THE MO HOSA PULSE

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Celebrate HOSA Week



HOSA Week is scheduled from **November 2-6, 2026**. Our State Officer Team encourages you to follow the HOSA Week themes shared by the International Executive Council on Instagram. The Officers will be modeling a day for you. So check out our Instagram during that week and remember to tag Missouri HOSA in any of your local activities!

If you are looking for additional ideas, go to HOSA Week Ideas – HOSA.



Missouri HOSA Presidential Council

Hey there, Missouri HOSA!

It's time to step into the spotlight! Welcome to the Missouri HOSA Presidential Council newsletter, where we'll highlight the incredible work happening across our state, celebrate the achievements of our members, and share opportunities to shine as future health professionals. Together, let's build connections, inspire leadership, and make every chapter's contributions count!

Presidential Council Kickoff

On October 6th, 2026 official invitations for joining the Missouri HOSA Presidential Council were sent to some of our state's most active chapters. During the Missouri HOSA Fall Leadership Conference, each invited chapter was welcomed to send its local chapter President and one active Member to participate in a Presidential Dinner.

Missouri HOSA President Valeria Gonzalez and Missouri HOSA President-elect Sophia Kammerman-Baez had the opportunity to connect with local leaders. As well as discuss the upcoming year, and provide local chapters with advice on how to better leadership, collaboration, and engagement within their chapters.

During this dinner, attendees also received an invitation to join the Presidential Council's GroupMe! This platform provides chapter leaders from across Missouri with a space to exchange ideas, seek advice and inspiration, and stay up to date on statewide events and opportunities. We're excited to see the connections and collaboration that will grow through this network!

Mark Your Calendars

Our First Presidential Council Meeting!

- Date: November Date
- Time: To be announced
- Location: Virtual (Zoom link to be provided)

Who should attend?

Each participating chapter should have two representatives attend the meeting:

- **Chapter President:** If the chapter president is unavailable, another chapter officer may attend in their place.
- **One Active Chapter Member:** This representative **must** be an active member who **is not another chapter officer**

The Presidential Council will meet monthly throughout the year to discuss and plan statewide events and programming. More details will be sent out soon regarding the first meeting so make sure to keep an eye on your inbox!

Stay Connected!

For any further questions regarding the Missouri HOSA Presidential Council, please contact:

- Valeria Gonzalez, State President: mohosapresident26@gmail.com
- Sophia Kammerman-Baez, State President-Elect: mohosapreselect26@gmail.com

Together, let's step into the spotlight and make this a great year!

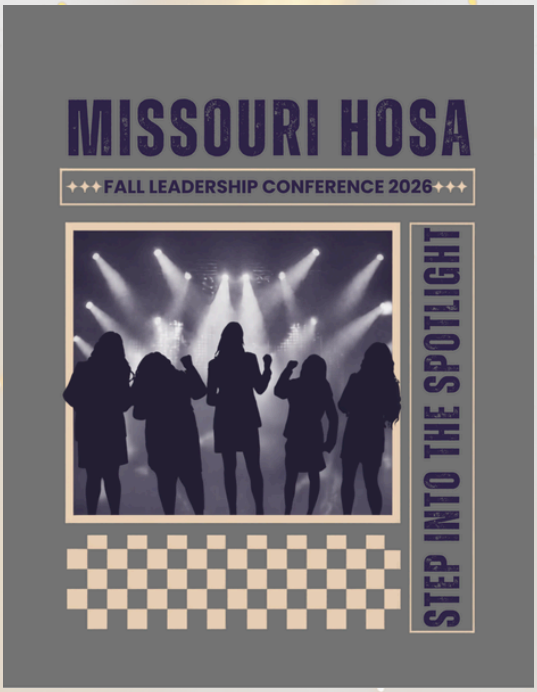
Putting the Spotlight on Fall Leadership Conference

Missouri HOSA kicked off the year with an exciting Fall Leadership Conference (FLC), bringing together members from across the state for two days of leadership, collaboration, and connection. The conference provided an opportunity for students to step into the spotlight by meeting fellow HOSA members, and by discovering new ways to grow as leaders in their communities.

Throughout the conference, members participated in engaging workshops, and activities designed to strengthen their leadership skills and encourage teamwork. From working together to overcome challenges, to exchanging ideas with students from other chapters, participants had the chance to learn from one another while building connections that extend beyond their schools.

As the conference came to a close, members left with new friendships, fresh perspectives and ideas to bring back to their chapters. Members also had the chance to network and share ideas regarding the changes coming to Missouri HOSA's SLC in the Spring.

FLC served as a reminder regarding how leadership is about supporting others, working toward shared goals, and learning how to step out of your comfort zone.



Students also had the opportunity to vote in the Brand Design Contest. We would like to give a big congratulations to Sheen Khan from Columbia Area Career Center for winning this year's Missouri HOSA Brand Design contest and who will have their winning design featured on the Missouri HOSA State shirt and lapel pin.





Continued . . .

Additionally, we would like to recognize 10 individuals this year who personified the qualities of a future health professional during this conference.

Congratulations goes to:

- Athena Cohen (Table Rock Career Center)
- Samuel Larson (Park Hill South)
- Aron Ou-Yang (Timberland High School)
- Noah Rhoads (Rolla Technical Center)
- Eli Wolf (Valley Park High School)
- Eva Rivera (William Chrisman High School)
- Ardyn Arugeta (Visitation Academy)
- Jaden Salzman (Hannibal Career and Technical Center)
- Autumn French (Rolla Technical Center)
- Sophia Cortese (Table Rock Career Center)



Check out this year's top takeaways!



Thank you to all the members who contributed to making this year's FLC such a memorable experience. We are so excited to see members take what they learned at FLC and put it into action throughout the year. Here's to another great year of learning, leading and growing together in Missouri HOSA!

2026-2027 Missouri HOSA Lapel Pin & T-Shirt Design Winner

Submitted by: Sheen Khan
Columbia Area Career Center



Check out these Resources & Opportunities

- **NEW!** MO HOSA Member Guides
  - Guide to Competitive Events

COMING SOON IN NOVEMBER:

- Study for Competitive Events
- Guide to Niche Events





Healthcare Student Opportunities:

2027 Harvard undergraduate World Pre-Health Conference.

- Global, Harvard undergraduate-led conference
- Virtual (Zoom) Conference: February 6, 2027
- In Person Conference: April 23-25, 2027
- Learn More Here: https://sites.wustl.edu/wustlysp/

Important MO HOSA Dates

Reminder

NOVEMBER 2-6
HOSA WEEK

NOVEMBER 13
Competitive Events Preparation Workshop
Stephens College - Columbia, MO

QUICK TIPS

MO HOSA Advice

HOSAFit App

Did you know there is a HOSA app, designed by the Chapter President of Marquette High School? Used by more than 200 members already, the app helps match HOSA members with competitive events that match their interests!

Choosing your competitive events may seem overwhelming at first, the HOSAFit app helps to narrow down choices and assist members in selecting the right events for them!



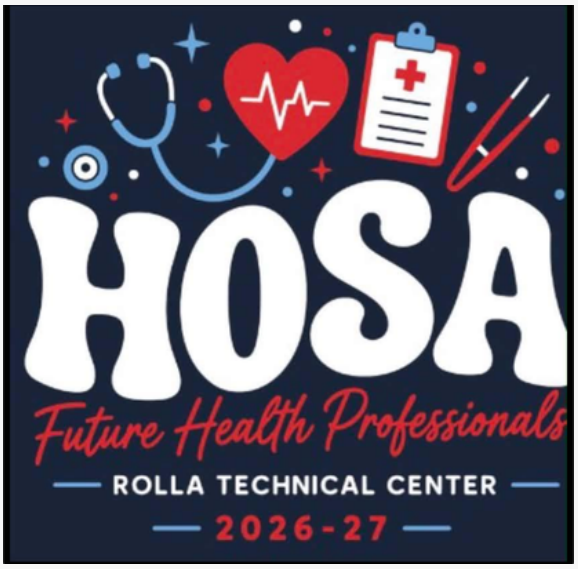
November Spotlight

Rolla HOSA Chapter

Shining the Spotlight on Helping Hands

Incredible events like the Missouri HOSA Fall Leadership Conference don't happen without helping hands. The Adult Leadership Team of Missouri HOSA is shining the spotlight on the Rolla HOSA Chapter for their assistance in preparing for Missouri HOSA FLC, held in Columbia, MO October 11-13, 2026.

Members of the Rolla HOSA Chapter stepped up and helped with unloading the vans, preparing registration packets, and, when needed, even assisted with setting up technology.



THANK YOU!



How Do I Nominate An Outstanding HOSA Member?



The Missouri HOSA team will continue selecting a spotlight to feature over our social media platforms, newsletter, and email communications on a monthly basis. If you would like to nominate a member, officer, advisor, or chapter to be featured, fill out the form here: https://forms.gle/PCBjCcbS3ciwD8deA!

If you have any questions about the form, you can reach me here: mohosavppr26@gmail.com, or you can contact another member of our officer team! We can't wait to read through your responses!

Signed,
Your Missouri HOSA State Officer Team

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