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Arizona HOSA- Future Health Professionals

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Mission Report: Chapter Recognition

This month, Arizona HOSA would like to proudly recognize that we have exceeded our membership growth goals for the year with over 9,450 dedicated and driven members in our delegation. We've had 12 years of continuous growth, and we dedicate that success to our members. We know that with the help of our amazing chapters, all we can do is continue to grow!

Congratulations to all the Gold, Silver and Bronze chapters that will be recognized at the SLC. We also have a record number of Platinum, Gold, Silver and Bronze Individual Member Award winners.



Synapse

Mission Report: Operation Recognition

Buena HOSA Nursing Class Helps With Activities

The students in the HOSA nursing CTSO at Buena High School in Sierra Vista are stepping in to meet a need at the Beehive Assisted Living home. The Beehive has no activities director. After meeting with the administrator, the students decided to come out one day a week to do activities with the residents. So far they have played Bingo, decorated cookies, made valentines for the residents at the nursing home, and did art projects with the residents. Upcoming events include having a tea party, doing chair exercises, and giving manicures. Both the students and the residents say they look forward to the events every week.



Synapse

Dysart High School HOSA Hosts Successful Blood Drives!

Since Dysart High School HOSA has taken over control of the school's Blood Drives two years ago, they have had very successful drives with their Blood Drive Committee. In fact, their first blood drive of the year hit 116% of their donation goal with 103 successful donations from students on campus and people from the community.

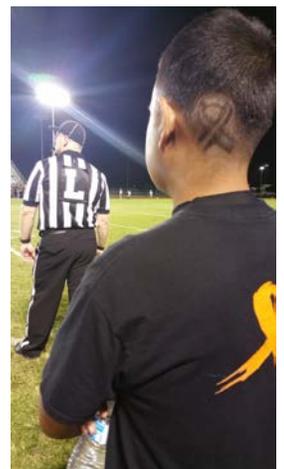


Photo Left: Fellow HOSA member Rosemary and United Blood Services mascot Ubie, hand out cookies with a big smile to those who sign up to donate blood.

With every successful donation from one person, United Blood Services is able to help save the lives of 3 people. Just one person who donates a pint can help contribute to the 32,000 pints of blood used each day in the U.S. That means that with the 103 successful donations Dysart HOSA was able to potentially save the lives of 309 people in need of blood transfusions.

This is especially important to Dysart because a Dysart HS alum, Mario Marino, who has been battling leukemia for a significant portion of his life. Mario found out about his illness after a football injury sent him to the hospital, where multiple tests led to the discovery of leukemia. He fought hard and has been winning his battle, being declared cancer-free! Mario returned to Dysart for his senior year, and would help contribute to the blood drives any way he could. He spoke about his struggles and how hundreds of blood transfusions helped to save his life. Mario had an extremely difficult high school career, spending much of his time in and out of hospitals battling his illness. But when he had the chance, he would always show up to school wide events to support his fellow Demons. He is now beginning nursing school and wants to help other patients struggling with similar illnesses.

Mario Marino represents the battle against Leukemia and Lymphoma at a DHS Football Game. As a recipient of multiple blood transfusions, he supports HOSA's efforts with UBS.



Synapse



Dysart HOSA is extremely proud of the success of their blood drives and what they have learned while doing them. Students have gained a greater understanding of what it means to give back to a community and help solve a consistent, but urgent problem. Last year, HOSA members' hard work earned the chapter a "Platinum" award through the United Blood Services and were recognized at a luncheon and baseball game hosted by the

Arizona Diamondbacks. However, for the Dysart Demons, it is about much more than just recognition. It is a great way to help those in need and hope to continue their blood drives for many more years to come.



Photos: Top Left- Officers Jenesis Mora and Jimi Mora not only help organize the 3 drives per year, but also donate!

Above Left- Dysart student Dakota O. is always one of the first students to sign up for our drives.

Above Right - Members of Dysart HOSA Blood Drive Committee attend the United Blood Services Awards Luncheon at Chase Field

Below - DHS Student Athlete Angelique M. is a donor but also an active member of Dysart HOSA and the Sports Medicine Club!



Synapse

A Day with Anatomy: Marcos De Niza's Cadaver Lab Tour

By Rida Imtiaz



On February 17th 2017, Marcos De Niza's HOSA went on a field trip to Grand Canyon University. This trip was more than a tour of a college, but rather it was an adventure. Our group of 7 members along with officers and our advisor took a trip to the Cadaver Labs. Which itself was an adventure in science.

The students themselves had never had the opportunity to be a part of such experience. At first members saw the body of a 50 year old man who died of kidney cancer. Our presenter was a biology major who was planning to go into medical school. She started with explaining what we saw.

The body was skinned and the students could see the veins, skeleton and the muscles. The presentation started out with a brief overview of the muscles in the leg. As the presentation went on, the student also pointed out the lungs, heart and the kidneys. This whole process was bizarre yet interesting. Along with the presentation, the students were tested on their previous knowledge. Our presenter started to ask the members questions relating to muscles and anatomy. Even though the members did not know some of the answers, the presenter provided the answers. This session took about 15 minutes.

After this, the members had an experience of visualizing individual organs which included heart, lungs, brain and the kidney. This presentation has eye-opening to all. Since there was a comparison between healthy organ versus unhealthy organs, students were able to distinguish the side effects of drinking and unhealthy lifestyles. The organs of the unhealthy body were damaged and looked sick as compared to the healthy organs. The

Synapse

presenters in this situation were able to give us insight to the damaging effects of poor lifestyle choices.

All in all, this experience was one of the most interesting and innovative the members ever had. The cadaver lab brought Marcos De Niza's HOSA closer to the heart of anatomy.



Paradise Valley High School Healthcare Chapter Strives to Create Leaders in HOSA!

By Amanda Ginsberg



Paradise Valley High School Healthcare HOSA chapter took the Arizona HOSA Fall Leadership Camp 2016 back to their school to teach their chapter more about leadership, bonding, and figuring out how to be a successful chapter! We split our chapters into color teams and reviewed different ways to lead and take initiative in our club so we can work together as a team to achieve our HOSA goals.

Synapse

TRIVIA TIME!

The first activity we participated in was our very own HOSA Bowl! Each color team was to buzz in their answers on HOSA trivia! The first team who buzzed in and got it correct was to score a point. Only 2 teams advanced to the final round and were rewarded gold and silver medals! As a team, they needed to effectively communicate and find a strategy to help them move on to round 2. Being a leader isn't always easy, but with each person playing their part, they can learn how to become a true leader!



TEAMWORK MAKES THE DREAM WORK!



Synapse

Another one of our mini-camp activities involved teamwork. We laid out stuffed animals as the “missile” to get the other person out. Trust and communication played a huge role in this activity. Each color team had someone blindfolded and a guide to help them grab a strategically placed stuffed animal without physically moving the player. The guide’s job was to protect their partner from other opponent’s missiles being thrown at them. As a club, and team, communication is key and that is why this we demonstrated this particular game.

Finally, to conclude our mini-camp, each color team was tasked with creating lip sync with choreography to use in a color team battle. This challenge gave us time to really get to know one another and bond. This was a step out of our comfort zone but we pulled together to grow as a chapter. In fact, our lip sync battle was so successful that we are holding one on campus as a fundraiser with all the high school sports teams & clubs invited to participate.



Paradise Valley High School HOSA

North Ranch Elementary School Screening Day

By: Rachel Nava



Paradise Valley High School Health Care Assistant class had the opportunity to help perform the required student physical assessments for school including hearing screens, vision checks, and height and weight measurements at North Ranch Elementary School. The school nurse, Dee Smith invited our HOSA chapter to perform these screenings. We were trained by our instructor, Mrs. Latzo, and Nurse Dee on how to work with the equipment and to document the results. We were split up into groups and assigned an area. Each person was then assigned an assessment to screen and chart. The job assignments included measuring heights and weights, performing hearing screens, vision checks, and filing paperwork. We tested almost all the students in the school from Kindergarten to 6th grade, which was approximately 500, over 8 hours. Additionally, we were also in charge of directing students on where to go and what stations they still needed to complete before returning to class.

Synapse

Since we screened the students, we were also in charge of charting their results. It was important that we performed these tests accurately the first time so that the students didn't have to be screened again. Some students couldn't pass their tests so they had to be retested. It was difficult because the younger students did not know what to do during the test and didn't know that they had to raise their hand when doing the hearing exams so we needed to have patience and give clear instructions to perform the assessments on the students.

As future health professionals, we were able to put our communication skills as well as our assessment skills into practice as communication was key to a successful outcome. If a student failed, we were directed to retest them to make sure that the results were correct and we needed to make sure the equipment was working correctly. We rescreened dozens of children who didn't pass their tests the first time. This was a challenge. Without our help, all of these screens would have taken Nurse Dee weeks to complete and it felt very rewarding to be able to complete the testing in one day. This was great hands on training and made us feel accomplished as health care providers! Thanks, Nurse Dee!



Synapse



EVIT HOSA - Future Health Professionals Walks and Raises Money for NAMI!

On March 6th, the EVIT HOSA students hosted a fundraiser walk-a-thon to raise awareness and money for NAMI--Valley of the Sun. NAMI, the National Alliance for Mental Illness, is a nationwide non-profit organization that helps both those personally affected by mental illness and also their friends and families. In 2016 alone, our local NAMI chapter participated and/or hosted over 70 public events and gave presentations to parents, teachers, local law enforcement officials, nurses and doctors to educate them on how to remove the stigma associated with those affected by mental illness.

In total, almost 800 EVIT students raised \$7,716.00 during the walk with assistance from Kona Ice and Sparky, the ASU mascot. We were honored to be a part of this tremendously successful event and look forward to another great fundraiser for this fantastic organization next year!

EVIT's HOSA students do outstanding work in the areas of leadership, scholarship and service. Since 2009, EVIT has raised over \$65,000 for charities such as Autism Speaks, JDRF (Juvenile Diabetes Research Foundation), Cystic Fibrosis, LLS (Leukemia and Lymphoma Society) and of course NAMI for this year. EVIT's health students actually had a streak of 5 years in a row where they raised the most money in the entire nation for the designated service organization!!! EVIT HOSA looks forward to the Spring Leadership Conference at the end of April in Tucson and also International Leadership Conference in Orlando in June where NAMI will be presented with a check from all the states to help keep spreading the awareness and getting further research done in the area of mental illness.

Synapse

Mission Report: Past State Officer

Amor Sanchez

2013-14 AzHOSA Region 3 Vice President



1. What was your position during your term as a state officer and what were your responsibilities?

I was the Region 3 Vice President which meant that my responsibilities were to visit high schools in the east valley and talk to them about the wonderful opportunities HOSA has to offer to student looking into health professions as a career.

2. What inspired you to go into HOSA?

My biotechnology teacher and HOSA advisor at my high school, Miss Cherry, explained to me what HOSA was and what it meant for a student like me wanting to go to medical school. She told me that there were many competitions that gave hands on experience by using volunteer patients and you were judged on how effective your health skills were in saving a patient's life. To me, this would be an early start in knowing how to take care of patients or knowing what to do in an emergency with an injured person. After my first HOSA Spring Leadership Conference my junior year in high school, I was "hooked on HOSA" and looked forward to fundraising and practicing for the competitions in SLC the following year.

3. Why did you want to run for office?

Miss. Cherry, my HOSA advisor at the time, asked the officers of my HOSA chapter if anyone would want to run for state office. She told us that it would help our chapter get a recognition award and it was a good experience to go through even if we did not win. Many of the officers were hesitant because it sounded like more work than they wanted to do at the time with the science and engineering fair coming up for the biotech students,

Synapse

graduation for the senior officers, SLC competition practice, and homework. However, I wanted our chapter to be recognized and as co-president of my chapter I thought I owed my chapter at least the effort of running for office; that way, anyone who wanted to run for office later had someone to look up to for guidance in process even if I didn't win.

4. **How has HOSA changed your life?**

I can't even begin to explain how HOSA has changed my life. When I was only a HOSA member my junior year, my eyes were opened to all the different health professions available to gain experience before going into medical school instead of just going to school and not ever experiencing touching a patient until grad school or an internship during your undergraduate. When I became a state officer, I learned how to speak more confidently in prepared and unprepared speeches. Being a state officer was my first job and it taught me how to act professionally especially with other healthcare professionals or public health officials. When I see other struggling pre-health students who are looking for more opportunities in healthcare I talk to them about HOSA because I know it will help them out like it did to me.

5. **What is your favorite HOSA memory?**

My favorite memory was when the medical students from Sonora, Mexico came to our Spring Leadership Conference to see what a typical AzHOSA SCL was like. They were so excited and were eager to get involve and help in any way that they could. Despite not all of them being able to speak fluent English, when it came down to medicine, they shared the same passion and knowledge for it like any other HOSA member would; medicine has no boundaries.

6. **What would you say to a new member hoping to get involved with HOSA?**

I would say to go for it. It will only improve your knowledge and experience in the healthcare field. Take every opportunity HOSA offers. Run for state office, apply for scholarships, apply for the internship with the surgeon general, compete at SLC and get involved in fundraisers for our national service project the year, NAMI. These opportunities will help you grow as a person and understand yourself more by putting yourself outside of your comfort zone.

7. **What is something not many people know about you?**

Well one thing that people don't know about me unless you are one of my close friends or family is that I am blind from one eye. I have retinal detachment on my right eye so my vision lacks focus on my right eye and things are fuzzy. I believe my optical nerve is damaged somewhat as well. I remember seeing a picture of my eyeball and the doctor saying it was not good. But I can still see fine with my other eye. I have been like this since second grade and no one ever notices.

8. **What was AzHOSA's theme when you were a state officer?**

The theme for the year I was a state officer was "Strands of Success." Several of the officers that year were in Bioscience.

Synapse

9. What made you want to go into the healthcare field?

Ever since I was little I always wanted to make people feel better. I loved the idea of putting on a Band-Aid and watching cut heal in a matter of days. The body fascinated me. As I got older though I realized that there were things worse than a scrape on a knee like diabetes, brain aneurisms, discs slipping in the vertebrae, broken legs or arms; all of which have happened within my family. It is frightening to see my family afflicted with some of these illnesses or occurrences but that gives me more ammunition to keep going to school as well as learn everything that I can to treat my family and others effectively.

10. How has HOSA helped you to achieve your career goals?

HOSA has helped me to network with schools regarding Physician's Assistant (PA) programs. I hope to be a primary care PA and focus on preventative medicine. I've been helped on the best ways to be admitted and how to be competitive based on each school's criteria. Even the interview process for becoming a state officer is similar to how the interviewing processes will be when applying to the PA program. I feel confident that HOSA prepared me well enough to get admitted into a PA program here in Arizona.

11. What is your favorite thing about HOSA?

My favorite thing about HOSA is how much it cares for the students wanting to pursue a healthcare career. It provides many opportunities to make it possible. I also like that the advisors themselves want to see their students succeed and that support makes all the difference.



Synapse

Mission Report: Parli Pro Tips

By Gregory Carnesi, AzHOSA Parliamentarian

Hello Arizona HOSA members! This is your Parliamentarian Gregory Carnesi, with the last edition of Parli Pro Tips! Over the past year we've learned a lot about parliamentary procedure, how it works, and how we can use it to make your meetings as efficient as possible! Today, we're going to take all of this knowledge and put it together, and there's no better way to do so than by going over the Annual Business Meeting that will take place at this year's SLC! So, get your voting delegates and get ready, because I call this edition to order!



To begin, the "meeting" is called to order at the very beginning of opening session. Despite this, the meeting itself doesn't take place until the third day, where your chapter's voting delegates will wake up early to attend the meeting. A chapter is entitled to two voting delegates, who will be presented with both a ribbon designating them as a delegate, and a ticket that will let them into the meeting to vote. While only your voting delegates are allowed to vote, anyone can enter the meeting to watch, so if you're not a voting delegate, you're not out of luck. I'd highly suggest going to the business meeting, as it's a great way to watch parliamentary procedure in action.

The business meeting begins with a call to order. To start, the minutes from last year's annual business meeting are approved. From there, new business begins. Voting delegates vote on three things: bylaw changes, the pin design for the International Leadership Conference (ILC), and the next State Officer team. The proposed bylaw changes have already been sent to your advisors, and are covered quickly. The changes are read aloud and voted on. Following the bylaw changes, voting delegates are shown the potential pin designs for ILC, and delegates vote on the one they like the most. After that, state officer candidates are brought up to give their speeches. Each candidate will give a 2-3 minute speech and then sit down. After all the speeches are finished, all the

Synapse

state officer candidates are brought up on stage for a question and answer session with the delegates. Each question is addressed to all of the candidates, so if there's anything you want to know about them now is the best time to ask. At the conclusion of the Q&A session, the voting delegates' then vote on all of the business covered.



- The proposed bylaw changes require a two-thirds vote to pass. This is due to the previous notice given before the meeting.
- The pin designs is a plurality vote, meaning that whichever pin wins the most votes out of the options will be produced and handed out to members at ILC.
- Officers are elected based off of a majority vote. In the event of a tie, runoffs are held until one candidate gains a majority.

This year, business will be voted on through an electronic vote. This means that all voting delegates must have a smartphone or smart device of some kind to vote with.



Following the business meeting, the results of the pin design and officer votes are announced at the closing session ceremony. The best part of all of this is that both of those, along with the bylaw changes, are voted on by you, the members. The best part of Robert's Rules is that it empowers your members, and if there's one reason to use it, then it would be that.

Synapse

And thus concludes the final edition of Parli Pro Tips. I've enjoyed writing these for the past year, and it's been my honor to serve as your state parliamentarian.

This series is adjourned!

