

The Synapse!

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Arizona's Top Pets

Hello Arizona HOSA members, and welcome to another A.T.P article! This month's article talk about a field of study that many would not think is a health care profession. This article will talk about people who train and work with animals! This month, we'll talk about Arizona's Therapy Pets! So, what is animal-assisted therapy?



Animal-assisted therapy improves patients' mental, social and emotional functioning with the aid of animals. Depending on the needs of the patient, many animals can be used in therapy, including horses, dogs, dolphins, llamas, rabbits and other animals.

Animal-assisted therapy involves specific therapeutic goals, strategies and outcome measures. Therapeutic experiences can include walking, brushing, petting, and caring for an animal, as well as processing the experience of trying to achieve a given task. So what are the benefits of animal-assisted therapy?

There is no denying that there is a strong bond between animals and people. Animals are accepting, non-threatening and non-judgmental, making it easier for people to open up. Some of the benefits of animal-assisting therapy include:

- Improved fine motor skills
- Improved balance
- Increased focus and attention
- Increased self-esteem
- Reduced anxiety
- Reduced blood pressure, depression, and risk of heart attack or stroke
- Increased trust, and empathy
- Improved social skills



So next time you see Fido and Fluffy, give them a hug and thank them for helping you with your health, for they are truly a therapy pet!

To watch a video about animal-assisted therapy at the Phoenix Children's Hospital, click the link below!

<https://www.youtube.com/watch?v=VgXYFnwguj8>

Past Sate Officer!

Hello HOSA Members!

This is your first Past National Officer (PNO) and or Past State Officer (PSO) interview! This article serves to show you how HOSA has changed the lives of other members who are now out in the real world. Our first edition, Past National Officer Ms. Kayla Loomis!

Ms. Kayla Loomis's Story:

State Office: 2011 - 2012 President, College Freshman

National Office: 2012 - 2013 Post-Secondary/Collegiate Board Representative, College Sophomore

Education: University of Arizona Psychology Major, Neuro-Oncology Minor

What inspired you to go into HOSA?

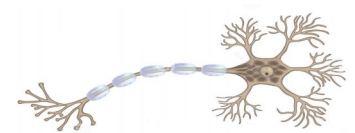
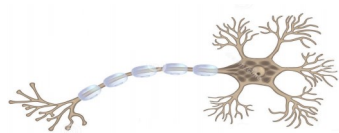
We had HOSA through my biotechnology class in high school, and since I wanted to go into a health profession it seemed like a perfect fit. The more I learned about it, the more I fell in love with the organization and wanted to get more involved.

Why did you want to run for office?

I went to NLC in 2010 as a first year HOSA member, not really knowing what to expect. When I got there, everything gave me goosebumps. I realized that HOSA provided amazing opportunities for students pursuing health professions while also providing a fun and exciting networking experience. I knew then that I had to run for state office the next year so I could get more involved and help others have these experiences.



Ms. Kayla Loomis and Kyle Kline at State Officer Training in June



How has HOSA changed your life?

HOSA has changed my life through the opportunities I have had and people I've met. I've learned to be comfortable with public speaking, found out more about health professions, met great friends, and made a lot of great professional connections. Being in HOSA really shaped my life path, because now I work with TRI Leadership Resources and get to work with Oregon and Nevada HOSA, as well as various states and CTSOs around the nation to help give back the same experiences that I was able to have.

What is your favorite HOSA memory?

This is a challenging question! There have been so many wonderful experiences that it's almost impossible to just chose one. I guess I'd have to say that the most intensely emotional and special moment I've had was when I was heard my name announced for the position of National Post-Secondary Collegiate Board Representative. In that moment, the people who had helped me on my journey to being elected were all around me, hugging me and sharing in my excitement. It was a great feeling to know that I was going to be able to represent Arizona well, and help provide opportunities to members on the national level.

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

Explore everything, but don't overload yourself all at once and get overwhelmed. A great place to start is by attending the Fall conference to learn more about the organization and where it can take you. There are many opportunities that HOSA provides,

