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There’s a situation in our community that we have the capacity to change. Children are sleeping on floors because they have no other place to rest their heads at night. When the Schroyer family discovered this problem they became involved, forming the nonprofit organization Beds for Little Heads.

Four years ago, Mrs. Schroyer discovered the issue as she performed home visits as part of her job working with children. She solicited donations of beds and bedding and asked her husband, Karl, to help with delivery and set up.

“I wasn’t excited about doing that,” Karl said. “But it was an experience I will never forget. I still feel the emotions when I think about it.”

Karl recalled the day that he and other volunteers were setting up a bed for a four-year-old boy when he noticed a little girl around the age of six becoming upset. The volunteers learned that she also was without a bed. They were compelled to change that.

“We decided there was no way we could leave there without setting up a bed for her. I will never forget her. She began running around the house hugging the sheets as though they were the greatest gift she had ever received,” Karl said.

However, by giving that little girl a bed, they had used the bed that was earmarked for another child. They knew that nothing short of a miracle was going to provide them with another bed in time. By the end of the day they would have to break the news to some child that he was not getting a bed. Miraculously, something happened that no one saw coming. When setting up at a location, only the box spring was needed. At another location, only the mattress; and another, only the frame. This resulted in an extra box spring, mattress and frame. They had their miracle. All the children they had set out to help that day had beds, plus one!

Karl took this first miracle as a sign of his calling. He talked to his brother, Brett, who is a carpenter by trade and runs his own woodworking shop, Greenfield Woodworks. Together they secured a $5,400 grant from the Shenango Valley Foundation to get things started.

Brett used his expertise as a carpenter to design a simple bed that could be built easily, and the Schroyer family began their mission. Their motto is simple and to the point, “Making life better for children, one bed at a time.” [see “Little Heads” page 2]
**HOSA Happenings**

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As the Ebola scare and the flu season merge, hospitals are sure to be flooded with patients who think they may have Ebola but most likely will have the flu. Since fear trumps common sense, most people will rush to the emergency rooms to be checked out with the thought they may have Ebola.

I called all three of our local hospitals to hear firsthand how they are preparing for Ebola. Calls were made to the Infection Control Departments at UPMC, Sharon Regional Health System, and Grove City Hospital and all went unanswered. I then turned to the CDC (Center for Disease Control) and this is what I learned.

Typical flu symptoms are fever of 100° F or higher, head and body aches, fatigue, nausea, vomiting, diarrhea, loss of appetite, stomach pain, muscle and joint pain. It doesn't take a rocket scientist to see that the symptoms are the same.

As most of us know there is a vaccine to help prevent the flu, yet, each year in the US about 200,000 people are hospitalized and tens of thousands of people die from the flu. There is no vaccine for Ebola. The World Health Organization (WHO) reports, as of October 31, 2014, that there are 13,567 cases worldwide; 7,728 have been confirmed in a laboratory, and 4,960 people have died.

When it comes to the Ebola virus, prevention is critical. If you have traveled to, or live in an area affected by the Ebola outbreak, the CDC recommends the following:

- Practice careful hygiene. Wash hands with soap and water or use an alcohol-based hand sanitizer.
- Do not handle items that may have come in contact with an infected person's blood or body fluids, this includes clothes, bedding, needles, and equipment.
- After you return, monitor your health for 21 days and seek medical care immediately if you develop symptoms.

Numbers do not lie. Influenza poses a greater risk in the US than does Ebola. Whether or not you are a health care worker, it is always important to use proper hygiene and to wash your hand regularly. Hand washing helps prevent many diseases. Although our local hospitals were unable to answer my questions, the CDC website was very informative about Influenza and Ebola viruses.

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**Little Heads, continued**

“We want every kid to wake up in a warm bed in the morning. We don’t care what the parents did or didn’t do, the kids should have a bed,” Karl said.

The Schroyers do this without profiting. They do not charge for their service. Beds for Little Heads is a nonprofit organization. Brett’s wife, Donna explained, “We are doing what we can financially to sustain our mission. We do this through our faith and we hope others will want to help.”

We can help. We can share in the Schroyer’s mission. I am proud to be a student here at LTI and to be able to use my resources as a member of HOSA to share their story. I am a personal friend of the Schroyer family and am amazed at the effort they put forth to make this organization run.

“With the weather getting colder it is even more important that we get these children off the floor and into beds,” Donna said. “There are studies that show that children who get a good night’s sleep do much better in school, so it is important in many ways.”

You never know, these children could be LTI students themselves someday!

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**Ebola is the News but the Flu is Newsworthy** by Nicole Husband

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I called all three of our local hospitals to hear firsthand how they are preparing for Ebola. Calls were made to the Infection Control Departments at UPMC, Sharon Regional Health System, and Grove City Hospital and all went unanswered. I then turned to the CDC (Center for Disease Control) and this is what I learned.

Typical flu symptoms are fever of 100° F or higher, head and body aches, fatigue, nausea, vomiting, diarrhea, lack of appetite, chills, cough and sore throat. Symptoms of Ebola are but not limited to fever of 100° F or higher, headache, vomiting, diarrhea, loss of appetite, stomach pain, muscle and joint pain. It doesn’t take a rocket scientist to see that the symptoms are the same.

As most of us know there is a vaccine to help prevent the flu. Yet, each year in the US about 200,000 people are hospitalized and tens of thousands of people die from the flu. There is no vaccine for Ebola. The World Health Organization (WHO) reports, as of October 31, 2014, that there are 13,567 cases worldwide; 7,728 have been confirmed in a laboratory, and 4,960 people have died.

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New Student’s Perspective on Professionalism by Nicole Husband

Understanding the concept of professionalism is tougher than typing the words in the search bar and reading the results. It’s not a single trait but a set of traits that when combined with the perceptions of others somehow separates an individual from the crowd. We all want to learn it, yet no textbook teaches it. So how does one become professional? Here’s what first-semester-student, Maria Zuschlag, had to say.

What does it mean to be a professional? Professionalism is the conduct, qualities, attributes and characteristics that define a specific profession or professional person. Competency, honesty, integrity, accountability, self-regulation, and image are among the key characteristics a professional exhibit.

Is professionalism learned or innate? I believe professionalism is learned, leadership is innate. With that being said, professionalism as an attitude can be passed from one generation to the next. It is taught by past and present professionals through mentoring. It is important that as students of professionalism, we seek out professional role models. This is my opinion but it is supported by the concept that certain behaviors and attitudes are more likely to be repeated or discontinued when they are reinforced. For example, if one feels he is acting in a professional manner, and the feedback from other professionals is to the contrary, then the person trying to become professional will reevaluate his behavior, embrace the feedback, and change his pattern of behavior.

What behaviors exhibit professionalism? Professionalism is more than a set of behaviors. It is as much how one thinks as it is how one acts. It is a combination of traits that translate into the workplace or educational environment. How does one set her standards of behavior? What behaviors does she display? What attitude does she bring to work? How does she actually perform her duties and responsibilities? I believe that courtesy, punctuality, attention to dress code and grooming, separation of work, school and home life, maturity and a positive attitude all exhibit professionalism. Although these traits show professionalism, they alone do not make someone professional. They must be integrated with dedication, loyalty, and allegiance to the job, career, employer, clients, and coworkers.

What behaviors/actions are unprofessional? This question and answer could be lengthy. Certain behaviors are not welcomed or tolerated in any institution. Due to the list being so substantial, I will elaborate on a few key behaviors:

- Not performing with high standards, integrity, honesty and impartiality.
- Expectation of special treatment and favoritism
- Disrespect and callousness for others
- Condoning and/or participating in harassment (sexual, racial, or otherwise)
- Misrepresenting your institution or place of employment. Whether on or off duty, in or out of a classroom setting, and in or out of a uniform, conducting yourself in a manner that will bring discredit or embarrassment is selfish and unprofessional. Even though you may be with friends just shopping around town, be cognizant of how you could be perceived.

What do you feel you can do to become more professional? I asked my husband this very question prior to starting class. I viewed myself as professional and felt that I conducted myself as such, but he has two business degrees from Penn State University and works in a professional environment. I value his opinion and respect his experience. Here’s his advice:

- Dress the part. I am studying in the medical field so I should dress like other medical professionals.
- Be on time all the time. This means being ready for class, meetings, or the work day at the designated time. Set your clock so you are in your seat 5 minutes early. Get your personal business and chitchat out of the way before class or work starts. Arrive before everyone else and leave after everyone else.
- Maintain a positive attitude. Be your own cheerleader. Having a great attitude is contagious. Be a positive role model. The attitude you share is the one you’ll get back. Do not be drawn into negativity.
- Communicate clearly and respectfully. It doesn’t matter if you are writing, speaking, or gesturing. Conveying a message with kindness and clarity will de-escalate unpleasantness, save time, and improve outcomes.

How does professionalism affect everyday life? We all choose our actions. Choosing to become a professional is a life decision, so it makes sense that your decision to be professional will guide your thoughts. Your thoughts will be reflected in your words. Your words will become your actions. And before you know it, you are acting like a professional. Since I made the choice, I’ve noticed that I have increased my vocabulary, am more willing to support others in their efforts, am more punctual, am a better listener, and I’m feeling like a positive role model.
Me, Myselfie and I

Spring, 2014 ~ The Selfie Contest has come to an end. Sadly, we must announce that no one voted, and therefore we do not have a winner. Thank you to everyone who submitted photos.

Friends of the Library

What really happens between the stacks? Not only is the library a great place to find books for a research paper but it also is a great place to have a social gathering! On October 23, the community joined together to raise money for the Community Library of the Shenango Valley. The annual wine and dine event included foods from Pizza Joes, Red Lobster, Quaker Steak and Lube, Our Gang’s, Taste Of Italy, and others; a 50/50 raffle; and Chinese auction.

For the fourth year, HOSA students served as hosts and hostesses. Special thanks to Chad Carey, Nicole Husband, Felicia Durman, and Cortney Gearhart.

Your efforts helped raise over $13,000 in one night!

Upcoming Events
- 11/13 – Beds for Little Heads Bedding Drive (M. Zuschlag)
- 11/21 – Murder Mystery (C. Carey)
- TBA – Christmas Cards for Veterans (D. Coppage)
- 11/22 – Hermitage Light Up Night. walking with Red Cross (D. Kennell)
- 11/29 – Small Business Saturday Kettle corn (C. Gearhart)

Thank you those who contributed to this issue:

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HOSA Happenings