at least for a few minutes. Hawaii HOSA is excited to share more memories like this with you all.
Mental Health

Mental health is as important as physical health. We must take care of it to have a healthy mindset and lifestyle. During this time, it is easy for our mental health to get disrupted. As COVID-19 has made a negative impact on all of us, we should take care of our mental health more than ever.

Start with getting enough sleep, a disrupted sleep schedule can be very harmful to your mental health. Your brain needs time to rest and de-stress from day-to-day pressures. It is advised for teenagers to get 7-9 hours of sleep each night. Eating right and exercising can also help you maintain a healthy weight and stay fit, which is important to keeping a healthy mind and body. Stay connected with friends and other family members through social media: interact with each other and talk about your day. Find ways to cope with stress—knowing good ways to manage stress can help you deal with certain situations and issues. This can include cooking, baking, writing, reading, coloring, drawing, dancing, listening to music, meditating, and so many more.

GET ENOUGH SLEEP
That’s about 7-9 hours per night!

TAKE CARE OF YOUR MENTAL AND EMOTIONAL NEEDS
Have some you time!

EAT RIGHT AND EXERCISE

FIND WAYS TO MANAGE STRESS
Do what you love!

To keep up with Hawai'i HOSA,
Follow/Contact us on:

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