HAPPY NEW YEAR!

REGIONAL CONFERENCES

GLAUCOMA AWARENESS MONTH
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Happy new year

ALL THE BEST FROM OUR HOSA FAMILY TO YOURS
REGIONAL CONFERENCES

REGION 1
Date: Jan. 21st, 2022
Location: Online

Ash Fork Joint USD
Camp Verde USD
Chinle USD
Chino Valley SD
Colorado River UHSD
Ferdiona-Moccasin USD
Flagstaff USD
Granado USD
Heber-Overgaard USD
Holbrook USD
Humbolt USD
Joseph City SD
Kayenta USD
Kingman USD
Lake Havasu SD
Mayer USD

Winslow USD
CAVIAT JTED
Mtn. Institute JTED
NATIVE JTED
NAVIT JTED
VACTE JTED
WAVE JTED

REGION 2
Date: Jan. 28th, 2022
Location: Online

Agua Fria UHSD
Alhambra ESD
Buckeye Union HSD
Deer Valley USD
Dysart USD
Glendale Union USD
Peoria USD
Phoenix Union HSD
Saddle Mountain UD
Tolleson UHSD
Wickenburg SD
West-MEC JTED

REGION 3
Date: Feb. 3rd, 2022
Location: Online

Apache Junction USD
Blue Ridge USD
Cave Creek USD Chandler USD
Coolidge UD
Fountain Hills USD
Gila Institute for Tech.
Gilbert USD
Globe USD
Hayden Winkelman USD
Higley USD
J.O. Combs
Kykrene SD
Mesa Public Schools Queen Creek USD
Ray Union SD
San Carlos USD
Salt River Pima-Maricopa Community Schools
Scottsdale USD
Superior USD
Tempe Union HSD
EVIT JTED

REGION 4
Date: Feb. 4th, 2022
Location: Online

Ajo USD
Altar Valley ED
Amphitheater SD
Benson USD
Bisbee USD
Bowie USD
Casa Grande HSD
Catalina Foothills SD
Cochise Community Development Corps
Douglas US
Florence USD
Flowing Wells SD
Fort Thomas
Indian Oasis Baboquivari USD
Mammoth San Manuel USD

Marana USD
Mohave Valley SD
CAVIAT JTED
GIFT JTED
Pima County JTED
STEDY JTED

Nogales USD
Oracle SD
Pima USD
Safford USD
Sahuarita USD
Santa Cruz Valley HSD/USD
Sierra Vista PSD
Sunnyside SD
Tanque Verde Unified
Thatcher USD
Tombstone USD
Tucson USD
Vail SD
Yuma SD
CAVIAT JTED
Cochise JTED

Visit ashosa.org/regional-conferences for more information
Virtual Regional Competitions

In order to provide our students the opportunity to compete, Arizona HOSA is planning on virtual Regional Competitions. The Arizona HOSA Competitive Events (CE) Committee is working diligently to provide competitions for our students to qualify them for SLC. Students that do not wish to compete at this level will not be eligible to compete at SLC in these events.

This document provides guidance as well as timelines for our competitions so that we can all prepare to the best of our ability. Please review it in its entirety and utilize the links, dates, and guidelines within to help you guide your students through this process. If students have already submitted items, please have them re-submit.

To Review

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New Deadlines/Submission Standards

- **CPR/First Aid**
  - Online Test in the CMS System – advisors will receive OLT logins for CPR/First Aid Competitors to provide to their proctors.

- **Forensic Science**
  - Students will review and respond to the Forensic Science case study as a team and complete one form. Students will have 36 minutes to complete this test – 6 minutes to review the case study and 30 minutes to respond.

- **Health Career Display**
  - Students will submit photos of their poster board with a confirmation from the teacher that the board is within the 36” x 48” size limit.
    - The form will include a part for teacher initials. Please confirm the size of the poster prior to your student’s submitting.
  - Students will also submit a pre-recorded presentation of their Display to Wufoo. Video presentations must be 5 minutes or less in length.
    - The display presentation should be uploaded to YouTube and set to either “Unlisted” or “Public” so that the link can be used by judges to review materials.

- **Health Career Photography**
  - Students will submit their online portfolio to Wufoo as well as a pre-recorded presentation of their portfolio for judges to review.
  - Video presentations must be 3 minutes or less in length and should dedicate approximately one minute to each photo in the portfolio as per the guidelines.
    - From the HOSA Guidelines: “The competitor will have a maximum of three (3) minutes (approximately one minute per photo) to present the picture, describe the profession, explain what is happening in the picture and how the career fits into the healthcare system.”
  - The video presentation should be uploaded to YouTube and set to either “Unlisted” or “Public” so that the link can be used by judges to review materials.

- **Job Seeking Skills**
  - Virtual Interviews will take place on the day that your region was scheduled to compete via Zoom. Competitors will still need to submit a link to their Tallo profile as well as their Resume and Personal Statement to Wufoo.

- **Medical Assisting**
  - Online Test in the CMS System – advisors will receive OLT logins for Medical Assisting to provide to their proctors.

- **Nursing Assisting**
  - Online Test in the CMS System – advisors will receive OLT logins for Nursing Assisting to provide to their proctors.

- **Prepared Speaking**
• Speeches will be given live via Zoom on the day that your region was set to compete. Students will be given an appointment time to present their speech.
  • As per the guidelines, speeches should be no more than 5 minutes in length.
• Public Health
  • Public Health teams will pre-record and submit their Public Health presentation via Wufoo.
  • The Presentation should be uploaded to YouTube and set to either “Unlisted” or “Public” so that the link can be used by judges to review materials.
• Public Service Announcement (PSA)
  • Competitors will upload their required forms as well as two (2) videos.
  • The first video will be the PSA via a YouTube link listed either as “Public” or “Unlisted”. PSA’s will be no longer than 30 seconds in length.
  • The second video will be as follows as per the PSA Guidelines:
    • Teams will be given 4 minutes to describe their creative process, outlining key areas as described on the event rating sheet. The team can replay the PSA, starting and stopping as desired, during the 4 minutes
• Sports Medicine
  • Online Test in the CMS System – advisors will receive OLT logins for Sports Medicine to provide to their proctors.
• Veterinary Science
  • Online Test in the CMS System – advisors will receive OLT logins for Veterinary Science to provide to their proctors.
Timeline

Competitions will take place on the same day as the Regional Conference that you were signed up for previously. Two events will have live appointment times – Job Seeking Skills and Prepared Speaking. The remainder of the events will have submission deadlines that will need to be met in order to compete. Find the timelines here:

Region 1

- **January 19th @ 11:45 PM Arizona Time**
  - Submissions for Health Career Display, Health Career Photography, Job Seeking Skills, Public Health, and Public Service Announcement will be due. This gives us time to disseminate the judging materials to our judges for these events.
- **January 20th**
  - Competitors in Job Seeking Skills and Prepared Speaking will be sent their appointment times and the link to the Zoom meeting for the next day
- **January 21st – all day**
  - Job Seeking Skills and Prepared Speaking Competitors will appear for their planned appointments
  - Tests in the CMS system will be open from 7:00 AM – 8:00 PM. These tests include CPR/First Aid, Nursing Assisting, Medical Assisting, Sports Medicine, and Veterinary Science
  - Forensic Science case study will be sent out. Competitors will work in their teams to complete the Forensic Science Case Study.
- **January 23rd**
  - Virtual Awards Session to see who qualifies for SLC

Region 2

- **January 26th @ 11:45 PM Arizona Time**
  - Submissions for Health Career Display, Health Career Photography, Job Seeking Skills, Public Health, and Public Service Announcement will be due. This gives us time to disseminate the judging materials to our judges for these events.
- **January 27th**
  - Competitors in Job Seeking Skills and Prepared Speaking will be sent their appointment times and the link to the Zoom meeting for the next day
- **January 28th – all day**
  - Job Seeking Skills and Prepared Speaking Competitors will appear for their planned appointments
  - Tests in the CMS system will be open from 7:00 AM – 8:00 PM. These tests include CPR/First Aid, Nursing Assisting, Medical Assisting, Sports Medicine, and Veterinary Science
  - Forensic Science case study will be sent out. Competitors will work in their teams to complete the Forensic Science Case Study.
• January 30th
  o Virtual Awards Session to see who qualifies for SLC

Region 3
• February 1st @ 11:45 PM Arizona Time
  o Submissions for Health Career Display, Health Career Photography, Job Seeking Skills, Public Health, and Public Service Announcement will be due. This gives us time to disseminate the judging materials to our judges for these events.
• February 2nd
  o Competitors in Job Seeking Skills and Prepared Speaking will be sent their appointment times and the link to the Zoom meeting for the next day
• February 3rd – all day
  o Job Seeking Skills and Prepared Speaking Competitors will appear for their planned appointments
  o Tests in the CMS system will be open from 7:00 AM – 8:00 PM. These tests include CPR/First Aid, Nursing Assisting, Medical Assisting, Sports Medicine, and Veterinary Science
  o Forensic Science case study will be sent out. Competitors will work in their teams to complete the Forensic Science Case Study.
• February 5th
  o Virtual Awards Session to see who qualifies for SLC

Region 4
• February 2nd @ 11:45 PM Arizona Time
  o Submissions for Health Career Display, Health Career Photography, Job Seeking Skills, Public Health, and Public Service Announcement will be due. This gives us time to disseminate the judging materials to our judges for these events.
• February 3rd
  o Competitors in Job Seeking Skills and Prepared Speaking will be sent their appointment times and the link to the Zoom meeting for the next day
• February 4th – all day
  o Job Seeking Skills and Prepared Speaking Competitors will appear for their planned appointments
  o Tests in the CMS system will be open from 7:00 AM – 8:00 PM. These tests include CPR/First Aid, Nursing Assisting, Medical Assisting, Sports Medicine, and Veterinary Science
  o Forensic Science case study will be sent out. Competitors will work in their teams to complete the Forensic Science Case Study.
• February 6th
  o Virtual Awards Session to see who qualifies for SLC
Links to Submit

- Health Career Display
  - [https://azhosa.wufoo.com/forms/20212022-health-career-display-regionals/](https://azhosa.wufoo.com/forms/20212022-health-career-display-regionals/)
- Health Career Photography
  - [https://azhosa.wufoo.com/forms/20212022-health-career-photography-regionals/](https://azhosa.wufoo.com/forms/20212022-health-career-photography-regionals/)
- Job Seeking Skills
  - [https://azhosa.wufoo.com/forms/20212022-job-seeking-skills-regionals/](https://azhosa.wufoo.com/forms/20212022-job-seeking-skills-regionals/)
- Public Health
- PSA
Glaucoma Awareness Month

What is it?
Glaucoma is a group of eye conditions that damage the optic nerve, the health of which is vital for good vision.

Symptoms
- Severe headache
- Eye pain
- Nausea and vomiting
- Blurred vision
- Halos around lights
- Eye redness
- Patchy blind spots in your side
- Tunnel vision

Causes
Glaucoma is the result of damage to the optic nerve. As this nerve gradually deteriorates, blind spots develop in your visual field. For reasons that doctors don't fully understand, this nerve damage is usually related to increased pressure in the eye.

Treatments
- Medication
- Surgery
- Medical Procedure
Kick off the New Year with some fun health factoids!

- Be sure to laugh with your loved ones as laughing can increase blood flow by 20%.
- If you want to live longer, you should strive to remain optimistic.
- Learn a new language this month as it can help strengthen your brain.

**All facts came from https://www.thegoodbody.com/health-facts/
MENTAL HEALTH CHECK

2021 was a year with ups and downs for all of us, which is why I wanted to take the time and do a mental health check-in with anyone reading this. We often neglect things like this but it is something so important that we need to do for ourselves! Please take some time for yourself and answer these questions:

How are you REALLY doing today?
Have you eaten anything?
What are you grateful for today?
What's one thing you can do for yourself today?

You can either answer these questions to yourself, to someone you trust, or simply write your answers down. However way you choose to answer these questions I would just like for you to remember how incredible and loved you are!

Wishing you peace, happiness, and prosperity this coming year.
What better way to start off the new year than by helping others? Individuals between the ages of 18-40 who meet the health guidelines set by Be the Match can join the donor registry. By doing this, you could potentially save the life of someone needing your help.

Even if you're under 18 you can still be involved! On BeTheMatch.org you can sign up for the "Under 18 Pre-Registry List", where you'll be updated on ways you can stay involved until eligible.
Chapter Spotlight

AZ HOSA invites you to showcase your HOSA chapter!

We know your HOSA chapter is working hard! So why not showcase it on our Synapse or social media! Show us what your working on or have accomplished! We invite any members or advisors to submit a submission form by visiting our Link Tree and clicking on the Chapter Spotlight Submission Form. You can access our Link Tree by visiting our Instagram or searching up linktr.ee/azhosa