

SYNAPSE



September
2020

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THE REGION 2 VP PERSPECTIVE

ON RUNNING FOR AZ HOSA STATE OFFICE



THE PROCESS OF COMPLETING AN APPLICATION:

Written by Maisy Salcido-Lugo.

To begin with, I remember attending the Fall Leadership Conference and going to the state officer workshop. I immediately thought that it would be too hard to apply for, nevertheless get an interview, so I put it to the side and put no importance into it.

THEN IT ALL STARTED WITH A LITTLE MOTIVATION FROM MY ADVISOR:

Elisabeth Morcom, BUHS LAT, ATC



Months later when the application opened I told my advisor that I was thinking of applying but I thought I didn't have the qualifications necessary to become a state officer. She immediately said I was wrong and that I should give it a shot. She gave me so much motivation and confidence even though I was nervous to apply for something that big. I then went onto tell my HOSA peers about my decision about applying and got even more motivation. It was then that I decided I would apply. My advisor helped me through every step and answered all my questions. I then turned in my application and nervously waited.

After some time, I received an email congratulating me saying that I was invited to the state officer interview process because my application was a success. At that moment I yelled out in excitement because I could not believe what I was reading. I texted my advisor and peers and told them about the news.

MY PROCESS OF BECOMING A AZ HOSA STATE OFFICER...

Once I got my interview invitation, I decided that I would waste no time. I started to study for the AZ HOSA history test that they give at the interviews. My peers also helped me with mock interviews and quizzed me as well.

The morning of the interview my dad surprised me with coffee and a note telling me that he believed in me. That meant a lot to me because I knew I had my families support which gave me a confidence boost. Once I got to the location I got lost but then quickly spotted the previous Region 2 VP Mac McGraw. He then directed me to the room where everyone was.

When entering the room I was asked for my information and if a picture could be taken of me. I nervously smiled for the picture and then had a heart warming welcome from the 2019-2020 State Office team. I then proceeded to take a seat with some of my fellow applicants, who just happened to be the current President Allyssa White and the current Secretary Charlie Wilson! We introduced ourselves and asked each other if we were ready for the upcoming interview. Once all the candidates had arrived, we began the test.

Then I was told that I would continue to pass to the interview stage, which made me very happy. While people were called into interviews the 2019-2020 State Officer Team had a fun day filled with activities. I got to know everyone through ice breakers and games. We also got a run down of what the State Officer responsibilities were.

Then I was called in for my interview. I did not feel scared or anxious because the voice of my advisor kept running through my head, telling me to be confident. Once the interview was done, I was stuck between feeling happy about it but still being anxious about what the outcome would be. Then as the day continued we all had Chipotle for lunch, which I absolutely loved. I then left the interview happy that I met new people who I could possibly be working with if slated!

I went home and told my family all about my day. I also went to tell my peers and my advisor on how much fun I had with the entire process. My advisor reassured me that even if I was not slated she was proud of how far I had gotten.

Then the big day came. I remember waking up waiting anxiously for it to be 9 AM, which was when they would send out the email of who was slated. At 9 AM I refreshed my email and there it was. The email shared that I had been slated for 2020-2021 AZ HOSA Region 2 Vice President. I once again screamed with joy. I did a happy dance and told my family that I was slated. It was a moment I will never forget! Then I texted my peers and advisors to tell them the amazing news and say thank you. I could not be more thankful of everyone who pushed me and helped me to be able to get in that position. I know I would not have gotten that far if not for the people who motivated and helped me through the process!

The election came soon enough, with AZ HOSA members voting for everyone who was slated, and I was officially the AZ HOSA Region 2 Vice President and a member of this amazing 2020-2021 State Officer team!

A MESSAGE FROM ME TO YOU:

If you are unsure about running for state office, DO IT! Running for state office is a wonderful opportunity. It is a fun process where you get to meet amazing people and be apart of a great team. As you previously read I was very intimidated and scared throughout my entire application and interview process. After the application and interview I realized that there was no need to feel that way when I had so much motivation. Be sure of who you are and be confident in the process. Your possibilities are endless if you do not quit!

I am so thankful to be your Region 2 Vice President. You can always reach out to me if you have any questions! Lets have an amazing HOSA year! Thank you!

RUNNING FOR AZ HOSA STATE
OFFICE WAS A DECISION I WOULD
NEVER TAKE BACK.

Hello Arizona HOSA!

As school is starting up again, some of you may have started chapter activities/meetings. You may be wondering how your chapter is supposed to get to know each other with the pandemic going on.

Bonding as a team/chapter is very important for future success! One way to bond over zoom is a game night.



"Never have I ever" is always a fun game that will also help others get to know you more. Uno is also a fun game to play. In fact, you can play almost any in-person game over zoom with the proper modifications! If people aren't interested in games, you could put on a zoom movie night! They are always a fun way to bond, so get cozy, grab your snacks, and get ready for a night of fun!

Stay tuned next month for some more tips that will help you succeed as a chapter!

Dog Breeds

Crossword Puzzle



Across

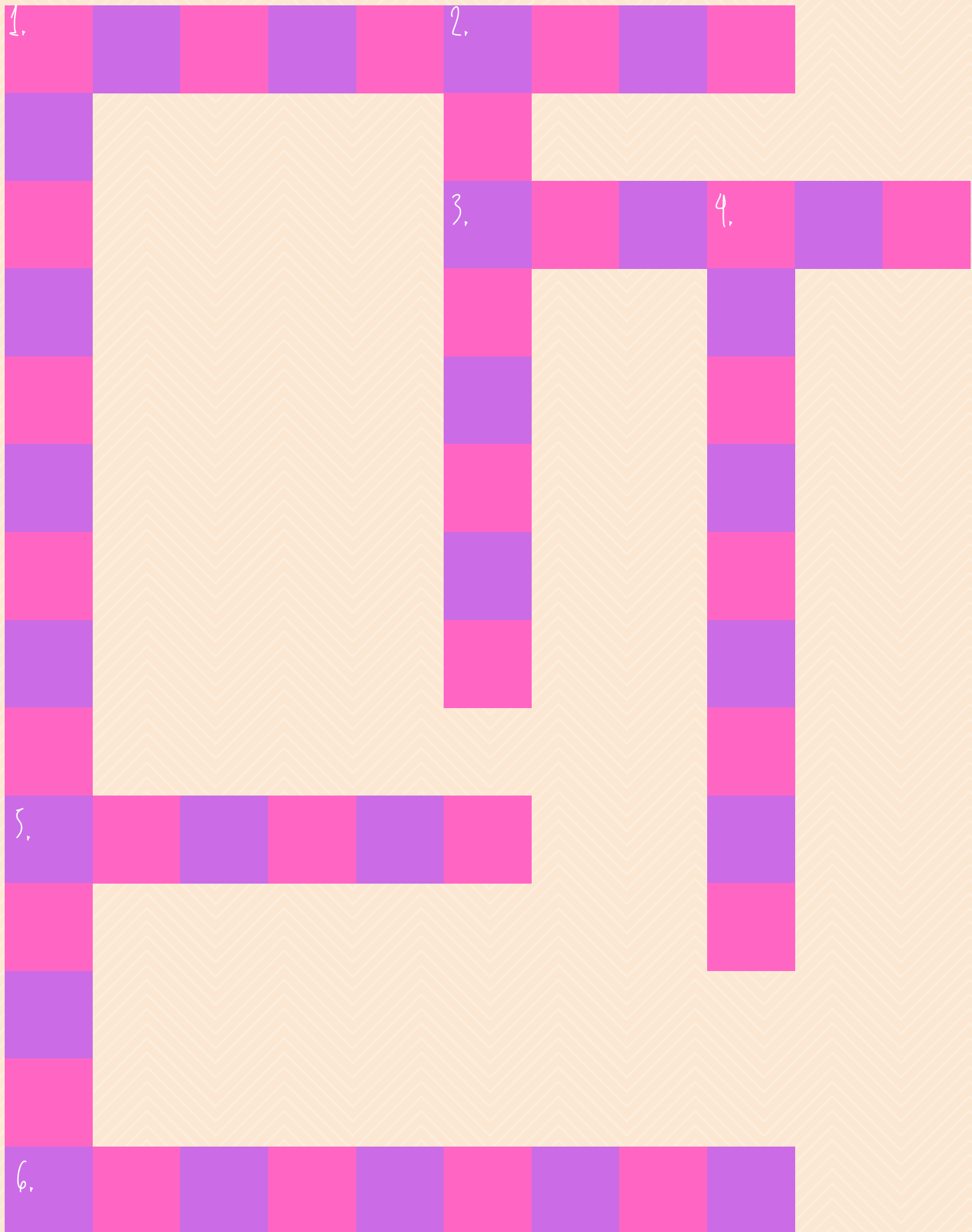
1. What breed of dog is Scooby Doo?
3. What breed of dog is Snoopy?
5. The only dog that comes in three sizes: miniature, standard and toy.
6. They were bred to hunt badgers and their name actually means "badger dog" in German.

Down

1. Hip dysplasia is common in this breed and they are also natural guard dogs.
2. This breed is the fifth smartest dog and is known for outsmarting their trainers and getting bored easily.
4. The fastest dog breed in the world but are also known as couch potatoes.

Across: 1. Great Dane, 3. Beagle, 5. Poodle 6. Dachshund
Down: 1. German Shepherd, 2. Roberman, 4. Greyhound

Crossword Puzzle - Types of Dogs



THE BEST HEALTH APPS

With school starting, it's important to keep your health in mind so that you can continue to take care of yourself as the year begins and things start to get busier! What a better way to stay connected to your health than using what we use to stay connected to everything else: our smartphones! Below is a list of a few medical/health apps to help you stay in tune with your mental and physical health.

Lydia Pastore - R3 VP

1 HEADSPACE

If you need to get in a calmer/happier mindset, this app works wonders. It features a multitude of guided meditations, only requiring you to tune in with an open mind and the time to follow along to the sessions, which range from 2 minutes to 60 minutes, depending on what you need at the time.

2 APPLE COVID-19

This pandemic is far from over. Thankfully, Apple users can use this app to track any symptoms they might have and gain insights paired with the CDC to figure out whether or not self-isolation is needed. It also acts as a great guide for preventative measures and local guidelines.

3 WATERLOGGED

Hydration should be at the forefront of our priorities, ESPECIALLY when living in Arizona. Use this app to help you keep track of how much water you've had throughout the day, as well as set reminders for yourself, so you'll never miss your daily benchmark for water intake.

4 SLEEPSCORE

Now that school has started, it is more important than ever to make sure you're getting enough shut-eye. If you recall the previous synapse article "Go to Sleep", you'll remember why! This app helps you track how much sleep you're getting and offers insights on how to improve your sleep quality.



5 ENDEL

Endel is a different kind of relaxation app—instead of playing pre-packaged sounds, it actually lets users create and mix their own sound therapy, depending on their goals. Whether you want to focus, relax, or sleep, you'll be able to customize your own experience in real time.

7 FABULOUS: SELF CARE

Build healthy habits with Fabulous so you can enjoy a healthier, happier life! This app takes a holistic approach that motivates you to be more productive. You'll maximize energy levels, find more focus, and sleep better — just follow the app's prompts.

8 TRAINING CLUB

This app puts you in a position to improve yourself by completing tasks and earning experience so you can level up in real life. The app offers a host of workout routines and expert advice, along with a robust community of like-minded individuals to keep you motivated!

LEXI HUSTED

GARDENING 101

Garden Pests



Some insects love to munch on your plants, causing damage or even killing them. Because of this, it's important to know about some of the more destructive insects. We'll go over the most common garden pests and some ways to combat these bugs!

Some common pests we have in Arizona include caterpillars, aphids, whiteflies, and flea beetles.

Caterpillars feed on the leaves and flowers of many plants, like sunflowers, roses, and nasturtiums. Look for holes in the middle of the leaves and petals of your plants. If you find caterpillars on your plants, you should pluck them off and leave them somewhere safe because they turn into butterflies and butterflies are crucial to pollinating plants. Be careful and wear gloves though because some caterpillars can be poisonous!

Aphids and whiteflies are little insects that eat the leaves and stems of some plants. They also suck the sap out of the plants and keep them from growing. There are different types of aphids that all have the same mission of destroying your plants. You can get rid of these pests by spraying them off with water or wiping them off with a paper towel.



GARDENING 101:

Natural Remedies for garden pests.

Flea beetles are tiny beetles that chew some round holes into the leaves of plants like potato and radish leaves. Keep plants well-watered because these pests prefer drier conditions.

There are ways to keep these pests away from your plants without pesticides. Ladybugs, Praying Mantis, and Green Lacewings are wonderful bugs that will eat many of the pests listed above.

Praying Mantises eat bugs like flies, mosquitoes, moths and even roaches! Lacewings are similar to ladybugs and like to eat mites, whiteflies and aphids.

If you're not fond of bugs, I understand, and there are some other natural remedies available to combat pests, most you can find in your own pantry!

Rosemary, lavender, dill, basil, mint, and bay leaves are just a few that ward off pests like aphids, mites, mosquitoes and more. You can also grow these fresh in your garden and they will help, a win win for your plants and your cooking!



Word Search

P Z I J Z Y R A S C V D H Z S I F D F K D E K G N J Z Q P A
 N L Y A F J K K I V H T U Z T W O V F Z E V T M A Y Q K I V
 Q P K C P N Q Z F B C N V W V G L H S B W S H A N Q S B J V
 L K X U B M Q G A K A B S R P Q B U P J Z S Z L C H K E X D
 Z H T T F W Y A E D L I H Z V C R R I I F J R I L V X R O V
 J P M E H C B A D Y D D F N H Y E N I M Y Q L G I Y P I J D
 H E F O Y T U V T H G G W R G F E A R L J X B N G R G K I B
 V Y B N T L R I G H W Y K S F H S K A Z F H G A H G S P A D
 J D L E I N Z G V O L I S V Q O B T S K C N F N Z V D B S C
 U M M P Y G H H V L U A Q B C L H S D Y L U G T N B W K X O
 U I C W A K X S B L Q S A N L A Z S A W H K U E L J Z G J H
 Q N O U W R V Z X T X D E P O X C T A N I O W U D W C V B N
 S R M C D N J U C P H W E V S B I C W Q V E Z M E K Y S P F
 W A V S F R A C T U R E E G A S T R O E S O P H A G E A L E
 Y N D J C D I I H E P E P M L W T R Y E D V M E M B R A N E
 T U S W R T G T K C L R Z K B W Z O R U L F W T R L S B A M
 J D K M I U E O F M K B B G V O E H K M S O L T M X H W X U
 G M P V G G E N C X Z L I A I G L H U M X S G Z Z W W Z F M
 J J W C H M E H S L K K U O N F Z I O P E W R A H F D X G P
 F W G E D A I X N D N M W G P G R U S H V B E B E P X E S D
 X Q V A Q A N Q S I A L O N B S I H V M C J S H Q R V X P A
 V R J D Q F R Z U U F S X E C M Y N S Y Y Q C F V N V P K R
 Y C Y M D J E U H H V F A F Q W S U A L H G L N I C U T X Q
 K X M U P B M N O N I N V A S I V E P B P M X T X S B M V S
 S B Y A E E I E Q D K T C J E C H W J V F E P I D E R M I S
 Z C R H U N S Z F X C P L S V P I E A N P F W O B S D I P R
 L E N W Y I S N H Y Q Y P Y G G Y R Y H H O H B M D D W C
 J A K D I G I R T Q W J X L J F G E T A T P I E D B P S K H
 S F G H C N O O S W E O Y H V P K F K W C S R M M B H S X Q
 J O P G G O N A L E S I O N J B M N D G K L K C I K I G P H

Gastroesophageal	In remission	Noninvasive	Epidermis
Malignant	fracture	Embolism	Membrane
Angina	Benign	Biopsy	Lesion
Acute			

Word Search

P Z I J Z Y R A S C V D H Z S I F D F K D E K G N J Z Q P A
 N L Y A F J K K I V H T U Z T W O V F Z E V T M A Y Q K I V
 Q P K C P N Q Z F B C N V W V G L H S B W S H A N Q S B J V
 L K X U B M Q G A K A B S R P Q B U P J Z S Z L C H K E X D
 Z H T T F W Y A E D L I H Z V C R R I I F J R I L V X R O V
 J P M E H C B A D Y D D F N H Y E N I M Y Q L G I Y P I J D
 H E F O Y T U V T H G G W R G F E A R L J X B N G R G K I B
 V Y B N T L R I G H W Y K S F H S K A Z F H G A H G S P A D
 J D L E I N Z G V O L I S V Q O B T S K C N F N Z V D B S C
 U M M P Y G H H V L U A Q B C L H S D Y L U G T N B W K X O
 U I C W A K X S B L Q S A N L A Z S A W H K U E L J Z G J H
 Q N O U W R V Z X T X D E P O X C T A N I O W U D W C V B N
 S R M C D N J U C P H W E V S B I C W O V E Z M E K Y S P F
 W A V S F R A C T U R E E G A S T R O E S O P H A G E A L E
 Y N D J C D I I H E P E P M L W T R Y E D V M E M B R A N E
 T U S W R T G T K C L R Z K B W Z O R U L F W T R L S B A M
 J D K M I U E O F M K B B G V O E H K M S O L T M X H W X U
 G M P V G G E N C X Z L I A I G L H U M X S G Z Z W W Z F M
 J J W C H M F H S L K K U O N F Z I O P E W R A H F D X G P
 F W G E D A I X N D N M W G P G R U S H V B E B E P X E S D
 X Q V A Q A N Q S I A L O N B S I H V M C J S H Q R V X P A
 V R J D Q F R Z U U F S X E C M Y N S Y Y Q C F V N V P K R
 Y C Y M D J E U H H V F A F O W S U A L H G L N I C U T X Q
 K X M U P B M N O N I N V A S I V E P B P M X T X S B M V S
 S B Y A E E I E Q D K T C J E C H W J V F E P I D E R M I S
 Z C R H U N S Z F X C P L S V P I E A N P F W O B S D I P R
 L E N W Y I S N H Y Q Y P Y G G Y R Y H H O H B M D D W C
 J A K D I G I R T Q W J X L J F G E T A T P I E D B P S K H
 S F G H C N O O S W E O Y H V P K F K W C S R M M B H S X Q
 J O P G G O N A L E S I O N J B M N D G K L K C I K I G P H

Gastroesophageal	In remission	Noninvasive	Epidermis
Malignant	fracture	Embolism	Membrane
Angina	Benign	Biopsy	Lesion
Acute			



FLU SEASON! WHY YOU SHOULD GET THE FLU SHOT

HELLO ARIZONA HOSA!

It is September already, and that means that Autumn is just around the corner! As Fall fast approaches us that means it is also nearly flu season. Whether you usually get your flu shot or not, with the Covid-19 pandemic still ongoing, getting your flu shot is more important than ever! Here are some reasons that you should think about getting the flu shot this year.

5 REASONS TO GET THE FLU SHOT

- 1. The flu shot can keep you from getting sick with the flu.**
 - The flu vaccine has been shown to reduce the risk of contracting the virus and going to the doctor by 40% - 60%.
- 2. Flu can reduce the risk of flu-associated hospitalization for children, adults, and especially older adults.**
 - Different studies have shown that the flu vaccine reduced children's risk of spending time in the pediatric intensive care unit by 74%, while for adults it has reduced the risk of flu associated hospitalization by 40%.
- 3. Flu vaccine can be life saving for children.**
 - Studies conducted in 2017 were the first to show that the flu vaccine can significantly reduce children's risk from dying of the flu.

4. Flu vaccination has been shown to reduce the severity of sickness in those who get vaccinated but still contract the flu.

- Vaccinated patients spent on average 4 days less in the hospital than those patients who were not vaccinated.

5. Most importantly, getting vaccinated can help protect you and those who are around you, especially people who are more vulnerable because of age or certain chronic health conditions!

WHERE CAN I GET THE FLU SHOT?

You might be surprised at how easy it is to find locations where flu shots are available! You can get the flu shot at your local pharmacies such as CVS or Walgreens or even your nearest urgent care. Make sure to either check online or call ahead to ensure that your chosen location has the flu shots available and in stock!



FOR MORE INFORMATION, VISIT:
[HTTPS://WWW.CDC.GOV/FLU/PREVENT/V
ACCINE-BENEFITS.HTM](https://www.cdc.gov/flu/prevent/vaccine-benefits.htm)

SEPTEMBER 2020

SLEEP? WHO NEEDS IT?

You need it



Why is sleep so important?

BY: ALLYSSA WHITE

I have always heard that sleep is one of the most important things, but I've never actually been told why. If you're like me, then perhaps you've been scolded for pulling an allnighter or even for sleeping in too much. It's harmful if you get too little sleep, but it's also harmful to get too much sleep. Who made these rules and why? To try and clear up all the confusion around sleep, I've decided to do some research and maybe help give some of you insight into why and how sleep is important!

First let's talk about what happens if you don't get enough sleep! One result of not getting enough sleep is depression. Mental health issues are strongly tied to poor sleep quality. However, not only can sleep affect your mental health it can also affect your physical health. Poor sleep is heavily linked to inflammation of the bowels which can lead to Inflammatory Bowel Disease. Lastly, lack of sleep reduces social skills and emotion recognition.

Sleeping too much also can lead to harmful effects. People who experience hypersomnia often experience things like anxiety, low energy, and problems with memory. Sleeping for too long can also increase your chances of certain medical problems. Some problems that can come up are diabetes, obesity, headaches, back pain, and depression. So, in conclusion, sleeping for too long is also unhealthy.

On average, people should get anywhere from 7 to 9 hours of sleep. Things that can help you achieve this are drinking less caffeine, spending less time on your phone before bed, and staying active throughout the day. Try not to take any naps after 3pm as that can affect your melatonin levels thus messing up your sleep schedule. Try to go to sleep at the same time each night, this creates a sort of schedule in your body that can help you achieve better sleep. Make sure your bedroom is calm and comfortable and adjust the temperature and darkness level until you find what works best for you.

All in all, sleep is extremely important and is necessary to leading a happy, healthy life. For more information you can go to [Sleepfoundation.org](https://www.sleepfoundation.org).

Adult: 7 - 9 hours

Teenagers: 8 - 10 hours

6 to 12 years: 9 to 12 hours

3 to 5 years: 10 to 13 hours

1 to 2 years: 11 to 14 hours

Infant: 12 to 16 hours



THE IMPORTANCE OF STAYING HYDRATED

ARIZONA HOSA



Dehydration is Dangerous

By Karly Barnes

Dehydration occurs when you use or lose more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Dehydration occurs at every age but this condition is worse for old people and young children. Staying hydrated is extremely important in the summer heat!

To tell if your infant or child is dehydrated, check for sunken eyes and cheeks, a soft spot on the top of the skull, no tears when crying, dry mouth and tongue, or lack of wetness in diaper for a long period of time.

Symptoms in adults vary from those of a child. For example, some telling signs that an adult is dehydrated is extreme thirst, dark urine, confusion, dizziness, fatigue, and less frequent urination.

Dehydration can be caused by many things but the most common cause is not drinking enough water. Other causes include fever, excessive urine, diarrhea/vomiting, or excessive sweating. Make sure to frequently drink water when engaging in intense physical activity!

FAST FACTS:

- Dehydration can cause "heat-cramps" and heat exhaustion
- Lack of electrolytes can cause seizures or uncontrollable muscle movement
- You can obtain water through fruits and vegetables too, like strawberries, celery and watermelon

PARLIAMENTARY PROCEDURE



THIS MONTH, WE'LL TALK ABOUT THE BEST WAY TO INFORM NEW HOSA MEMBERS: CHAPTER VISITS

If you haven't already, you should consider talking to your advisor about requesting a chapter visit for your chapter! During a chapter visit, a state officer comes to your chapter to discuss what HOSA's all about. It's a great way to foster interest in new members that haven't been exposed to world of CTSOs! For now it looks like we will be doing chapter visits online for at least this semester. In my opinion, these visits are more important now than they've ever been. These online visits allow us to share ideas we have about keeping members engaged. It also allows members to share their feedback on how they feel and ideas they have for the organization! Chapter visits bring new members into the conversation, which is crucial!



Chapter Visit Request Forms are now open in azhosa.org under the "Advisors" column.

SEE YOU NEXT TIME!

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