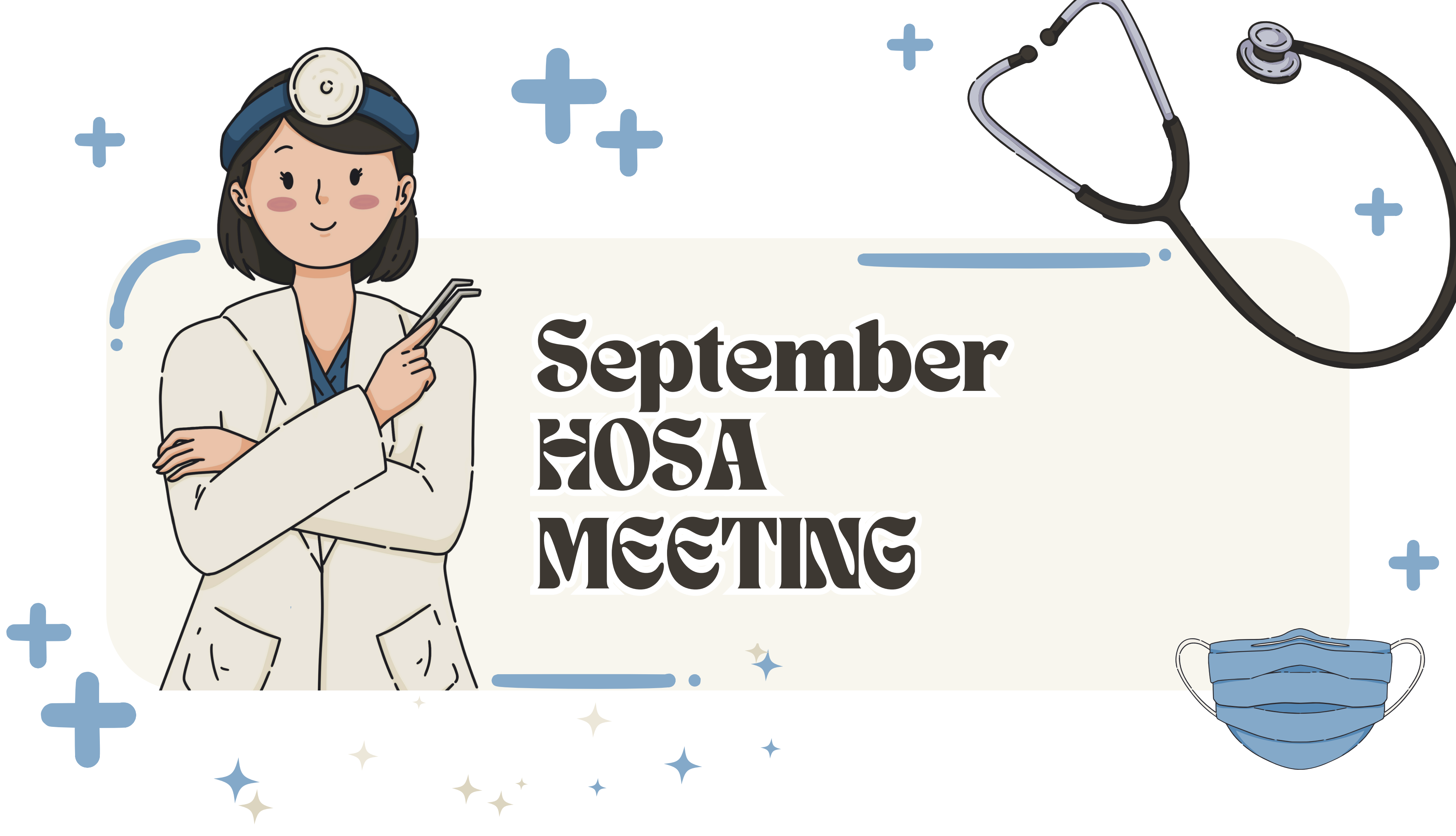
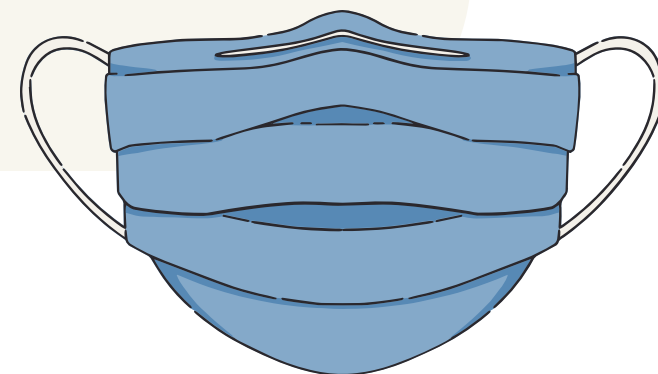




September HOSA MEETING



MEET THE BOARD

Upper Chapter:

President- Rita Szymanska

Co Vice presidents- Kaelyn McDaniel and Jessica Killeny

Treasurer- Audree Thurman

Admin Secretary- Emira Sayeed

Recording Secretary- Lauren Sullivan

Parliamentarian- Clarissa Zoto

Historian- Amarah Martin

President Elect- Marissa Ellis

Lower Board

President- Sierra Beal

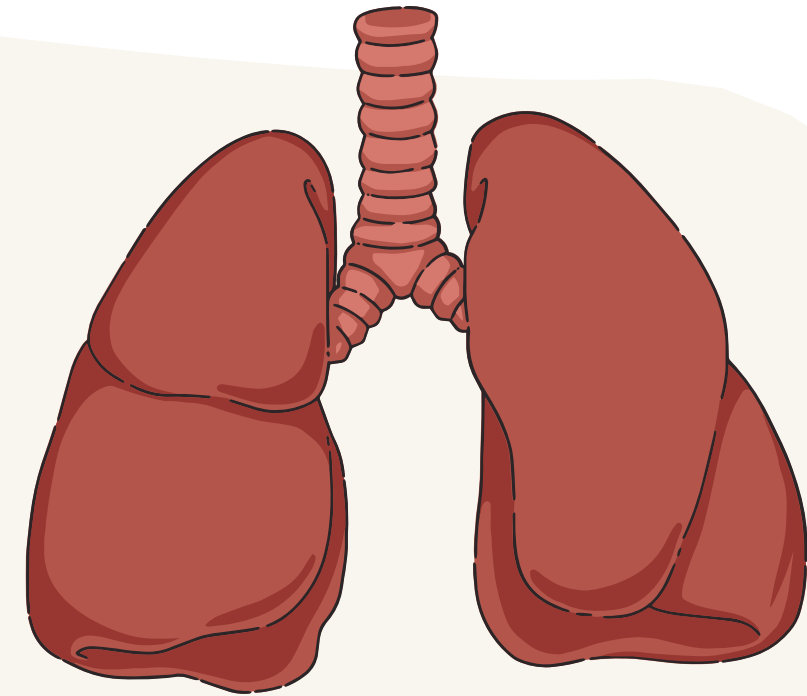
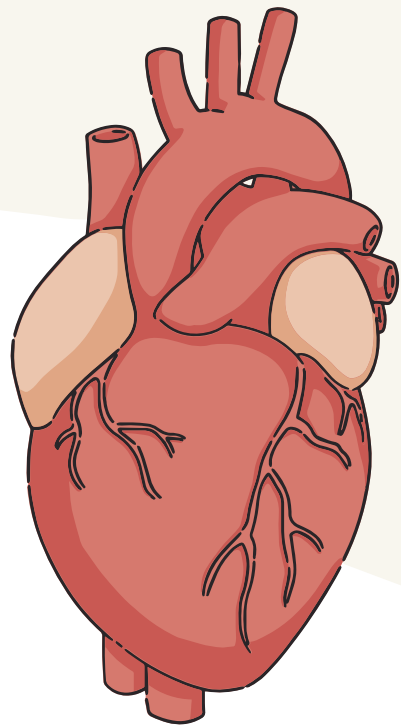
Vice President- Saashiv Gupta

Treasurer- Ellyse Johnson

Parliamentarian- Jiya Patel

Historian- Lily Ferraro-Post

President elect- Patricia Cronin



Why You Should Join...

**WELCOMING ANY
PROGRAM -
MEDICAL, TRADITIONAL
AND IB**



- Learn about various medical careers
- Chance to compete in various competitions
- Opportunities to get service hours and volunteer hours
- Can get your medical and CAS hours
- Deepen your knowledge on various medical topics
- Great on college applications
- Opportunities to join board

HOW TO JOIN



Join remind

Upper Chapter- hosaup26
Lower Chapter- hosalow26

Pay Dues on RevTrack



Go to phuhs.org, go to online payments and select revtrack then click HOSA DUES... fill out information and complete payment



Come to general meetings

Every second Wednesday of the month

NEXT MEETING: October 8th

Complete membership qualifications



Upper Chapter: Need 15 points

Lower Chapter: Need 10 points

There will be many opportunities to get these points throughout the year and the points are accompanied by volunteer hours.

We hold many events:

+ Metropolitan ministries: donate various foods and other needed clothing items to be donated to the community. This will take place mid-October-mid November, and you can receive 1 hour and 1 point for each thing you donate.

+ Partnership with best buddies- more details to come
+ Glam Run- in February (date TBD)

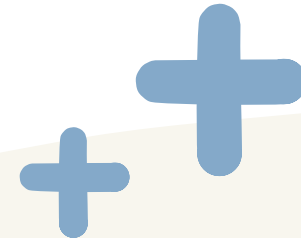
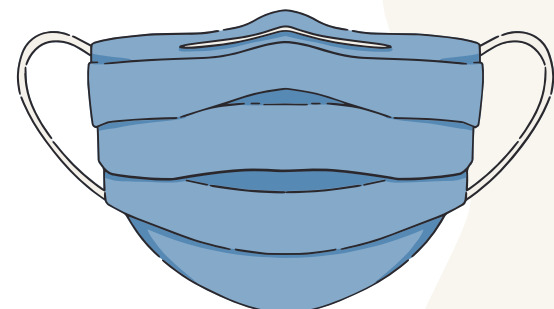
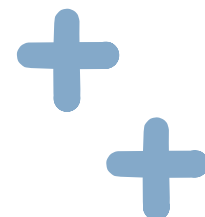
Volunteer Opportunities



Invest in your future

NEW HEALTH OCCUPATION SEMINARS

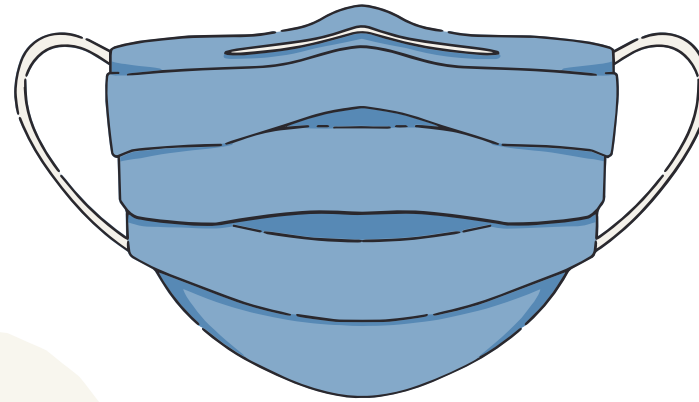
Come to the meetings every 3rd Wednesday of the month, after school, to learn about a highlighted health occupation of the month to learn about the possibilities of careers in healthcare!



POINTS/HOURS

1 point and 1 hour for each seminar attended!

Competitions



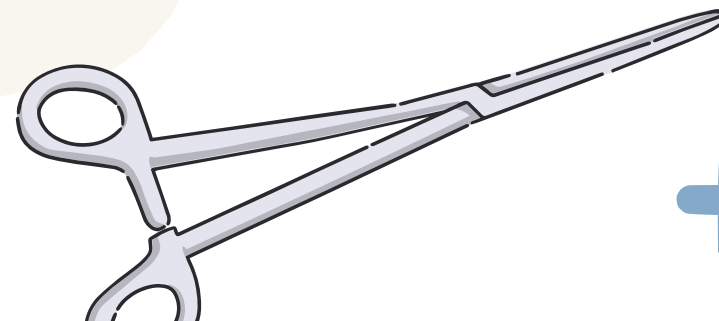
OVERVIEW

- Plenty of different events you can compete in
- It's not as scary as it seems!
- Go to official HOSA website to learn about various competitions
- Regionals in January

SPEAKERS

Speaker 1- Kaelyn

Speaker 2- Claire



SEPTEMBER

SUICIDE PREVENTION MONTH



WHAT IS SUICIDE PREVENTION MONTH?

September is suicide prevention month. During this time, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

1 Spread awareness

2 Eradicate Stigma

3 Educate others

4 Provide resources

Speak with someone Today:
988 Suicide and Crisis Lifeline



Suicide Prevention Month Impact & Insights

In 2023 Over 49,000 deaths by suicide were recorded in the U.S, which is about one death every 11 minutes.



Suicide rate increased 4.5% from 2020 to 2023.

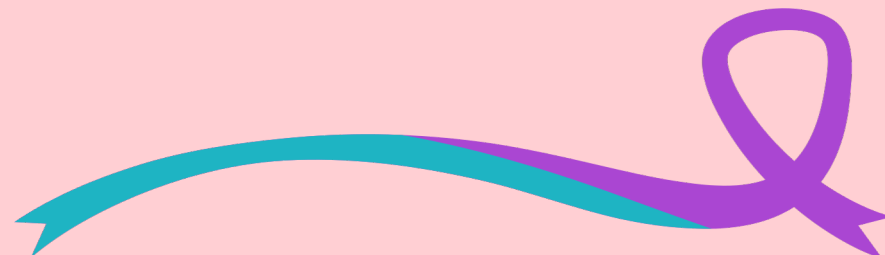


**12.8 million adults seriously considered suicide.
3.7 million made a suicide plan.
1.5 million attempted suicide.**

**Suicide is the 2nd leading cause of death for both ages 10–14 and 15–24.
Overall, it ranked 11th among causes of death across all ages.**

Over 50% of U.S. suicide deaths involved firearms.

Globally, around 720,000–740,000 people die by suicide each year and thats about one death per 50 seconds



Source: https://www.cdc.gov/suicide/facts/data.html?utm_source
https://www.who.int/en/news-room/fact-sheets/detail/suicide?utm_source

**Listen to what
the person is
saying.**



**Ask if they're ok
or if something
is wrong.**



**Be calm and
supportive let them
know you are their
for them.**

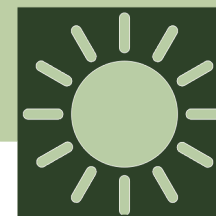


6 Ways to

Help Prevent Suicide



**Be patient and
non-
judgemental, be
there for them
to lean on.**



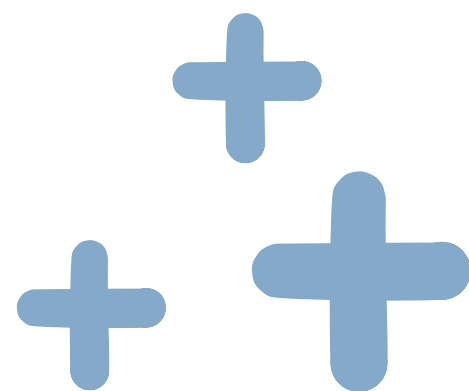
**Make someones
day, be nice and
kind, smile at
someone random
in the hallway, it
can change a lot.**



**Encourage
getting help from
a teacher, doctor
or counselor.**

Suicide Hotline #: 988

ATTENDENCE





**Thank you for
your attention**

