

HOSA Happenings

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FUNDRAISING

Pepperoni Rolls
Every Thursday @ lunch
Chairperson -
Mrs. Listopad

Pi Day
Coming 3/14/14
Pie Baking & Tasting
Contest
Chairperson- Jessica
Black

NEWSLETTER STAFF

Editor - Debbie Anderson
Photographer - Laura Beall
Advisor -
Mrs. Tracy Schliep



Shed Some Light on S.A.D.-ness by Jessica Donaldson



The weather is colder, the days are shorter, and you may find yourself feeling down in the dumps, upset, or downright depressed! Don't panic; you are not going crazy. You

may have S.A.D.

S.A.D. stands for Seasonal Affective Disorder. S.A.D. is a type of depression that occurs in a particular season, most commonly in the fall and winter. People affected by S.A.D. react adversely to the decreasing amounts of sunlight and the colder temperatures. This is supported by a geographical analysis showing the incidence of S.A.D. increasing as the distance from the equator increases.

In the United States about 5% of adults have been diagnosed with S.A.D. and up to 25% of people have symptoms. S.A.D. is four times more common in women than in men. The average age to develop it is 23 years.

Symptoms of Seasonal Affective Disorder include tiredness, fatigue, depression, crying spells, irritability, trouble concentrating, body aches, loss of sex drive, poor sleep, decreased activity level, and over eating, especially carbohydrates. In severe cases, Seasonal Affective Disorder can be associated with thoughts of suicide. S.A.D. tends to begin in the fall each year and last until spring, with the symptoms being more intense during the darkest months. The common vernacular is cabin fever.

S.A.D. can be treated; you do not have to "just deal with it." One way to treat S.A.D. is by using phototherapy. Phototherapy is commercially available in the form of light boxes. The light box simulates sunlight, which de-

creases the amount of melatonin (a natural tranquilizer), increases Vitamin D, and stimulates the release of endorphins, natural hormones that act as a pain-reducing, pleasure-enhancing opiate in the brain. Antidepressant medications may be prescribed to treat the most serious cases of S.A.D.

Probably the best treatment for S.A.D. is to be out of doors, soaking up as much natural sunlight as possible. With freezing temperatures and wind chills resulting in Arctic-like conditions, being outdoors isn't an intelligent choice. The smarter choice may be a few minutes in a tanning bed. Tanning beds produce USB rays that essentially accomplish the same thing as natural sunlight. As informed healthcare consumers, it's important to weigh the pros and cons of all options. It's a decision that only you can make. If you think some time in a tanning bed could rejuvenate and uplift you, email Mrs. Schliep. The first five students to email her will receive a week of free tanning.

S.A.D. can be difficult to deal with but treatment options are available. Don't overlook your symptoms. You may find that with treatment, winter isn't so bad after all.



Stop the Curse

by Laura Beall

Have you ever been having a really bad day at work and all of a sudden *#@!!*^ comes out of your mouth? Yea, I bet most of us have. However, we should find something better to blurt out like, “peanut butter,” or “sugar honey iced tea,” or “fidgets and foo-dangle.” Our bosses and coworkers would appreciate it.

What we say represents who we are, and we do not want our bosses, clients, or coworkers to think horrible thoughts about us because they heard horrible words coming from our mouths. Have you ever had a coworker that every time he speaks a swear word comes out of his mouth? It doesn't sound very good, does it? That coworker could be one of the nicest people around, but if his language is disgusting, you assume that he is disgusting.

Inappropriate language in the workplace can alienate coworkers and cost you a job or promotion. You could lose credibility with your patients and business associates. Your language impacts your career and reflects on your employer.

Once swearing becomes a habit, it is hard to break, whether you are at work or at play. Try to break the habit by saying something offbeat when the urge to curse strikes, like “O Christmas tree” or “fudge nuggets.” If you do this in your daily life, it will come naturally when you are having a bad day at work. It will provide an immediate release of frustration without the boss's scowl. In fact, you may elicit a smile.

Stop and think before you speak. Ask yourself, “How is this going to impact my professional image?” If you wouldn't say it in church, don't say it.



Words from the Wise

by Mrs. Maria Clyde, Director of Admissions



Choices, we make them daily. Some are so automatic; we perform them with little thought. Other choices, however, are and should be made with conviction and determination. If you're reading this, you've made the latter.

In searching your post-secondary educational needs, you discovered Laurel Technical Institute is local,

which makes daily attendance manageable. That decision alone equates to huge cost savings on room and board.

You opted to study in programs that would earn an Associate's degree or nationally recognized Certifications. The school's accreditation was important in selecting where to invest your time. Perhaps it was the small class size that appealed to you; we offer an excellent student-to-teacher ratio. We know our students by name; you're just not 'a number' here at LTI.

Concurrently, the following attributes also create a prosperous student:

A person who contributes to their own success by understanding the need for skilled training.

A commitment to be present and attentive in class daily.

Acquiring communication skills that allow one to verbalize or compose written word effectively in today's world, no matter what career path is chosen.

Possessing the diligence to meet deadlines and manage time ~ the characteristics employers look for when adding to their staff.

Congratulations on making the smart choice to be an LTI student. Why not pass that clever decision on and refer a friend or family member? Challenge them to be LTI'm Ready, too!

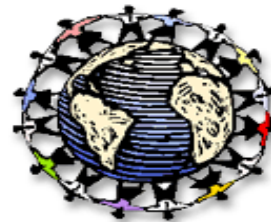
8th Grade Career Fair by Roben Root

Roben Root and Abbey Moore represented HOSA and medical assisting careers at the annual 8th grade Career Fair at the Hickory VFW on Tuesday, November 26. The fair gave students exposure to numerous occupations and provided them with the opportunity investigate educational requirements, earning potential, and job growth.

Representatives were on hand to answer questions and provide career-related, hands-on activities. Roben and Abbey guided students in taking patient vital signs.

The goal of the Eighth Grade Career Fair is to encourage students to start thinking early about their careers in order to prepare and plan in high school.





HOSA Provides Services for Holiday Portraits Project

by Samantha Wilson



LTI HOSA and Cosmetology teamed up with St. John's Episcopal Church in Sharon and photographer Rachel Dudzenski to provide free portraits for persons in need. The Holiday Photo Project culminated on Saturday, December 7, when fam-

ilies and individuals sat for their photos and received a free hot lunch.

The project, brainchild of Katherine Huff of St. John's, was hatched during WaterFire and took weeks of planning. Katherine held signups at the church for those interested in having portraits taken.

Mrs. Wojtalik and Mrs. Schliep designed a certificate for free makeovers in the Cosmo Clinic which Katherine distributed.

Clients who wished to use the gift certificates called the school to set up an appointment for December 5 or 6.



Corey Abbott signing in clients for the family photo project.

Cosmetology students worked hard to shampoo, cut and style approximately 30 clients. HOSA members assisted with checking in clients and keeping things running smoothly before, during, and after the photo shoot.

Sharon Commercial Printing donated the cost of printing the certificates and the 50 or so portraits that were taken. Upon picking up their photos on December 21, clients received a Christmas card and postage stamp in the hope that they will share their photo and reconnect with a loved one.

Photographer Rachel Dudzenski just graduated in December with a Bachelor of Fine Arts in Photography.

She works as a freelance photographer. Find her on Facebook by searching "Rachel Dudzenski Photography."



Saint John's Church participates in the Feed Your Neighbor program in which volunteers serve free restaurant-style hot lunches every Saturday at 11 AM. The lunch is open to the public; no questions asked. If you are interested in volunteering, contact Katherine at katherine-huff1@gmail.com.

COMMUNITY SERVICE

ACCOMPLISHED: Celebrate Our Success!

Library Wine & Cheese Fundraiser

Election Day Lunch

Red Cross Comfort Kit Supplies

Masquerade

Madness

Red Cross Light

Up Parade

*Thank you
for your support!*



*Thank you to
contributors in this issue:*

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Tina Currie

Samantha Wilson

Laura Beall

Mrs. Maria Clyde

Roben Root

Heather Mason

We appreciate your efforts!



I'm a Kid With Diabetes. Now What?

by Tina Currie

Diabetes is a disease that affects the ability to properly use carbohydrates to make and store energy. On December 5, LTI students were able to hear a speaker who has this condition. His name is Jarett Calleja. He is 12. Jarett, along with his mother Renee, explained what it is like to live with this chronic illness.

Upon learning that he had diabetes at the tender age of 5, Jarett and his family had to adjust to a new routine. He and his parents had to learn very quickly how to test his blood glucose, inject insulin, count carbohydrates, and recognize the signs of hyper and hypoglycemia. Renee talked about how sad and frustrating it was for Jarett that he couldn't eat the same treats as his classmates at school and how worrisome it was wondering if the signs of a glucose crisis would go unnoticed while he was at school. She took action by stocking Jarett's classroom with plenty of low carb snacks and beverages and by creating a quick reference fact sheet that alerted school employees to Jarett's condition.

After a few years of having to inject himself with insulin several times a day, Jarett received an insulin pump. The pump is more convenient, more effective, and less painful because it automatically calculates and delivers his insulin dosage, and can be programed to provide boluses based on glucose levels and dietary intake, which Jarett demonstrated during the presentation. The insulin allows glucose to move into a person's cells, where the glucose is used to create energy. Without energy body systems would shut down.

Among the equipment and technology that Jarett uses to

control his diabetes was a small box, about the size of an alarm clock, which displayed a constantly changing three-digit number. Renee described it as a "lifesaver." It was a remote monitor that displays Jarett's glucose level even when he is in a different location. The monitor allows her to track Jarett's levels when he is asleep, playing sports, or studying.

Jarett explained how his yearly participation in a summer camp for children with diabetes has helped him better manage his condition. At camp he learns about diet, devices, and technology, and gets to hang out with other children with diabetes. Diabetes Camp has had such a positive impact on Jarett's life that he and his family hold an annual event each November to raise money for Diabetes Camp scholarships for children who otherwise would not be able to attend.

Diabetes affects an estimated 25.8 million people in the United States; 215,000 are children. It is a condition that requires meticulous attention and diligent planning to prevent life threatening consequences. A person could become overwhelmed just *trying* to manage it. So, how would a child feel? For one brave 12-year-old with a coy smile and a sweet disposition, it feels normal.



Holiday Sweater by Heather Mason

The "Outrageous Sweater Contest" was held on December 11. Thank you to everyone who participated and made this fundraiser a success. It was a pleasure to see everyone dressed in their outrageous holiday gear. The winners were counted and confirmed by the accounting firm of Hogue and Associates. In first place was Zoe Cusino, Cosmo, and in second place was Jennifer Schmidt, MA. A Christmas ham and turkey were the prizes.

Thank You and Farewell by Debbie Anderson

With the coming of the New Year and new semester, change will be upon all of us. I will be taking on a very hectic schedule and for this reason I am resigning my positions of president and newsletter editor. It has been quite a ride! Ironically, in high school, I never was one to participate in school or outside activities. Coming to LTI and par-

ticipating in HOSA has shown me that it feels good to be a member of a team that provides service at school and in the community. I also learned that I can accomplish what I set out to do (with relatively few headaches).

Having served as both vice president and president of HOSA, I have realized the importance of reaching out to our student body and the community and of working as a team to provide services desperately needed.

It is my desire for someone to take over the editor position as we are at risk of losing our award-winning newsletter. I think it is very important to the HOSA organization that we keep our members educated and informed of community service projects, fundraisers, and professional development, and that we document our successes and celebrate the members who made it possible. If interested, please, please see Mrs. Schliep ASAP!

Just a little note to thank all of you who have helped in the many fundraising events and service projects and to all who have contributed to the HOSA newsletter. I am proud of what we have accomplished and I look forward to working with our next leadership team.

HOSA has provided *Benefits that will last a Lifetime!*