SYNAPSE

ARIZONA HOSA

MARCH 2020

CURRENT EVENTS
Helping You Prepare for GREATNESS

HEALTH ADVANCEMENTS
Relevance, Research, and Impact

LEADERSHIP LOWDOWN
Accomplish Your Goals, Mind Over Matter
As discussed in the previous edition of the Synapse, a novel virus, called COVID-19 that started in Wuhan, China is spreading across the world. Public health experts, scientists, and government officials are doing everything they can to slow the spread of the virus and treat those who have been affected. This was also the responsibility of a Princess Cruise staff that was hit with the virus and officially quarantined on February 3rd.

Management of the Princess Cruise ship had to work with public health officials to develop an effective plan to keep every passenger safe and entertained while the two-week-long quarantine process was carried out. This process began, “after a man who was on the ship last month later tested positive for [the previously named] coronavirus” (Hagen). Since then, 218 of the 771 “passengers and crew members [tested] positive” (Hagen).

During this time, many passengers did not rely on a cruise director for entertainment, but rather their cell phones. Many online groups formed during this time on platforms such as “WhatsApp and Facebook to...share information” about their current lives and situation to make sure all of the anxious passengers kept themselves hopeful (Chappell). The content was usually not a picture of someone or a meal that you would typically see on social media. Instead, these passengers simply asked each other how they were doing and encouraged each other to stay positive.

Not every passenger had a smartphone. To combat this, “2,000 iPhones were distributed to all rooms, including those of passengers and the crew, with apps installed to make it easier for people to get medical consultations” (Hagen). This solution was expensive, but it reduced the risk of patient-provider virus transmission. It also gave passengers the priceless ability to communicate with other people as they anxiously waited in their rooms.

Kent Frasure, a passenger from Oregon, said that “the WhatsApp group of friends that we have made on the ship are now life-long friends” (Chappell) who he plans on communicating with long after the quarantine process ends. Aside from private and smaller group chats, passengers also created a Facebook group for people stuck on the ship. The two Australian passengers who are hosting the 100 person group noted that the goal of the group was to “let off steam and cheer each other up” (Chappell).
Yardley Wong, a mother stuck with her son on the ship, expressed her gratitude for the ship's magic show on Twitter. “Thanks @sunnchenmagic for putting effort to show us amazing magic, my son loves him” (Chappell). Not everything is perfect online, however, since some passengers were discouraged by the negative attention the ship was gaining on social media.

As of February 14th, some passengers were allowed to leave the ship under certain conditions. If passengers were 80 or older, had a medical condition, or had a windowless room on the ship, they were no longer being quarantined. As long as these people tested negative for the virus, they were finally ready to go home. The future remains hopeful for the rest of the passengers since no deaths have been reported since that time. Unfortunately the news from China was not as good, "China's national health commission has confirmed more than 60,000 cases of [COVID-19] in mainland China...and almost 1,400 virus-related deaths" (Hagen).

If public health, microbiology, or telemedicine interest you, consider working in these fields or learning more about them. New viruses and bacteria are always surfacing and require a team of people to identify, educate, treat, and eradicate the pathogens.
"You will never always be motivated, you must learn to be discipline"
-Unknown

Motivation stays for periods of time but can never be relied on. Sometimes when you need motivation the most is when it's no where to be found. As a leader, you must practice discipline when motivation fails. Self-discipline is one of the most important attributes of a leader and is a key to success. Discipline can be relied even when your motivation has run dry. One way to build self-discipline is to establish daily habits and practices to help you to achieve your goals. This could be the habit of working on homework right after school or to start each day by creating a goal for yourself. These small things help establish discipline and focus your mind towards your goals. Discipline is simply making sure you take one step toward accomplishing your goals everyday. Discipline will ensure that you arrive at your goals when motivation is not present. Begin self-discipline and good habits today to become a influential leader tomorrow!

#azhosaleads
On February 14, 2020, Douglas HOSA competed in the first annual Regional Conference hosted in Tucson, Arizona. Students who placed in the top three advance to the HOSA State Leadership Conference, where all four regions of Arizona will come together to compete. In preparation for the Regional Conference, Douglas HOSA’s Biomedical and Behavioral Health chapters held the “Be Excellent at HOSA” conference February 1st at Douglas High School. At the conference, guest speakers, local officers, community members and advisors conducted presentations and activities aimed at preparing HOSA Members to compete.

Improving Public Speaking Skills

To open the conference, Officers Katrina Altamirano, Enrique Unzueta, and Victor Anaya spoke about practice skills and the difference in the voice of a speaker, how body language and movement is important and the ways of captivating the audience’s attention. One of the main focuses of the presentation was public speaking in different settings. Guest speaker, Mayor Robert Uribe spoke about his own experience with public speaking. Public speaking for him is connecting himself with his audience. “Public speaking should be spoken from the heart,” advised Mayor Robert Uribe. A connection with the audience and the speaker should be shown to grab the audience’s attention. Public speaking has helped Mayor Uribe gain confidence and passion for his job. He encourages our members to be better by being confident in themselves. Advisor Martha Alonso added tips and tricks of wisdom learned by former HOSA members.
The Future for Arizona HOSA

HOSA members had the opportunity to chat live with Mac McGraw, Region 2 Vice President of Arizona HOSA. HOSA members and chapters are dedicated leaders in the global health community through education, collaboration, and experience. Mac emphasized the state association's goal this year is to encourage students to participate more by showcasing members and chapters across the state on social media and their monthly publication. He reminded HOSA Members that the theme for this year's International Leadership Conference is Towards Tomorrow. Arizona HOSA and the state officers are excited to welcome new members and be part of the journey to HOSA’s International Leadership Conference which will take place in beautiful Houston, Texas this summer.

Additional Sessions

Sprinkled throughout the day, HOSA Members took part in fun leadership activities to help them sharpen their skills. Officers Luis Flores, Andrea Borbon, and Lluvia Perez spoke to HOSA members about the importance of time management in their session “How should we manage time?” Each Officer shared their experience with time management and tips for members to practice. Guest speaker Ms. Auxy Rubio BHT talked about breathing techniques and tips to deal with anxiety in her session “Don’t Let Anxiety BEat you!” Officers Pamela Duarte, Camila Ruelas, and Daniela Torres shared their stories of what has helped them beat anxiety. Members learned how important it is to recognize anxiety and its negative effects.
The afternoon was dedicated to allowing teams and individuals time to practice their presentations implementing their new skills. Dedicated teachers and community members graciously gave their time to participate as judges. Douglas HOSA could not be successful without the support of our community. We wished our HOSA Members luck as they set out on February 14th, 2020 for their Regional Conference. Douglas HOSA would like to recognize and thank our guest speakers Mayor Robert Uribe, Mrs. Auxy Rubio and Region 2 Vice President Mac McGraw. In addition, Douglas HOSA would like to recognize and thank Mrs. Andrea Barallardos, Mr. Ray Shelton, Ms. Scarlett Hughes, Mrs. Auxy Rubio, Ms. Carolina Noriega, and Ms. Deyanira Victor, that kindly volunteered and took time to judge the presentations.
THANK YOU FOR READING

Have a Great Month!

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