



# RIDGE POINT HOSA

*Welcome to HOSA Panther News!*



## HOSA as an Organization at RPHS

*By Angel John, RPHS Historian*

HOSA is a well known organization within Ridge Point High School. This is the 6th year RPHS had HOSA as a part.

Despite the challenging situation faced, RPHS HOSA still works with the large number of 97 members and 8 officers present for the school year of 2020-2021.

RPHS HOSA member meeting is held Tuesday of every week where we aim to interact with all the members and discuss important and valuable information. Along with that, we have guest speakers who specialize in a variety of different health fields come and educate members to help widen their knowledge and influence them.

### IN THIS ISSUE

**HOSA as an Organization.... page 1**

**Meet The Crew .... page 2**

**Local chapter news.... page 3-5**

**RPHS HOSA achievements/celebrations.... page 6**

**Health information article.... page 7**

# MEET THE CREW!

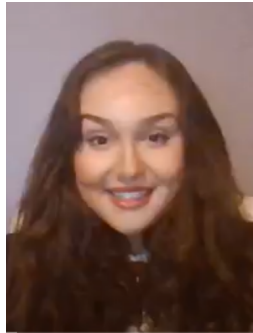


## Introducing Our HOSA Advisor!

Meet our Advisor for the Ridge Point Health Occupational Students of America organization, Ms. SanJuanita Rodriguez.

Throughout the 6 years of having HOSA at RPHS, Ms. Rodriguez's encouraging and joyful spirit has influenced many students and members alike, which some of are now in the healthcare program.

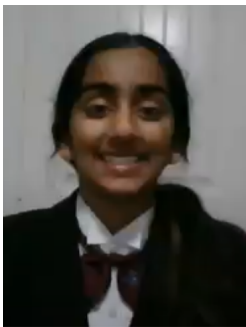
## RPHS HOSA Officers 2020-2021



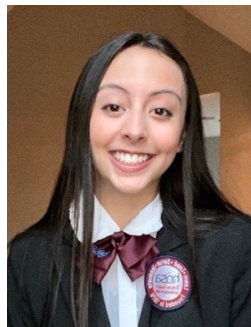
Miranda Onisiforou  
RPHS HOSA President



Abby Zavala  
RPHS HOSA Vice President



Sneha Mathew  
RPHS HOSA Secretary



Francesca Garner  
RPHS HOSA Treasurer



Angel John  
RPHS HOSA Historian



Anh Nguyen  
RPHS HOSA Parliamentarian



Ethan Rangel  
RPHS HOSA James Reese CTC Representative

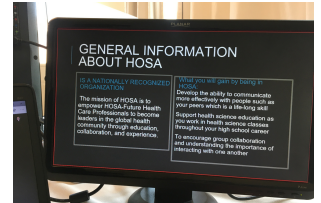


Steven Mathew  
RPHS HOSA Reporter

# Local Chapter News

## September

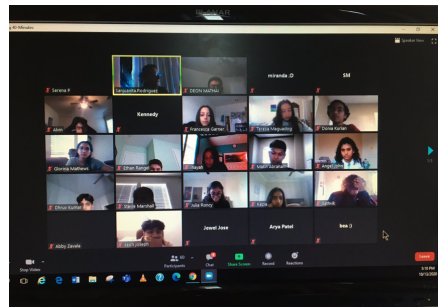
In September, RPHS HOSA had a recruitment day for members on RUSH, which was a day held by Ridge Point as an informative day to talk more about the clubs and organization.



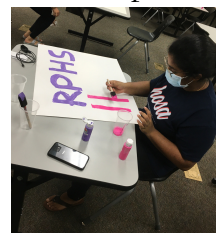
HOSA had many students come to the virtual call and learn more about the organization and its goal.

## October

Our first meeting was held virtually on October 13, 2020, where we had introduced the officers and had interacted with all the members. We had also talked about what it feels like to pursue a career in the health field and all the opportunities available within High School.



Many members met together on October 16 to help decorate posters for the upcoming Homecoming (HOCO) parade.



This was the first time, a limited amount of 16 members due to COVID-19 guidelines, were able to get together and work with each other!



On October 18, 2020, the Ridge Point HOSA had participated in a car drive-by for the HOCO parade while promoting pride for both the school and the organization. Despite the challenging situation, many members of HOSA had come and joined together and were able to interact with other clubs and groups from our school.

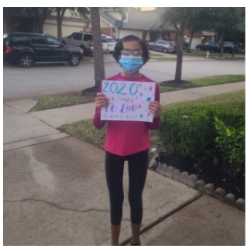
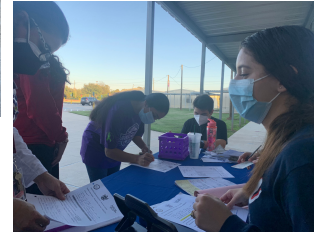
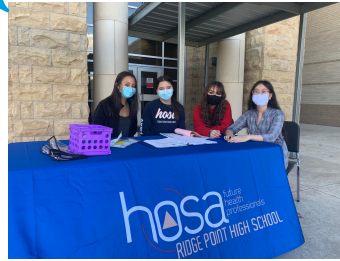
Members and officers were able to promote the HOSA service project organization of 'Be the Match' within the parade as well.



# Novemeber

November 4-5, 2020

RPHS HOSA held a membership dues drop off day with a drive by in the school's parking lot. Where we received a large number of membership forms (97). This not only was an exhilarating and thrilling moment to see everyone submit their forms but also allowed the officers to meet and talk with the members and excite them about all the upcoming events despite the challenging year.



The MD Anderson Boot Walk, which is held annually is something many HOSA students take part in. This year it was held on November 7, 2020 and it was virtual as well!



With their own family, many members walked 1.21 miles while promoting Cancer awareness with posters and videos of the walk around their own neighborhood. This gave all the HOSA members the chance to stand up to the health issue of Cancer and also encourage other people as well.



# December



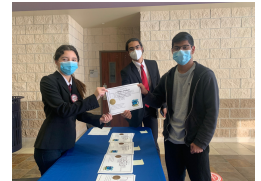
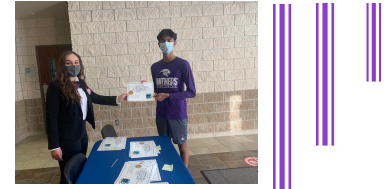
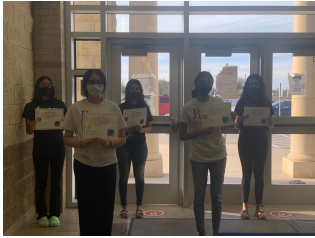
During a week in December, HOSA had held an interactive virtual meeting with guest speaker, Dr. Chiara Combs, DDS.



She had talked and answered many members' questions on Dental and what it is like to go to Medical School.

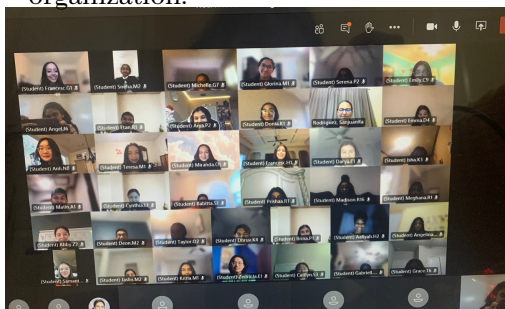
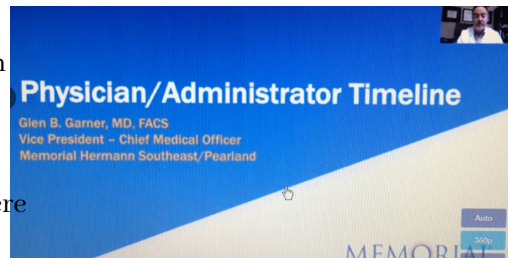
# January

On January 27 and 29 of 2021, HOSA chapter 2105 kicked off the new year by distributing induction ceremony certificates as a recognition of joining and becoming a member of the Health Occupational Students of America organization. The joyful moment of seeing all the members of HOSA through a drive by after a couple weeks was truly amazing. Despite the situation, being able to interact with members again was still delightful



# February

Unlike other years, this year for the first time the Induction Ceremony was held virtually in order to comply with CDC guidelines on February 9, 2021, in order to accommodate all the members. But regardless the ceremony was a success! With everyone dressed up and formally attending, we were able to officially accept the inductees into the organization.



The induction ceremony this year had a special guest speaker come and speak to all the HOSA members. Dr. Glen B. Garner, MD, FACS, the Chief Medical Officer of Memorial Hermann southeast/Pearland! He had intrigued and motivated many members as he had talked about his life through medical school and becoming a surgeon and a Healthcare Administrator. Overall furthering our knowledge



HOSA was able to participate in a very meaningful volunteer opportunity for Valentine's Day, HOSA had the chance to create Valentine's day cards for children at the Children's Homes Society of Florida. Which motivated many members want to take a step forward and make or possibly even change someone's day. With great pride RPHS HOSA had many adorable and heart warming cards created!



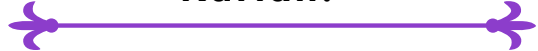
# RPHS HOSA Achievements/Celebrations

## Congratulations to Miranda Onisiforou!



Miranda (right side) was awarded the IMPACT award by her Health Science Teacher, she was 1 in 6 recipients to receive this award. She is also our HOSA president! Proud of our HOSA Leader! Good Job!

## Congratulations to Donia Kurian!



Donia placed 2nd in the Virtual Texas Area 2 competition for Medical Art Poster. Thank you for representing Ridge Point HOSA!

## Congratulations to Teresa Maguadog!

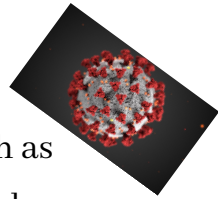


Teresa placed 8th out of 125 competitors in the Virtual Texas Area 2 Medical Terminology. Teresa is currently in Medical Terminology class this year. Outstanding job!

# Health Information Article

The unfortunate events of COVID-19 have altered and changed normalcy in life. Research has shown millions and millions of people are affected with COVID-19. In the span of over 12 months, many things have become different. Large gatherings were restricted, elderly people and others with pre-existing health conditions were at most risk, hospitals were filled beyond capacity, jobs were laid off, schools were forced to stop instruction to protect everyone, and much more. Research has shown that around 3.3 billion of the global workforce have the chance of losing their means of money. Showing how the pandemic overall has taken a toll on the health of people in many ways. Not only was physical health at risk during the pandemic, but also mental health as many people fear losing their jobs, and the stress of knowing family members are being exposed daily. According to APA "nearly 8 to 10 adults say that coronavirus is a significant source of stress in their lives"

To continue on with that the COVID pandemic has affected physical health as well, with many issues that are said to be long term such as headaches and muscle pains. CDC has claimed that "patients can have symptoms that can last for weeks or even months after recovery." Reports of serious complications such as lung abnormalities and inflammation of the heart have been recorded down. This dangerous situation has and will continue to alter many lives all over the world. However, a vaccine was created, thanks to many professionals who have put in long and hard hours to come with a vaccine as fast as possible. But it is still recommended that continue to maintain and follow all CDC regulations such as wearing double face coverings, maintain social distance, and avoiding gathering as much as possible. By following all the guidelines, the spread of COVID-19 can be prevented, and hopefully, soon enough we can return back to how life was before this.



**Sources:** <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>  
<https://www.apa.org/news/press/releases/stress/2020/report-october>  
<https://www.who.int/news/item/13-10-2020-impact-of-covid-19-on-people's-livelihoods-their-health-and-our-food-systems>