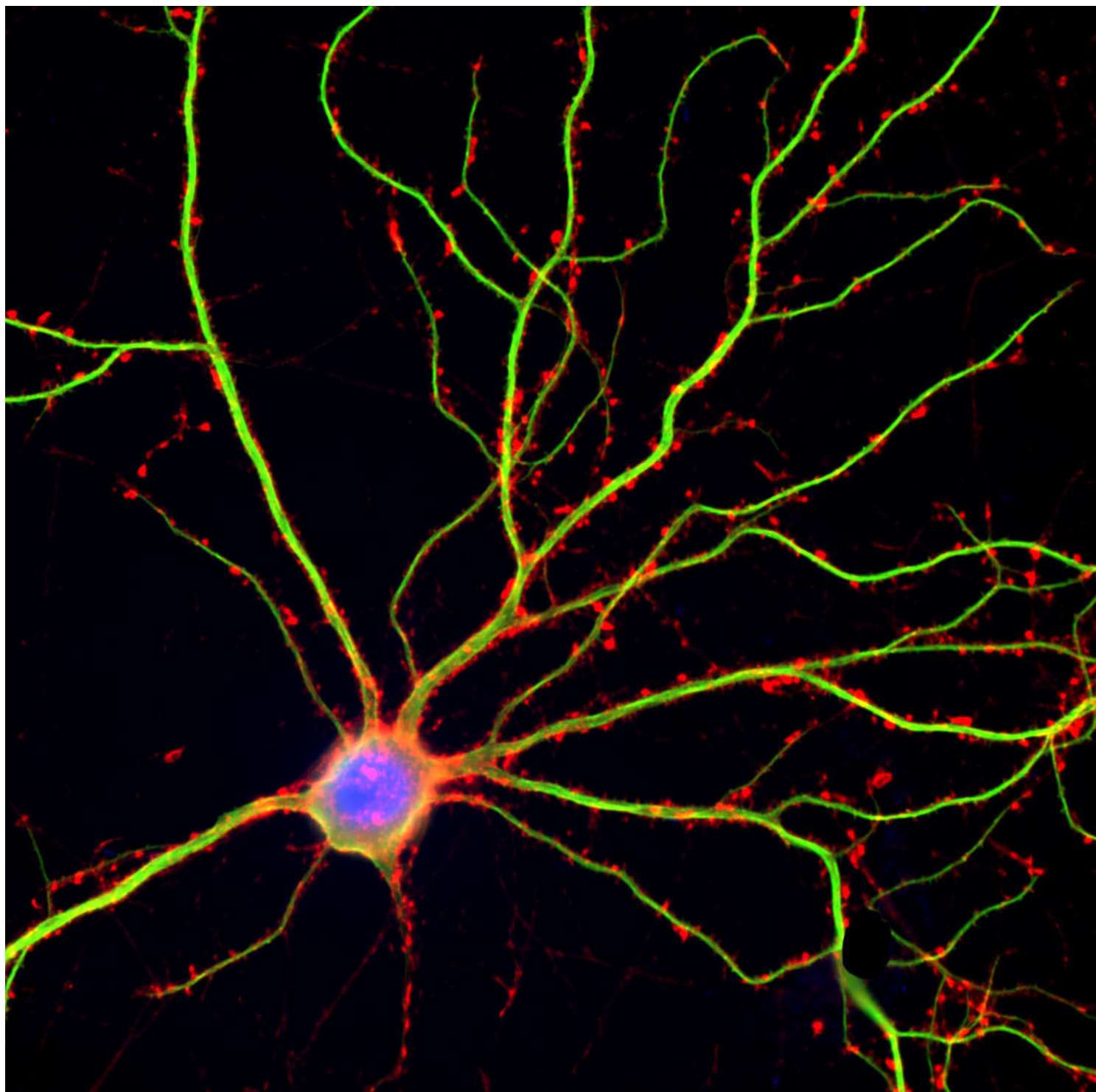


ISSUE 14 / MARCH 2018

SYNAPSE

ARIZONA HOSA, START PREPARING FOR YOUR SPRING LEADERSHIP



PAST STATE OFFICER INTERVIEW

Read about past state officer,
Shreya Gupta's inspiring
HOSA experiences

TWO CHAPTER WRITTEN ARTICLES

Learn what other HOSA
chapters are accomplishing
all around the state

INFORMATION FOR SLC PREP

Get excited for all of the
opportunities that the state
leadership conference has

MONTHLY PARLI PRO WITH RYAN O

Learn about different types
of motions and how to use
them in your chapter

WHAT SLC HAS TO OFFER?



1. You have the opportunity to meet, network, and make friends with Arizona HOSA members from across the state!

2. There are many amazing workshops by healthcare and leadership professionals!

3. You'll have the opportunity to win ribbons and prizes through our special drawings!

4. If you place in the top 3 in your competition, you will earn the opportunity to attend the International Leadership in Dallas, Texas!

5. You can meet and elect the new 2018-2019 Student Executive Board members!

6. The Westin La Paloma is a beautiful resort with plenty of amazing attractions!

7. There are many fun events during the Spring Leadership Conference, such as a dive-in movie, a hypnotist show, and a dance!



GOOD LUCK STATE OFFICER CANDIDATES

“Those are just some reasons to be excited, but there are many more. We hope that you’re as excited to attend the Spring Leadership Conference as we are!”

We would like to wish the 2018-2019 state officer candidates good luck at their interviews! This is a very important step in the process of becoming a state officer, and it is important to be properly prepared. Remember to be yourself and try your best! You are capable, and you have all of the abilities needed to succeed. We can’t wait to see you at the interview and at SLC!

PUBLIC HEALTH SEMINAR

Applications are now open and can be found on www.hosa.org. In addition, Arizona HOSA offers scholarships to help cover the costs of the trip.

Are you interested in a career in Public Health or would like to learn more about that field? Well National HOSA has an opportunity for you. The Public Health Leadership Seminar is hosted by the US Department of Health and Human Services (HHS) and the Office of the Assistant Secretary for Preparedness and Response. This week-long seminar is held in Washington, D.C. where you will be able to speak with professionals from the Office of the Assistant Secretary for Preparedness and Response,

the Office of the US Surgeon General and the United States Public Health Service Commissioned Corps plus have a first hand look into the careers and work that is being done in the field of Public Health. The seminar takes place this summer, you only have to be 17 and at least a senior in high school to apply to this incredible program. Applications are now open and can be found on www.hosa.org. In addition, Arizona HOSA offers scholarships to help cover the costs of the trip. Good Luck!



IMPORTANT NOTICE MEMBERS AND ADVISORS THIS YEAR SLC WILL USE THE WAVE SYSTEM AGAIN

Your whole chapter and advisor must be present in order to enter the ballroom. If you have any questions/concerns about this system please feel free to contact azhosa@gmail.com

We want SLC to be an enjoyable and safe experience for everyone making the trip to the Westin La Paloma in April. Because we have so many amazing members attending this year, we are implementing a wave system which will provide a safe and orderly manner for entering the ballroom for both opening and closing sessions.

Before SLC your advisor will receive an email from our

state advisor with information about the time you should assemble in the Westin La Paloma Lobby. You will also be assigned a specific wave number so you know the sequence in which your chapter will enter the ballroom. Once your wave number and school is called, you will be escorted in to the ballroom and be seated.

Your whole chapter and advisor must be present in order to enter the ballroom.

If you have any questions/concerns about this system please feel free to contact azhosa@gmail.com

Again, we are implementing this system for your safety and to ensure that you have an amazing time at SLC. We thank you for your patience and understanding, and cannot wait to see you in April!



PARADISE VALLEY HEALTH CARE STUDENT ARTICLE

Paradise Valley Health Care HOSA Members Educate Our School on the Spread of Influenza! Written by Jasmine Delgado

Paradise Valley Health Care HOSA decided to take action to raise awareness about the spread of influenza. At the beginning of the flu season, our chapter gathered facts and statistics about this easily transmissible disease. The purpose of this exercise was to further educate our community of students and to cut down on absences related to flu like symptoms since the epidemic has manifested in our area. We invited teachers to sign up if their classes wanted to participate in our school wide event as stations were set throughout the campus.

Scavenger Hunt Time!

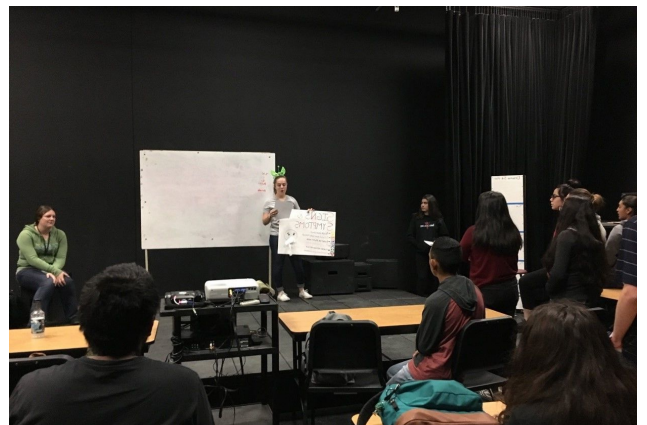
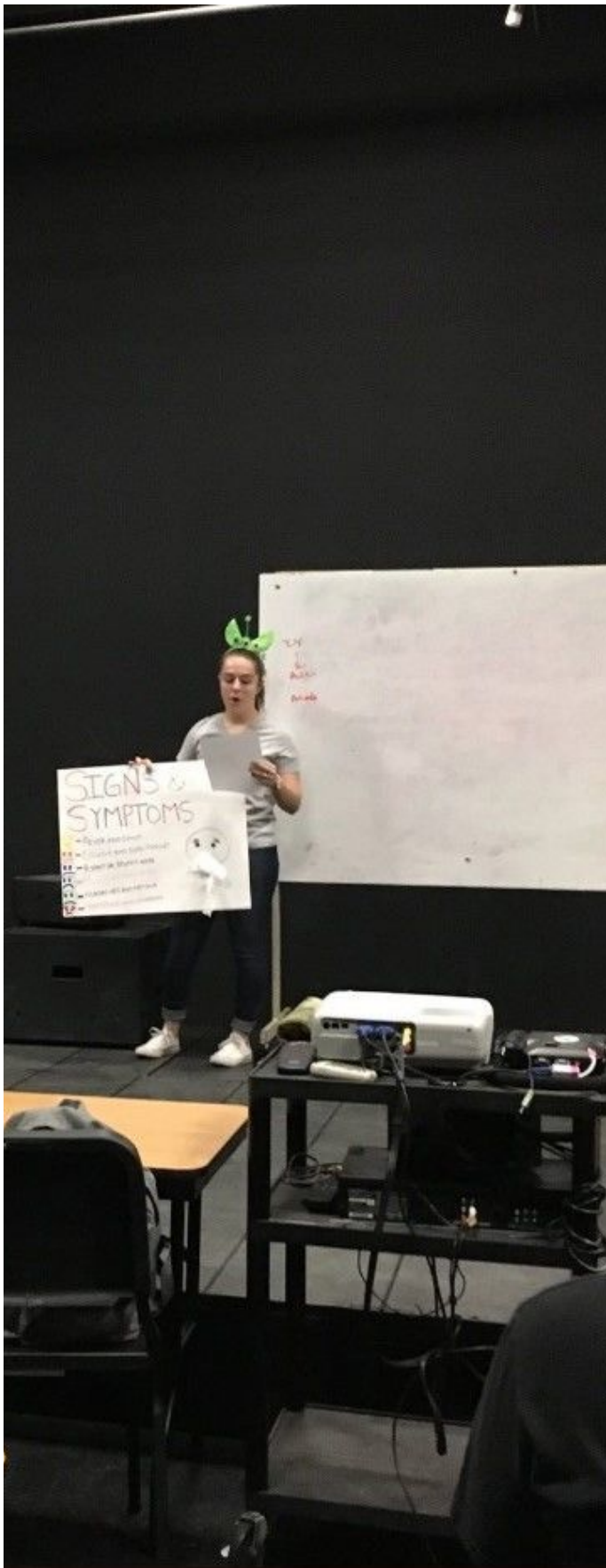
Our chapter came up with a great idea by doing a scavenger hunt! We wanted to work with different science classes in a fun and creative way. At the start of this project, we split up our duties. Some of our members were assigned to be tour guides and others were dressed up as "bugs." The bug's job was to stay at a specific location and read interesting facts that directed

hints on what the outbreak was. They also handed out a letter that was in the word influenza. Our tour guides were assigned a classroom and led them to each location. In the end, they were responsible for all the letters spelling out influenza.

Surprising Outcome!

All of the classes seemed to be enjoying our activity. They learned many different ways the viral infection can spread. Such as: how many people are affected yearly, signs and symptoms and most importantly, ways to prevent catching the flu. Prior to arriving at each location, many of the classes discovered that the disease we were talking about was the flu. It demonstrated that the students were paying attention and putting the pieces together. We noticed great teamwork and leadership throughout each class. Our HOSA chapters role is to strive and always try our best to educate others on the importance of personal health.

Make sure to send in articles about your chapter to the azhosa@gmail.com email account if you want them included in the Synapse.



EDUCATE ABOUT INFLUENZA

Make sure to send in articles about your chapter to the azhosa@gmail.com email account if you want them included in the Synapse.

What was your position during your term as an AzHOSA State Officer, and what were your responsibilities?

I was the Post Secondary/Collegiate State officer. My responsibilities included connecting with the Post Secondary/Collegiate chapters and informing them of the events and conferences. I also helped the collegiate chapters to grow and be more involved.

What drove you to join HOSA?

I joined HOSA in high school as a way to connect with students who had the similar passion and goals as I did to enter the healthcare field. But, as I became more involved, HOSA made me feel like I had found a 'home away from home'. It was a place where you met individuals who had the same passion and vision as you for stepping into the healthcare field. It gave members an opportunity to solidify their decision about going into healthcare. For me, it made me even more passionate. I made friends that became like my family.

Best HOSA memory?

I don't think I could narrow it down to one thing that I love about HOSA. But, if I had to pick one, it has to be that it gave me a sense of belonging. I have been fortunate to be able to travel and meet people from all over the states and being able to learn from their experiences. Each and every person that I have met through HOSA has inspired me to become a better version of myself. I have truly made friends that are for a lifetime.

What are some other clubs/organizations are you involved with?

I was part of the UofA physiology club, UA Operation Smile, Agape hospice volunteer, supplemental instructional leader and Asems tutor. I have also done research in the UA liver research institute as well UA pharmacy department.

Why did you run for office?

I ran for the state officer position because it was my way of reaching out to others and sharing how great the organization is. I felt that HOSA had done so much for me and I wanted to reach as many people and motivate them to join too. HOSA helped me solidify my decision about healthcare as a career and I felt that everyone should be given the same opportunity. So, it was my small step into giving back to the organization which had done so much for me.

What are some of your most memorable experiences in HOSA?

I feel that my most favorites HOSA memory has to be chapter leadership camp! It gave me the opportunity to

PAST STATE OFFICER INTERVIEW SHREYA GUPTA



interact with the members and be part of the HOSA spirit. Seeing the different style of leadership and seeing the members uncover their own style of leadership was an absolute thrill. It was so inspiring to be part of an experience where many members who thought they were too shy or were not meant to be leaders, discovered that they could actually excel in those leadership positions.

What has been your greatest benefit from being in HOSA?

I feel that the greatest benefit of being in HOSA is it helps you find the strengths within you that you never knew you had. I never thought that I could be fit for a leadership position such as a state officer but HOSA helped me build that confidence and gave me a chance to find my leadership style. It helped me develop the confidence to walk into a room full of people I don't know and project the best version of myself. It gave me the exposure to become an individual who can connect with a diverse group of individuals. It challenged me everyday to push my limits and become the best version of myself.

What would you suggest to someone considering state office?

My suggestions to someone who is considering state office would be to do it without a doubt!! It would be the best decision you have ever made. No matter if you think you can do it or not, you won't know for sure until you give it a try!! You might be thinking that you are not fit for that position but you will never know until you go through with the process !! I would do it all over again in a heartbeat.

As a college student, do you have any advice for Post Secondary members?

Being a Post Secondary/Collegiate member can be a challenge at times because of the financial aspect of college. So, the only advice I have is to do as much fundraising as you can and to start at the beginning of the school year instead of waiting until SLC. Also, being a part of HOSA will really help you connect with healthcare professionals who can be your potential research heads. So, it really helps you network which is very essential in college.

What are your career goals?

I want to become a surgeon after medical school. I am not sure yet what specialty but hopefully I will find the right area after going through residency.

What events/conferences did you participate in?

As a State Officer I attended national conferences in Tennessee and Florida, the Arizona state and fall leadership conferences as well as the chapter leadership camp.



DYSART HOSA CHAPTER

STUDENT ARTICLE

Blood Pressure Screening Team invited to the Dysart Unified School
District Health and Wellness Exposition

Each year, the Dysart Unified School District hosts a Health and Wellness Expo that is open to all district employees. Features of the Expo frequently include various vendors within the community ranging from dental offices, to physical therapy clinics, and even to dermatology practices. This year, the staff at the District office invited Dysart HOSA members to participate in the drive as a vendor, to perform blood pressure screenings for all employees. Our students have spent many hours practicing taking all vital sign measurements, and this provided us with an opportunity to demonstrate our skills with real clients that were attending to get more information about how to lead a healthy lifestyle. In preparation for the event, our members created a Blood Pressure Screening form that provided attendees with valuable information about what a blood pressure measurement represents, and what to do with the results.

Throughout the duration of the Expo, our members talked to employees within our school district, ranging from teachers, and bus drivers to maintenance staff and superintendents. We talked to them about what their blood pressure represented, took their BP and heart rate measurements and then talked more in detail about how they could make healthier lifestyle choices that would, in effect, improve their blood pressure.

Our district's Benefits staff was so impressed with the services that we were able to provide, that they asked us to return again for the next event that would be showcasing all of the various aspects of the benefits packages that are available to employees. We were excited to show members of the educational community the valuable lessons we were learning in the classroom, as well as further develop the skills needed to be successful health care providers in the future.

Blood Pressure Screening

Dysart High School HOSA

What is Blood Pressure?

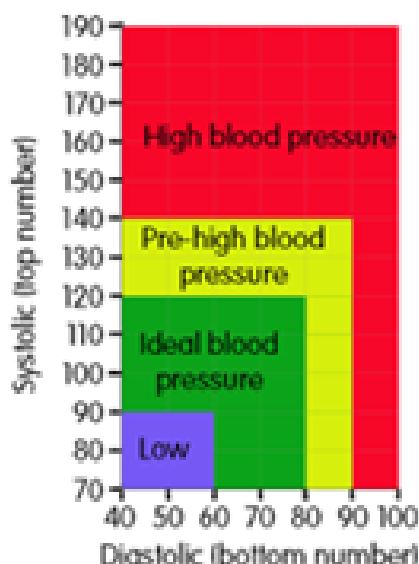
Blood pressure is the pressure that is put on the walls of the blood throughout the body. It is a measurement common to health.

Systolic v Diastolic

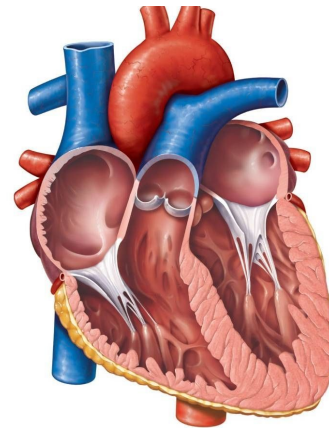
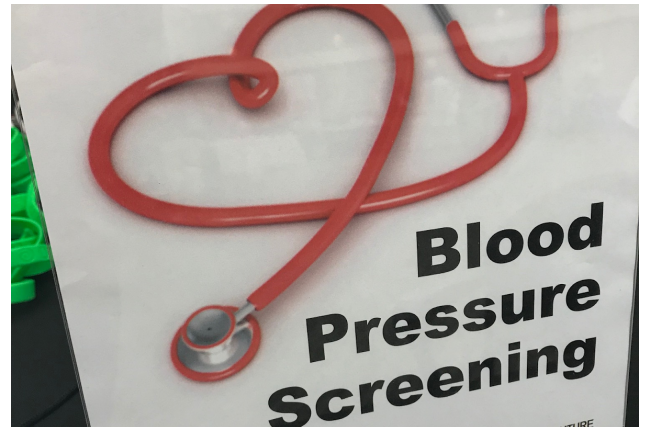
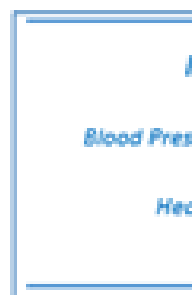
Blood Pressure is measured and documented as two numbers that represent the following:

Systolic - the "top" number; represents the pressure in the arteries when the heart contracts, to pump blood around the body

Diastolic - the "bottom" number; represents the pressure in the arteries when the heart is relaxed



Previously cardiovascular system was considered "normal" (120/80). After measurement, reading (diastolic) are considered diagnosed with H



How do I improve my blood pressure?

BP can be reduced, often without medication, and simply by:

- **Choose healthy foods (limit amounts of fatty foods, and
- **Exercise regularly (30-60 min., 3 times per week)
- **Don't smoke or drink alcohol



BLOOD PRESSURE SCREENING

Make sure to send in articles about your chapter to the azhosa@gmail.com email account if you want them included in the Synapse.

PARLI PRO WITH RYAN O



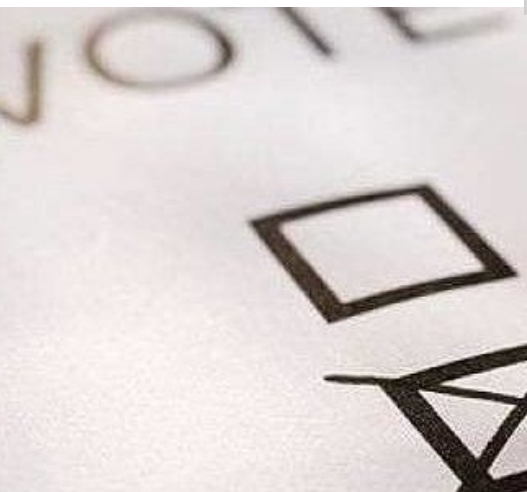
Hello Arizona HOSA, and welcome to this month's edition of "Parli Pro With Ryan O"! I am your state parliamentarian, Ryan O'Hara. This monthly series aims to teach each and every member the ins and outs of parliamentary procedure through short, easily understood articles. With that, I call the penultimate session of "Parli Pro With Ryan O" to order!

Previously on Parli Pro With Ryan O

- Chapter elections should be run in an orderly fashion in order to efficiently and positively elect new officers.
- Candidates for an officer position should generally be chosen in one of two ways: via nominations from a committee, or nominations from the floor.
- Votes are generally collected by private ballot.

Ladies and gentlemen, welcome to the shortest and easiest class you'll take this semester: Motioning With Motions 101! I'm your Nobel Peace Prize-winning professor, Dr. Ryan O'Hara MD-PhD (FYI, I only respond to my full title). I don't want to keep you waiting, so let's jump right in to our crash course on the five different types of motions.

Those of you who filled out your paperwork for silver-level individual membership should be a bit familiar with the five motion categories: main motions, subsidiary motions, privileged motions, incidental motions, and motions that bring a question again before an assembly. We've talked a bunch about main motions in past articles; essentially, to qualify as a main motion, the motion must simply bring business before an assembly. Easy enough, right? Unfortunately, the other four motions can be a bit more complicated.



PRIVILEGED MOTIONS THINK THAT THEY'RE BETTER THAN EVERY OTHER MOTION, SO THEY AUTOMATICALLY INTERRUPT ANYTHING ELSE

Unlike subsidiary motions, privileged motions do not relate to the current main motion, and can be brought forward without debate. We previously discussed a member's ability to move for an adjournment or recess, even if there is business on the table. these powers are privileged motions.

Enter subsidiary motions. As the name would imply, subsidiary motions work to treat or dispose of main motions (and, occasionally, other motions); they're secondary motions, if you will. Even though the term is new, we've actually gone over many of the different forms of subsidiary motions in past articles: amendments, committee referrals, moving the previous question, and postponements all fall under the subsidiary motion umbrella. Subsidiary motions also include the ever-useful indefinite postponements which, if moved, will get rid of a

question without bringing it to a vote. These can be a useful last resort for getting rid of any embarrassing motions without wasting assembly time discussing them. Above all else, it's important to remember that subsidiary motions will always act upon or affect a main motion; they cannot stand on their own.

Next up on the agenda are privileged motions. Once again, the name of this motion category summarizes its primary purpose; privileged motions think that they're better than every other motion, so they automatically interrupt

anything else. Unlike subsidiary motions, privileged motions do not relate to the current main motion, and can be brought forward without debate. We previously discussed a member's ability to move for an adjournment or recess, even if there is business on the table; these powers are privileged motions. In conjunction, any motions which aim to fix the adjournment time (for instance, the pre-set time of adjournment needs to be moved back half an hour to allow for additional discussion) are also privileged. Members also have the power to raise a



THE FIVE MAJOR MOTIONS

Refer to Chapter 14 in
the brief version of
Robert's Rules of Order
for more detail.



question of privilege, which allows one to interrupt proceedings and state an urgent request or question, or call for the orders of the day, which forces a distracted assembly to return to and more closely follow the originally presented order of business.

I know that I just threw a lot of information at you, so let's review the three motion types we've already gone over. Remember, everything on here will be on the final exam (psych, there isn't a final exam... unless you're competing in the parliamentary procedure competitive event). Main motions introduce any new form of business; they're the main method of moving a meeting forward. Subsidiary motions are secondary to the main motion, and serve to modify the current point of discussion. Privileged motions, meanwhile, are super extra and interrupt everything in order to bring forward an unrelated, but important, question or point of business.

Also remember that, if you want to go over these five motion types in more detail, you can refer to Chapter 14 in the brief version of Robert's Rules of Order.

Getting tired yet? I hope not, because we have two more categories to discuss! Next up: incidental motions. Incidental motions are much broader than the previous motion types, and are simply described as "relating to the pending business in different ways." While we don't have the space to discuss every type of incidental motion (once again, look at Chapter 14 for a comprehensive list), the most common incidental motions you might use are a point of order, appeals, and requests. A point of order can be called by any member who



A POINT OF ORDER BRINGS THIS ISSUE TO THE CHAIRS ATTENTION, AND FORCES THEM TO HANDLE THE SITUATION.

An appeal, similarly, can be called by any two members via a motion and second if said members believe that the chair has made a ruling that goes against parliamentary procedure.

believes that the chair is doing an ineffective job of enforcing the rules. A point of order brings this issue to the chair's attention, and forces them to handle the situation in question. An appeal, similarly, can be called by any two members via a motion and second if said members believe that the chair has made a ruling that goes against parliamentary procedure. The appeal forces the chair to turn over the controversial ruling to an assembly vote. Requests, meanwhile, are generally asked by a member to the chair in order to obtain additional information; for

example, a request for information allows a member to ask specific questions about information relating to the current main motion, while a parliamentary inquiry allows a member to ask the chair for their opinion on the best parliamentary methods to use in a specific situation. However, there are a wide range of requests and incidental motions beyond these simple categories: some incidental motions, relate to voting, some relate to the closer analysis of a large motion, and some can call for a suspension of rules. The bottom line is that incidental motions

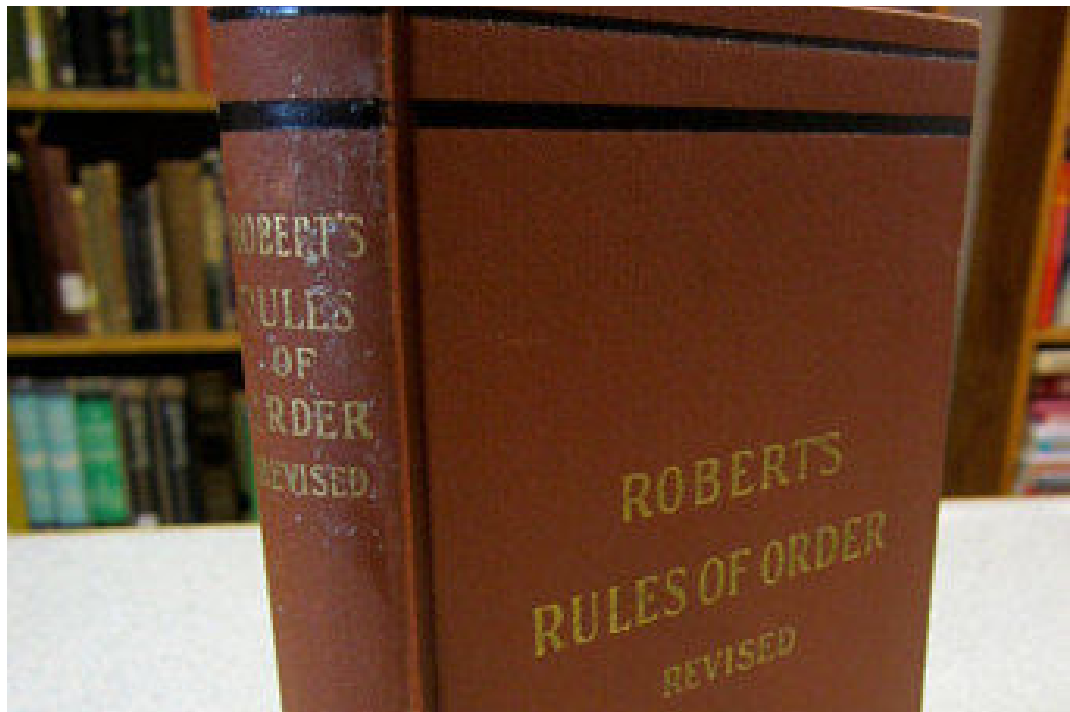
provide the membership with a diverse series of tools which can be used to better obtain information and vote on a motion.

Finally, a motion that brings a question again before an assembly should be pretty self-explanatory. If a member wishes to reopen a completed question during the same session, they may utilize this motion type. Generally, a member should try and make a motion to take from the table, which pulls a tabled motion back into discussion. However, motions can also be drawn back to the assembly from a committee via a discharge



GET EXCITED FOR NEXT MONTH

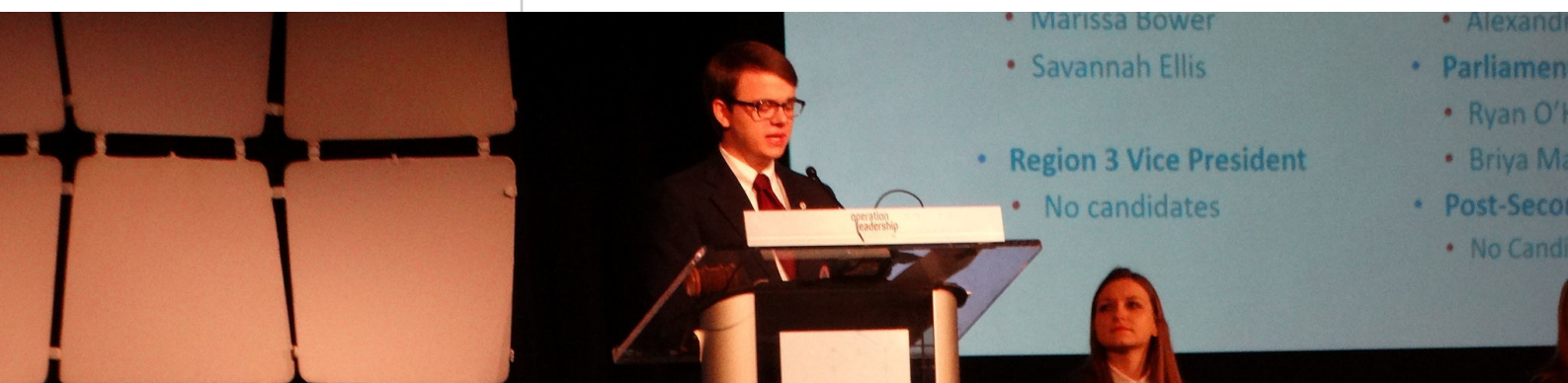
Next time, we'll conclude
our discussion about
parliamentary procedure
by reenacting a meeting.



from committee, while a motion to reconsider can be used to hold a second vote on a motion discussed during the current session.

And that about does it for the five motion types! Thank you everyone for attending my lecture, you all pass with an A+. Like I mentioned previously, there are a lot of finicky details relating to motions that I didn't have the time to touch on here. However, if you're interested in learning more about them (or parliamentary procedure in general), I highly recommend going out and picking up Robert's Rules of Order; it's pretty cheap, pretty short, and goes into more detail about the topics I cover in these articles.

Next time, we'll conclude our discussion about parliamentary procedure by reenacting a meeting. Hopefully, this simulation will allow you to see all of the different concepts we've gone over during the past year in action. Can't wait to see you back for our exciting series finale! With that, I now adjourn this edition of "Parli Pro With Ryan O"!



LIKE TO SING?



**THE DEADLINE TO SUBMIT A
VIDEO IS MARCH 19TH AT 5PM.**

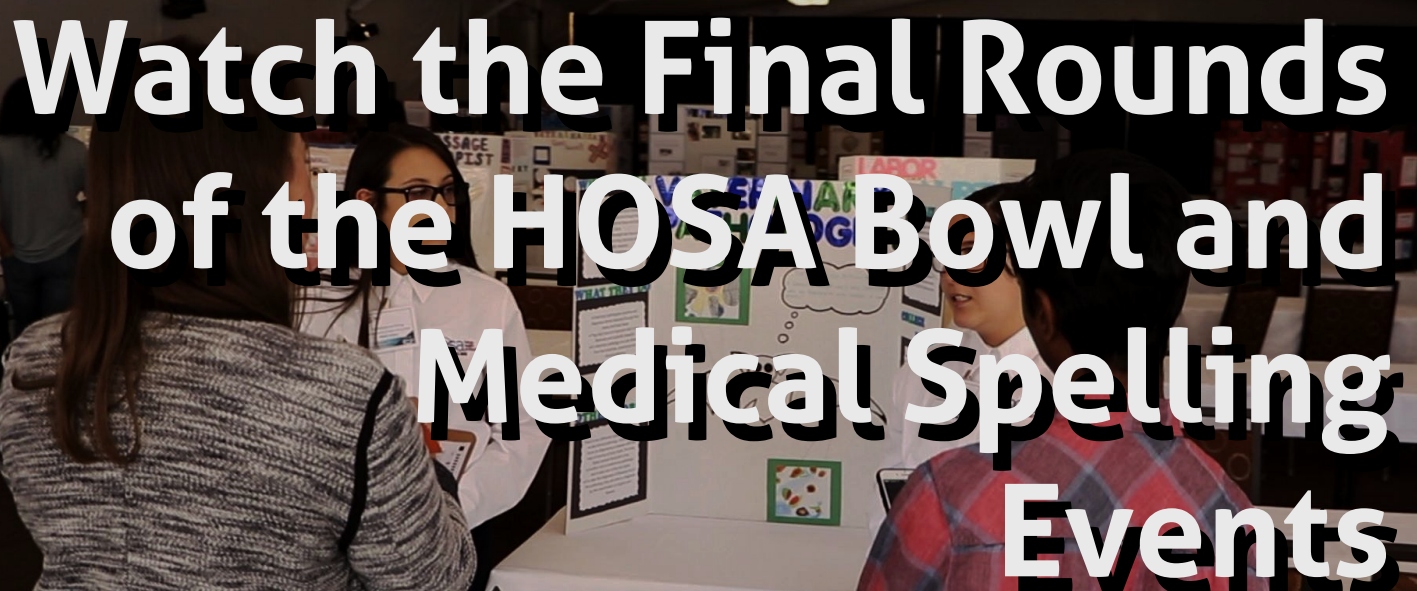
The link to the submission form is
[https://azhosa.wufoo.com/forms/
qz51o6h0ykfrnjb/](https://azhosa.wufoo.com/forms/qz51o6h0ykfrnjb/)



SYMPTOMS OF SUCCESS PREPARING FOR SLC



Study for your event!



**Watch the Final Rounds
of the HOSA Bowl and
Medical Spelling
Events**



**Volunteer for courtesy
corp and play 'patient'
for competitive events**

A large crowd of people, mostly young adults, are dancing and socializing at a HOSA event. The scene is dimly lit with blue and purple stage lighting. Many people are wearing blue t-shirts, some with HOSA logos. The crowd is dense and energetic.

Attend the HOSA Dance

A hypnotist is performing on a stage, using a pointer to guide a line of seated HOSA members into a hypnotic state. The members are sitting on a raised platform, and the hypnotist is standing in front of them, holding a long pointer. The members have their eyes closed and are in various states of relaxation.

See what the hypnotist can do with HOSA members!

A group of people are gathered around a booth at a HOSA event. A woman in a red shirt is looking at a display, while another woman in a purple patterned shirt is working at the booth. There are various items on the table, including brochures and a laptop.

Visit all of the booths

A collage of various posters and photographs of individuals, likely candidates for state officer, displayed on a wall. The posters include names like 'O HARA' and 'CHAPTER 2: PROSECUTION'.

Visit the candidate posters and meet the state officer candidates

A man wearing a grey polo shirt and sunglasses is demonstrating first aid techniques to two young women. They are gathered around a red and black first aid kit. The man is wearing a name tag that says 'TOM'. The women are wearing white shirts. The background shows an outdoor setting with a building and trees.

Check out all of the fantastic workshops

A large outdoor swimming pool at night, surrounded by blue lounge chairs. The pool is illuminated by warm lights, and the background features a large, multi-story building with many lit windows, reflecting in the water.

Watch the Dive-In pool movie



**Try out all of the
activities in the
Leadership Village**

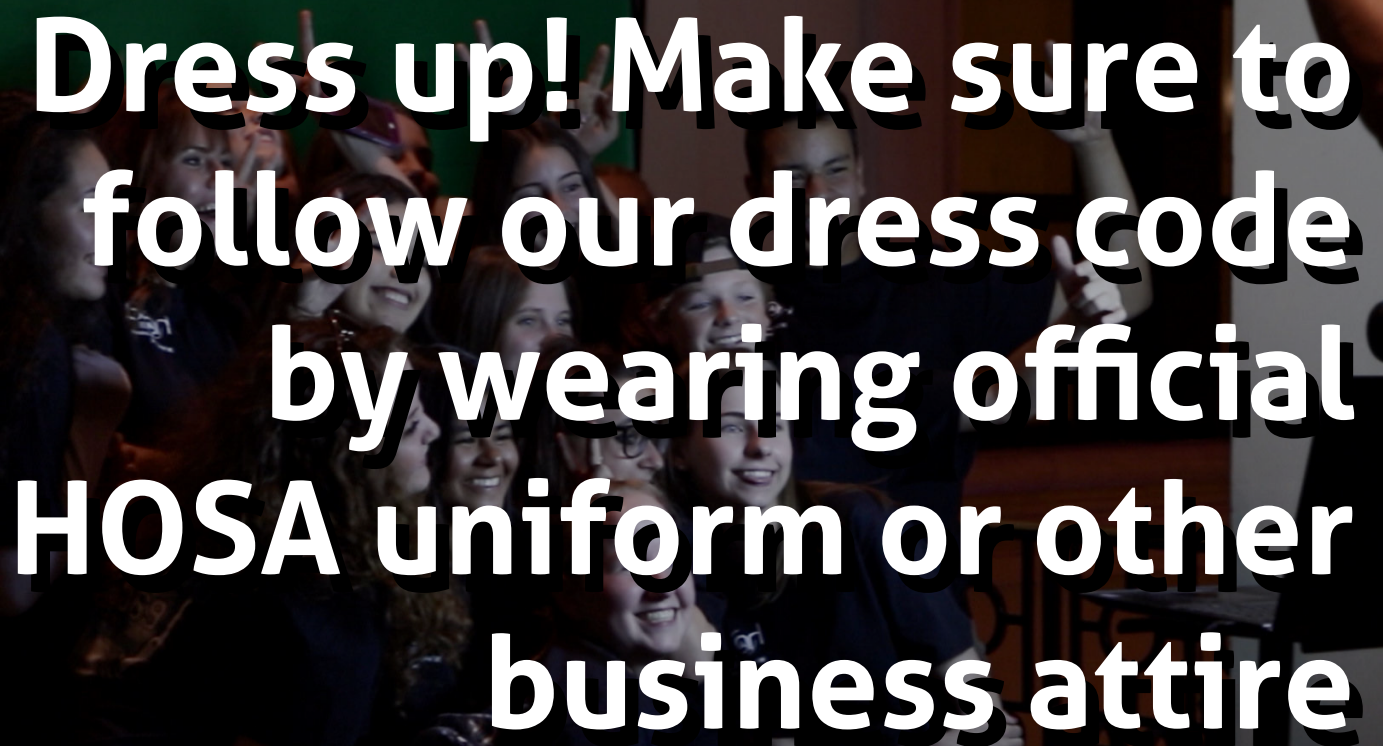


**Explore the beautiful
hotel grounds**



**Attend the business
session - MANDATORY
for Voting Delegates!**

- Hannah Campbell
- Angelique Manriquez
- Marissa Bower
- Region 3 Vice President
- No candidates
- Secretary
- Gregory
- Brianna
- Historian/
- Alexand
- Parliamen
- Ryan O'
- Briya M
- Post-Seco
- No Cand



**Dress up! Make sure to
follow our dress code
by wearing official
HOSA uniform or other
business attire**



**Listen to the exciting
keynote speaker**



**Meet other HOSA
students from across
Arizona**

MARCH 2018 Arizona HOSA Newsletter

AZHOSA SYNAPSE

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