

Monthly Synapse

July 2025

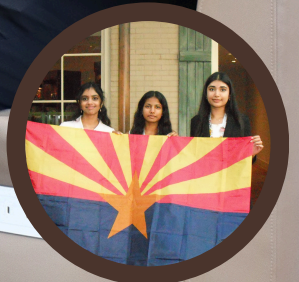
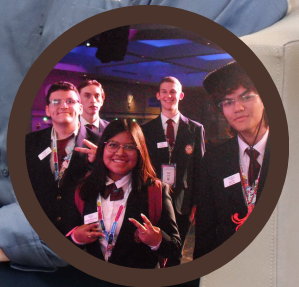
YOUR SEC



Arizona
HOSA

A Legacy of Leadership

In the monthly synapse, we hope to excite and encourage our Arizona HOSA members! In these editions you will find mentorship ideas, deadline updates, recaps, and so much more! Lets do this HOSA!





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WELCOME TO THE ARIZONA HOSA SYNAPSE

July Synapse Overview

This first edition of the Arizona HOSA synapse will cover updates for Advisor Leadership Academy, Regional representatives, social media progress, and a recap of the 2025 International Leadership Conference! This year, Arizona HOSA is proud to say that 27 of our students placed in the top 10 with 3 students earning medals! In addition to all of this year's placers, we will be recognizing expo exhibits and workshops that your state executive council attended this year!

Welcome Arizona HOSA!

Once again we would like to say welcome to all of our Arizona HOSA members! We are so excited to share updates, reminders, recognitions, and so many other incredible things with you this year! Don't forget to follow us on Instagram @azhosa!

STATE EXECUTIVE COUNCIL

Fabian Espinoza
Parliamentarian

Jacqueline Martinez
Historian / Reporter

Logan Fleischman
Secretary

Zachary Kusch
Secondary Vice President

Rasem Abdallah
Postsecondary /
Collegiate Vice President

Allen Son
President Elect

Sadie Hammond
President



azhosa.org

ILC: TOP 10 TOP 3

This year, your Central Region Representative, Archana Gurudu, took bronze in Health Informatics. Congratulations, Archana!

Additionally, your 2045-2025 Parliamentarian, Mia Vargas, placed third in the ATC test Math for Health Professionals.

Lastly, students from the Douglas High School Biomedical Chapter placed third in Parliamentary Procedure. You rock, Douglas!



Emily Do : Behavioral Health

Sarah Decovnick : Pharmacology

Andrew Leshner : Pathophysiology PS/C

Shejuti Islam: Pathophysiology Secondary

Caleb Southard: Medical Terminology

Prarthanasree Udayakumar : Human Growth and Development

Cai Cooper & Hailey Guerrero : Home Health Aide

Justin Brewer & Olivia Frantz: Physical Therapy

Elizabeth Fujimoto & Anina Flores : Veterinary Science

Paradise Valley Crest : Public Health and Public Service Announcement

Jade Ortiz Alba: Medical Assisting

Jaqueline Ban: Phlebotomy

Cohner Clayton: Sports Medicine

Anagha Vippagunta: Extemporaneous Writing

Diana Cody: Health Career Photography

Nikhil Karandikar : Healthy Living

Leigha Vogelsong : Interviewing Skills

Skyler Berg: Job Seeking Skills

Syed Shah Batiz: Prepared Speaking

Basia Cordova: Speaking Skills

**CONGRATULATION TO
THIS YEARS TOP 10
FINALISTS!**

ILC RECAP

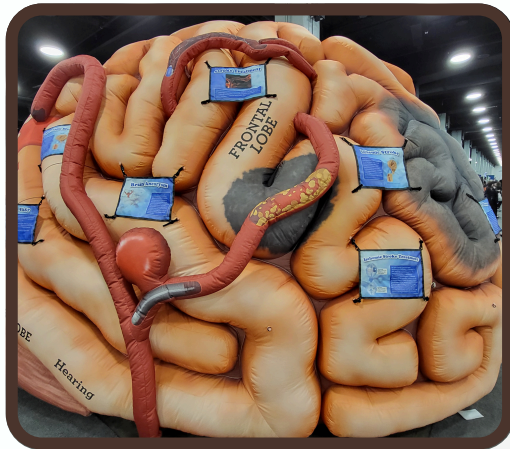
EXPO EXHIBITS

Zachary Kusch - Secondary VP

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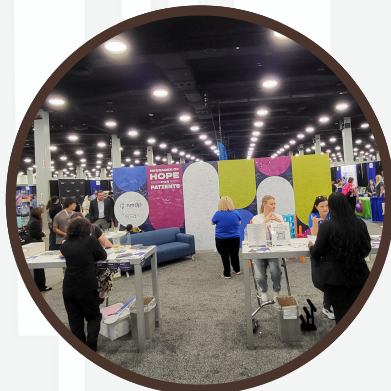
EXHIBIT OVERVIEW

The expo at the 2025 International Leadership Conference gives students, advisors, and company owners the chance to connect with healthcare organizations, colleges, and universities. It's a valuable opportunity to explore careers, gather study materials, and gain inspiration in the healthcare field. In this edition we will cover two of the many exhibits: The Inflatable Brain and The National Marrow Donor Project.



INFLATABLE BRAIN EXHIBIT

This year's expo had an inflatable brain that allowed all attendees to see the human brain on a larger scale. This inflatable brain had labels for all the different areas and their functions. It also included information about different diseases and abnormalities while showing the differences in electrical signals!



NATIONAL MARROW DONOR PROJECT

The National Marrow Donor Project (NMDP), HOSA's premier service project, joined this year's ILC and offered opportunities to swab and learn more about marrow donation. This year, all eligible State Council members swabbed and joined that registry! Anyone 18 or older may join the registry, and anyone younger may join the Pre-Registry. Chapters can also sign up to be recognized at ILC by using the following link: <https://fundraise.nmdp.org/pages/1332>

ILC RECAP

WORKSHOPS

Fabian Espinoza – Parliamentarian

Jacqueline and Allen

I attended a session called “From Student to Health Professional” that covered the path to medical careers and the importance of planning early with pre-health advising. It emphasized that any major can work for healthcare, as long as you stay on top of grades and prerequisites. The session also highlighted the value of clinical experience, leadership, and personal balance through a holistic review process. – Allen Son

I attended a hands-on eye anatomy workshop led by Starla Ewan. In this workshop, we built clay eye models while learning how each part of the eye works and how vision differs in animals. As a visual learner, the interactive format helped me better understand how the eye and brain connect. – Jackie Martinez

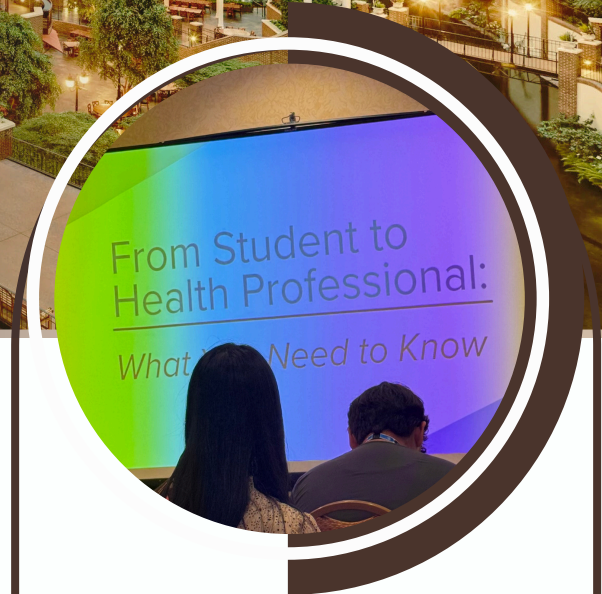
Logan

The workshop I attended was led by a surgical tech and focused on their role during C-sections. She showed how surgical techs must be highly prepared and able to anticipate which tools the surgeon will need without being asked. It was eye-opening to see how much knowledge and precision goes into supporting a smooth and safe procedure. – Logan Fleischman

Zachary and Sadie

The workshop I attended was hosted by Lifepoint Health and highlighted the many opportunities they offer. Lifepoint is a network of medical facilities that helps students gain experience and guidance in their healthcare careers. The webinar covered different nursing pathways and explained the various roles and levels within the field. The instructor kept us engaged, encouraged interaction, and helped students connect and build relationships. – Zachary Kusch

I attended the PTCB and Finding Your Pharmacy Pathway workshops, which provided a clear overview of the pharmacy field. They covered essential steps for certification and licensing, like fingerprinting and registration. The sessions also highlighted the many career options, from clinical pharmacist roles to pharmacy technician specialties. – Sadie Hammond



Fabian

I attended the “Maintain Your Brain” workshop hosted by Hilarity for Charity, which focused on dementia and Alzheimer’s. It used a fun, hands-on approach to explain how these conditions affect the brain in a simple, easy-to-understand way. The presenters also shared five habits to help reduce risk: cognitive activity, physical exercise, a healthy diet, good sleep, and emotional well-being. It was an engaging and informative session that showed how everyday choices can support long-term brain health.

Rasem

I attended a workshop on implanting cardiac devices led by a cardiothoracic nurse practitioner from Augusta Health. He explained how pacemakers and defibrillators work and showed videos of their implantation, which was fascinating. I see these devices often in the hospital, but never fully understood them until this session. We also learned why patients might need them—like after heart attacks or with conditions like VFIB. It was an eye opening and informative experience that really deepened my understanding of these life saving tools. – Rasem Abdallah

Jacqueline Martinez - Historian/Reporter

ADVISOR LEADERSHIP ACADEMY

**Mark your calendars!**

Overview

Start the school year strong by attending a dynamic conference designed to empower, connect, and prepare you for a successful year in both your classroom and HOSA chapter. This event, hosted by AzHOSA and the Department of Education staff, features engaging workshops and sessions crafted for both our new HOSA advisors and our most seasoned advisors! All attendees will earn Professional Development hours for participating in the Advisor Leadership Academy sessions!

**August 26-27th, 2025****Westin La Paloma, Tucson, AZ**

Tentative Agenda

Tuesday 8/26

- ~ Registration - 9 am
- ~ AM Workshops - begin at 10a
- ~ Lunch (provided)
- ~ PM Workshops - end by 5p
- ~ Dinner on your own ~ Optional evening activity

Wednesday 8/27

- ~ Breakfast (provided)
- ~ AM workshops - 9a - 12p
- ~ Safe travels home!

Registration Info

Opens - July 1st, 2025
Closes - August 15th, 2025

Cost - \$225 per advisor

Hotel Information

Rate (per night) \$146.79
Includes all taxes and fees

Please note: Registration is considered FINAL upon the close of registration. No refunds will be offered after August 15th.

Questions? Contact Us!
sandra.oligny@azed.gov
602.542.5770

ILC RECAP

STATE OFFICER NETWORKING

Logan Fleischman - Secretary

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Overview

The annual International Leadership Conference is a chance for all HOSA members to connect and grow as healthcare professionals. It also serves as a catalyst for unique experiences and lifelong relationships.

Pin trading

One of the many highlights of International Leadership conference is pin trading. No matter where you are within the convention center, there will always be someone trying to gain a new pin. Pin trading was a way for many students to start up conversation, give a compliment, or simply connect over a fun topic. With pins, your fellow Arizona students connected with peers from China, Korea, Canada, Vietnam, Puerto Rico, and many other US States!

Arizona HOSA Pride

Arizona HOSA showed their HOSA hype this year during sessions and ceremonies. By showing off their glow gear and tagging AzHOSA on Instagram, we got to spread that joy across our state. Another way Arizona showed their pride this year was through our flag. At this years ILC, your state council gave other states and members the opportunity to pose with our state flag. Here are some of those photos!



Tennessee



Utah

West Virginia



Deleware



Texas, Florida, New Jersey





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Regional Representatives

RASEM ABDALLAH - PS/C VICE

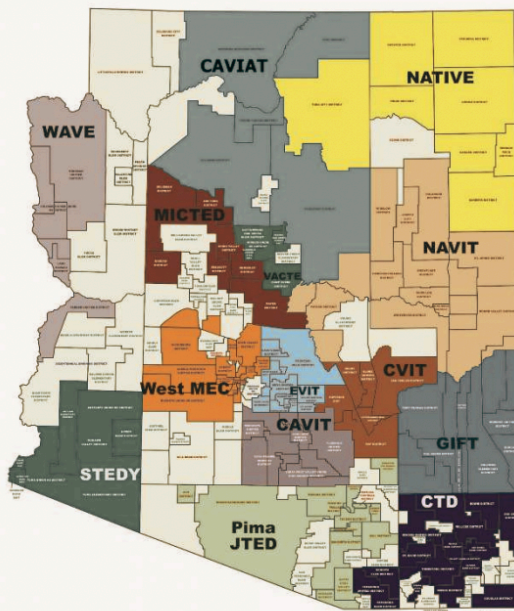
Overview

Regional Representatives are elected by the members to represent those HOSA members within their region and serve as an extension of the State Executive Council.

Representatives will be expected to be available to members in their region for concerns and celebrations, work with the SEC on social media campaigns, the monthly Synapse E-Magazine, and represent their regions at various Arizona HOSA events.

Representatives will receive training upon being elected in order to be able to carry out their responsibilities to the Arizona HOSA organization.

CTED School Districts



2025-2026

Northern:

WAVE, CAVIT,
NATIVE, MICTED,
VACTE, NAVIT, and
Colorado City
Districts

CENTRAL:

PEORIA, DEER
VALLEY, GLENDALE,
PHOENIX, PARADISE
VALLEY, WEST MEC
NE

EASTERN

Chapters under EVIT,
, CAVIT, CVIT, and
GIFT Career
Technical Education
Districts

Western:

GILA BEND DISTRICT,
BUCKEYE UNION,
SADDLE MOUNTAIN
UNIFIED,
WICKENBURG,
NADABURG, AGUA
FRIA, TOLLESON,
WEST MEC SW/NW

APPLICATION

Open: August 2
Close: September 22


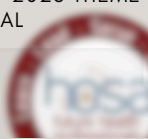
Can be found at
azhosa.org under
leadership
opportunities

SOUTHERN

STEDY, CTD CTED,
PIMA JTED, TUSCON
UNIFIED SCHOOL
DISTRICT, VAIL
SCHOOL DISTRICT,
AMPHITHEATER
PUBLIC SCHOOLS

SOCIAL MEDIA

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 MEDICAL MONDAY WITH FABIAN	1 TAKEOVER TUESDAY WITH JACKIE ALA REGISTRATION OPENS	2 WACKY WEDNESDAY WITH RASEM	3	4 FUNDRAISE FRIDAY WITH LOGAN INDEPENDENCE DAY 	5
6 STUDY SUNDAY WITH ZACH CHECK OUT THE JULY SYNAPSE	7	8 TAKEOVER TUESDAY WITH SADIE	9	10 THERAPY THURSDAY WITH ALLEN	11	12 SERVICE SATURDAY WITH SADIE
13	14 MEDICAL MONDAY WITH FABIAN	15 TAKEOVER TUESDAY WITH ZACH	16 WACKY WEDNESDAY WITH RASEM	17 ARIZONA HOSA 2025-2026 THEME REVEAL 	18 FUNDRAISE FRIDAY WITH LOGAN	19
20 STUDY SUNDAY WITH ZACH	21	22 TAKEOVER TUESDAY WITH RASEM	23	24 THERAPY THURSDAY WITH ALLEN	25	26 SERVICE SATURDAY WITH SADIE
27	28 MEDICAL MONDAY WITH FABIAN	29 TAKEOVER TUESDAY WITH FABIAN	30 WACKY WEDNESDAY WITH RASEM	31	1 FUNDRAISE FRIDAY WITH LOGAN CLC REGISTRATION OPENS WLA REGISTRATION OPENS	2 REGION REP. APPLICATIONS OPEN

WEEKLY FUN POSTS

Medical Monday - Medical-Related fun facts

Takeover Tuesday - One officer takes over the Instagram

Wacky Wednesday - Fun pictures and memes for HOSA

Therapy Thursday - Mental health facts and promotion

Fundraise Friday - Fundraising ideas for local chapters

Service Saturday - Community service ideas for local chapters

Study Sunday - Study tips, tricks, and habits

The Weekly Fun Posts will be posted on our Instagram every other day. Stay on the lookout for out for our posts, AzHOSA!

Follow us on Instagram:

@azhosa