

## Local Chapter News

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Health Careers Academy (HCA) students have been keeping themselves busy lately! If they aren't hard at work studying medical terminology and learning about the different systems of the body, you can see the students exploring new and educational opportunities. From interesting presentations from partners to exciting field trips and new adventures, Health Careers Academy students are balancing all!



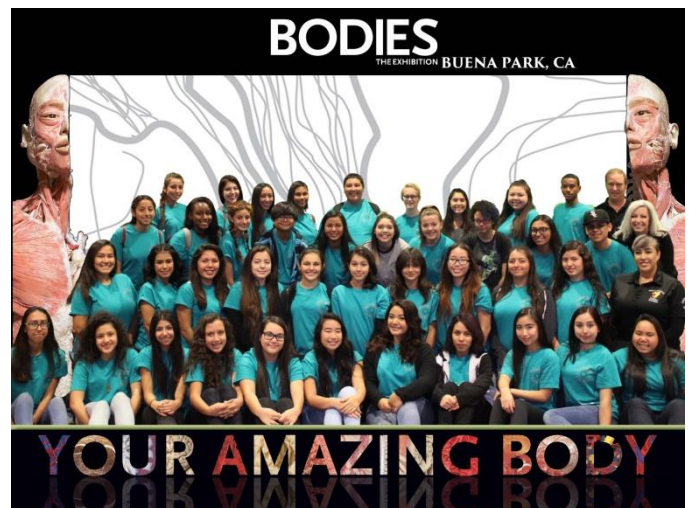
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Health Academy students ended 2015 right, with the Senior/ Alumni Symposium and BBQ to talk to past Health Careers Academy students to see where their different paths have taken them. The seniors gathered together to hear about past students and the future awaiting them, while enjoying a potluck get-together



hosted by advisor Mrs. Scott.

The sophomores also got a chance to visit the Bodies Exhibit, while the juniors got to visit Riverside Community College.



After a well-deserved break, fresh-faced students came back ready to learn in January and were happy to have presentations from both Riverside Health University System's (RUHS) Mental Health and the Family Medicine physicians. RUHS physicians and their Healthy Eating Lifestyle Promotion (H.E.L.P) meet up monthly to continuously encourage healthy habits in the students' lifestyles. The students also got a chance to experience a Problem Based Learning case study with the Health Science Partnership UCR students. Seniors also got to visit Palm Springs and ride the Aerial Tram to have some fun in the snow and learn about being a ranger and EMT in the mountains.

February was a particularly busy month for the students! HOSA hosted its annual Parent Information night, led by President and Vice President, Marcus Garcia and



Kassandra Manalo, respectively and the advisors. The student advisory council of the academy also met up to plan future activities, such as the game night and banquet. Students were also

treated to a presentation by the Loma Linda NICU Transport Team, where they learned about an exciting career path as a Transport Nurse. The students were also offered an opportunity to visit the Loma Linda Dreyson Center for a presentation and



a chance to play fun games like bubble soccer. Many students were also given the chance to go

the Eastern Municipal Water District to see the water treatment process, and learn how it's is necessary for the city.

Health Careers Academy and their partners, the Family Medicine residents at RUHS, hosted a cooking demo, where student were able to learn about the benefits of cooking healthy while enjoying a delicious meal by executive chef at the Riverside Convention Center, Chef Bradley Martin.



The past few weeks have been filled with many interesting and educational presentations about different careers in the medical field. The kids were able to learn the specifics of different jobs like becoming an ultrasound technician. They also got to learn about becoming a physical therapist, an occupational therapist, and even a speech therapist. Dr. Stanley Oh came in to talk about his own profession as a chiropractor, and the benefits and specifics of the job. A sports therapist also came in to teach the students about his career working alongside athletes on and off the field. All the presentations were very interactive and full of information the students found very helpful. Not only did they explain the profession, but they also explained what many students think about, the salary and the path to the certain career.



HCA students were also able to teach incoming freshmen about the benefits of the academy during Freshman Visitation Day, as well as having their own booth at Career Fair Day to encourage students thinking about the medical field to join. The students were excited to see such young kids already having an interest in the medical field, and were happy to show them just what Health Careers Academy is made of.



We also want to congratulate our January and February Students of the Month, Alexandra Olmedo and Fernando Lopez. Keep up the good work!

Upcoming events include the HOSA State Leadership Conference right after Spring Break. We wish our competitors good luck! We also have our banquet and Game Night, and more field trips like SeaWorld. Stay tuned!