

SYNAPSE



ALLYSSA WHITE
President



KARLY BARNES
Region 1 Vice President



MAISY SALCIDO-
LUGO
Region 2 Vice President



LYDIA PASTORE
Region 3 Vice President



ALEXANDRA
HUSTED
Region 4 Vice President



FATMA KHALAF
Postsecondary/ Collegiate VP



CHARLI WILSON
Secretary



MINA JABAR
Historian/Reporter



SPANDAN GANDHI
Parliamentarian

July 2020

IN THIS SYNAPSE

- Meet the President
- How to Start a HOSA chapter
- The Importance of Exercise
- Go to Sleep
- The Reality of PTSD
- Time Management
- Eating Healthy
- Recycling
- Parliamentary Procedure
- A Message from the State Officers

THE PRESIDENT'S PERSPECTIVE - RUNNING FOR STATE OFFICE -



Written by Allyssa White - 2020-2021 State President

Running to be an Arizona HOSA State Officer is a unique experience. By running, I have been able to meet many amazing people and to lead this incredible organization - and it all started with a single application.

At first, I was hesitant in my abilities and wasn't going to apply to run. However, my teachers at the time, Mrs. Sykes and Mr. Lukefahr, continued to encourage me. Every chance they got, they would bring it up. They talked about how they were positive I would get in and how no matter what they would be proud of my efforts. They helped and encouraged me more than they could ever know and with their help I was able to complete and turn in my application on time.

After some time, I got an email saying my application was successful and next I would be invited to a series of interviews. To say I was anxious would be an understatement. My friends helped me as much as they could quizzing me on HOSA fact and asking me mock interview questions.



Eventually the day came, but not without a little bit of excitement. Right off the bat, I got lost. Luckily for me, I ran into last year's previous and this year's current state officer Fatma Khalaf. She noticed I had no idea where to go and guided me to the correct building. I was very grateful and albeit, a bit embarrassed. When I got to the room we were immediately asked to have a picture taken. I remember not liking it because I was still flustered - and it definitely showed.

After that, I sat down and talked to a girl named Charli Wilson, the current Secretary, who was also there for the interviews. We talked about how nervous we were and about whether we felt prepared about the officer test and interview. I thought I'd failed, but I was shocked and happy when I learned I'd made it to the interview stage.

Between interviews everyone there learned about the different positions and got to know each other through ice breakers. It was actually a lot of fun.

The people there all seemed so nice and confident, it encouraged me to try and be confident too.

When it got to my interview I was very happy with how it went, it wasn't as intimidating as I feared it would be. The people in the interview were all sweet and reassuring, they asked deep and meaningful questions, and I was able to be myself in the interview.

After interview day my family were all interested in knowing how it went. They were reassuring and confident that I would be slated. I was not. I thought I did good but the people I was up against were all amazing in their own ways. My teachers were right along with my family, they told me I would get in but nonetheless they would be proud of how far I made it.

And then it happened. I got the email. I got the email saying that I was slated to become the President of the 2020-2021 Arizona State Officer team. I was ecstatic. I was shocked. But most importantly, I was appreciative. There were so many people that encouraged and helped me along the way that I don't think I would have done as well without them.

The moral of this story is to go for things you want. Don't let your worries and anxieties get in the way of something that you dream of doing. It can be something small like applying for a new club or something life changing like colleges. Do what inspires you and never quit. I can't wait to see all of the great things we will accomplish this year.

I am extremely grateful to be a part of your journeys. Let's do our best to have an amazing and successful year!

HOW DO I START A HOSA CHAPTER?

Arizona HOSA Monthly Synapse



HELLO ARIZONA HOSA!

Things have been crazy these past few months and we hope that everyone is social distancing and staying safe and healthy as much as possible. We want to congratulate the class of 2020 for completing high school and moving on to the next step of their educational journeys! For many, this involves going to college to pursue and further our education in health - but how can you stay involved in HOSA?

EVER WONDERED HOW YOU CAN START A POSTSECONDARY/ COLLEGIATE HOSA CHAPTER?

A good first step is to see if your college already has a pre-existing HOSA chapter. If they do, you can contact the chapter advisor or officers to learn about their meeting times and locations. However, many colleges may not have a HOSA chapter set up. In that case, your next step would be to create one! This month, we will walk through some of the main steps to start a HOSA chapter at the postsecondary/collegiate level!

Throughout your HOSA journey, you've learned about the various opportunities that HOSA provides such as leadership conferences, scholarships, internships and amazing memories. As postsecondary/collegiate members you can continue to take advantage of these opportunities by staying involved as you continue your educational journey.

REQUIREMENTS FOR STARTING A HOSA CHAPTER AFTER HIGH SCHOOL:

1. Locate and secure a faculty member to serve as an advisor.
2. Recruit members! You have to have at least 5 members and 1 advisor to be a chapter.
3. Seek student government approval. This looks different at each college, so reach out to the student government for information.
4. Complete a set of Bylaws and elect officers. Examples can be found online in the Postsecondary/Collegiate Handbook on the HOSA website (linked below the picture to the right).

AFFILIATING WITH HOSA:

When you affiliate with HOSA, you have to affiliate with BOTH the State and International association.

There are two important processes that must be followed to start establishing a HOSA chapter. First, you must affiliate your chapter with National HOSA and your HOSA state association. Second, you also need to register your chapter through the school's new student organization process.

REQUIREMENTS TO AFFILIATE WITH NATIONAL HOSA:

1. There must be at least five active members of your chapter (dues-paying members)
2. There must be an advisor in charge of your chapter
3. Chapter bylaws must be followed (can be found in the manual)
4. Must complete the Online Chapter Affiliation Application
5. Consult the state advisor for any extra state-specific affiliation requirements



To learn more about specific student government affiliation, it is highly recommended that you consult the student government to find the level of affiliation that will meet your chapter's needs. More information can be found when you visit HOSA's Postsecondary-Collegiate Handbook. The link provides information on how to start a chapter and take all the necessary steps to be successful when starting a new HOSA chapter.

<http://hosa.org/sites/default/files/Postsecondary-Collegiate%20Handbook%20Jan%202015.pdf>

If you have any additional questions please do not hesitate to contact postsecondary/collegiate vice president and state advisor to help you answer your questions!

**pscvp@azhosa.org
elizabeth.carnesi@azed.gov**

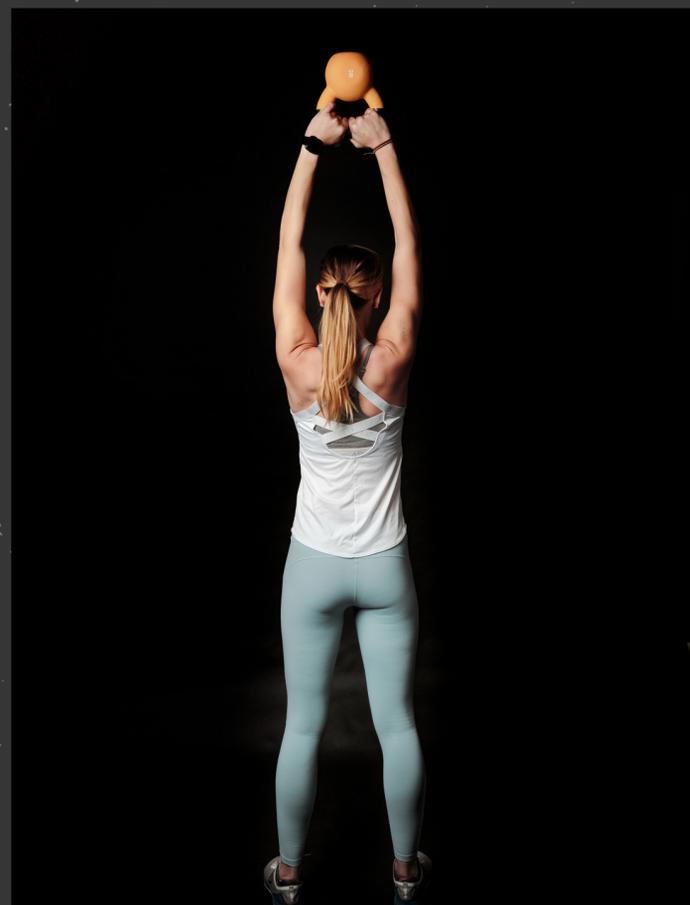


THE IMPORTANCE OF
EXERCISE

WHY EXERCISE IS GOOD FOR THE BODY

.....

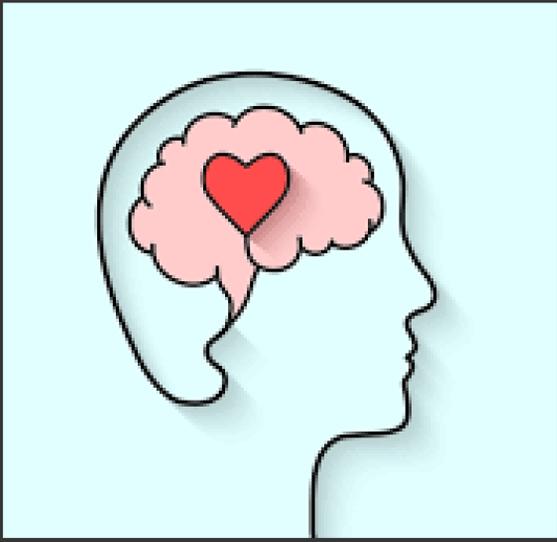
Health professionals constantly advise exercise for the myriad of health benefits it provides. So although you may know that exercise is good for the body, you might not know why. Many know that exercise is the first thing people start to do when they want to lose weight. When you work out or do any type of physical activity you burn calories. The more intense the physical activity, the more calories you burn. Burning calories helps prevent weight gain or can help promote weight loss. Exercise also helps you sleep better and feel rested throughout your daily routine. Physical health is important because it makes you healthier and can contribute to a longer lifespan. It can also give you endurance and improve your muscle strength. Exercise will get your blood moving and deliver oxygen to your important systems, such as your cardiovascular system and will give nutrients to tissues.



THE BENEFITS OF BEING ACTIVE

.....

Everyone benefits from exercise regardless of shape, age, gender, or physical ability.



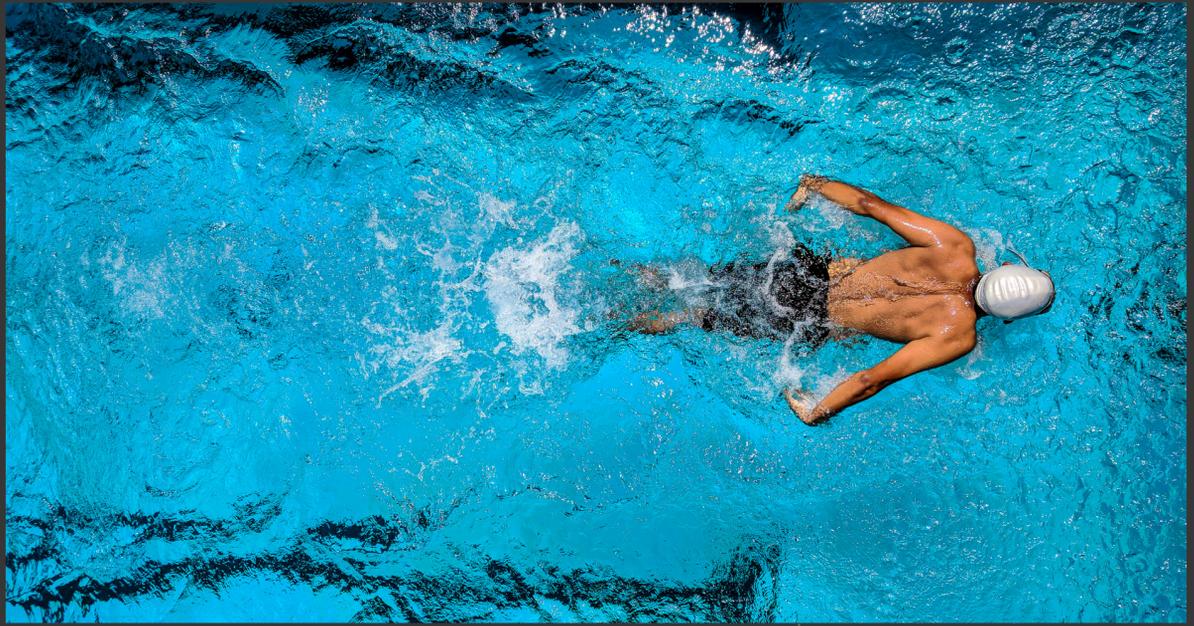
MENTAL HEALTH

Exercise has also been shown to help your mood and relieve depression and anxiety symptoms. It creates change in the parts of the brain that are in charge of stress and anxiety. Physical activity also releases the hormones serotonin and nor-epinephrine that relieve the feeling of depression.



INCREASE YOUR ENERGY

Exercise is an energy booster for those who have medical conditions. You will feel uplifted and happy because of the endorphins that are released throughout your body. Being happy and joyful makes your energy levels go up!



RECOMMENDED AMOUNTS OF EXERCISE

.....

It is recommended to engage in 150 minutes of walking or 75 minutes of running weekly. Playing sports and strength training should also be done to complete a workout. Greater amounts of physical activity will allow there to be greater health benefits as well.

IF YOU WOULD LIKE TO LEARN MORE ABOUT THE BENEFITS OF EXERCISING VISIT THE LINKS BELOW!

HEALTHLINE: TOP 10 BENEFITS OF REGULAR EXERCISE

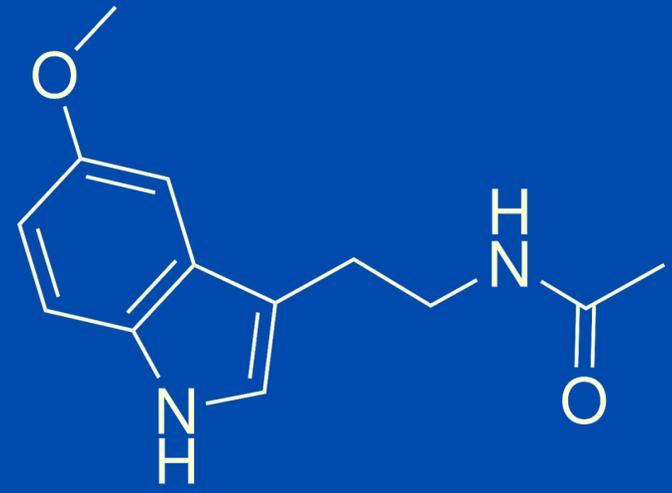
<https://www.healthline.com/nutrition/10-benefits-of-exercise>

HARVARD HEALTH: EXERCISE & FITNESS

<https://www.health.harvard.edu/topics/exercise-and-fitness>



GO TO *Sleep*



The importance of sleep and its effects on the teenage brain

*t*he current recommendation by the National Sleep Foundation is that children aged 13-19 should average about 8-10 hours a night in order to function best. As a member of HOSA and an ambitious/highly motivated student, your line of thinking is probably as follows: 8-10 hours a night equates to around 3,285 hours a year. If I could just shave 2 hours off every night, I could have more time to study for SLC or extend my window of productivity for the whole year.

While this may be true, take a moment to allow the content of this article to enter your sleep-deprived brain and give you some perspective on the importance of sleep, especially during this period of crucial human development.

Sleep has a significant impact on the mental health of an individual.

In studies conducted at the University of Arkansas, people who lost a night of sleep responded with more emotion to stressors presented in a lab setting. This led researchers to conclude that sleep deprivation has a negative impact on the functioning of the emotional regulation circuit of the brain. Because teens are already at risk for poor emotional self-regulation, lack of sleep can add to the already turbulent emotions experienced by adolescents. This is also exacerbated because of the prefrontal cortex of the brain, which regulates decision making and reaction to stressful events.

Sleep's role in preserving an already fragile balance of mental health is crucial, as expertly demonstrated in the study at the U of Arkansas.

Sleep affects your ability to perform well academically

Professor Mary A. Carskadon, one of the most prominent American researchers in sleep at Brown University, conducted a study in which she surveyed around 3,000 high school students and found that those with higher grades reported sleeping more, going to bed earlier on school nights, and sleeping in less on weekends than students who had lower grades. She therefore solidified the idea that chronic sleep loss impairs the ability to remember, concentrate, think abstractly, and solve problems. When the brain is deprived of the opportunity to sleep and consolidate learning experiences and commit core concepts to memory, cognitive function suffers, along with the capacity to learn. That's why cramming, at the expense of sleep, is counterproductive.

Melatonin plays a key role in the molecular health of the body

Melatonin (N-acetyl-5-methoxytryptamine), a hormone synthesized from the amino acid tryptophan, is produced especially at night and plays a key role in preventing the production of free radicals, which damage cells, thus acting as a potent antioxidant. Melatonin is critical for the regulation of circadian and seasonal changes in various aspects of physiology and neuroendocrine functions, therefore making the role of sleep in producing melatonin very important. Keep your cells healthy!

How can I learn more about this?

Be sure to explore the following articles if you're interested in learning more about the link between mental health and sleep, academic performance in relation to rest, and the crucial role of melatonin in the human body:

The effects of sleep deprivation: Johns Hopkins University

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-effects-of-sleep-deprivation>

The importance of sleep for teen mental health: US News

<https://health.usnews.com/health-care/for-better/articles/2018-07-02/the-importance-of-sleep-for-teen-mental-health>

Sleep deprivation epidemic: Stanford Medicine

<https://med.stanford.edu/news/all-news/2015/10/among-teens-sleep-deprivation-an-epidemic.html>

Melatonin in Human Biology: NCBI

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1855314/>





SYMPTOMS

People with PTSD may experience symptoms such as being easily startled, having angry outbursts, or insomnia. It is common to be triggered by things that remind the victim of the traumatic event. Avoidance symptoms include avoiding thoughts or feelings that relate to the event or avoiding places that are connected to the event. These victims may also experience re-occurring symptoms like flashbacks, bad dreams and frightening thoughts.

JUNE 27TH IS NATIONAL PTSD DAY

TREATMENT

After receiving a diagnosis, people can choose to take medications, go through "talk therapy" or do both. Psychotherapy, or "talk therapy", can be conducted or in groups. Medications available to patients are anti-depressants which can help manage feelings of sadness, anger, and numbness. Survivors of PTSD can even help themselves at home. Engaging in mild physical activity can help reduce stress, and it can be an easy way to help set realistic goals.

TIME MANAGEMENT

As students and future health professionals, time management is a big part of our daily lives. We usually take on more tasks everyday like a sport, club, or simply just helping people. That all can become overwhelming and you might feel like there are not enough hours in the day. A way to avoid that feeling is time management. Here are some tips for time management:

- 1) Plan ahead
- 2) Make a to-do-list
- 3) Delegate and know your limits
- 4) Use a calendar



Plan ahead

- Before you stop working for the day, spend the last 15 minutes planning out a list of important things for you to do.
- The first thing you do in the morning is choose 2-3 things from that list to complete.

Make a to-do-list

- Make a list from most to least urgent and stick to it.
- Don't abandon the list.

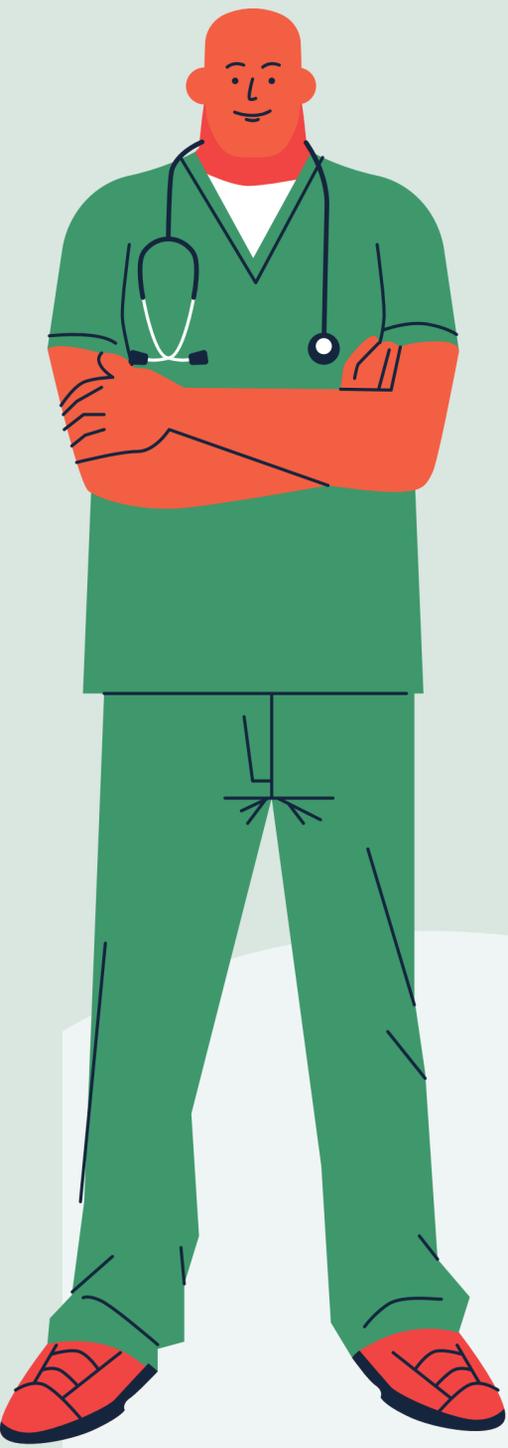


Delegate and know your limits

- Understand that sometimes you have a lot on your plate and can't do everything.
- Asking for help is okay.
Humans can't do everything - they need help.

Use a calendar

- Use a calendar and add all your events and times to stay organized and don't double book your self





EATING HEALTHY

To put it simply, what you put in your body matters. Let's talk for a moment about the 5 food groups - what are they and why do they matter? Let's break it down. The 5 food groups consist of fruits, veggies, grains, protein, and dairy. They matter because each group contains the vitamins and minerals you need to be healthy.

Everybody is different so everyone will require different amounts of calories and nutrients per day.

Factors that influence your intake include activity level and gender. Eating healthy has many benefits, some benefits include lowering the risk of heart disease and helping lower cholesterol levels. Different vegetables have important vitamins that help with things such as protecting you against infection, helping aid in healing cuts and wounds, and keeping your hair, skin, teeth, and nails healthy.

Works Cited

<https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health>



Benefits of Recycling

- Reduces waste sent to landfills
- Conserves natural resources
- Saves energy
- Prevents pollution by reducing the need to collect new raw materials
- Increases economic security by tapping a domestic source of materials
- Helps create jobs in the recycling and manufacturing industries in the United States



Statistics of Recycling

- According to the EPA, the U.S. has 3,091 active landfills and over 10,000 old municipal landfills.
- An estimated 14 billion pounds is dumped in the world's oceans
- Americans generate 10.5 million tons of PLASTIC waste a year but recycle only 1% to 2% of it

To Find Out More Go To Any of These Links:

- Zero Waste America:
<http://www.zerowasteamerica.org/Landfills.htm>

- Recycling Basics:
<https://www.epa.gov/recycle/recycling-basics#Benefits>
- Marine Debris and Plastic:
<http://seastewards.org/projects/healthy-oceans-initiative/marine-debris-and-plastics/>

PARLIAMENTARY PROCEDURE



HELLO ARIZONA HOSA!

Welcome to the Parliamentary Procedure section of the Synapse! My name is Spandan Gandhi, and I'm serving as the Arizona HOSA Parliamentarian for this year. Traditionally, this segment of the Synapse has covered the basics of Parli Pro. And I'm going to be continuing that tradition!

WELL, MAYBE. SORT OF. LET ME EXPLAIN.

When I was thinking about writing this article, I had to address the elephant in the room (or the elephant in the whole world, for that matter). Schools are planning to begin with various rules and guidelines to deal with the pandemic. As I looked at previous Synapse entries for inspiration, I kept thinking about how I would deliver the information while keeping it relevant and applicable to the circumstances in which schools would open. After some thinking, I had the idea to make that the central theme of this year's series of Parliamentary Procedure articles. Until school policies become more flexible, the Parliamentary Procedure segment of the synapse will focus on chapter organization and productivity amid the current limitations. We want chapters to be active despite the dynamic conditions of the upcoming year, and this segment can act as a medium to discuss how we can ensure that.



With that in mind, let's talk about what we can do before the school year starts.

PROACTIVE PLANNING

pro·ac·tive

/prō'aktiv/

adjective (of a person, policy, or action) creating or controlling a situation by causing something to happen rather than responding to it after it has happened.

It's vital for members to stay informed about the conditions their schools will open with. Ask your advisors about how classes will be run, equipment will be handled, etc. Knowing this information will make going back to school significantly less shocking. It's true that many policies are not yet set in stone, and everything may be subject to change. If that is the case, let your advisors know what you think about the suggested rules. Give your own ideas. Become a part of the process. Your advisors will definitely appreciate your constructive feedback.

Once you have a good understanding of how things will look going into the year, apply it to HOSA. Get together with members and advisors online to discuss what you plan to do in order to keep your chapter active. Ask each other the important questions - How will we elect officers? What will we inevitably need to change, and what can we continue doing? You don't need to have extremely elaborate plans, that may even be counterproductive if there are drastic changes. **The important part is starting the conversation.**

Despite the circumstances, I look forward to the upcoming year. If we work towards it, HOSA can become a source of stability for us in the chaotic beginning of the next school year.

SEE YOU NEXT TIME ON PARLIAMENTARY PROCEDURE,
SPANDAN GANDHI



A Message from the State Officers

Hello Arizona HOSA!

We'd like to start off the year by letting you know that although we didn't have the opportunity to meet you at the State Leadership Conference this past spring, your 2020-2021 state officer team is working hard to create innovative solutions in order to get to know all of you! As we continue to navigate these new conditions and circumstances, we appreciate your patience and support while we work to make the best of this situation. We are humbled and honored to serve as your 2020-2021 Arizona HOSA State Officers, and implore you to remember: we're in this together, and we'll get through this together as #oneHOSA.

Until next time!