

23 INTERNATIONAL LEADERSHIP

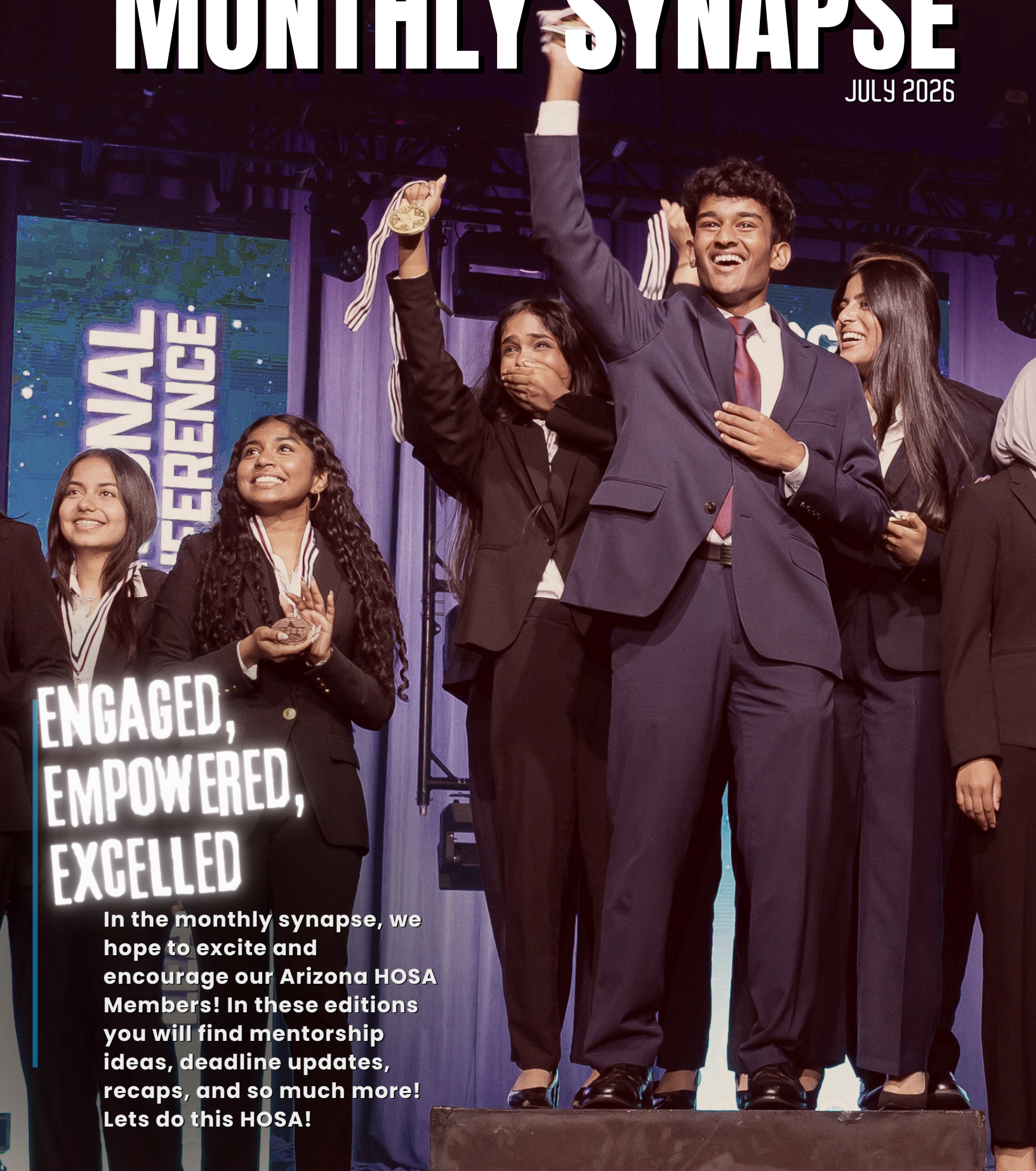
Arizona HOSA-Future Health Professionals

MONTHLY SYNAPSE

JULY 2026

ENGAGED,
EMPOWERED,
EXCELLED

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!





WELCOME TO THE ARIZONA HOSA SYNAPSE

July Synapse Overview

The **first** edition of the 2026–2027 Arizona HOSA Synapse will feature an official introduction of your new State Executive Council members, a full recap of the 2026 International Leadership Conference, including all of our Arizona Top 10 Placers, workshops, and other highlights, Advisor Leadership Academy reminders, and much more! We celebrate all of the achievements from the previous year, recognizing the dedication and commitment of our members, advisors, and partners.

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!

As we move on to the next year, we wish all of our members will continue to Engage, Empower, and Excel!

STATE EXECUTIVE COUNCIL

Julez Valencia
Parliamentarian

Ally Claire Ko
Historian / Reporter

Afrika Carranza
Secretary

Jocelyn Dial
Postsecondary / Collegiate
Vice President

Nikhil Puttamraju
Secondary Vice President

Yahir Grijalva
President-Elect

Allen Son
State President

 2627sec@azhosa.org



Secondary Vice President

Nikhil Putnamraju



Secretary

Afrika Carranza



Parliamentarian

Julez Valencia

Want to know which state officer is most similar to you??



Take this short personality quiz!



State President

Allen Jon

Introducing your
2026-2027
AzHOSA State
Executive Council



President-Elect

Yahir Grijalva



Historian/Reporter

Allison Claire



Postsecondary/Collegiate
Vice President

JOCELYN DIAL



MEDALISTS

Caleb Southard

Behavioral Health

Lucia Christensen

Surgical Technologist

Adrienne Perez

Phlebotomy

Anagha Vippagunta

Extemporaneous Writing-Health Policy

Andrea Guardo-Molina

Medical Terminology

Andrew Rahana

Phlebotomy

Karunya Nachiya Amba Sankar

Research Poster

Hasan; Khakwani

Health Education

Prarthanasree Udayakumar

World Health and Disparities

TOP 10 FINALISTS

John; Karanam; Puttamraju; Duong

MRC Partnership

Alyssa Hopingardner

Biomedical Equipment Technician

Potu; Mathur; Wandkar; Garg; Polireddi

Health Education

Rima Bala

Human Growth & Development

Kumar; Gupta; Ho

Public Service Announcement

Olivea Segovia

Sports Medicine

Jacqueline Martinez Corona

Dental Terminology

Patel; Alkakooz

Emergency Medical Technician

Allen Son

Epidemiology

Kylie Rogers

Veterinary Science

RECOGNITION EVENTS

AAFP Family Medicine Career Test

Vardhan Gudla

Healthcare Issues Exam Mastery

Maximiliano Algara Velarde

Liliana Perez

HOSA History - Advisor

Hillary Habecker

HOSA Service Project Winners

East Valley Institute of Technology

Arizona State University - Downtown

Barbara James
Service Award

168

Health Literacy
Ambassador

38

Hilarity for
Charity

149

Congrats to our ABC Blood Drive, American Red Cross, and HOSA Happenings awardees!

ILC NETWORKING

July Synapse 2026

www.azhosa.org

Go Baby Go!



With California

HOSA University 301: State Officers

For State Executive Officers, **HOSA University** was where the true networking began. With a room full of brilliant minds and strong devotions to leadership, we built connections, relationships, and friendships that will continue to help all of HOSA grow!



ILC Networking Recap

During ILC one of the most important and influential activities HOSA members partake in is networking! This year at ILC, networking took place in every room and every corner of Indianapolis. Whether that be during a workshop, a business meeting, or even while pin trading, networking was everywhere. By networking at ILC, we met so many incredible people and leaders from all around the world who will inspire and help us all on our own journey as we aspire and succeed as future healthcare professionals.



Redefine the Standard Through Networking:

But even with connections, what we build overtime by networking is collaboration. Together and as a whole we will **REDEFINE THE STANDARD** of HOSA, helping HOSA members outside of Arizona, other leaders, and supporting our own passion. To put it simply, when we network and keep building and growing, we exceed expectations and take our own standards to the next level. This year, your State Executive Council encourages and inspires you to redefine your standard networking.

ILC - EXPO EXHIBITORS

JULY SYNAPSE 2026

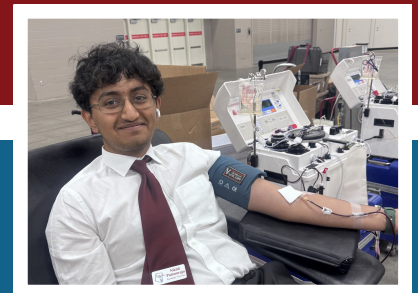


Importance of the Expo

The ILC Expo allowed all members to explore different interests and be able to interact with experts of various career fields, offering the opportunity to network with numerous healthcare professionals!

Expo Highlight: The ILC Blood Drive

The annual ILC blood drive allowed members to make a difference in their community and be the game changers of the healthcare field. Two of our State Executive Officers, Nikhil Puttamraju and Afrika Carranza, donated blood during the conference and were able to make a valuable difference for people all around the world with ur current shortage of blood in health facilities!



ON THE RACEWAY: GO BABY GO!

Go Baby Go is an organization that has the primary purpose of helping patients with their mobility. The organization creates and designs toy cars that are modified for children with disabilities. Go Baby Go is related to the occupations of Occupational Therapy and Physical Therapy.

On June 16th, 2026, the Arizona HOSA State Executive Council was able to volunteer and set up for the GO Baby GO expo. Your state officers were able to build and prepare the toy cars for the children who were given the opportunity to drive around and have fun! Being a part of this exhibit allowed the team to work together and take initiative, as well as be a part of this amazing organization!

ILC WORKSHOPS

www.azhosa.org

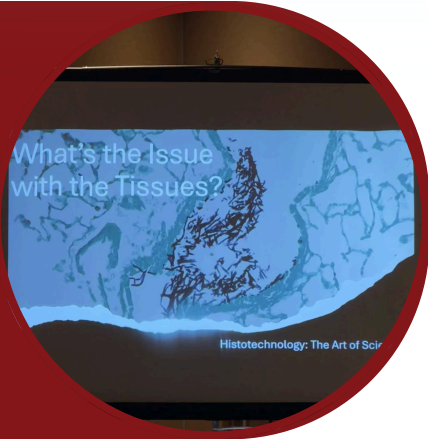
Indianapolis, Indiana – June 17–20, 2026

LEARN

LEAD

SERVE

INNOVATE



Learning Beyond Competition

The International Leadership Conference offered members the opportunity to grow beyond the competitive events through more than 170 engaging workshops. Led by healthcare professionals, industry experts, and HOSA partners, these sessions explored leadership, career pathways, and developing topics in healthcare. Each session encouraged members to expand their knowledge, develop new skills, and return home inspired to make an impact in their chapters and communities.

Many workshops featured interactive demonstrations, case studies, and hands on activities that allowed members to apply their knowledge in real time including the “All About Blood” workshop. These experiences encouraged members to think critically, collaborate with peers, and gain practical skills they can carry into future healthcare careers.



State Officer Reflections

“I had the opportunity to attend the workshop “Ask-Advise-Refer,” hosted by the USPHS. This session strengthened my understanding of the epidemiology and health risks associated with tobacco use while also providing the chance to practice motivational counseling skills in supporting patient interventions.”

–Yahir Grijalva
President-Elect

“I had an amazing time at the workshop ‘Cardiac Devices,’ which explained the electrophysiology of the heart as well as technology that can improve it. It was interesting to see how advanced scientific concepts could be broken down and understood by all education levels.”

–Nikhil Puttamraju
Secondary Division Vice President



ALA REMINDERS

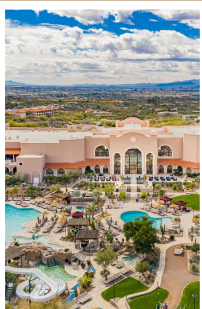
JULY SYNAPSE 2026



| Advisor Leadership Academy

How to “HOSA” for the 2026–2027 Year

Kick off the school year on the right foot by joining this exciting and dynamic conference built to inspire, connect, and set you up for success in your classroom and HOSA chapter. Hosted by AzHOSA and the Department of Education staff, the event offers engaging workshops and sessions tailored for both brand-new and returning HOSA advisors. Everyone who takes part in the Advisor Leadership Academy sessions will earn Professional Development hours!



What Will we Discuss?

Developing a Program of Work, Competitive Event and General Updates, Integrating HOSA into the classroom, and taking HOSA beyond the classroom!

Questions? Visit www.azhosa.org

| Important Details

Registration is open now!

- Registration closes on August 17, 2026
- Conference Cost: \$225 per Attendee
 - Two meals (9/1 Lunch & 9/2 Breakfast)
 - All conference materials and content
 - ALA & AzHOSA Swag!
- Hotel Cost: \$158.00/night

| Quick Specifics



Who: Arizona HOSA advisors and other AzHOSA staff!



Where: The Westin La Paloma Resort & Spa - Tucson, AZ



When: September 1–2, 2026

July: Social Wellness Month

Why is Social Wellness Important for Future Health Professionals?

Social wellness means **nurturing yourself and your relationships**. It places an importance on giving and receiving **social support**, ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and **positive self-image**. Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.

To develop your social needs, ensure your **commitments are met**. Be empathetic and understanding of not just those around you, but yourself as well. Destroy the **intense blame** and **refocus your narrative** to bringing **appreciation** within your future, creating healthy relationships.



How You Can Grow and Nurture Relationships

Working out at your local gym and taking **strolls in public**, **volunteering**, and finding others who share your interests are great ways to meet others and grow your **social network**.

When you pursue your hobbies, you'll find others with similar passions.

University of Minnesota: Earl E. Bakken Center for Spirituality & Healing

Be the Change for Yourself and for Others